

Our next exercise

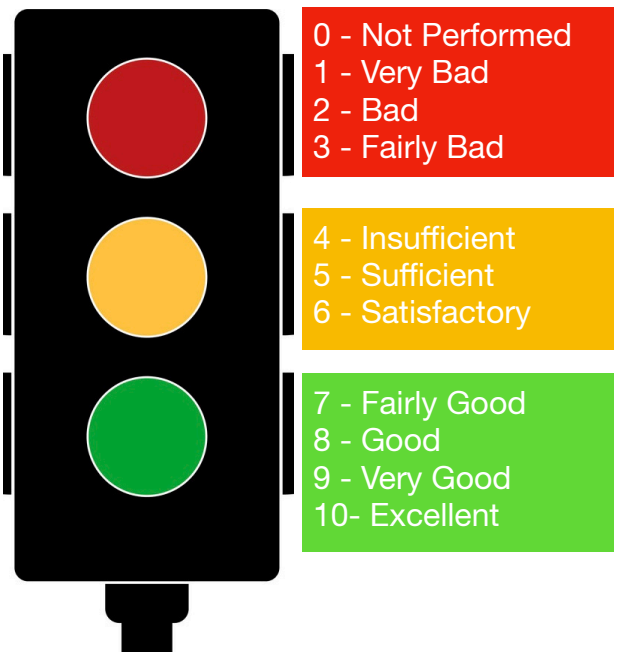
This exercise is designed to help you ride bending lines and related distances in an organised and controlled way employing good rider skills.

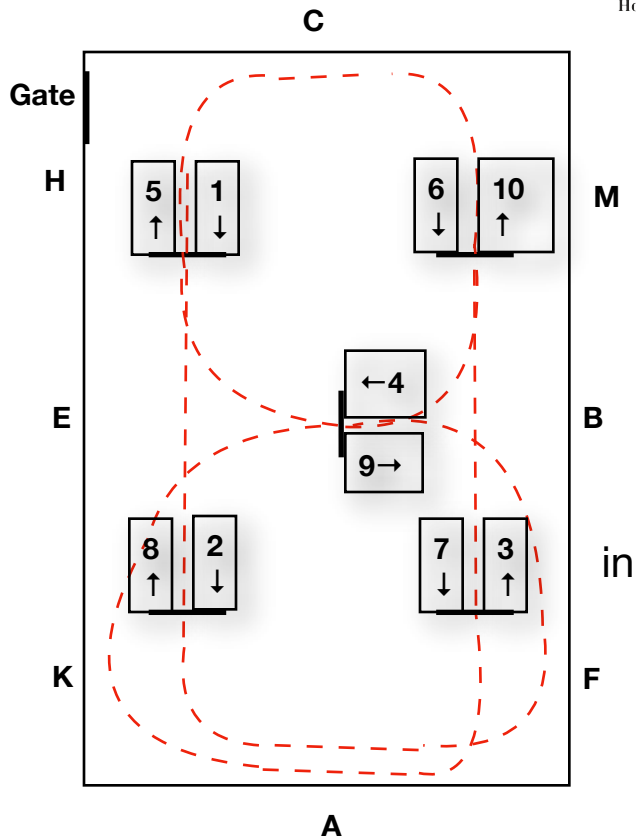
The better you know the pattern following the numbers and arrows the more you learn in the lesson! This is the base exercise, we will hopefully be able to do some more variations.

Rider Responsibilities (key skills)

- Look and Plan - The rider has to know where they is going!
- Speed - The rider has to be in communicate and control the speed (how fast we are going).
- Direction - The rider has to communicate where we are going
- Balance - The rider has to maintain their position so they communicate effectively with the horse.

Dressage marks explained





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This exercise is designed to help you ride on a good flowing turns through related distances both on straight lines and curves.

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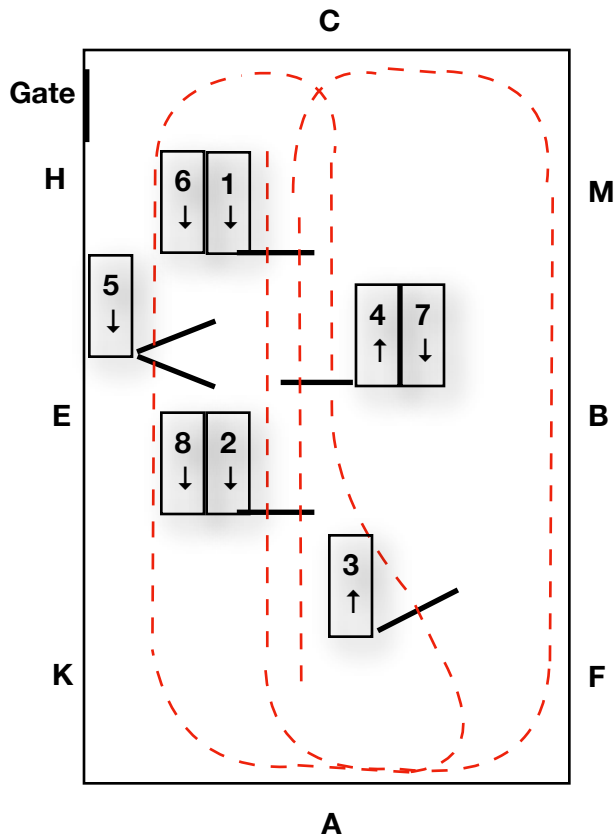
German Training scale

- Rhythm-Regular correct beat of the feet.
- Suppleness-Flowing movement through the whole body.
- Contact-Connection between the leg, seat and horses mouth.
- Impulsion-Available energy.
- Straightness-Back legs following front leg. Yes
- Collection- connected energy.

Collective Marks

(Marks at end of test)

- Paces - Correct and active even, regular gaits.
- Impulsion - Available energy shown by elastic movement in the whole body.
- Submission - Acceptance of the horse shown by the test accuracy.
- Rider - Sitting in balance good communication with the horse.



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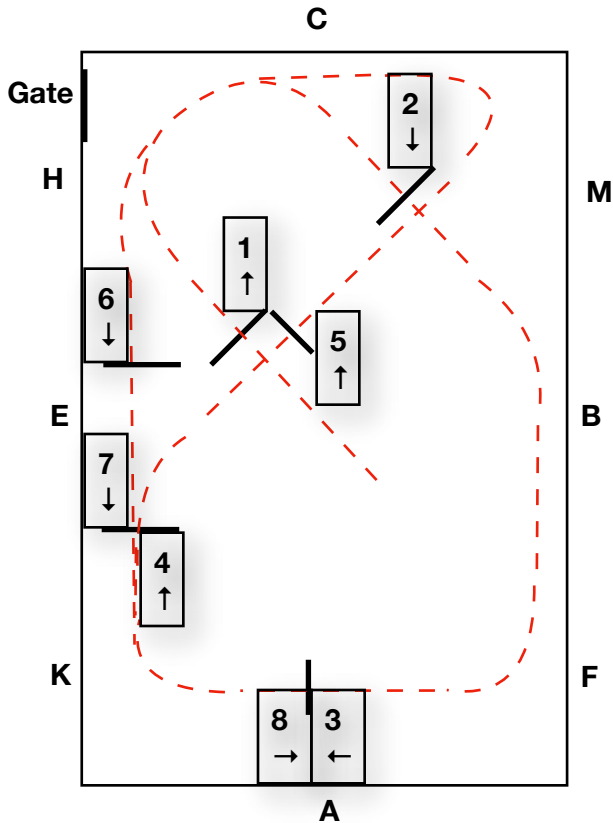
Five phases of jumping

- Approach-Good speed and direction.
- Take off-As the horse leaves the ground you give with your hands.
- Airtime-Over the fence you keep giving your hand.
- Landing-As you land you keep allowing with your hand and sit up.
- Departure-Your departure is the approach to the next fence.

Cross Country Flags



- Riding cross country course the flags tell you where to go, you have to ride through the flags.
- Red is always on the right.
- White is always in the left.



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Four Basic Responses

- Stop - Stop, Slow down or Step back
- Go - Move faster in a straight line.
- Turn - Move the front legs one way or the other
- Yield - Move the back one way or the other

The triangle of focus

