

# The Ups and Downs of Posting Trot

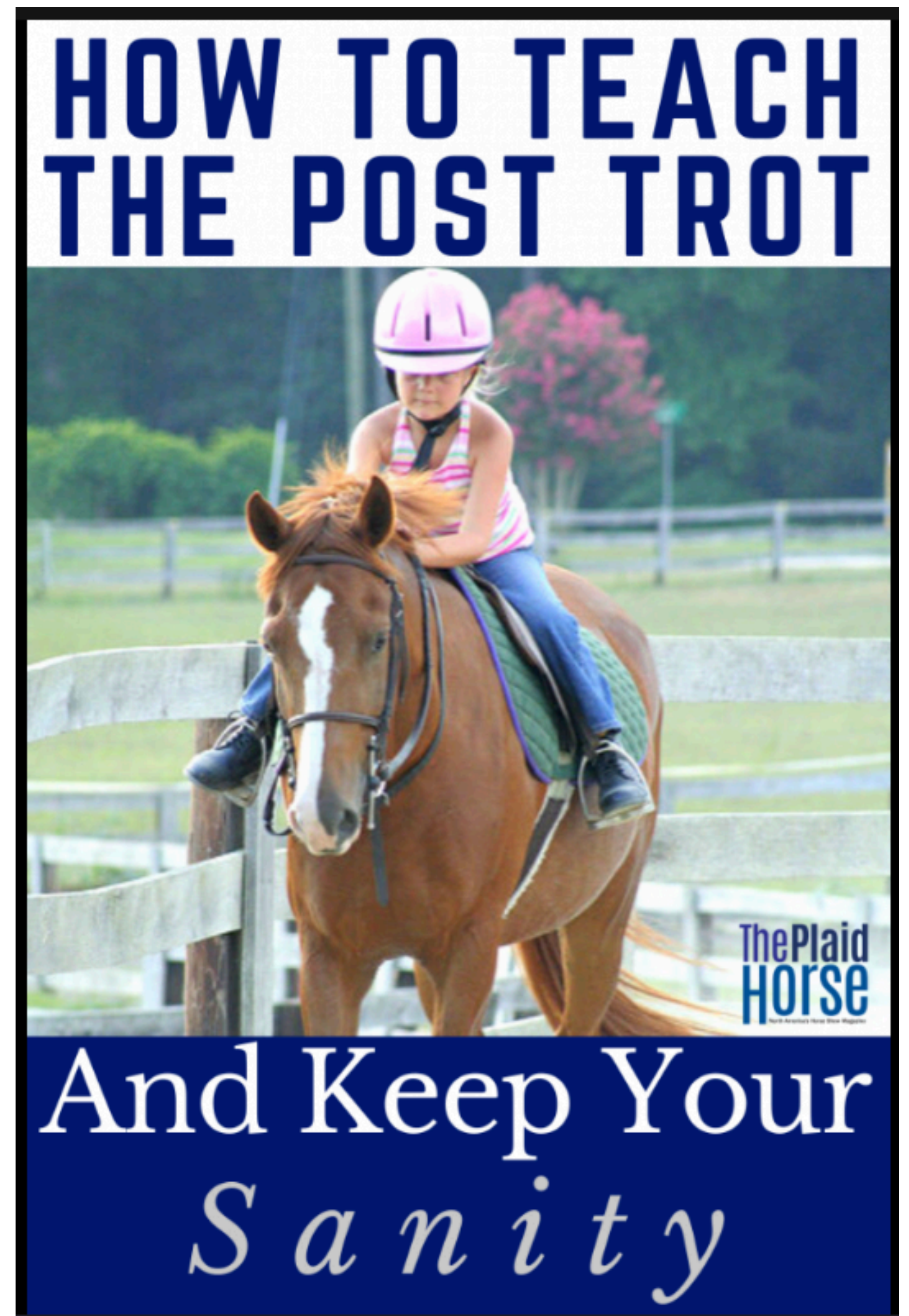


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# Objectives:

- Discuss the history of the posting trot.
- Understand how posting may impact our equine partners.
- Identify why this skill can be very challenging to learn.
- Learn embodied movements that can be practiced on and off the horse to support riders as they learn to post.





# Some History

- 18th and 19th century Post Chaise.
- Postillion rode on the left side.
- Control - especially in battle.
- Cost effective “posting” travel.
- Privacy.
- Improved passenger view.
- Display of extravagance.





# And Other Stories

- Soldiers needed to be replaced faster than they could learn to ride.
- Cavalry horses were becoming lighter, faster, and less baroque.
- This new style of movement combined with a less educated seat led to the development of the posting trot.





# Why Post Now?

- Why do you teach posting trot?





# Research Suggests...

Lee Clark, Eddie J Bradley, Russell Mackechnie-Guire, Abbie Taylor, Jonathan Ling,  
Trunk Kinematics of Experienced Riders and Novice Riders During Rising Trot on a Riding Simulator,  
Journal of Equine Veterinary Science,  
Volume 119,  
2022

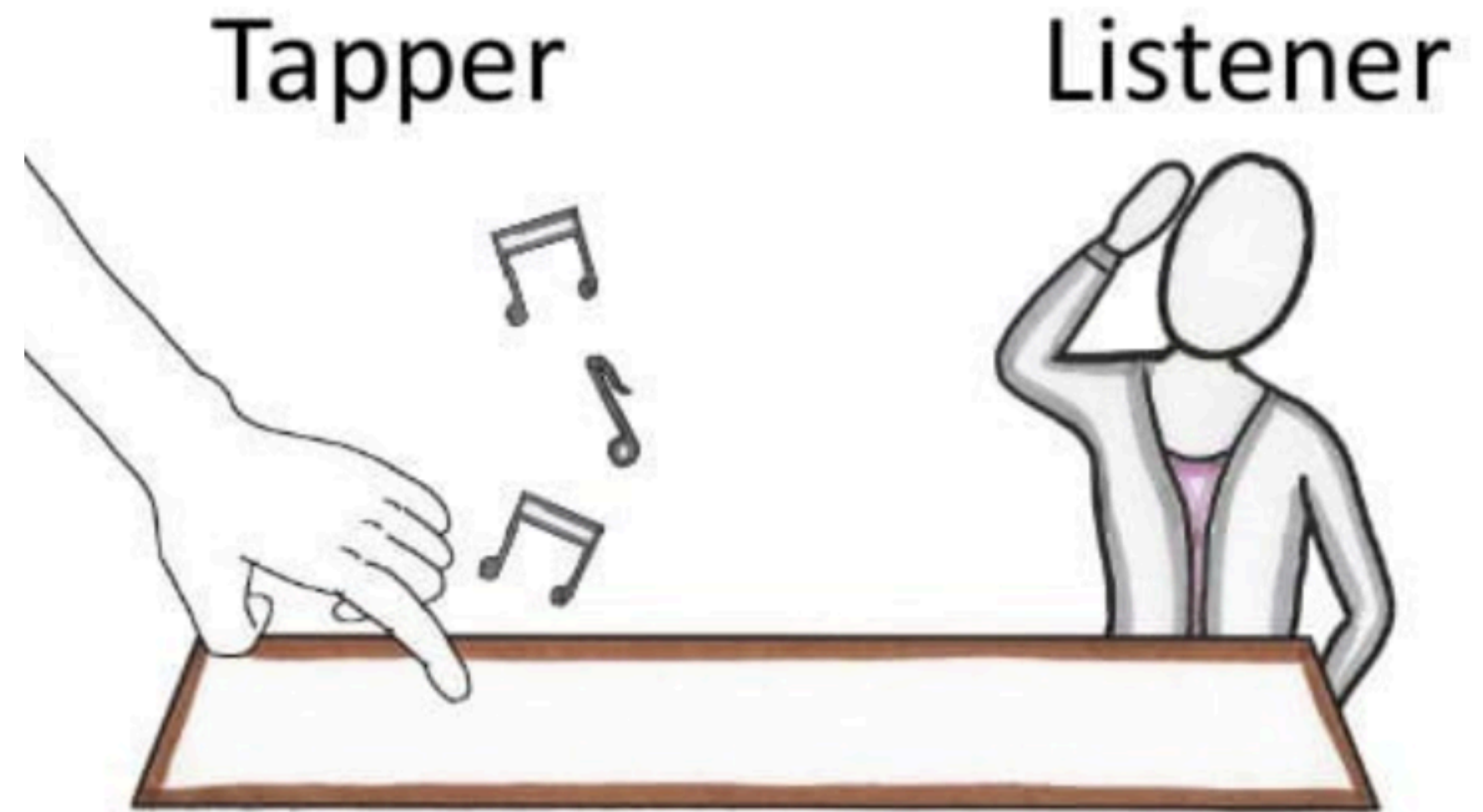
- 10 experienced riders and 10 novice riders were observed posting the trot on a riding simulator.
- Experienced riders: no asymmetry of trunk or shoulder displacement.
- Novice riders: Asymmetry of the upper trunk (lack of stability), greater vertical displacement amplitudes, higher impact forces on the saddle.
- Conclusion: resolving these asymmetries early could reduce stresses applied to real horses.





- We draw upon movement knowledge our riders do not have when we teach posting.
- Up, down cues a rhythm, but not a movement.
- How can we support riders in expanding their movement vocabulary?
- Embodied movement practices for the pelvis, femur, and knee.

## The Curse of Knowledge





# Unmounted Exercises

- Reclined pelvic lifts.
- Squats with and without resistance.
- Sacrum toss.





# Questions?

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