

Horseback Riding

Rider Lingo

Tack: Saddles, stirrups, bridles, halters, reins, and bits are all part of horse tack. When you put gear on your horse, it's called "tacking up."

Cooling out: After you ride a horse, it needs to be cooled down by being walked, brushed, or sponged down. It also needs small sips of water.

In front of the bit: When your horse pulls the bit over its teeth and you lose control.

On the bit: When your horse accepts your control.

Leg up: Mounting (getting on) a horse by having someone help support your legs.

Nearside: The left-hand side of the horse.

Offside: The right-hand side of the horse.

Posting: When you rise up and down on a trotting horse to keep from bouncing.

Wrangle: When you round up horses, like ones in a barn or in a field.