**Short English course**

**for**

**horse riders**



**Feeling down? Saddle up!**



In the back of the book

there’s small glossary

[**Small horses ABC**](http://www.pferde-welt.info/reiten-lernen/ausbildung/22-abc)

1. **Grooming**



**If you want a stable friendship, get a horse.**

1. **Watch the Film**

**Grooming your horse**

**Answer the next questions .**(Dutch)

1. Regular grooming is good for the health of your horse.  
   What’s the first thing most people start with?
2. A good grooming is like a massage.  
   What is good grooming doing?
3. Then we clean the manes and tail.  
   Why mustn’t you burst the tail to often?
4. Next you currycomb to remove the mud and dust.  
   Where must you clean especially?
5. You shouldn’t groom too much.  
   Why shouldn’t you?
6. Then you need the body brush, a soft brush.  
   What do you need this brush for?
7. With what do you clean the eyes?
8. Oiling the feet is not only making the feet looking smart.  
   What else is it good for?
9. There are many products to help your horse’s coat shine.  
   When don’t you need these products?
10. **Horse Hoof Care Tips**

**Help keep your horse’s hooves healthy and strong.**

Adapted from an article in [Practical Horseman](http://www.equisearch.com/magazines/practical-horseman/" \t "_blank) by Chris Volk and an article on [EquiSearch.com](http://www.equisearch.com" \t "_blank).

**Pick out your horse’s feet.** This may sound pretty basic, but it’s the single most important thing you can do for his hooves. It also gives you a chance to take early  
action on many common hoof problems. Do this:

* before each ride, to remove any stones or small objects before you add your weight to the situation, and to check on the condition of his shoes
* after you untack him, in case something has gotten stuck in his feet during the ride
* when you bring him in at night, to check for objects in his feet or for turnout injuries
* before turnout the next morning, to check for heat and pulse, remove manure, and check for signs of thrush.

Each time you clean your horse’s hooves, take an extra couple of minutes after you’ve pried out any packed debris to gently clear the crevice of the frog and scrape any remaining bits of matter off the sole with the tip of the pick. Finish the job with a stiff brush.

**Establish what’s normal.** While handling your horse’s feet to pick them out, notice their temperature; when everything’s OK, they’ll feel very slightly warm.

* Check the frog, which has about the texture and firmness of a new rubber eraser when it’s healthy. Don’t be alarmed, though, if the frog appears to be peeling off — most horses shed the frog at least twice a year. Your farrier’s regular trimming of the frog may have prevented you from noticing this natural process.

**When picking out the feet, look for signs of…**

 **Thrush**. The first clue to this bacterial condition (usually caused by prolonged standing in manure, mud or other wet, filthy conditions) is a foul smell and dark ooze from the cleft of the frog. Later, the frog becomes cheesy in texture. Although thrush can eventually cause lameness and significant hoof damage, its early stage is simple to treat.

* **Puncture**. If a nail or other object pierces your horse’s sole and then falls out, the entry wound will probably be invisible by the time you pick his feet and you’ll be unaware of it until it causes an abscess. But in some cases, the object remains in place. DON’T PULL IT OUT; call your veterinarian right away. Then he or she can  
  remove the object and advise a course of treatment.
* **Cracks**. Some cracks are superficial; others can worsen, involving sensitive hoof structures, without appropriate shoeing. If you notice a crack in your horse’s hoof,  
  call your farrier and describe its location and size so he can decide whether it needs attention now or can wait until the next regular shoeing.
* **Abscess**. If your horse’s foot is warmer than normal to the touch, the cause could be an abscess inside the hoof. Your routine check can alert you to the problem and get your veterinarian or farrier involved. (If you find increased heat and a stronger than usual digital pulse in both front feet, and if he’s shifting uncomfortably from foot to foot, call your veterinarian immediately. These are signs of laminitis, an inflammatory condition that can cause severe hoof damage — and, if not treated promptly, can even be fatal.)

**Schedule regular farrier visits according to your horse’s individual needs.** Although six to eight weeks is the average, there’s really no standard interval for trimming and shoeing.

**If your horse is shod, check his shoes each time you pick out his feet.**

**Answer the next questions.**(Dutch)

* 1. What must you do before you are going to ride?
     1. call your veterinarian right away
     2. call your farrier
     3. remove any stones or small objects
     4. check the frog
  2. What must you do before turnout the next morning?
     1. check for heat and pulse
     2. be alarmed
     3. look at the eyes
     4. check the nostrils
  3. How do you finish your cleaning job ?
     1. checking the condition of his shoes
     2. with a stiff brush
     3. clear the crevice of the frog
     4. pry out any packed debris
  4. What must you do while picking out the horse’s feet?
     1. decide whether it needs attention
     2. schedule regular farrier visits
     3. describe its location
     4. look for signs of abnormalities

1. **Dialogue**

Write down at least 20 questions to ask somebody. Write down the given answers. The subject must be work, internship or hobby, so horses. You may ask whatever you want concerning practice.

Avoid closed questions (yes or no). Use: why, when, who, where….

1. **Message**

You worked all day long. All at once you remember an appointment. At five you have to visit your dentist. You write down a note for your colleague who must work from five o’clock. You mucked out all boxes, but the manure has to be transported to the dung hill.

Miss Rose Walker called about her horse, Ranger. She wanted the vet to look after him carefully, because he acted strange last week. The vet will come at half past five.

1. **Dressage**



A horse doesn’t care how much you know, until he knows how much you care.

1. **Watch the**  **film**

**Controlling a galloping horse**

**Answer next questions.**(Dutch)

1. What is the subject of this discussion?
2. What can you do if your horse is too strong and getting out of control?
3. With what should you start?
4. What happens when the circle gets smaller?
5. What will be the result in the end?
6. Name another option?
7. Why doesn’t like your horse this treatment?
8. What can happen if you are galloping without control?
9. What advice is given concerning your outfit?
10. What do you always have to do if things are going out of control?
11. **Dressage**

**What is Dressage?**

Many people have seen Olympic or Grand Prix level dressage on television. The horses seem to do intricate manoeuvres as the rider sits almost motionless. But, dressage isn't just fancy moves with hard to pronounce names! Every time we train our horses to carry us with more ease, and respond to subtle aids, we are training them in basic dressage. Dressage is teaching a horse to be supple, balanced and responsive.

A kur is a dressage test ridden to music. You are given a set of required elements and create your own test to instrumental music you choose. Some tests can be ridden in pairs or teams.

**What Is the Goal of Dressage?**

The goal of dressage training is to develop a horse's flexibility, responsiveness to aids and balance. This makes the horse stronger and more pleasurable to ride. If you compete you will always be competing against yourself, as well as others taking the test. The goal in competition is to always improve on your own score.

### Preparing Your Horse for a Dressage Test

Work on improving your horse's or pony's flexibility and responsiveness. It's important to train slowly. Forcing a horse into 'frame' could cause sore muscles and a reluctant horse. Your horse might learn to carry his front end properly, without learning to drive with his hind-end. This can cause soreness and a reluctant attitude. Help your horse learn his lessons completely and allow his muscles time to adjust to moving in a different way than he may be used to.

Practice each element of the dressage test without riding the entire test repeatedly. The judge is looking for willingness and obedience to your cue, not how well your horse can memorize! Practice so that your collected, working and extended gaits are distinct, and the halts, square.

If you only spend time dressage training your horse will soon feel you are going to spend every minute ordering him around. Spend some time [trail](http://horses.about.com/od/horsesportsexplained/a/trailsaftey.htm) riding so he has a chance to stretch, use all of his muscles and develop cardiovascular fitness. Allow time for relaxation and fun.

For the test you will want your horse spotlessly groomed, his mane braided and tack cleaned.

### Preparing Yourself for Riding Dressage

Dressage training is hard work, dress in comfortable layers according to the weather. It will be easier for you if you have the placement of the letters memorized before riding a test. You can easily make [arena letters](http://horses.about.com/od/learntoride/a/arenaletters.htm) out of up-turned detergent buckets, pylons, or scrap wood that can be painted or written on with waterproof marker.

If you don't already work with a coach, finding one that has dressage experience will make it easier than trying to work alone. As you train your horse you'll be learning how to cue more accurately using your seat, hands and legs. You will also need to concentrate so that you can ride each movement with intention and precision. Plan what you will work on each time you ride and learn to focus on one element at a time.

### The Benefits of Dressage

Basic dressage training is valuable whether you plan to compete in the sport, or in any other discipline. Jumpers, trail horses, pleasure horses and English and western show horses can benefit from dressage training. Your horse will become more athletic and obedient and you will become a better rider.

If you compete in dressage you'll quickly find that the greater challenge is trying to improve your score, not just bringing home a rosette. With every element receiving a mark out of 10, you will be able to see what aspects you need to practice before you ride the next test. You will be able to progress through the levels at your own pace. Kurs allow you some creativity and a change from standard tests.

**Answer next questions** (Dutch)

1. What is the goal of dressage:
   1. compete in the sport
   2. to develop a horse's flexibility, responsiveness to aids and balance
   3. trying to improve your score
   4. learn to focus on one element at a time

1. What is the goal in competition?
   1. trying to work alone
   2. change from standard tests
   3. improve on your own score
   4. to spend every minute ordering your horse around
2. What’s important while training your horse for a test?
   1. to train slowly
   2. force a horse into 'frame'
   3. practice riding the entire test repeatedly
   4. how well your horse can memorize
3. How do you prepare yourself?
   1. don't always work with a coach
   2. you can easily make [arena letters](http://horses.about.com/od/learntoride/a/arenaletters.htm)
   3. allow time for relaxation and fun
   4. plan what you will work on each time you ride and learn to focus on one element at a time
4. What does dressage benefit your horse?
   1. for the test you will wear your English riding habit
   2. your horse will become more athletic and obedient
   3. dress in comfortable layers according to the weather
   4. improve on his own score
5. **Compose a riding exercise**

**You can use the terms from the list beneath.**

**Halt**

**Pace**

**Passage**

**Piaffe**

**Pirouette**

**Reverse**

**Shoulder-In**

**Transition**

**Trot**

**Walk**

**Canter**

**Gallop**

**Volte**

**Half-pass**

**Collected**

**Extended**

**Arena figures**, and **hoof beat figures**

|  |  |
| --- | --- |
| **Whole arena** | |
| Most simple exercise. | Dressurviereck - Ganze Bahn quer.svg |
| **Change the whole arena** | |
| Traverse or cross the arena. Straight line from one corner to the other, diagonal. | Dressurviereck - Durch die ganze Bahn wechseln quer.svg |
| **The centre line** | |
| Half line from A to C turned at yhe short side oft he arena. No change of the hand. | Dressurviereck - Durch die Länge der Bahn geritten quer.svg |

|  |  |
| --- | --- |
| **Circle** | |
| With a diameter of 20 × 40 m | Dressurviereck - Der Zirkel quer.svg |
| **A bow at the long side** | |
| The stepping aside start at F and M, so it’s a long bow at the long side of the arena. | Dressurviereck - Einfache Schlangenlinie quer.svg |

**Read the instructions and (your partner, a listener) must draw the lines in the dressage arena.**



1. **Make a presentation**

Prepare a presentation for next class. You can use whatever media you want. For example you might use PowerPoint for a slide show and give your comment.

Please pay attention to next issues:

Target group (what’s your audience?) Objectives (what do you want to achieve?) Subject (What is it all about?). Brood over the beginning and the ending of your presentation.

1. **Jumping**



**The daughter who won't lift a finger in the house is the same child who cycles madly off in the pouring rain to spend all morning mucking out a stable.**

1. **Watch the film**

**Horse Jumps - Horse Jumping Gold Medallist David O'Conner gives Tips on Equestrian Jumping Training**

**Answer next questions.**(Dutch)

1. What is the name of the horse?
2. What is the distance between the yellow and the blue fence?
3. How many strikes is that in a normal competition?
4. How many strikes are they experimenting here?
5. Which two features are important in this exercise?
6. Which two things are to be practised?
7. What are the priorities in jumping?
8. What went wrong when Laureen tried to do the seven strike version?
9. With what object, other than fences, you can do this exercises as well?
10. What is always important in David’s opinion?
11. How long is the distance between the yellow and the black fence? How many strikes?
12. How long is the distance between the black and the blue fence? How many strikes?
13. How many strikes took Laureen for the blue fence?

**Building Jump Standards**

**Make jumps at home with a few simple tools.**

***By Holly Werner***

If you board your horse at home or a small local stable, chances are you don’t have a fancy course of jumps on which to practice. The good news is that you can build your own standards with a few common power tools and materials. Inexpensive landscaping poles can be purchased for around $3 each to complete the project. Here’s what you’ll need to get started, followed by step-by-step tips.

**TOOLS:** Saw or chainsaw and circular saw, drill with ¼-inch bit, ½-inch spade bit and Phillips head screwdriver

**MATERIALS:** One 8-foot length of treated 4”x4” wood, two 8-foot lengths of treated 1”x4” wood, box of 1 1/2-inch wood screws and pair of jump cups.

|  |  |
| --- | --- |
| Building Jump Standards Step 1 | Building Jump Standards Step 2 |
| **Step 1**: Prop the 4”x4” beam up off the ground; sawhorses or bags of shavings/hay bales work equally well. Measure and saw into two four-foot halves. | **Step 2**: Measure 18” away from the ground end on each of the four-foot pieces just cut. Start marking for jump cup holes in the centre of the beam every three inches until you get to the top. |
| Building Jump Standards Step 3 | Building Jump Standards Step 4 |
| **Step 3**: Using the ¼-inch drill bit, make a hole at each mark, all the way through the beam. Switch to the ½-inch spade bit and widen each existing hole. | **Step 4**: Prop a 1”x4” plank off the ground, measuring and marking every 20”. Using the saw or circular saw, cut the board into four “jump feet.” Repeat with other 1”x4” plank. |
| Building Jump Standards Step 5 | Building Jump Standards Step 6 |
| **Step 5**: Prop up a four-foot 4”x4” beam so one of the feet lines up at a 90-degree angle along the bottom. Use two screws to mount the foot to the base of the beam. | **Step 6**: Rotate the beam and continue mounting the other three feet in a pinwheel pattern, using two screws for each one. |
| Building Jump Standards Step 7 |  |
| **Step 7:** Set up your new standard to make sure it’s sturdy, then try mounting a jump cup and pin to check the fit through the holes. | Now you’re ready to tack up and try your new jump! |

**Answer next questions.**(Dutch)

1. What can be used as bars for the home made fence?
   1. Standards
   2. Landscaping poles
   3. wood
   4. planks
2. What tools do you need?
   1. Saw, drill, spade bit and screwdriver
   2. Wood screws, wood and box
   3. Jump cups
   4. Treated wood
3. To “prop the beam” means?
   1. Putting the beam into the standards
   2. Measure the beam into two halves
   3. Mark the jump cup holes in the centre of the beam
   4. Support the beam
4. What is the spade bit used for?:
   1. To make holes at each mark on the beam
   2. To cut the board into “jump feet”
   3. To widen the holes in the beam
   4. To switch to the ½ -inch spade bit
5. What is a pinwheel pattern?
   1. 90-degree angle
   2. Like the whips of a mill
   3. Sturdy pattern
   4. Rotation of the beam
6. **Writing**

Write a small story about the adventures you experienced with your horse.

First read this example.

Ok, so at my house we have a stable and my family owns that stable. So Kids take lessons there and that kind of stuff. So I have my own horse there that only I’m supposed to ride, he isn't one of the lesson horses. Him and me have a REALLY good bond. When someone other than me gets on him he rears bucks and doesn't listen at all. But when I ride him he does everything I ask him to do and never rears. So this girl about my age takes lesson's here too. So one day she walked up to me and told me that she wanted to ride my horse in a lesson, she didn't ask she just said: I want to ride Star (my horse) in tomorrow's lesson, and my mom said she's going to make sure I will. And just walked away. So the next day her mom talked to my mom and my mom said no because he's my horse and she doesn't want the girl to get hurt because you ride him a specific way. So she rode a different horse that day. But the next day before I got outside to get Star. She had taken him out of his stall and was already riding him. I nicely told her to give me my horse. And she said: whatever, you don't even ride him the right way. And Galloped into the field and kept riding him. I told my mom that night and she said she would talk to her. So she did but the girl keeps taking Star out and riding him after lessons.



1. **Telling the story**

When you are finished tell your story to 4 or 5 students. Ask them to make notes .

[**Small horses ABC**](http://www.pferde-welt.info/reiten-lernen/ausbildung/22-abc)



**Action:** The movement of the horse's legs.

**Aids:** Signals or cues by which the rider communicates his wishes to the horse. The "natural" aids include the voice, the legs, the hands, and weight. "Artificial" aids include the whip and spurs.

**Back:** To step a horse backward.

**Bascule:** Term used to describe the arc a horse makes as it jumps a fence.

**Breaking, or Breaking-In:** The early education of the young horse, where it is taught the skills it will need for its future life as a riding or driving horse.

**Broken-In/Broke to Ride:** Horse that has been accustomed to the tack and the rider and has begun initial training. (Also called greenbroke.)

**Canter:** Three-beated gait of the horse in which one hind leg strides first (the leading leg), followed by the opposite diagonal pair and finally the opposite foreleg. Called the lope in Western riding.

**Cavelletti:** Adjustable low wooden jumps used in the schooling of horse and rider.

**Collected:** Controlled gait: a correct coordinated action.

**Cooling Out:** Cooling down a heated horse by walking, brushing, giving very small drinks of water, and sponging him off after he has been worked.

**Cross-firing:** Condition in which the hind foot strikes the opposite front leg or hoof.

**Cues:** Another name for aids. Signals by which the rider communicates his wishes to the horse.

**Dressage:** (i) The art of training the horse so that he is totally obedient and responsive to the rider, as well as supple and agile in his performance. (ii) Competitive sport which, by a series of set tests, seeks to judge the horse's natural movement and level of training against an ideal.

**Driving:** A discipline in which a horse or horses pull a vehicle such as a carriage, cart, or wagon.

**Engagement:** The hindlegs are engaged when they are brought well under the body.

**Extension:** The extension of the paces is the lengthening of the frame and stride. The opposite of collection.

**Flat Race:** A race without jumps.

**Four-In-Hand:** A team of four harness horses.

**Fox Trot:** A short-step gait, as when passing from walk to trot.

**Gait:** The paces at which horses move, usually the walk, trot, canter, and gallop.

**Gallop:** Four-beated gait of the horse, in which each foot touches the ground separately, as opposed to the canter, which is a three-beat gait.

**Going:** Term used to describe the nature of the ground, i.e. deep, good, rough.

**Gymnastic:** Combination of fences placed at relative distances to each other, used in the training of the jumping horse.

**Habit:** Traditional riding attire for sidesaddle riders.

**Half Halt:** An exercise, basically a "pay attention, please" used to communicate to the horse that the rider is about to ask for some change of direction or gait, or other exercise or movement.

**Half Pass:** Dressage movement performed on two tracks in which the horse moves sideways and forwards at the same time.

**Halt:** When the horse is at a standstill.

**High School:** Advanced training and exercise of the horse.

**In Hand:** When a horse is controlled from the ground rather than being ridden.

**Indirect Rein:** The opposite rein to the direction in which the horse is moving. When giving an indirect rein aid, the instruction comes by pressing the opposite rein against the horse's neck.

**Inside Leg:** The legs of both horse and rider which are on the inside of any circle or curved track being travelled.

**Inside:** In a ring, the side of the horse closer to the center of the ring.

**Leader:** Either of the two leading horses in a team of four, or a single horse harnessed in front of one or more horses. The "near" leader is the left hand horse and the "off" leader is the right hand horse.

**Leg Up:** Method of mounting in which an assistant stands behind the rider and supports the lower part of his left leg and giving a boost as necessary as the rider springs up off the ground.

**Leopard:** A rope which attaches to the halter that is used to lead or tie a horse with.

**Lope:** Slow Western canter.

**Manege:** An enclosure used for training and schooling horses. Also called a school.

**Nearside:** The left hand side of the horse.

**Offside:** The right hand side of the horse.

**Outfit:** The equipment of rancher or horseman.

**Outside:** When riding in a ring, the side closest to the rail or fence of the ring.

**Pace:** A lateral two-beat gait mostly performed by gaited horses.

**Passage:** Dressage movement in which the horse trots in an extremely collected and animated manner.

**Piaffe:** Dressage movement in which the horse trots in place, with forehand elevated and croup lowered.

**Pirouette:** Dressage movement in which the forelegs of the horse describe a small circle, while the hind legs remain in place, one of them acting as a pivot.

**Pleasure Driving:** A class of horses pulling carts which is judged on manners and way of going.

**Posting Trot:** The action of the rider rising from the saddle in rhythm with the horse's trot. (Also called Rising Trot.)

**Reverse:** A command used in the show ring to indicate a change of direction.

**School Movements:** The gymnastic exercises performed in the school or manege.

**School:** Enclosed, marked out area used for the training and exercise of the horse. (See also Manege.)

**Shoulder-In:** Two-track movement in which the horse is evenly bent along the length of its spine away from the direction in which it is moving.

**Trailer:** Transportation vehicle of one or more horses, which is towed behind another vehicle.

**Transition:** The act of changing from one pace to another. Walk to trot and trot to canter are known as "upward transitions." Canter to trot and trot to walk are known as "downward transitions."

**Tree:** The wooden or metal frame of a saddle.

**Trot:** Moderate-speed gait in which the horse moves from one diagonal pair of legs to the other, with a period of suspension in between.

**Vaulting:** Equestrian sport involving gymnastic exercises done on the back of a moving horse.

**Vertical:** Upright fence with no spread. Can be rails, planks, gate, or wall.

**Walk:** A slow four-beat gait.

**Warming-up:** The process of going through the gaits while performing suppling exercises to limber up both horse and rider in the beginning of a workout.

**Whoa:** A verbal command used to signal a well-trained horse to stop. Usually combined with gently pulling back on the horse's reins.

|  |  |
| --- | --- |
| adjustable | verstelbaar |
| agile | behendig |
| animated | geanimeerd |
| approved | goedgekeurd |
| arched, bent | gebogen |
| blister | blaar |
| bound | gebonden |
| braided | gevlochten |
| breed | ras |
| bucking | bokkend |
| carriage | rijtuig |
| choppy | schokkerig |
| conditioned | in goede conditie |
| confident | zeker |
| confused | verward |
| cues | signalen |
| designate | aangewezen |
| elevate | verheffen |
| enclosure | omheining |
| engaged | betrokken |
| evade | ontwijken |
| exhibitor | deelnemer |
| faulty | verkeerde |
| fence | hek |
| flashy | opzichtig |
| gait | gang |
| intention | voornemen |
| intricate | ingewikkeld |
| leap | sprong |
| lower | verlagen |
| motionless | onbeweeglijk |
| obedience | gehoorzaamheid |
| opposed | tegenover |
| paces | passen |
| penalized | bestraft |
| perceptible | waarneembaar |
| perimeter | omtrek |
| pivot | draaipunt |
| rancher | berijder |
| reluctant | onwillig |
| repeatedly | herhaaldelijk |
| respond | reageren op |
| restrain | beteugelen |
| rulebook | spelregels |
| separately | afzonderlijk |
| simultaneously | tegelijkertijd |
| slide | schuiven |
| soreness | irritatie |
| spin | draaien |
| spine | wervelkolom |
| stride | schrijden |
| suitability | geschiktheid |
| suspension | zweven |
| thoroughbred | volbloed |
| thought | gedachte |
| well-groomed | goed verzorgd |
| willingness | bereidwilligheid |
| turnout | opkomst |
| ooze | slijk |
| pried | peuterde |
| debris | vuil |
| crevice | spleet |