

PHYSICAL EDUCATION FOR HEALTH

Radio Program

HORSEBACK RIDING.....

May 18, 1939 .. Thur.

- Miss Hoover It noticeable that more people than ever before recognize horseback riding as a major sport and a means of delightful exercise, so this is an opportune time to discuss the subject of horses and horseback riding with a man who is well qualified to answer my questions. He is Mr. Gayle Mott who has recently opened a riding academy in Lawrence and formerly instructed college riding classes in Emporia, Kansas.
Mr. Mott, what is the location of your stables, and how many horses have you?
- Mr. Mott The stables are located on University Drive, a few blocks west of the campus. I have thirteen horses at present, two of which are still in training.
- Miss Hoover Do you break and train your own horses, then?
- Mr. Mott Yes, Miss Hoover, I buy my horses as young colts and train them in fields of riding for which they are best fitted, such as: three gaited, five gaited, highschoolled, or jumping horses. I have all these in my stables--some of them are trained for driving horses as well. I like to break and train each horse myself so that I know the horses are dependable and fairly uniform in performance and response.
- Miss Hoover You mentioned the gaits and gaiting of horses. What are the gaits and how do three and five gaited horses differ?
- Mr. Mott The five gaits are: walk, trot, canter, slow gait (or single foot) and rack. The three gaited horse has only the first three gaits named. The average saddle horse has only the three gaits--and is the best type for the ordinary rider. It is difficult for any but expert riders to keep a five-gaited horse in the proper gaits and there is no advantage in having a horse with all the gaits unless the rider is skillful enough to keep them distinct. If the rider is less instructed than the horse, a sad confusion of paces is apt to result; a horse with a good trot and a good canter is more useful to the ordinary rider than one of the highly accomplished gaited saddlers, and hence the popularity of the three-gaited horse.
- Miss Hoover I understand that there is quite a general confusion regarding the blood strains in saddle horses. I am interested in the characteristics of and the outstanding differences between the Thoroughbred and the American Saddle Horse.
- Mr. Mott There are two opposite types of blood strains in horses. The hot-blood is represented by the thoroughbred or racing horse and the cold-blood by the cow-pony or mustang. The Thoroughbred horse was originally brought to this country from England and it is the race-horse or running horse. The Thoroughbred has three gaits. The American Saddle Horse originated from crosses of the thoroughbred