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article has appeared previously with Equestrian Life. To see what is in our latest issue, please [click here](#). By Linda L Allen. Riding and jumping, like most other activities are best learned by doing. Practice is as essential for riders as ongoing training is for horses, no matter their current level.



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Jec Ballou is the author of 101 Western Dressage Exercises for Horse & Rider, 101 Dressage Exercises for Horse & Rider, and Equine Fitness. She is a national advisor to the Western Dressage Association of America and contributed to

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the current rules for the sport. She teaches clinics across the United States. She lives in Santa Cruz, California.

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