

# BULL RIDING SCHOOL

## Adriano Moraes Bull Riding School believes in the value of athletics in the society.



Adriano feels the responsibility not only to teach his students the skills to ride a bull, but also to implement the respect for the tradition of the sport that will bring the principle of being a true cowboy.

*Learning to honor the sport is a sense of responsibility and maturity.*

Adriano realizes that what he is teaching his students will be carried out far beyond the lesson itself. It goes into the home and eventually into adulthood.

Adriano encourages his students to focus on their level of effort and personal improvement in addition to the final result.

Adriano Moraes Bull Riding School helps students to recognize that mistakes are inevitable and are an important part of the learning process. *The key is to learn from mistakes and keep on going with determination.*

Our first goal is to teach life lessons through the sport of Bull Riding. The lessons will help to develop an individual through sportsmanship, commitment, competition and fair play. *They will achieve self-control as well as a healthy life.*

### THEORETICAL LESSON

- ◆ *Choose your profession with discernment*
- ◆ *Physical conditioning*
- ◆ *Perfect riding gear*
- ◆ *Bull riding exercises on the ground*
- ◆ *Exercises on the horse (pendulum/get off)*
- ◆ *Preparation before riding*
- ◆ *Preparation inside chutes*
- ◆ *After riding*

### PRACTICAL LESSON

- ◆ *Riding (all rides will be recorded and analyzed by Adriano)*
- ◆ *The bull riding school provides bull fighters and medical staff*

*In his bull riding school Adriano teaches you how to be a Champion in and out of the arena.*



*"The most important thing is to go over your limits and never expose yourself 100% during the first jumps..."*

*Adriano Moraes*

*The secret is not the toughness, neither the strength. It is the technique. It's like a ballet. Try to keep yourself in contact with the animal as much as you can and then neutralize its force. The technique everyone knows but it is necessary to be developed according to your own characteristics.*