

Case Study



Vaulting at RDA Woodbridge

If you're wondering what equestrian vaulting is, just think of gymnastics on horseback. The horse moves round in controlled circles on a lunge line, and the vaulters work either as individuals, in pairs or a team on their back. It requires the participants to work with others, understand the movement of a horse and to develop their balance, confidence and artistry... all at the same time.

RDA Woodbridge has chosen to expand its offer to include vaulting as this activity has been shown to build and develop a wide range of skills that can be transferable throughout all areas of participants' lives. Trust and teamwork are necessary ingredients, along with developing self-confidence and interpersonal skills.

Many of our clients find these areas challenging in their everyday lives and are able to develop these key life skills in a non-threatening, supportive atmosphere while having fun with others. The physical benefits are obvious. If you have ever tried to balance on a beam or do yoga or Pilates, you'll know it's not easy and demands a great deal of flexibility and hard physical effort. Now try doing it on the back of half a ton of moving horse – that's vaulting!

One of our volunteers who has recently taken up vaulting is Ty. Although very experienced around horses, and one of RDA Woodbridge's carriage driving coaches, she had never before performed

gymnastics on a horse. Ever the one to accept a challenge, Ty joined the training sessions and soon found herself thoroughly immersed in the experience. All novice vaulters begin on a static barrel that replicates the feel of being aboard a horse. They then progress to a barrel that moves and finally onto a real horse. When asked what she gains from vaulting she said, **'I wanted to try something new and different. It has been great for my mobility, and I can now do movements that I was never able to do before.'**



So why not take up the challenge, like Ty, and come and try the incredible sport of vaulting at RDA Woodbridge.