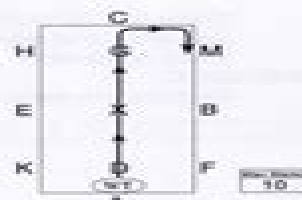


Arena 20m x 40m
Approximate time 5 minutes

1.

- A** Enter in working trot and proceed down centre line
C Turn right

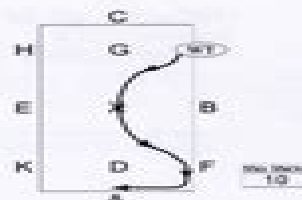
Quality of trot. Straightness on the centre line. Evenness of contact. Quality of turn at C.



2.

- MXF** One loop 10 metres in from the track.

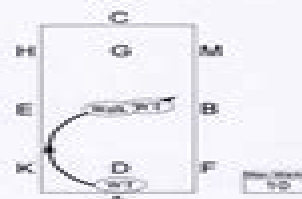
Quality of trot. Regularity & tempo. Uniform bend along line of loop.



3.

- A** Half circle right 20 metres in diameter to X and just before X transition to walk (one horse's length) and immediately proceed in working trot

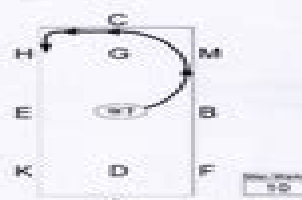
Uniform bend along line of half circle. Fluency of transition. Quality of walk. Relaxation.



4.

- X** Half circle left 20 metres diameter
CH Working trot

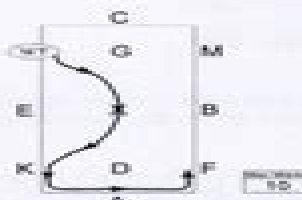
Quality of trot. Regularity & tempo. Uniform bend along line of circle.



5.

- HXX** One loop 10 metres in from the track.

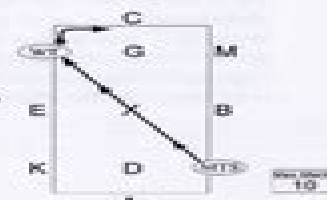
Quality of trot. Regularity & tempo. Uniform bend along line of loop.



6.

- FXH** Change rein and show some medium trot strides
HC Working trot

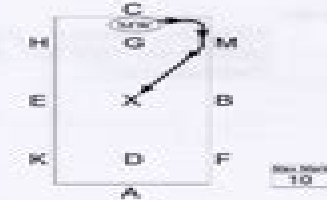
Quality of trot. Regularity & tempo. Ground cover. Seeing through back. Working from behind.



7.

- C** Medium walk
MX(K) Change the rein in medium walk

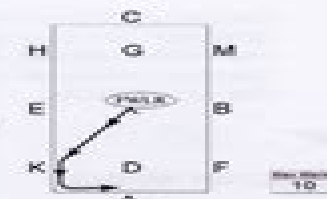
Fluency & thoroughness of transition. Regularity. Purpose. Relaxation. Freedom.



8.

- Just before X Free walk on a long rein

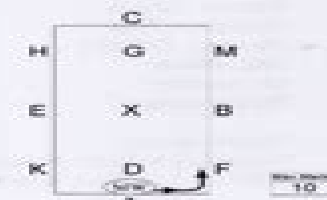
Regularity. Purpose. Stretching forwards & down. Ground cover. Suppleness of whole body.



9.

- A** Medium walk

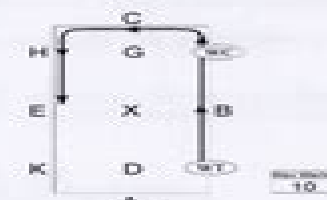
Regularity. Purpose. Relaxation. Freedom.



10.

- F** Working trot
M Working canter left

Quality of trot. Regularity & tempo. Fluency & thoroughness of transition. Quality of canter. Regularity & tempo.



Riding A Dressage Test

David Trott

A red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, located to the right of the author's name.

Riding A Dressage Test:

Riding a Dressage Test David Trott,2001

The Art of Dressage Alois Podhajsky,1976

Riding a Dressage Test Martin Diggle,Terry Colgate,1989-01-01

The Complete Idiot's Guide to Horseback Riding Jessica

Jahiel,2000-06-14 Expert advice from an experienced equestrienne packs The Complete Idiot's Guide to Horseback Riding Learn simple strategies for mastering basic riding skills essential information on caring for horses the differences between Western and English riding styles caring for the saddle and much more Rules of polo and polocrosse are also included

The Practical Rider's Handbook Debby Sly,2000 Westerhof [Complete Horse Riding Manual](#) William

Micklem,2023-03-28 A new fully updated edition of the complete guide to horse riding Learn all there is to know about horse riding from horse care and show jumping to mastering dressage with this comprehensive and fully updated guide Suitable for both novice and advanced riders and for equestrian fans of all ages this book will guide you through every stage of the riding process from the first time in the saddle to advanced riding skills Featuring all of the latest techniques and equipment this revised and updated edition covers everything you need to know about basic horse training dressage training and mental and physical preparation for both horse and rider as well as how to find and develop your ultimate horse Presented in spectacular visual detail it is the ultimate guide to perfecting your equestrian skills Featuring tips from internationally renowned horse trainer William Micklem The Complete Horse Riding Manual is a truly thoroughbred guide that is a must have for any horse lover **Riding a Horse** Debby Sly,1999 The comprehensive and authoritative companion to riding techniques

Introduction to Equestrian Sports Kate Luxmoore,2008 This is not another how to ride book its purpose is to help parents and riders who are new to the world of equestrian sports or those changing from one type of competition to another The major disciplines are covered in four separate chapters hacking showing dressage showjumping and eventing Each chapter begins with a brief introduction to the discipline showing how it originated and its current status A detailed description of the discipline follows including types and classes of horses types and levels of competition who runs the competitions which rules apply and how the competition is judged At the end of each chapter is a section on the ground rules which is really a distillation of the author's own experience which takes the mystery and worry out of the whole experience It covers topics such as how to find out what competitions are taking place and how to enter which dressage tests apply what to wear what to do when you arrive where best to park where you can and cannot warm up checking your gear and reporting to the judge The appendices at the end of the book contain illustrations of arenas and the different types of bits and saddles website links and examples of competition programs *Centered Riding* Sally Swift,1985-01-15 Widely known for her innovative teaching philosophy stressing body awareness the value of soft eyes proper breathing centering and balance Sally Swift has been a pioneering riding instructor for half a century In book form for the first time her methods enable horse and rider to achieve harmony working together naturally without pain Unlike traditional teachers Sally Swift does not believe in forced training

techniques that cause stiff bodies and tense riding Instead through the use of vivid unusual and highly creative images that transcend mechanics Pretend you re a spruce tree the roots grow down from your center as the trunk grows up plus a thorough knowledge of human and equine anatomy this wise and inspiring teacher enables the conscientious equestrian to reassess habitual responses in order to ride in natural positions break through frustrating plateaus and achieve ever rising goals with comfort vitality and precision Precise illustrations and photographs never before used in riding books explain anatomy and image work to give mind and body new and relaxed approaches to the inner process of riding Centered Riding is for those with little experience all the way up to world class

English Riding Lesley Ward,2011-12-27 Attention horsemen and horsewomen Here is a complete guide to English riding from loping and galloping to troubleshooting and showing Complete with step by step instructions countless tips full color photos and an easy to use glossary this book takes the guesswork out of English riding Becoming a real equestrian is a skill that takes a lot of dedication and perseverance Leslie Ward s guide offers expertise on how to groom and ride your horse like a professional equestrian Her guide will help you to better understand what you are dealing with She includes Simple instructions on learning the fundamentals Detailed explanations How to care for a horse Troubleshooting Showing Step by step instructions Countless tips Full color photographs Easy to use glossary And more If you love to ride here is a source of information you will refer to again and again

Ride the Right Horse Yvonne Barteau,2007-05-18 A good personality is the single most desirable quality in a horse yet it is much harder to assess than conformation or gait Describing the four basic equine personality types social fearful aloof and challenging and their various combinations Yvonne Barteau shows you how to recognize distinct behavior patterns that can indicate any horse s personality Stressing the importance of compatibility between rider and horse Barteau helps you achieve equestrian success through finding a horse whose personality best matches your individual riding style

The Adult Rider Sarah Montague,2009-05-16 Sarah Montague s The Adult Rider describes everything you need to know if you are interested in introducing or reintroducing horses to your life The book begins with a thorough description of all equestrian disciplines from Western barrel racing reining cutting penning to English show jumping dressage eventing and so much more You might try endurance riding in which you and your equine partner hit the trails for miles or maybe you ve considered polo a sport gaining popularity in theUnited States and creating opportunities for eager beginners Perhaps you love horses but aren t so sure you want to ride Montague will introduce you to the thrill of driving the artistry of in hand competitions and the joys of miniature horses Whichever discipline you consider the author takes you step by step through the process from choosing a stable what to look for in an instructor and in a barn to picking out your new riding clothes you need only a helmet and sturdy shoes to start but there s a world of apparel and accessories once you re hooked Do you think you might want to buy a horse someday The Adult Rider describes this process as well but also introduces you to other alternatives like leasing a month to month arrangementthat lets you see how a horse fits into your life in both time and

money before you make a commitment The Adult Rider recognizes that we are not the same as the resilient kids who fearlessly hop their pony over a fence for that very first time Montague discusses what makes adults mentally and physically different and how to overcome these challenges In the chapter The View from the Other Side of the Arena Montague interviews several riding instructors on the difference between teaching kids and adults and the ways in which adults learn differently All in all the point is to have fun and The Adult Rider provides you with the know how to jump into the horse world with both eyes open

The Athletic Horse David R. Hodgson, Catherine M. McGowan, Kenneth H. McKeever, 2013-06-06

Showing how to maximize performance in horses The Athletic Horse Principles and Practice of Equine Sports Medicine 2nd Edition describes sports training regimens and how to reduce musculoskeletal injuries Practical coverage addresses the anatomical and physiological basis of equine exercise and performance centering on evaluation imaging pharmacology and training recommendations for sports such as racing and show jumping Now in full color this edition includes new rehabilitation techniques the latest imaging techniques and the best methods for equine transportation Written by expert educators Dr David Hodgson Dr Catherine McGowan and Dr Kenneth McKeever with a panel of highly qualified contributing authors Expert international contributors provide cutting edge equine information from the top countries in performance horse research the U S Australia U K South Africa and Canada The latest nutritional guidelines maximize the performance of the equine athlete Extensive reference lists at the end of each chapter provide up to date resources for further research and study NEW full color photographs depict external clinical signs allowing more accurate clinical recognition NEW and improved imaging techniques maximize your ability to assess equine performance UPDATED drug information is presented as it applies to treatment and to new regulations for drug use in the equine athlete NEW advances in methods of transporting equine athletes ensure that the amount of stress on the athlete is kept to a minimum NEW rehabilitation techniques help to prepare the equine athlete for a return to the job Two NEW authors Dr Catherine McGowan and Dr Kenneth McKeever are highly recognized experts in the field

Teaching Tips for Horseback Riding Instructors Jo Struby, 2013-11-01 Jo holds a M A in Education with an emphasis in Equestrian Studies 1986 and a B S in Equestrian Studies with a minor in Education 1986 graduating magna cum laude Both of her academic degrees are from Salem International University West Virginia She also holds a Riding Master Diploma 1975 from Meredith Manor School of Horsemanship where she was named to the Who's Who List for Outstanding Students in American Vocational and Technical Schools 1975 As an administrator Jo was formerly Dean of Meredith Manor School of Horsemanship 1980 1985 She has a strong professional background in teacher education program administration and curriculum development While teaching at this internationally known school for 10 years she focused on the development of the jumping and teaching departments As former Vice President for the United States Combined Training Association Jo served on the executive committee from 1987 1989 and the board of governors from 1984 1989 During her tenure she developed the AHSA USCTA Combined Training Officials seminars as well as carried out the

educational seminars for the general membership including beginning the USCTA Event Colleges In 1988 she received the USCTA s Governor s Cup Award for outstanding contributions to the sport of Eventing As an educator Jo has provided equestrian education to riders and instructors nationally since 1975 From 1989 through 2002 she provided an on going education program for horseback riding instructors focusing on improving their teaching effectiveness She has also developed a working student program for Shenandoah Farm of Staunton Virginia on training and breeding and advised Wetherbee Farm of Boxboro Massachusetts on developing their Fitness by Riding Program As a rider competitor and athlete Jo has trained and competed through the Advanced Level in Eventing and the Prix St Georges Level in Dressage She earned her USDF Bronze and Silver Medal Rider Awards during the late 1970 s She has also been long listed during the 1980 s for The Eventing Olympic Team

Pressure Proof Your Riding Stewart Daniel,2013-10-01 Sport psychology expert and international riding coach Daniel Stewart has spent a lifetime training equestrian athletes to Pressure Proof their riding In this book he shares dozens of specific tools and tricks that can be used to manage the stress nerves distraction and panic that so often hinder performance You ll find clearly defined individual steps to mental and physical success in the saddle including ways to strengthen mental imagery and handle brain babble goal setting tools stress management tips relaxation techniques and so much more Perhaps best of all Daniel reminds readers that riding is about doing what you love and loving what you do His humor and enthusiasm are certain to inspire invigorate and ensure a lifetime of goals attained and fun had with your horse

The All-Around Horse and Rider Donna Snyder-Smith,2008-05-05 Cinch today s top new riding techniques In the past twenty five years a number of major innovations in horse handling have gained acceptance in the global community Now Howell presents a one stop resource for amateur adult riders to help them understand the new approaches and implement them to achieve fast results Written by renowned professional riding instructor Donna Snyder Smith The All Around Horse and Rider is the first equestrian book to offer a precise road map to utilizing the new innovations in training This unique book explains the basic lessons the all around rider must master showing how to set realistic equestrian goals and adopt the methods that best enable the horse to do his job Snyder Smith gets to the heart of correct riding helping the rider harmonize with a horse s movements while translating acquired skills to a wide variety of disciplines Covers the latest innovations in horse handling including rider body awareness equine movement awareness and round pen work Demonstrates how the innovations and training methods inter relate and how to combine them effectively Reveals how to increase the strength and endurance of both horse and rider Explains the different competitions and who is best suited to compete Shares inspiring real life experiences of all around horses and their riders Identifies when to ask for help and how to find it

The United States Pony Club Manual Of Horsemanship Intermediate Horsemanship (C Level) Susan E. Harris,2012-12-03 Updated and enhanced information on the most recent topics added to the Pony Club curriculum This C Level manual builds on material covered in The United States Pony Club Manual of Horsemanship Basics for Beginners D Level Whether you re a

Pony Clubber who has passed the D Level tests or simply a rider who has mastered the same basics this manual enables you to increase your skills and teach you what you need to know in order to rise independently and correctly with good position balance and use of the aids on the flat over fences and in the open At the intermediate level you re expected to take more responsibility for the care and management of your pony and you ll learn how to do this as well In addition you ll learn the skills needed for conditioning and preparing your pony and yourself for competitions and special events New and revised coverage of land conservation and horse health and safety Better organization to ease reference A full review and update of critical developments in riding instruction and competition In depth revision of nutrition and veterinary topics the two areas in which there has been the most significant research and development over the past two decades From the C Level you may go on to higher Pony Club ratings such as B H A or A Ratings or specialize in such disciplines as dressage show jumping eventing and showing Or you may just want to have the pleasure of caring your horse or pony and participating in your favorite riding activities Either way The United States Pony Club Manual of Horsemanship Intermediate Horsemanship C Level will give you an excellent basis in horsemanship for the lifelong enjoyment of horses and horse sports *Schooling and Riding the Sport Horse* Paul D. Cronin, 2004 The director of the riding program at Sweet Briar College for more than 30 years Cronin is a well known and highly respected trainer and riding instructor Here he presents a clear and practical guide to getting the most out of a horse in a humane and sensitive way

The Eventing Horse: A Comprehensive Guide for Riders and Trainers Pasquale De Marco, 2025-07-26 In the captivating world of equestrian sports eventing stands as a true test of a rider s skill horsemanship and unwavering determination This comprehensive guide unveils the secrets of eventing providing aspiring riders and seasoned competitors alike with the knowledge and techniques to excel in this thrilling and demanding discipline From the meticulous precision of dressage to the exhilarating rush of jumping and the endurance testing cross country course eventing demands versatility athleticism and an unbreakable bond between horse and rider This book takes you on a journey through each phase of eventing offering expert insights into the intricacies of each discipline and the strategies for achieving mastery You ll learn how to select the ideal eventing horse one that possesses the temperament athleticism and jumping ability to navigate the challenges of this demanding sport We ll delve into the art of training and conditioning your equine partner ensuring they are physically and mentally prepared for the rigors of eventing competition Beyond the technical aspects of riding this guide emphasizes the importance of developing a strong partnership with your horse based on trust respect and effective communication You ll discover how to create a harmonious relationship that will enable you to perform at your best even under pressure With a focus on building a solid foundation this book covers the fundamentals of flatwork and jumping providing step by step instructions and exercises to refine your riding techniques and improve your horse s responsiveness You ll also gain insights into the intricacies of cross country riding learning how to navigate challenging terrain overcome obstacles and maintain control throughout the course Whether you aspire to compete

at the highest levels of eventing or simply seek to enhance your skills and deepen your bond with your horse this book is your essential companion With its wealth of knowledge expert advice and inspiring stories it will empower you to embrace the exhilaration of eventing and achieve your equestrian dreams If you like this book write a review *The Riding Teacher; a Basic Guide to Correct Methods of Classical Instruction* Alois Podhajsky, 1973

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