

1st level dressage test

1st level dressage test is a fundamental component of competitive dressage, designed to build upon the training foundation laid in earlier levels. It introduces more complex movements and tests the horse and rider's ability to maintain rhythm, balance, and obedience while demonstrating progressive skills. This level is crucial for riders aiming to develop precision and harmony with their horses, focusing on transitions, lateral movements, and controlled gaits. In this article, the 1st level dressage test will be explored in detail, covering its purpose, structure, key movements, judging criteria, and training tips. Understanding the nuances of this test is essential for competitors, trainers, and enthusiasts who seek to excel in dressage competitions. The following sections will provide a comprehensive overview of the 1st level dressage test, its significance in the dressage hierarchy, and practical advice for successful performance.

- Overview of the 1st Level Dressage Test
- Key Movements and Requirements
- Judging Criteria and Scoring
- Training Strategies for Success
- Common Challenges and Solutions

Overview of the 1st Level Dressage Test

The 1st level dressage test is positioned after the introductory levels, representing a step forward in the horse and rider's training journey. It emphasizes developing suppleness, straightness, and rhythm while introducing more demanding movements that require greater control and precision. This level is often the first in which lateral work, such as leg-yields and shoulder-in, is incorporated, marking a significant progression from basic walk, trot, and canter exercises.

Typically, the 1st level dressage test is suitable for horses and riders who have mastered the basics and are ready to demonstrate enhanced communication and balance. The test usually lasts between four to five minutes and includes a series of movements designed to showcase the horse's training and responsiveness. Competitors at this level are expected to maintain consistent tempo, fluid transitions, and clear figures as they perform the test.

Purpose and Importance

The primary goal of the 1st level dressage test is to solidify the horse's obedience and willingness to respond to subtle aids, preparing both horse and rider for more advanced work. It serves as a benchmark to assess the horse's development in rhythm, relaxation, and straightness, all critical components in classical dressage training. Success at this level indicates readiness to progress to more complex movements and higher levels of competition.

Who Competes at 1st Level?

Riders new to competitive dressage but beyond the introductory stages often compete at 1st level. It is ideal for young horses in training and those returning from breaks who require a structured yet challenging test. The test is designed to be accessible for amateurs and professionals alike, providing a clear framework for skill development and competition experience.

Key Movements and Requirements

The 1st level dressage test incorporates a variety of movements that build on foundational skills and introduce new challenges. Each element is carefully selected to demonstrate the horse's training, responsiveness, and the rider's control. Understanding the specific requirements and expectations of each movement is essential for successful execution.

Basic Gaits and Transitions

The test requires a clear demonstration of the three basic gaits: walk, trot, and canter, with an emphasis on rhythm and regularity. Transitions between these gaits, as well as within gaits (such as collected to medium trot), must be smooth and precise, reflecting the horse's training and attentiveness.

Lateral Movements

Lateral work is a key feature of the 1st level dressage test, introducing movements such as leg-yield and shoulder-in. These exercises develop the horse's suppleness and straightness and improve engagement through the hindquarters. Riders must execute these movements with accuracy and fluidity to score well.

Figures and Patterns

The test includes a variety of figures such as circles, serpentines, and changes of direction. These patterns assess the horse's balance, bend, and ability to maintain rhythm throughout complex movements. Proper geometry and smooth execution of figures are critical for achieving high marks.

Example Movements List

- Working trot and extended trot
- Working canter with simple changes
- Leg-yield along the rail
- Shoulder-in on the track
- Circles of 20 meters

- Transitions between gaits and within gaits

Judging Criteria and Scoring

Judging at the 1st level dressage test is based on a detailed evaluation of each movement and the overall performance. Judges assess the horse's gait quality, submission, impulsion, and the rider's effectiveness and position. Scores are typically given on a scale from 0 to 10 for each element, with 10 indicating excellence.

Primary Evaluation Factors

The following factors are essential in the judging process:

- **Rhythm and Regularity:** Consistency of tempo and cadence in all gaits.
- **Suppleness and Relaxation:** The horse's ability to move fluidly without tension.
- **Contact and Connection:** Steady and elastic contact between horse and bit.
- **Impulsion:** Forward energy and engagement from the hindquarters.
- **Straightness:** Correct alignment through the body and accurate geometry.
- **Accuracy of Movements:** Precision in executing figures and transitions.

Collective Marks

In addition to individual movement scores, judges assign collective marks evaluating the overall impression. These include the rider's position and aids, the horse's behavior and obedience, and the harmony between horse and rider. Strong collective scores can greatly enhance the overall percentage.

Training Strategies for Success

Effective preparation for the 1st level dressage test requires a structured training program that focuses on building strength, flexibility, and communication between horse and rider. Consistency and gradual progression are key to mastering the test's requirements.

Developing Core Skills

Training should emphasize:

- Improving the horse's rhythm and relaxation through regular work at all

gaits.

- Introducing lateral exercises like leg-yield and shoulder-in gradually to build suppleness.
- Practicing accurate figures and transitions to enhance balance and responsiveness.
- Maintaining rider position and aids for effective communication.

Use of Schooling Tests

Regular practice with schooling versions of the 1st level dressage test helps riders and horses become familiar with the test pattern and timing. This practice allows for identifying areas needing improvement and building confidence before competition.

Professional Guidance

Working with a qualified dressage trainer or coach can accelerate progress by providing expert feedback on technique, movement quality, and test execution. Trainers can tailor exercises to the horse's strengths and address weaknesses efficiently.

Common Challenges and Solutions

Riders often face specific challenges when preparing for or performing the 1st level dressage test. Identifying these issues early and implementing targeted solutions can improve performance and scoring potential.

Maintaining Rhythm and Relaxation

Some horses may become tense or lose rhythm during transitions or lateral work. To address this, incorporate relaxation exercises, ensure correct warm-up, and avoid rushing through movements. Patience and consistent practice help develop a calm and steady rhythm.

Accuracy of Lateral Movements

Lateral exercises can be difficult to execute cleanly. Breaking down movements into smaller steps and using ground poles or markers can improve precision. Repetition with clear aids encourages the horse to understand and perform these movements confidently.

Rider Position and Balance

Rider imbalance can negatively affect the horse's performance. Strengthening core muscles, practicing correct seat and hand position, and riding with a

mirror or trainer's feedback can enhance rider effectiveness and harmony with the horse.

Managing Test Nerves

Nervousness can impact both rider and horse. Familiarizing with the test environment, performing mock tests, and employing relaxation techniques can reduce anxiety and promote a composed performance.

Frequently Asked Questions

What is the purpose of the 1st level dressage test?

The 1st level dressage test is designed to introduce horses and riders to more advanced movements beyond the basic training level, focusing on developing rhythm, suppleness, and accuracy in transitions and gaits.

What movements are typically included in a 1st level dressage test?

Common movements in a 1st level dressage test include trot and canter lengthenings, shoulder-in at trot, simple changes of leg at the canter, and medium walk.

How is the 1st level dressage test scored in competition?

Judges score each movement on a scale from 0 to 10, evaluating the horse's rhythm, suppleness, contact, impulsion, straightness, and collection, with collective marks assessing overall performance.

What are key training tips for riders preparing for a 1st level dressage test?

Riders should focus on developing consistent rhythm and balance, improving transitions between gaits, practicing lateral movements like shoulder-in, and maintaining a steady, relaxed contact with the horse.

At what stage in a rider's progression is the 1st level dressage test usually introduced?

The 1st level dressage test is typically introduced after the rider has mastered the basics at the training level and is ready to work on more precise movements and increased collection.

Can young or green horses compete in 1st level dressage tests?

Yes, 1st level dressage tests are often suitable for young or green horses as they include foundational movements that help build the horse's strength,

balance, and responsiveness.

Additional Resources

1. Mastering the Basics: 1st Level Dressage Techniques

This book is an essential guide for riders aiming to excel in 1st level dressage. It covers fundamental movements, including trot and canter work, with practical exercises to build strength and precision. The author emphasizes rider position and communication to develop harmony between horse and rider.

2. The Rider's Handbook to 1st Level Dressage Tests

Designed for both beginners and intermediate riders, this handbook breaks down each element of the 1st level dressage test. Clear diagrams and step-by-step instructions help riders understand test patterns and scoring criteria. It also offers tips on improving transitions and maintaining rhythm throughout the test.

3. Foundations of Dressage: Preparing for 1st Level

Focusing on the foundational skills necessary for 1st level dressage, this book delves into correct training methods to build a balanced and responsive horse. It discusses groundwork, suppleness, and engagement, ensuring the horse is physically and mentally ready for the demands of the test. Riders will find advice on creating consistent training routines.

4. Dressage Essentials: First Level Success Strategies

This practical guide offers strategies to help riders achieve success in first level dressage competitions. It explores mental preparation, warm-up techniques, and common pitfalls to avoid during tests. The book also includes rider testimonials and coaching insights to motivate and inspire improvement.

5. Understanding 1st Level Dressage Movements

A detailed exploration of the specific movements required at the first level, this book focuses on developing clarity and precision. It explains the biomechanics behind each movement and how to effectively cue the horse. Photographs and video links supplement the explanations for a comprehensive learning experience.

6. Path to Progress: Training Your Horse for 1st Level Dressage

This training manual addresses the step-by-step process of preparing a horse for the 1st level test. It emphasizes progressive conditioning, rider-horse communication, and correcting common issues like stiffness or imbalance. The author includes personalized training plans adaptable to different horse temperaments.

7. 1st Level Dressage Test Patterns and Practice

Ideal for riders looking to memorize and perfect their test patterns, this book provides detailed maps and practice routines. It discusses how to maintain flow and accuracy throughout the test arena. Additionally, it offers advice on how to handle test nerves and present a polished performance.

8. The Art of Dressage: Beginner to 1st Level

This book bridges the gap between beginner riding and first level dressage, guiding readers through progressive skill development. It includes foundational exercises, rider alignment tips, and horse fitness considerations. The narrative is accessible, encouraging riders to build confidence and enjoy their dressage journey.

9. *Scoring and Improving Your 1st Level Dressage Test*

Focused on understanding the judging system, this book helps riders interpret their scores and identify areas for improvement. It breaks down each test movement's criteria and offers targeted exercises to enhance performance. Readers gain insights into what judges look for and how to maximize marks in competition.

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1st level dressage test: Chronicle of the Horse , 1991-04

1st level dressage test: USDF Guide to Dressage Jennifer O. Bryant, 2025-05-01 Whatever your primary equestrian discipline, dressage is an ideal way for you to increase your riding awareness and enhance your relationship with your horse. Providing an overview of basic techniques and a series of helpful training exercises, Jennifer O. Bryant stresses the tenets of harmonious communication between horse and rider as she guides you through the graceful movements of dressage. With suggestions on how to find qualified instructors and information on necessary equipment, this comprehensive guide will inspire you to explore this exciting and rewarding world.

1st level dressage test: Deciphering Dressage Karen L. Davis, 2007-07-30 The definitive guide to dressage--the art, science, and secrets of graceful horsemanship for riders who want to exude natural elegance in the saddle Dressage has been described as a beautiful ballet on horseback. It embodies an innate grace, a seemingly effortless flow, and an easy harmony between horse and rider. Dressage elevates riding from a sport to an art form. One of the fastest growing equestrian sports in America, it appeals to competitive riders as well as those who simply want to improve their mounts and their skills. Because the principles of dressage encompass the art and science of horsemanship and every aspect of the horse-rider relationship, dressage training enhances other equestrian disciplines. The exercises and patterns help improve the horse's overall balance and athleticism and make the mount more responsive. Ideal for beginning enthusiasts or people who simply want to appreciate the elegance and finesse of classical riding, Deciphering Dressage unlocks the secrets of classical, precision riding. It covers: * Choosing and caring for a suitable dressage horse * Buying tack and riding apparel * Sitting the horse correctly and using aids or subtle signals to cue the horse * Preparing for competitions * Riding a dressage test * Competition and scoring * Recognized shows, schooling shows, ride-a-tests, and eventing Complete with over fifty photographs and drawings, as well as step-by-step explanations of exercises and maneuvers, this guide helps riders master the basics of this exceptionally demanding and rewarding discipline.

1st level dressage test: The Horse Julie Whitaker, Ian Whitelaw, 2007-05-15 Looks at every aspect of the horse, discussing its evolution, biology, history, characteristics, behavior, and relationship with humankind in the areas of work, sport, and leisure, providing essential facts, trivia, and lore.

1st level dressage test: The Complete Idiot's Guide to Horseback Riding Jessica Jahiel, 2000 Provides basic information on different styles of riding, such as Western, English, and trail; and discusses caring for horses, staying mentally and physically fit, and entering competitions.

1st level dressage test: 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 the United 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 arrangement that 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.

1st level dressage test: *Forward* Natalie Keller Reinert, 2025-03-18 The fifth book in Natalie Keller Reinert's beloved Eventing Series, set in the high-stakes world of three-day eventing, now reimaged and repackaged! If Jules was sure about one thing, it was that she would never become a riding instructor. But suddenly she is the lead instructor at the Alachua Eventing Co-Op, and though Jules never thought she'd be so sentimental, she loves training up a new generation of riders. Her own riding has never been better, and Jules will be able to afford a promising new horse if she and Dynamo can win at the Central Park Horse Show in the fall. But cracks start to show as summer sets in. Pete's overbearing new owner is pressuring him to push his horse too fast. Dynamo is suddenly showing his age on the cross-country course. And sparks are flying between Jules and her new coach, Evan Folkes. As mounting tension threatens her relationship with Pete, and the lights of New York City beckon, will Jules decide to chase new dreams? Or can she choose Pete and the life they've built together, and still move forward? In Natalie Keller Reinert's beloved eight-book Eventing Series, we follow Jules and her friends through the joys and heartbreaks of the competitive eventing circuit, as they work their way into elite echelons—and into one another's lives and hearts. Utterly immersive and propulsive, this series is an unforgettable journey for anyone who has ever fallen in love with horses, or humans.

1st level dressage test: The Eventing Series Collection: Books 1 - 7 Natalie Keller Reinert, Begin the breakthrough equestrian series now! Jules Thornton galloped into Ocala in Ambition, and she was determined to never leave Florida's horse country. With her gaze set firmly on becoming Three-Day Eventing's newest star, Jules isn't afraid of anything the equestrian world can throw at her. But she'll have to weather hurricanes, master her temper, and make difficult decisions as she seeks to take her place as a top horsewoman. Always putting her horses first? That's the easy part. Making a living, keeping a roof over her head, and managing human relationships: that's where Jules will be challenged again and again. Take a journey like no other, as you explore the gorgeous Florida horse country with Jules and her horses, working students, and friends. As you begin this bestselling series which has captivated thousands of readers, you'll find yourself thrust into the tough, unglamorous world of professional equestrians - and the ways this challenging industry molds its future stars. This collection includes: Ambition Pride Courage Luck Forward Prospect Home Save with this 7-book series over buying each title individually! Read the entire series! Bold: A Prequel to the Eventing Series Book 1: Ambition Book 2: Pride Book 3: Courage Book 4: Luck Book 5: Forward Book 6: Prospect Book 7: Home Reviews for Ambition Natalie weaves the story of Jules, her horses,

and their uncertain road to the upper levels of eventing with realism and detail. - The Equine Insider 'Ambition' is one of the good ones. - Susannah St. Clair (Vine Voice Reviewer) This all felt very real to me. - Karen McGoldrick, author of The Dressage Chronicles I loved watching her story unfold -- the good, the bad, and the ugly were highly entertaining. - Brittney Joy, author of the Red Rock Ranch Series In Jules Natalie Keller Reinert has created a barbed wire heroine who still, despite her arrogance, and her pathetic inability to see the good in people, still has something about her that catches at your heart. - Jane Badger, Editor and Equestrian Writer I was sucked in from the very first page. - BassetMom (Amazon Reviewer) This book shows the hard work, drudgery and living-on-the-edge aspects that come long before the jumps. The Florida setting provides the big action sequence that dominates the final third of the book. Trust me - you'll blast through the book then and won't put it down. - R. Maners (Amazon Reviewer) Perfect for fans of equestrian fiction and readers of books like The Horsewoman (James Patterson), Riders (Jilly Cooper), Dark Horse (Dick Francis), Riding Lessons (Sarah Gruen), The Horse Whisperer (Monty Roberts) and The Lady (Anne McCaffery). Great for fans of three-day eventing, dressage, show jumping, horse racing, and horse showing!

1st level dressage test: *Dressage for the Not-So-Perfect Horse* Janet Foy, 2012-07-10 A 5* dressage judge's practical ways to learn to love your horse's idiosyncrasies and turn weaknesses into strengths. Thousands of riders pursue the sport of dressage across the globe, and the majority do so on a budget and with the horse they already have, or quite simply, the one they can afford. This means riders daily face the challenge of mastering one of the world's most esteemed equestrian pursuits on horses that may not be bred specifically for the task, or even if they have been, may not be top prospects for any number of reasons—behavior quirks, conformational impediments, age or soundness—you name it. International dressage judge, clinician, and riding coach Janet Foy has ridden many different horses in the course of her riding and horse training career—different sizes, shapes, colors, and breeds—to the highest levels of dressage competition. Now she has compiled her best tips for training and showing the horse you have (or the horse you love, despite his “faults”) through the levels. With lists of common “imperfections and evasions” experienced when riding movements—from simple transitions and leg—yield to zigzags, tempi changes, and piaffe—followed by training tips and creative ways to “perfect” the “imperfections.” Riders are bound to discover countless ways to apply Janet's advice to their dressage pursuits.

1st level dressage test: *Flight without Wings* Patti Schofler, 2006-10 Successful training and competition techniques for all the breed's show divisions

1st level dressage test: *The Eventing Series Collection One: Books 1-3* Natalie Keller Reinert, 2023-04-02 Begin the breakthrough equestrian series now! Jules Thornton galloped into Ocala in Ambition, and she was determined to never leave Florida's horse country. With her gaze set firmly on becoming Three-Day Eventing's newest star, Jules isn't afraid of anything the equestrian world can throw at her. But she'll have to weather hurricanes, master her temper, and make difficult decisions as she seeks to take her place as a top horsewoman. Always putting her horses first? That's the easy part. Making a living, keeping a roof over her head, and managing human relationships: that's where Jules will be challenged again and again. Take a journey like no other, as you explore the gorgeous Florida horse country with Jules and her horses, working students, and friends in Ambition, Pride, and Courage. As you begin this bestselling series which has captivated thousands of readers, you'll find yourself thrust into the tough, unglamorous world of professional equestrians - and the ways this challenging industry molds its future stars. This collection includes: Book 1: Ambition Book 2: Pride Book 3: Courage The Eventing Series is the perfect escape for anyone seeking equestrian fiction or horse books for adults. In this seven-book series, you can join Jules Thornton and a cast of horses and equestrians on an intensely realistic and relatable ride through Three-Day Eventing, as Jules learns not just about becoming a better horsewoman, but a better human.

1st level dressage test: *Dressage Horse Manifesto* Yvonne Barteau, 2016-05-05 Those who work with and train horses on a regular basis are likely constantly searching for new ways to make

inroads and find answers when faced with tough training or behavior problems. Grand Prix dressage rider and performer Yvonne Barteau has trained her share of horses over the years—from off-track racing Thoroughbreds, to Arabians, to Friesians, to Warmbloods—and she asserts that everything that needs to be known about effectively training a horse is already known...by any horse. Each horse,” says Barteau, “will know and respect the person who figures out how to train him, if that person is fair. The best trainers are not only ‘horse whisperers,’ they are listeners. And readers. They listen to what the horse has to say. They can read horse body language and behavior patterns. They are calm and they stay calm under pressure. How did they learn that? By studying horses. Over time the horses told them how to be a horse trainer and they listened.” Barteau believes that every dressage rider can learn to listen and read, and so experience greater success and partnership with his or her horse. In this book Barteau has used her knowledge and decades of experience and success in and out of the dressage ring to help put to paper what 10 different dressage horses would say to you about horse training if they could. Through the dressage horse’s mouth, from his point of view, readers learn: how simple things really are and how complicated we make them; the value of routine, consequence, and peace; the importance of leadership, fairness, and trust; the need for your sense of responsibility to match your ambition; plus, what kinds of rewards really work and what frightens, annoys, or causes horses to disregard us altogether. If you listen properly, horses will tell you how to train them. This book is a published declaration of their needs as our athletic partners, fellow competitors, and friends.

1st level dressage test: JB Andrew Judy Andrekson, 2009-05-08 He was born, wild and free, in the vast mountainous scrublands of Nevada. Until he was a year old, no human hand touched him, though he knew something of the danger people represented to the herd. But one fateful day, the herd was chased by a huge black creature in the sky, and the yearling was separated from his mother. In blind panic he ran, but he could not outdistance the terrifying, whirling thing above him, or the humans on horseback that surrounded him. Before long, JB Andrew would come to the attention of many. He was big, leggy, and awkward, but he had a long, graceful stride and was chosen for an inmate prison program where he would be trained and made ready for adoption. JB, short for Jail Bird, had a special quality that forced people to take notice. Before his retirement years later, he would win hearts and trophies in the elite competitive dressage ring by becoming the first and only wild mustang to attain success in the sport. He paved the way for people to dream, believe, and succeed and in doing so, JB became one of the greatest ambassadors for wild mustangs the breed has ever known. Third in the True Horse Stories series, JB Andrew: Mustang Magic is as warm as it is inspiring.

1st level dressage test: When Two Spines Align: Dressage Dynamics Beth Baumert, 2015-09-14 Within riding there exists a fundamental conflict of interest: The rider needs to have control—her confidence depends on her ability to control the balance of her own body as well as that of her very powerful horse. The horse, by nature, needs to feel free—free in both mind and body to express himself through physical movement. In *When Two Spines Align: Dressage Dynamics*, author Beth Baumert, writer and editor at the internationally recognized equestrian magazine *Dressage Today*, resolves the freedom-control enigma by taking a close look at the individual components that make up riding and dressage. Beth provides insight gleaned from years of working with the best riders, trainers, and judges in the dressage world, and details practical ways riders can learn to harness the balance, energies, and forces at play when they're in the saddle. Readers will discover how to use positive tension and what the author calls the four physical Powerlines—Vertical, Connecting, Spiraling, and Visual—to become balanced and effective in the saddle. Readers will then find ways to understand and manage the horse's balance and coordination challenges, including the fact that he is inherently crooked and naturally inclined to do too much with his front end and not enough with his hind. Ultimately, the rider learns to regulate and monitor the horse's rhythm, energy, flexion, alignment, bend, the height and length of his neck, and, finally, his line of travel by properly aligning her spine with his. When the center of gravity of a balanced rider is directly over the center of gravity of a balanced horse, that place where two spines align becomes the hub for

rider and horse harmony—a dynamic and remarkable riding rapport that yields beautiful performance.

1st level dressage test: *The Chronicle of the Horse* , 2012

1st level dressage test: *The Whole Horse Catalog* Gail Rentsch, Steven D. Price, Barbara Burn, David A. Spector, 1998-12-17 A guide to owning, riding, and caring for a horse, with information on selection, apparel, stabling, health, grooming, feeding, equestrian sports, tack, and other subjects.

1st level dressage test: *Sebastian's Adventures* Karin Matey, 2014-11-17 A wonderful and adventures story about a young horse and the unforeseen challenges he faces to reach his dream of becoming one of the most sought out dressage horses in the world.

1st level dressage test: *Advanced English Riding* Sharon Biggs, 2012-01-03 An advanced rider, whether professional horseman, Olympic athlete, or just a horse lover who has learned the fundamentals and go on to ride his or her own horse, in the author's view, is someone who grasps the idea of good horsemanship and puts a great deal of time and effort into developing his or her seat and position. Advanced English Riding is designed to help riders develop those skills and to help them move on to the next level of riding. Author Sharon Biggs, whose credits also include *The Original Horse Bible*, shares her considerable experience in English riding in this Illustrated Guide that goes beyond the fundamentals to refine the riding skills of hunter/jumper riders and dressage riders, from improving seat and position to advanced schooling techniques and participating successfully and joyfully in competitions. This book offers step-by-step instructions and great advice for all English riders looking to develop, improve, or refine their skills in the various aspects of this popular riding discipline. This extensive guide is divided into 15 chapters and covers the following topics: honing the seat and position, the half halt, riding within the gaits (transitions, stride adjustment, collection, extensions, etc.), riding figures, lateral work, cavalletti and group poles (for hunters, jumpers, and dressage), gridwork (incorporating placing poles and cavalletti), cross-country jumping, hunter courses, show jumping courses, advanced competition in dressage, eventing, hunters, and show jumping, and more

1st level dressage test: *The Art of Dressage* Alois Podhajsky, 1976

1st level dressage test: *Rise: A History of Classical Riding* Pasquale De Marco, 2025-04-26 Journey into the exquisite world of classical riding, where grace, precision, and harmony intertwine. Discover the art form that has captivated audiences for centuries, transcending time and trends. This comprehensive guidebook unveils the rich history, techniques, and artistry of classical riding, offering a profound understanding of this timeless tradition. Classical riding is not merely a sport; it is a way of life, a profound connection between horse and rider. Through patience, dedication, and an intuitive understanding of the horse's nature, riders strive for a state of perfect harmony with their mounts, where every movement is a symphony of elegance and athleticism. Embark on a captivating exploration of the fundamental principles of classical riding, delving into the concepts of balance, rhythm, connection, impulsion, and straightness. Learn from the wisdom of influential classical riding masters, whose teachings have shaped this discipline over the centuries. Discover the various training methods and techniques employed to develop these essential elements, transforming horses and riders into a seamless partnership. Whether you are a seasoned rider seeking to deepen your understanding of classical riding or a newcomer eager to explore this captivating world, this book provides an invaluable guide. Gain insights into the history, techniques, and artistry of classical riding, enhancing your appreciation for this timeless art form. Saddle up for an extraordinary journey into the world of classical riding, where elegance, precision, and harmony reign supreme. If you like this book, write a review on google books!

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