

## The Kikkuli Method Of Horse Training Revised Edition

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~~The Kikkuli Method Of Horse~~

~~KIKKULI, 1345 BCE Kikkuli, 1345 BCE: Training the Chariot Horse. Approximately 1345 BCE, Kikkuli, horse-master to the Hittite king... Care and Feeding of the Chariot Horse. Kikkuli's Recipe for Equine Strength. Pace one league, run two furlongs (furlong = 1/8 mile). Feed two handfuls grass,... .~~

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Kikkuli 1345 BCE | International Museum of the Horse

The Kikkuli method was designed for warhorses, who needed endurance above all else. However, Dr Nyland does give advice on how to adapt the info for trotters, or racehorses, whose needs will be different. A number of the horses put through the program went on to do very well indeed in endurance races.

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The program was named after its creator, the Mitannian Master Horse Trainer Kikkuli, whose horse conditioning techniques helped establish a military empire in around 1345 BC. By following the instructions laid down in the Kikkuli A 3000 year old fitness program for horses offers modern trainers the opportunity to improve horses' fitness while keeping them sound and happy.

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Leading Horse For Fitness Training by the Kikkuli Method

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Kikkuli's workouts start with building the horse's bone density and connective tissue by leading the horse over the distances they would later be ridden. Dr. Nyland's study showed that horses who had been prepared for mounted work according to Kikkuli's protocol had no elevation in heart rates when it came time to continue their conditioning under a rider.

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Kikkuli Principles of Horse Fitness | sara annon

The so-called "Kikkuli Text" was discovered in the first campaign 1906–07 of the Boğazköy/Ḫattuša excavation in Anatolia (Turkey; see Fig. 1) led by the Assyriologist Hugo Winckler (1863–1913), and is named after its author, Kikkuli the "horse trainer from the land of

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The Kikkuli Text. Hittite Training Instructions for ...

As in modern conventional (as opposed to 'interval') training, the Kikkuli horses were stabled, rugged, washed down with warm water and fed oats, barley and hay at least three times per day. Unlike conventional horse training, the horses were subject to warming down periods. [7]

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Kikkuli - Wikipedia

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