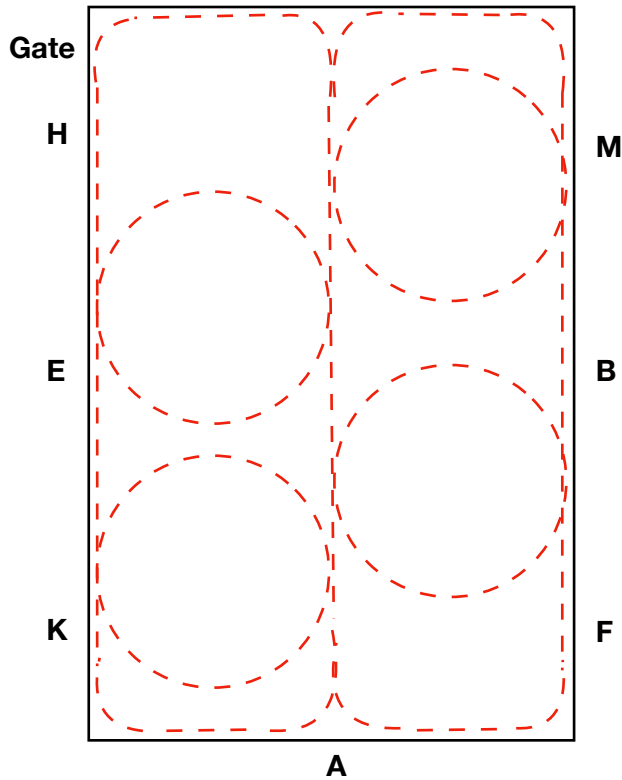


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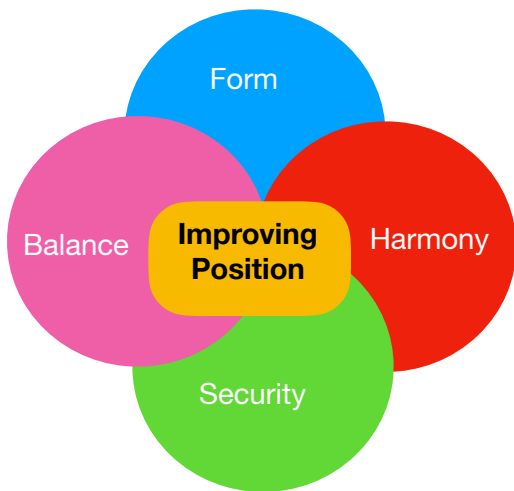


Our next exercise

This exercise is designed to help you ride good quality centre lines remembering that centre lines are in every dressage test!

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.

Improving your riding



1. **Form** - Keeping in good alignment and executing exercises correctly.
2. **Harmony** - Going with the movement of the horse so not to impede them.
3. **Security** - Having good balance and harmony will allow you to stay consistent
4. **Balance** - Allows you to stay on without gripping allowing the horse to move freely.

from; Complete Horse Riding Manual
by William Micklem FBHS