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.