

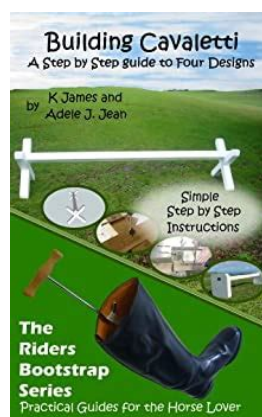
# Building Cavaletti Horse Jumps: The Rider's Bootstrap

When it comes to training horses, cavaletti jumps are an essential tool for riders of all skill levels. These simple but effective obstacles help horses develop strength, balance, and coordination. Whether you're a professional equestrian or an amateur rider, learning how to build cavaletti horse jumps can greatly enhance your training sessions and contribute to your horse's overall performance.

## The Basics of Cavaletti Jumps

Cavaletti jumps consist of a series of low obstacles, typically made of wooden poles, that are spaced evenly apart. They are designed to encourage the horse to step over them, rather than jump high. This exercise helps horses improve their technique, rhythm, and flexibility.

One advantage of cavaletti jumps is their versatility. They can be adjusted in height and spacing, allowing riders to customize the exercise based on their horse's needs and training goals. Cavaletti jumps can be used for various disciplines, including dressage, show jumping, and cross-country.



## Building Cavaletti Horse Jumps (The Riders Bootstrap Series Book 2) by Adele J Jean (Kindle Edition)

★★★★☆ 4.6 out of 5

Language	: English
File size	: 5078 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 58 pages
Lending	: Enabled



## Materials Needed

To build your own cavaletti jumps, you'll need a few essential materials:

- **Wooden poles:** Typically, 3-4 inch diameter round poles or 4x4 inch square beams are recommended.
- **Measuring tape or ruler:** Ensure accurate measurements for proper spacing.
- **Saw:** To cut the poles to the desired length.
- **Sandpaper:** Smooth out any rough edges on the poles.
- **Paint or varnish:** Optional for decorative purposes and weather protection.
- **Jump cups:** Adjustable brackets that hold the poles in place.
- **Ground poles:** Optional for additional guidance and support.

## Step-by-Step Guide to Building Cavaletti Jumps

Now that you have all the necessary materials, let's dive into the process of building cavaletti horse jumps:

1. Measure out the desired width and height for each jump. Generally, the width should be around 4-6 feet, while the height can vary from 6-18 inches.
2. Cut the wooden poles to the desired length using a saw. Make sure to measure twice and cut once to avoid any mistakes.
3. Smooth out any rough edges on the poles using sandpaper. This will prevent any injuries or splinters for both horse and rider.

4. Paint or varnish the poles if desired. This step is optional but can add a touch of personalization to your jumps.
5. Attach the jump cups to the poles. These adjustable brackets will hold the poles in place at the desired height.
6. If using ground poles, place them on the ground parallel to the cavaletti jumps. These are optional but can help guide the horse and maintain a straight path.

## **Choosing the Right Location**

Once you've built your cavaletti jumps, you'll need to find an appropriate location for your training sessions. Here are a few factors to consider:

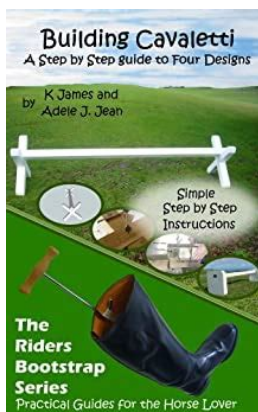
- Flat and even surface: Ensure the ground is level and free of any obstacles that could pose a safety risk.
- Adequate space: Make sure there is enough room for your horse to approach and navigate the jumps comfortably.
- Good footing: Optimal footing such as sand or grass is essential to prevent slipping and injuries.
- Weather conditions: Consider the impact of weather conditions on your training session. Avoid riding during heavy rain or extreme heat.
- Visibility: Ensure good visibility for both you and your horse, especially if training in low light conditions.

## **Training Exercises with Cavaletti Jumps**

Now that you have your cavaletti jumps set up, it's time to start incorporating them into your training routine. Here are a few exercises to get you started:

- Ground poles: Begin by walking or trotting your horse over the ground poles to establish rhythm and confidence.
- Gridwork: Set up a series of cavaletti jumps with varying heights and distances. This exercise will improve your horse's adjustability and agility.
- Circle work: Arrange the jumps in a circular pattern and practice riding your horse in different-sized circles. This exercise helps with balance, suppleness, and lateral movements.
- Double-bounce exercises: Adjust the height and spacing of the jumps to encourage your horse to take two quick strides between each jump. This exercise improves your horse's impulsion and hind end engagement.
- Ascending heights: Gradually increase the height of the cavaletti jumps as your horse progresses, challenging their jumping ability and strength.

With the knowledge of how to build cavaletti horse jumps and incorporating them into your training sessions, you now have a valuable tool to enhance your horse's performance and overall training. Remember to always prioritize safety, start with low heights, and build gradually to avoid overwhelming your horse. Have fun exploring the endless possibilities of cavaletti jumps, and enjoy the progress both you and your horse will make!



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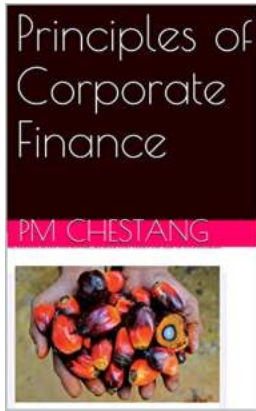
These awesome little jumps are a big leap in training! Cavaletti are small obstacles, used for horse training. Cavaletti were invented by Federico Caprilli. They are intended to help a horse improve its balance, adjust its length of stride, and to loosen and strengthen its muscles. While basic in nature they are a core obstacle of most riding schools for both rider and horse.

This book will guide you through every step of the way on how to build four types of cavaletti jumps from scratch for those with minimal building experience, (Beginner), to those who are quite comfortable working with wood, (Proficient), levels. These include the small stackable cavaletti, the classic X cavaletti and the box cavaletti, each design has specific benefits and purposes, and all the designs have been constructed in the safest and simplest ways.

The author is an experienced woodworker who enlisted the help of his 15 year old, (horse-mad!), daughter to assist with the construction. Some of the tips are from her to show the tricks on easy construction.

The book opens with thirteen reasons why you would choose wooden cavaletti over any other type which make compelling reading. The materials required - with alternate options - are detailed along with construction notes and suggestions for painting (if desired) of the finished product are included.

Filled with quick tips, plenty of humor, (who said building jumps wasn't fun?), and pictures to assist with the construction. The simplest can be constructed within around half an hour with two hours or so required for the more complex cavaletti (excluding painting times). Enjoy showing off your handiwork in the very near future - your horse-mad children and your local pony club will love you for it!



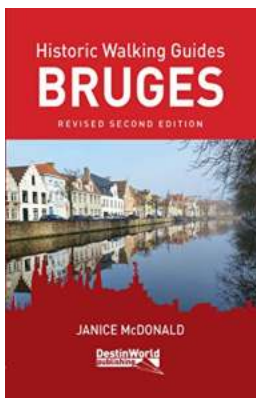
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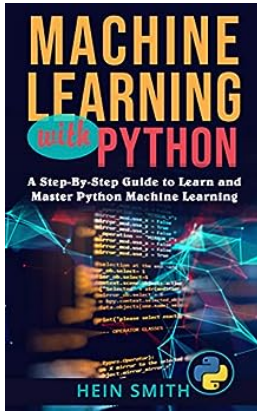
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