

1) Legs

- Both legs on at the girth increases energy
- One leg on at the girth asks for lateral movement
- Leg slightly behind the girth cues for canter

2) Hands

- Steady contact with the horse's mouth controlled by the elbow, with aids delivered in squeezes.
- Indicate direction of travel, slowing down, stopping, and balancing the horse
- Types of rein aids: direct, opening, neck rein, indirect, and pulley

3) Weight

- Horse will always try to keep the rider balanced on top of them, weighting a seat bone in the desired direction of travel will encourage the horse to go that way.

4) Voice

- Voice aids are typically used on the lunge line. "Cluck" to go forward, "kiss" for canter, "woah" to slow down/stop. Voice aids should be used sparingly under saddle, and never instead of the proper hand and leg aids.

5) Eyes

- Looking in the direction of travel is a subtle weight aid to encourage their horse to go in the proper direction.