

Contents at a Glance

<i>Introduction</i>	1
<i>Part I: Beginning with Horse Basics</i>	7
Chapter 1: Welcome to the World of Horses	9
Chapter 2: Understanding Horses from Head to Hoof	19
Chapter 3: Perusing Popular Horse Breeds	41
<i>Part II: Selecting a Horse and the Stuff that Goes with Him</i>	59
Chapter 4: Preparing to Make Your Purchase	61
Chapter 5: Making the Big Buy	85
Chapter 6: Getting into Gear with Horse Equipment	107
Chapter 7: Housing Your Horse Comfortably	139
<i>Part III: Taking Care of Your Horse</i>	155
Chapter 8: Establishing an Everyday Routine	157
Chapter 9: Keeping Your Horse Clean and Pretty	167
Chapter 10: Preventing Equine Health Problems	189
Chapter 11: Examining and Treating Equine Health Troubles	197
Chapter 12: Giving Up Your Horse	225
<i>Part IV: Handling Your Horse with Ease</i>	233
Chapter 13: Working with Your Horse from the Ground	235
Chapter 14: Selecting a Riding Discipline	257
Chapter 15: Getting Ready Before You Mount	269
Chapter 16: Taking Control in the Saddle	277
Chapter 17: Staying Safe on (and around) Your Horse	297
Chapter 18: Competing on Horseback	309
Chapter 19: Riding for the Fun of It	325
<i>Part V: The Part of Tens</i>	337
Chapter 20: Ten Horse Myths	339
Chapter 21: Ten Great Movies about Horses	345
<i>Appendix: Equine Resources</i>	349
<i>Index</i>	355

Table of Contents

***Introduction* 1**

About This Book	2
Conventions Used in This Book	2
What You're Not to Read	3
Foolish Assumptions	3
How This Book Is Organized	3
Icons Used in This Book	5
Where to Go from Here	6

***Part 1: Beginning with Horse Basics* 7**

Chapter 1: Welcome to the World of Horses 9

Looking at a Horse's Build and Mind	9
Checking Out Various Horse Breeds	10
Making a Match with the Perfect Horse	11
Asking a few questions before you buy	11
Locating the right horse for you	12
Purchasing horse supplies	12
Housing your horse	13
Taking Great Care of Your Horse	13
Handling daily tasks	14
Grooming your horse	14
Treating your horse's illnesses	14
Knowing when to part with your horse	15
Riding Your Horse Safely and Easily	16
Working with your horse from the ground	16
Looking at riding basics	16
Staying safe on your horse	17

Chapter 2: Understanding Horses from Head to Hoof 19

Horse Talk: Describing Horses Correctly	20
Checking out the horse's parts	20
Measuring a horse correctly	22
Seeing horses of many colors	23
Looking at different horse markings	23
Figuring out horse movements	25
Mind Games: Getting into the Horse Psyche	27
Examining equine instincts	27
Surveying equine senses	30
Understanding equine language	33



Do You Trust Me? Developing Bonds Between Horses and Humans36
 Providing companionship37
 Chowing down38
 Stretching out39
 Taking some stable vice advice39

Chapter 3: Perusing Popular Horse Breeds 41

Picking the Best Breed for You41
Meeting the Top Ten Horse Breeds43
 Appaloosa44
 Arabian44
 Miniature45
 Morgan45
 Paint Horse46
 Quarter Horse46
 Saddlebred47
 Standardbred48
 Tennessee Walking Horse48
 Thoroughbred49
Going Beyond the Top Ten50
 Crossbreds50
 Draft breeds50
 Gaited horses52
 Pony breeds55
 Warmbloods56
 Rare breeds56

***Part II: Selecting a Horse and the Stuff
that Goes with Him59***

Chapter 4: Preparing to Make Your Purchase 61

Finding Out Why You Want a Horse61
 Rating your reasons for wanting a horse62
 Determining whether you're ready64
 Exploring which way you want to ride
 (and how you want to learn)67
 Establishing responsibility for your horse70
 Deciding between leasing or buying70
Considering a Horse's Traits73
 Thinking about a horse's age73
 Studying horse bodies75
 Looking at gender differences78
Investigating Horse Insurance79
Finding Expert Help81
 A trainer or riding instructor81
 A veterinarian83
 A farrier84

Chapter 5: Making the Big Buy85
Enlisting an Expert to Help You Shop	85
Knowing Where to Find a Horse	87
Individual sellers	88
Horse dealers	89
Breeding and training operations	90
Adoptions	91
Deciding On the Perfect Horse for You	94
Considering your riding style	94
Choosing a purebred or a nonpurebred	94
Balancing emotions and rationality	97
Embarking on Your Horse-Shopping Journey	97
Getting some initial information	98
Paying a visit	98
Moving forward after the visit	100
Hiring a vet to check the horse	101
Signing up for a trial period	103
Closing the deal	104
Bringing Your Horse Home	105
Chapter 6: Getting into Gear with Horse Equipment107
Let the Shopping Begin: Figuring Out Where to Buy Equine Equipment	107
Have a Seat: Saddles and Related Accessories	108
Surveying different types of saddles	109
Picking out saddle pads	114
Buying a saddle the smart way	114
Ensuring your saddle fits	115
Tack It Up: Other Riding Requirements	118
Getting a heads-up on bridles	118
Breaking down bits	120
Checking out assorted riding aids	122
Exercising your options on training gear	124
Considering a bareback pad	124
Ground Work: Horse-Care Items	125
Understanding the importance of halters	125
Looking at lead ropes	126
Cleaning up with grooming supplies	127
Playing Dress-Up: Horse Clothes	129
Putting on coverups	130
Paying attention to assorted apparel	132
Looking Good: Your Own Riding Wear	133
Donning formal hunt-seat garb	133
Dressing in elegant dressage attire	134
Slipping into saddle-seat apparel	135
Wearing western gear	136
Kicking around in comfortable clothes	137
Using your head by wearing a helmet	138

Chapter 7: Housing Your Horse Comfortably	139
Away from Home: Boarding Stables	140
The pros and cons of boarding	140
Knowing a boarder's responsibilities	142
Selecting a commercial boarding stable	142
Choosing private boarding	145
Staying Close: Having a Home Stable	145
The pros and cons of a home stable	146
Knowing your responsibilities at home	147
Committing yourself financially	147
Setting Up Backyard Accommodations	148
Keeping your horse outdoors	148
Housing your horse indoors	151
Making Room for Work and Play	152
Storing your gear in a tack room	153
Staying safe in a spacious work area	153
Sharpening your skills in a riding arena	154
Accessing trails for a fun time	154

Part III: Taking Care of Your Horse **155**

Chapter 8: Establishing an Everyday Routine	157
Handling Your Horse's Hunger and Thirst	157
Taking Care of Other Maintenance Tasks	163
Giving your horse the once over	164
Exercising your horse for optimum health	164
Managing manure	165
Controlling pests	166
Chapter 9: Keeping Your Horse Clean and Pretty	167
Getting Down to Business: Grooming Basics	167
Starting with the right tools and setup	169
Working the body	169
Managing the mane and tail	172
Attending to the hooves	172
Sticking to safety rules	175
Scrub-a-Dub: Bathing Your Horse	176
Knowing why and when horses need baths	176
Making preparations to bathe your horse	177
Having the right tools on hand	178
Washing your horse properly	179
Caring for your horse after his bath	181
Carefully Clipping Your Hairy Equine	182
The scoop on maintenance clipping	182
Caring for your clippers	184
The basics of body clipping	184

Chapter 10: Preventing Equine Health Problems189

- The Doctor Is In: How a Vet Helps Your Horse189
 - Searching for a vet190
 - Taking a shot at vaccinations191
 - Getting the bugs out with deworming192
 - Keeping track of teeth192
- If the Shoe Fits: The Work of a Farrier193
 - Finding a farrier193
 - Caring for a horse’s hooves194
- In Control: Understanding Your Role in Preventive Care195
 - Feeding time195
 - Getting exercise196

Chapter 11: Examining and Treating Equine Health Troubles197

- Tracking Symptoms (and Recognizing an Emergency)198
- Understanding Common Health Problems200
 - Azoturia200
 - Cancer201
 - Colic202
 - Equine influenza and rhinopneumonitis205
 - Equine protozoal myeloencephalitis (EPM)205
 - Eye problems206
 - Gastric ulcers207
 - Heaves208
 - Skin problems209
 - Strangles212
 - Thrush213
 - West Nile virus213
- Getting a Grip on Leg Woes214
 - Arthritis215
 - Bowed tendons216
 - Hoof abscesses217
 - Laminitis217
 - Navicular disease218
- Taking Care of Horse Wounds219
- Putting Together a First-Rate First-Aid Kit222
- Coping with Euthanasia223
 - Making a difficult decision223
 - Handling the grief224
 - Knowing what happens to your horse’s remains224

Chapter 12: Giving Up Your Horse225

- Beware of Killer Buyers225
- Figuring Out if You Need to Move On226
 - Seeing signs of outgrowing your horse227
 - Deciding your next step227
- Looking at Options for Your Old Friend228

Part IV: Handling Your Horse with Ease233**Chapter 13: Working with Your Horse from the Ground235**

Establishing the Right Manners	235
Understanding your responsibilities	236
Recognizing your horse's responsibilities	237
Approaching Your Horse in the Stall or Pasture	237
Retrieving your horse from a stall	238
Heading toward your horse in a pasture	239
All Strapped In: Haltering Your Horse	239
On the Ropes: Leading Your Horse	240
Leading the right way	240
Refraining from bad habits	242
In Knots: Tying Your Horse	242
Circle Around: Longeing Your Horse	245
Readying your horse for longeing	245
Longeing your horse properly and safely	247
Handling Problems from the Ground	249
Your horse resists being caught	250
Your horse drags you when you lead	252
Your horse pulls back when tied	252
Your horse bites you	253
Your horse kicks you	254
Your horse crowds you	255

Chapter 14: Selecting a Riding Discipline257

Scoping Out the Most Popular Ways to Ride	257
Showing off with hunt seat	258
Staying natural with dressage	260
Riding high with saddle seat	261
Taking it easy with western	262
Getting the Scoop on Other Cool Riding Styles	265

Chapter 15: Getting Ready Before You Mount269

Putting On a Saddle and Accessories	269
The English saddle	270
The western saddle	273
Bridling Your Horse with Ease	275

Chapter 16: Taking Control in the Saddle277

Preparing Yourself Mentally	277
Beating your fear	277
Acknowledging your role as the leader	278
Taking Riding Lessons First	278
Getting Into Riding Shape	280
Swinging Up and Onto Your Horse	282
Focusing on Riding Fundamentals	284

Holding the reins284
 Positioning yourself in the saddle286
 Cueing your horse288
 Moving with your horse’s gaits290
 Delving Into Post-Ride Details290
 Getting off your horse290
 Untacking your horse291
 Cooling down and cleaning up292
 Catching Tricks that Naughty Horses Play292
 Bucking293
 Rearing293
 Backing up without being asked294
 Spooking294
 Running away295
 Refusing to move295
 Being “barn-sour”296

Chapter 17: Staying Safe on (and around) Your Horse297

Dressing the Right Way297
 Wearing a safety helmet298
 Putting on the proper pants298
 Stepping into safe footwear298
 Protecting Yourself on the Ground299
 Caring for a horse’s hooves299
 Being in close quarters with a horse300
 Recognizing some dangerous horse moves301
 Leading a horse302
 Moving around a tied horse302
 Being Secure in the Saddle303
 Inspecting your tack first303
 Riding by yourself304
 Riding with other horse folks304

Chapter 18: Competing on Horseback309

Keeping Traditions in Hunt Seat309
 Performing Precisely in Dressage310
 Being Flashy in Saddle Seat311
 Working with Special Skills in Western311
 Educating Yourself at Breed Shows317
 Enjoying the Great Outdoors at Trail Competitions319
 Getting a Leg Up on Jumping Competitions321
 Checking Out Combined Training322
 Steering Yourself Toward Competitive Driving323

Chapter 19: Riding for the Fun of It325

Riding the Trails325
 Strutting Your Stuff in Parades328

Joining a Drill Team	329
Reliving the Past in Reenactments	331
Having a Horsy Vacation	333
<i>Part V: The Part of Tens</i>	337
Chapter 20: Ten Horse Myths	339
Chapter 21: Ten Great Movies about Horses	343
<i>Appendix: Equine Resources</i>	347
<i>Index</i>	353