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THE CHARACTERISTICS AND TRAINING OF HORSES TO BE USED IN TOURISTIC FACILITIES

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Abstract

The horses have an important position in human life from past to present. They have been living together with human beings for thousands of years thanks to their physical and emotional qualities. They are bold and agile and at the same time they are highly dependent on the rider when used correctly and in the right jobs. The training of horses starts at birth. The instructor must comprehend the nature of horses well. They live in organized hierarchical order in their natural life. People who are interested in horses should know this order well. The horses used in many scopes though out history are also used in tourism today. Equestrian tourism seems to contribute to economies of many countries. In this study, it will be discussed how to determine the characteristics of the horses to be used in equestrian tourism and how to make the trips in a safe and healthy manner in equestrian tourism. In addition, people who consider to

do horseback tour guidance will be offered advice about the tour horse selection and how horse training and care should be.

Keywords: Equestrian Tourism, Horse Training, Horseback Tour Guidance

Introduction

Scientists believe that the domestication of horses 4,000 years ago had a significant impact of many aspects of human history and culture. French scientist Buffen said: "The noblest subdual which did people", and the horse subdual is based on many of documents back to 4000 BC of the Turkish ancestors. W. Koppers' interest subject is: "The domestication of the horses and shepherds' culture introduction to Turkish people". It was a major turning point in human history. People were suddenly able to travel long distances, spreading their languages and culture along the way. Essential elements of horse and shepherds' cultures Indo-Germans' profiled to the Turkish ancestors (Ünver,2016:14). Throughout the history, horse and Turkish people lived together like two brothers, two friends. Turkish people attach a high value on horses. In Turkish culture horses became the symbol of bravery and gentleman's culture. When Turkish ancestors were migrating, they civilized everywhere in states, bravery and generosity was expressed to horses, and this way they were continuing as mutually as they could (Türkler,1971:5). Riding sport can be performed through the love to the nature and animals, it is possible to describe the harmony that the individual has created by recognizing, influencing and finally completing each other with the horse, which is one of the most noble beings of the earth.

Information about Horses

Horse riding tour guides and coaches need to know the following general information about horses; The Latin name for the horse is "Equus Caballus". Horses complete their growth at the age of 4-5. They can dream and live on average of 25-30 years according to environmental influences (Temurlenk, 2000: 1). The color of hairs on the horse body was named a horse color. Foal can change its hairs color before it grows up. In Turkey bred horses have these horse colors: gray, black, chestnut, bay, dun (Koçkar, 2016:16).

Horses have a simple stomach that works much like a human's. "Herbivore" means that horses live on a diet of plants. The stomach is adapted to a continuous feed intake, and has a comparatively small volume 10-19 liters. The horse's small intestine is 10 meters long, and the hindgut or large intestine is approximately 7 meters long. Average horses eat 3-8 kg per day grain feed and 5-35 kg from grass and straw. The entire digestive process for the horse takes anywhere from 42-62 hours. Horse will defecate from 10 to 12 times each day (average 9-15 kg.) Every day horse can drink 20-40 liters of water and produce several quarts of urine 4-5 times a day, for a total of about 4-10 liters per day. They produce 5-7 liters of liquid sweat per day. Also, the equine esophagus joins the stomach at a much lower angle than in many animals, so when the stomach is distended, as with gas, it presses against the valve in such a way that holds it even more tightly closed. Because of that, horse can not vomit.

The mouth of a horse contains 36 teeth (females) and 40 teeth (males). Wolf teeth are not included as not all horses have them. The horses upper jaw is wider than the bottom jaw to allow for a chewing motion that is quite complex. The chewing action of the horse is a sweeping action which incorporates both lateral forward and backwards motions and vertical motions. This allows the feed to be effectively ground and mixed with saliva to initiate the digestive process.

The gestation period lasts for about eleven months, or about 336 days. During the early days of pregnancy, the conceptus is mobile, moving about in the uterus until about day 16 when "fixation" occurs. It is typical

for foals under human management to be weaned between four and six months of age, though under natural conditions, they may nurse for longer, occasionally until the following year when the mare foals again. Nearly all mares are seasonally polyestrous and cycle when the length of daylight is long. Period starts every spring and continue 10 days. Normally resting, breaths 8-16 times per minute and the air taken is 35 liters. The normal pulse rate is 28-40 beats. Body temperature is 37.5-38.5 degrees (Kellon. 2005:8-12).

The stallion is the horse male, the horse female is the mare, foal is a baby horse and the gelding is a horse with castration.

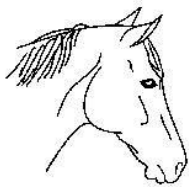
A mule is the offspring of a male donkey (a jack) and a female horse (a mare).

He enjoys being loved. It is quick to develop behavior patterns, and succeeds in protecting behavior for a long time. Besides a very good memory, there is an over-developed sense of place and direction. Quickly get habit and protect these habits stubbornly. Urgency, therefore, becomes very timid as a result of rude behavior and punishment. Face and ear expressions are very important to understand the behavior of horses:

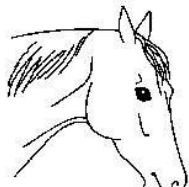
Face and ear expressions

Reading a Horse's Ears

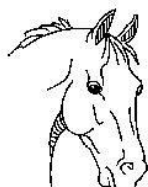
The horse's ears and actions are the key to his emotions. He can tell you what he is paying attention to and how he feels by the way he uses his ears and the way he acts. Following are some tips to his emotions.



Ears forward but relaxed
interested in what's in front of him



Ears turned back but relaxed
listening to his rider or what's behind him



Ears pointed stiffly forward
alarmed or nervous about what's ahead. Looking out for danger



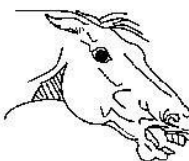
Ears pointed left and right
relaxed, paying attention to the scenery on both sides.



Ears stiffly back
annoyed or worried about what's behind him; might kick if annoyed.



Droopy ears
calm and resting, horse may be dozing.



Ears flattened against neck
violently angry, in a fighting mood. May fight, bite or kick.

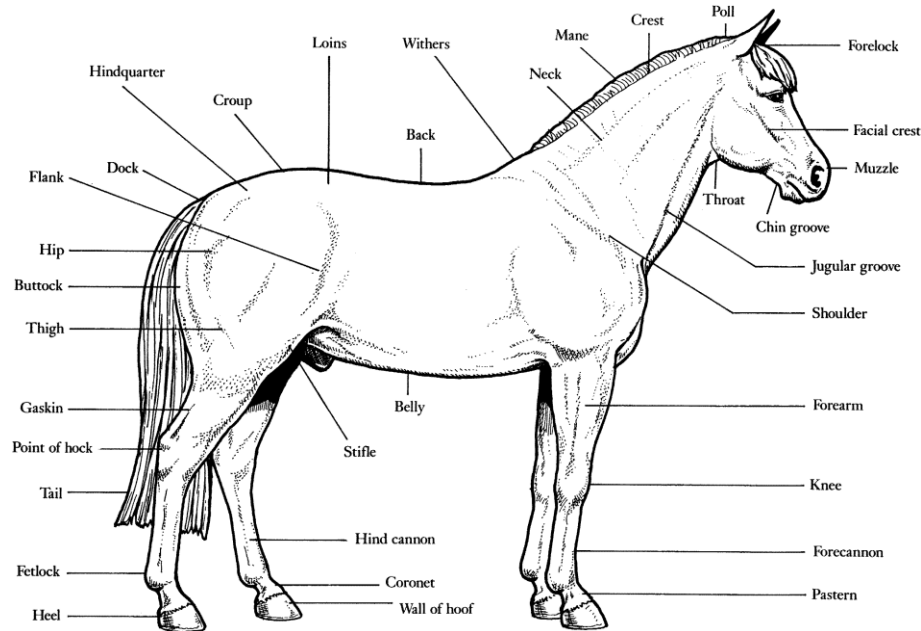
OTHER SIGNS YOU SHOULD NOTICE ARE:

- **Tucking the tail down tightly.**
Danger to the rear.
Horse may bolt, buck or kick.
Watch out if ears are flattened too!
- **Switching the tail.**
Annoyance and irritation:
 - at biting flies, stinging insects or tickling bothersome actions of a rider or another horse.
- **Droopy ears and resting one hind leg on toe.**
Calm and resting, horse may be dozing.
Don't wake him up by startling him!
- **Wrinkling up the face and swinging the head.**
Threatening gesture of an angry or bossy horse.
Watch out for biting or kicking.

Parts of the Horse's Appearance

According to the appearance of the horses, the chapters are divided into 3 parts. These:

1. Head and neck section: Head, mane, forehead, nose, mouth, lips, ears, eyes, face, cheek, eyelash, neck, over nose.
2. Body part: Cavity, back, waist, croup, chest, rib, abdomen, thigh, hip, tail.
3. Legs section: shoulder, forearm, elbow, knee, nail, chestnut, point of hock (Temurlenk, 1996: 11-20).



External Features

Natural Gaits of Horses

The rhythmic characteristic movement of a horse's feet and legs in motion are called gaits. The three natural gaits of the horse are the walk, trot, and canter.

1. The walk (Variations: Medium walk, Collected walk, Extended walk, Free walk.)
 2. The trot (Variations: Working trot, Lengthening of steps, Collected trot, Medium trot, Extended trot, Stretching on a long rein)
 3. The canter (Variations: Working canter, Lengthening of strides, Collected canter, Collected canter, Medium canter, Counter-canter, Simple change of leg at the canter, Flying change of leg.)
- (FEI, Dressage Rules 2018: 13-17)

Hacking Guide Features

Hacking guides should have the following features:

1. Follow the rules,
2. Being knowledgeable in the professional fields,
3. Be open to learning and development,

4. Good planning,
5. Must have first aid knowledge,
6. Stay calm during activities,
7. Solve problems after problem emerges and make correct decisions when problems arise,
8. Be a good listener,
9. Know your legal responsibilities,
10. Must be consistent,
11. Be active in a group work,
12. Good time management,
13. Confident,
14. Be selfless,
15. Be honest,
16. Be able to accept criticism,
17. Be patient,
18. Must have 'Tourism guide horse training' education.



Hacking in Cappadocia (Dilari, 2017)

Horse and Rider Materials for Used on Hacking.

Horse materials: bridle, saddle.

Parts of bridle: Headpiece, Brow band, Throatlatch, Cheek Piece, Curb Strap, Bit.

Parts of saddle: Skirt, Twist, Seat, Cantle, Stirrup Leather, Stirrup Leather Keeper, Flap, Stirrup, Knee Pad, Dee Ring, Pommel.

Rider materials: Helmet, Riding breeches, Gloves, Riding Boots, Mini-Chaps.

Other materials for helping on Hacking: Holder, Necklace, Horse Boots, Rope, Saddle Pad or Blanket (Temurlenk, 1996: 151-208).

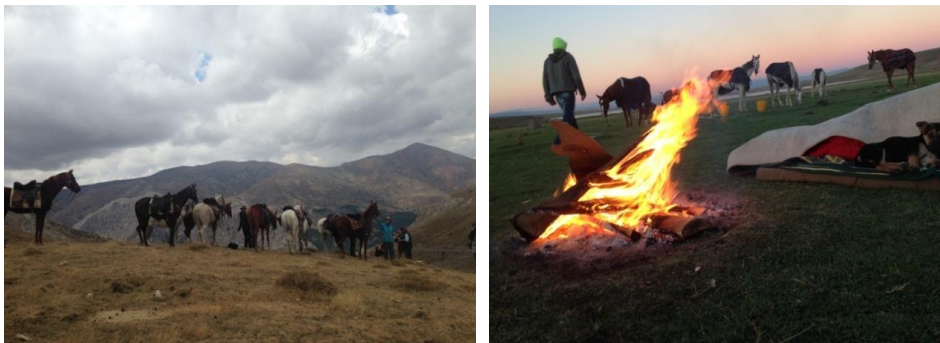
Hacking

Hacking – ispleasure and nature trips are the terms that describe riding action. Nowadays, for touristic purposes, it describes the horse riding in groups in the nature (Koçkar, 2015:199).



Hacking in Cappadocia (Dilari, 2017)

To organize hacking, it is necessary to have detailed knowledge about riding tours. Preparations are essential for a healthy and efficient horse riding tour. Horses can be reached everywhere. Before a hacking, it is necessary to know what will be done, where, for what, how and with whom. Proper planning will depend on the type of location, the weather, and the type of transport vehicle. Hacking guide must have an alternative plan. Safety and levels of riders must be taken into planning. This plan must include stay in stables, riding conditions, health problems, supplies (medicine, blankets and covers, tents, bait, etc.), accommodation in some ranches. The place where hacking group will come must be checked by authorized persons about the accommodation conditions of the trip route. Weather conditions should always be checked each hour. If the situation of the trip route is not warranted, horse riding should not be carried out by considering horses' and riders' health.



Hacking in Cappadocia (Dilari, 2017)

Rules of the Hacking

These rules must be followed in horse riding. These rules are very important for horse and rider health. For this reason, these rules should be applied in continuous training with horse activities to be performed daily except horse riding.

Before Hacking a guide must plan horse group for tour. When doing this planning, firstly horses must be sorted. This ranking is very important. The other horses should follow in a row after the leader and the experienced rider (coach, guide assistant etc.) in the front. During the horse tour, the group leader (guide) will monitor the group and provide control and safety in the middle of the hacking group with the voice

to be heard. In horse riding, the riding position of riders and the approach distance to other horses must be checked.

If a horse starts to panic and do canter without control, firstly a rider should stay calm and go away from places like rock, pit, wire, barrier and asphalt road. The horse should be taken to a large circle, and the rider should make the circler smaller and smaller until the horse will stop. If panicking horse will be taken immediately to a small circle, this horse with the rider can fall down.

On Hacking, the distance between the horses should be checked by the experienced rider (trainer, guide assistant, etc.) which is in front of the horses' group, and the horses should always keep the same speed and distance between horses.

Horses are "flight" animals. It is in their nature to be sensitive to danger and avoid it. When horse is scared from something, suddenly can do movements such as stopping, turning, kicking. The horse with soft manner should be taken to a large circle.

Hacking traffic rules:

1. When approaching another rider head on, please pass left shoulder to left shoulder.
2. When stopping to make an equipment or clothing adjustment, move out of the way of traffic and do so in the center of a circle out of the way.
3. Slower traffic should ride on the inside. Faster on the outside
4. Do not get too close to another horse as some may kick. Rule is one horse length away. Horses that kick should have a red ribbon in their tail. Horses that bite should have a red ribbon in their mane.

Table 1: Hacking Tour Guide Control Form

Hacking Tour Guide Control Form	YES	NO
1. Is a Hacking group leader horse using different saddle pad?		
2. Are the other horses in a group using the same saddle pad?		
3. Do the riders of the group use helmets?		
4. Was the Hacking tour contract signed?		
5. Was saddle and bridle fit?		
6. Were horse and riders the same level?		
7. Did the horse sorting plan?		
8. Did the assistant tour guide (coach or rider) take the special group flag?		
9. Did the horse shoes control?		
10. Was Hacking group leader (Guide) moving in the middle of the group?		
11. Which horses will stay in Hacking group (mare or gelding)?		
12. Was guide used in Hacking tour the new horse?		
13. Is there a hats-like swinging material on the neck of the riders?		
14. Is there any health problem with riders who will be on Hacking?		

15. Will it be a first-aid point on the Hacking route?		
16. Do you have a spare bag for a horse Hacking? (saddle, holder, bridle, etc.)		
17. Did taken water and forage bucket for the tour accommodation?		
18. Did the hacking group guide have telephone or radio?		
19. Was taken coats for riders and horses?		
20. Was the riders take offrings, watches?		
21. Was the riders taken a horse riding course?		
22. Did anyone who took the Hacking tour get the blood group and emergency contact information?		
23. Does anyone use drugs from riders?		
24. Was each rider has some think for eat (water, fruit juice, cake) taken?		
25. After the Hacking rider and horse material turn control was done?		
26. Was there a satisfaction survey for more efficient horse riding?		

Features of Hacking horses

For Hacking horse health very important. Healthy horse can provide a safe environment. For this reason, the features of Hacking are listed below:

1. Body structure must be proportional,
2. The heart, lungs and tendons should be intact,
3. Gaits should be in the same step range,
4. The height of the withers up to 140 - 155 cm,
5. Horse must be durable,
6. Horse must be courageous,
7. Be calm,
8. Don't be coward,
9. Horse must be calm with others horses,
10. For Hacking, guide must search mare or gelding,
11. Horse don't have bad behaviors' (kicking, biting, etc.),
12. Don't have problem with hoof and shoes,
13. Must be at 6 years old and older.



Hacking in Cappadocia (Dilari, 2017)

During Hacking Horses and Riders Breaks

On Hacking tours, the breaks allow for a rider and a horse to rest and fix the horse's materials. Before going on the Hacking, a guide should tell each rider where and when the breaks will be. According to this, riders should plan themselves (water, medicine, toilet, etc.). Riders should not leave their horses alone. Before Hacking veterinarian checks must be done for horses. The safety and health of the group of horses during breaks is very important.

If Hacking tour will go on asphalt ground, horses' hoofs must be prepared for it (plastic, horse hoofs' boots, etc.). If Hacking road go in the city, traffic police should make sure that the route is always open and other traffic vehicles should not be approached by horses.

Hacking tour horse health

Hacking tour guide should know the horse vaccination information for ideal Hacking tour. Vaccinations should be completed at least 2 weeks before the Hacking. The horses which will go on Hacking must get a first aid kit. The list of drugs must be ready before the Hacking. If a very long Hacking will be carried out, before it veterinary check must be done.

Hacking tour horse feeding and nutrition

The proper feeding of hacking horses is as important as feeding the horses in normal stables and should be taken care of. The list of horse ration (for how horses and for how days) must be done before Hacking. For each horse riders should special buckets. On Hacking tour horse ration must not changing. Hacking it is a time when horses must drink a lot of water. On Hacking each 3-4 hours horses should drink enough water.

Hacking tour horse holding

On hacking tour when a group have a break, horses must be tied with holder. A rider when tied a horse must very well adjust the length of the rope. A horse should be able to use the head and neck easily. Very tightly tied horses will not be able to limit their movement and balance. In very loosely tied horses, they will try to turn to the right, to the left, to fight with the horse next to them or a rope can be wander around horses' legs. In case of not resolving the horses, knives and scissors must be provided for emergency cutting.

Mount and dismount a horse

Mount a horse: Before mount a horse rider must had checked a saddle and a bridle. First rule on riding; mounting on left side and dismounting from right side. Bring there in cover the horse's head and on to its neck. While facing slightly towards the rear of the horse, hold both reins in your left hand just above the withers. With your right hand, turn the stirrup iron towards you. Place your left foot far enough in to the stirrups o that the stirrup is past the ball of the foot and the foot is secure. Now turn and face the horse as you grab the cantle of the saddle with your right hand. Balance your weight between your arms and your left leg. Move your right hand from the cantle to the offside of the pommel while at the same time swinging your right leg over the horse's croup and letting yourself down into the saddle. Make sure not to kick the horse's croup while you mount. This can startle the horse into moving and knocking you off balance. Once in the saddle, place your right foot in the stirrup and take the reins in both hands (Temurlenk, 2016: 21).

Dismount a horse: Before the horse takes a step to begin your ride, you should learn how to dismount safely. Dismounting is basically the reverse of mounting. With the reins gathered in your left hand and placed above the horse's withers, place your right hand below the pommel. Remove your right foot from the stirrup, bend your right leg and move it over the horse's croup without touching it. Simultaneously

move your right hand to the cantle and balance yourself with your hands. Remove your left foot from the stirrup and jump gently to the ground. As you jump to the ground, do not push yourself away from the horse. Instead, slide down along the horse's side. Always maintain control of the horse as you descend (Temurlenk, 2016: 23).

Hacking horse training

The horse training should start from foal birth. Foal always feels safe with its mother. Foal must attend small trainings to be done with its mother. As long as the air is available continuously with the mare mother, foal should get used to the momentary changes in the surroundings, briefly seeing what is happening in the far moutside, noise, people, birds, chickens, dogs, vehicles, aircrafts and other horses. Foal should then be removed from the farm and acclimated to environmental changes. At theage of 3, 4 months, foal together with mare mother, will be taken on short Hacking. A foal should finished first training until the age of 2 years. From the age of 5 the horsetrainer is fully trained and tested in the first Hacking. The master horse must be joined to the horse, and the master horse must be the master rider. For the first time, the horse must be given confidence. The horse can serve as a coach for one year on the tourwhen he has confidence.

Table 2. Hacking horsetraining

Ages	Training Rules	Training Goals	Trainer
0-1	Introduce with people	For the first time, the horse must be given confidence	Trainer (guide)
1-2	First lessons		
2-3	Foal progress training	Training with rider	
3-4	Basic training	First short Hacking tour	
4-5	Gualification	Long Hacking with rider	

Walk: The Queen of Gaits

The walk is a slow, natural, flat footed, four beat gait. Horse speed on walk 6-7 km/h. Each foot takes off from and strikes the ground independently of the other three feet. It is known as the oundation gait, as the horse may be asked to change to other gaits while working at the walk. The sequence of hoof beats after the horse is in motion can be described according to this pattern: right fore, left rear, left fore, right rear. Although a natural gait, it is one that can be improved with training.

Trot

The trot is a rapid two beat diagonal gait. Horsespeed on trot 14-15 km/h. The forefoot on one side and the opposite hind foot take off and strike the ground at the same time. The horse works from one pair of diagonals to the other pair. The weight of the horse is distributed first by one diagonal and then the opposite diagonal. Then all four feet are off the ground at the same time for a moment. The trot should be square balanced and springy with a straight forward movement of the feet. The Hackney displays the collected trot with extreme flexion of knees and hocks that produces a high stepping gait.

Canter

The canter is an easy rhythmical three beat gait. Horse speed on Canter 20-30 km/h. It is not a straight forward gait as the walk, but is a slight diagonal movement, either right or left. It is executed witheither a

rightorleft "lead". The independent moving front leg is the "lead". The horse has a hindle ad that corresponds to the front lead. A horse that leads with the left front and also with the left hind is coordinated. This can be observed by looking over the horse's shoulder and observing which front leg reaches far the stahead in the stride. The canter starts with one hind footstriking the ground, then the other hind foot and diagonal front foot strike the ground together followed by the remaining front foot striking the ground. The hoofbeats of a horse cantering correctly to the leftare (1) righthind, (2) the diagonal left hind and right front together, and (3) left front. The correct sequence of beats in cantering to the right are (1) lefthind, (2) the diagonal right hind and left front together, and (3) right front. The two un paired legs that beat alone bear more weight and are subject to more strainthan the diagonal legs that beat together. The lead should be changed at intervals because of the added strain on the legs and feet that strike separately.

One of the most important characteristics of horses to be used on Hacking is that the horse has very good basic training (Field, 2015: 6).

Field, at his book attaches importance to seven basic knowledge of the horses that will be used on Hacking:

1. Fearless traveling in and going down from horse lorry,
2. The horse must go in the direction indicated by the rider (enter in to the fearless water, go between the big stones, the ramp must walk up and down stub bornly),
3. Horses hould have a balanced nervous system, and no condition around (barking dog, 'playing' horse in the same group, etc.),
4. Horse must look at his own pressed place on road,
5. On Hacking or in manege work horsemust be calm,
6. Working with pleasure in group,
7. Horse should know every roads verywell.

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