|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Characteristics | Description | | Image | Video |
| The walk | It is a four - beat gait that should have a very even rhythm as the feet land and take off in  the following sequence: left hind limb, left forelimb, right hind limb, right forelimb | | Screenshot (53).png | <https://www.youtube.com/watch?v=t4zdTn02PWQ> |
| The pace | is a two - beat lateral gait in which the two right limbs rise and land alternately with the two under left limbs. | | Screenshot (54).png |
| The trot/jog | is a two - beat diagonal gait in which the right fore and left hind rise and fall together alternately with the diagonal pair left fore and right hind. This is considered the horse ’ s steadiest and most rhythmic gait. | | Screenshot (64).png |
| The canter/ lope | is a three – beat gait with the following sequence: one hindlimb,  then the other hindlimb simultaneously with its diagonal forelimb, and fi nally the remaining  forelimb. | | Screenshot (55).png |
| Right lead | If a horse is on the right lead, the initiating hind will be the left hind, the diagonal pair will be the right hind (sometimes referred to as the supporting hind) and the left fore, and the final beat will occur when the leading forelimb (the right fore) lands. Then there is a moment of suspension as the horse gathers its limbs underneath itself to get organized for the next cycle. When observing a horse on the right lead from the side, it is evident that the right limbs will reach farther forward than the left limbs. A change of lead can occur during the moment of suspension so that the horse can change both front and hind simultaneously. | |
| The gallop or run | is a four - beat variation of the canter. With increased impulsion and length of stride, the diagonal pair breaks, resulting in four beats. The footfall sequence of a right lead gallop is left hind, right hind, left fore, and right fore. As in the canter, the right limbs will reach farther forward than the left limbs when the horse is in the right lead. There is more suspension at the gallop than at the canter. | | Screenshot (65).png |
| PHASES OF THE STRIDE | | | | |
| Landing | In this phase the hoof touches the ground, and the limb begins to receive the impact of the body’s weight. | Screenshot (58).png | |  |
| Loading | The body moves forward during this phase and the horse ’ s center of gravity  passes over the hoof. This is when the  fetlock descends and extends to its lowest point,  sometimes resulting in an almost horizontal  pastern. The geometry of the foot also changes when loaded; the heels expand and sink caudally,  and the toe retracts. | Screenshot (66).png | |  |
| Stance | the fetlock rises  to a configuration comparable to the horse ’ s stance at rest.  The transition between the loading phase and the stance phase can be stressful to the internal structures of the hoof and lower limb. The horse ’ s center of gravity moves ahead  of the hoof. The flexor apparatus lifts the weight  of the horse and rider, and the fetlock begins to  move upward. The pastern straightens and the limb begins to push off the ground. | Screenshot (67).png | |  |
| Break-over | This is the phase when the hoof leaves the ground. It starts when the heels lift and the hoof begins to pivot at the toe. The carpus (or hock) relaxes and begins to fl ex. Break over is measured from the time the heels leave the ground to the time the toe leaves the ground. The onset and duration of break over are  sensitive to changes in hoof balance, especially  hoof angle and toe length. The palmar/plantar  soft tissue structures are stretched just prior to  the beginning of Break over to counteract the  downward pressure of the weight of the horse ’ s body. | Screenshot (68).png | |  |
| Swing | the limb moves through the air and straightens out in  preparation for landing. | Screenshot (72).png | |  |

