

Horse Gaits

Level 1



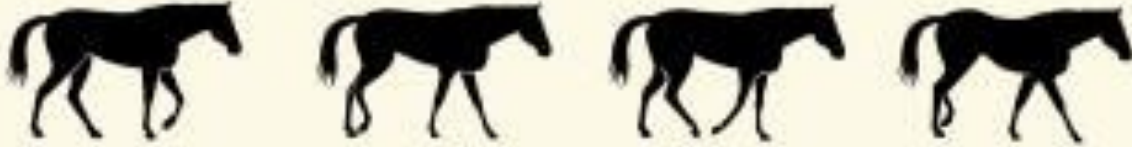
What is a Horse Gait?

- **Gait is the pattern of movement of an animal or human in motion.**
- **Gaits can change with speed.**
- **Speed can change the pattern of where each foot falls.**
- **We can talk about each gait by the number of beats, and where each hoof falls.**

Walk and Trot

We are going to learn about the walk and trot.

Walk

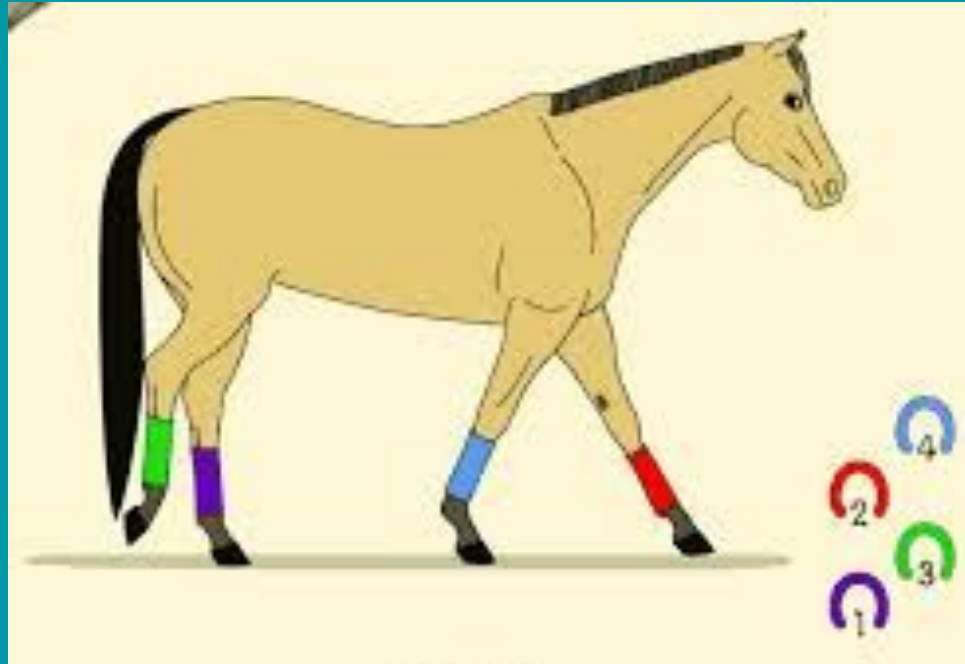


Trot



The Walk

The walk gait for a horse is 4 beats. They have 4 legs!





https://www.youtube.com/watch?v=VgBvWR1_YB8

The Trot

The gait known as trot is 2 beats. Pairs of legs move together.





<https://www.youtube.com/watch?v=X6WqIYH22uA>