

What's $F=m \times a$ got to do with riding?



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I'm certainly no scientist or physics expert but here's some interesting science courtesy of Dr Russell MacKechnie-Guire and of course Newton and his second law:

Force equals mass x acceleration

When we are riding we are
1 x our body weight in walk
2 x our body weight in trot
2 1/2 x our body weight in canter

Think about this a little more - with every stride the horse has to absorb this level of force from us just being there. We also have to absorb forces coming up from the horse and it's connection with the ground therefore it is vital that the saddle is a balanced platform, that helps not hinders these two moving dynamics.