



# The Photographic Guide to Jumping

*John Bowen*

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## **The Photographic Guide to Jumping** John Bowen

Improve your jumping technique with this uniquely visual guide - the ultimate photographic guide for novice and experienced riders alike. Starting with preliminary training over ground poles Lesley Bayley and John Bowen take you through all stages of jumping training, including revising the basics such as a safe jumping position, polework, and gridwork exercises, before moving on to the more complex work of jumping courses and cross-country jumping. Over 250 colour photographs illustrate from many different angles the points being made by the authors. The use of aerial shots and dynamically-sequenced photos give the book a unique edge - follow the jumps as they are being ridden, from the side and from a bird's-eye perspective.

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