

# Who Should We Emulate

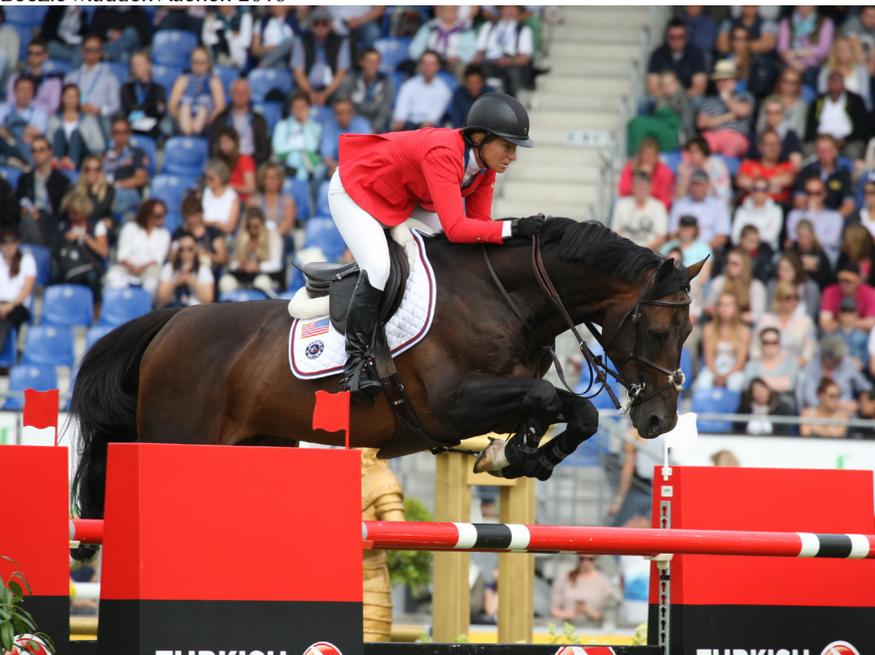
by Holly Grayton

When I was a young girl my mom and I had a discussion once about body types. As a typical young girl I envied celebrities including

Cameron Diaz, Julia Roberts, Jennifer Aniston etc. and my mom pointed out I should look more towards women with the

same body type as me. I was never going to be tall, lean and long legged but rather more athletic and muscular and wearing high heels!

Beezie Madden Aachen 2016



So I started looking more towards athletes, such as soccer players and even Britney Spears, always people with more muscle and a shorter stature to decide what style of clothes looked best on me.

Ok fast forward to now... my husband, as many of you know is tall...very tall and lean and another major difference obviously is he's a man. So when I think about who to emulate when I ride, although I respect and admire his riding a lot, it can't be him that I look to play copy cat with.

The idea seems obvious, but when I watch a lot of show jumping I start to think, "I want to ride like Amy Millar or Mandy Porter or Susie Hutchison." But in reality I'm not built like them and although I can take away many lessons from watching and listening to them when they ride and teach, when I watch my video the picture will never be the same.

Not to say that you shouldn't watch as many riders as you can, but I think when you are doing your visualizing it helps to picture

*Continued on page 24*

Who should we emulate?

*Continued from page 23*

someone of similar stature and the style of riding you wish to obtain.

For me right now it's Bezie Madden. She has a similar shorter leg and longer upper body. She often rides big horses and so the videos and photos of her are very helpful. I have printed a few photos and put them on my desk so I'm inspired constantly-her leg position stands out the most! I watch all that YouTube has to offer in the Beezie department. Not only does she have a similar body style to me



Beezie Madden Aachen 2016

but she also rides in a style I would like to emulate (we all want to ride like her but you know what I mean). Her style includes a lighter seat but strong and secure, forward galloping with guiding hands and a leg that doesn't move. So I think it's not only important to find someone who is built like you but also rides the way you want to ride.

Who are you built like?

What style of riding are you aiming for? 



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