



Andrea Harris defines the half halt:



Photo Credit Vanessa Paterson

The half halt describes the “rebalancing of your horse, whether it’s the walk, the trot or the canter; for me, the half halt comes from the inside leg to outside rein.”

Through this process we are “getting the horse’s center of gravity back out onto their hocks. Half halt is always leg to hand. If your horse feels like he’s on the forehand and you just pull, they just lean more on you. The horses can learn the muscle memory of picking themselves up – but it won’t come without some leg! You need the leg, no matter how strong your horse is. Just resist, and close the leg.”



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