

Imprint	2
Forewords Klaus Balkenhol	6
Paul Stecken	7
Preface	8
Acknowledgements	10

Part 1: The Training of the Rider 11

1. The Rider's Training Path	11
1.1 Trust and lessening of overwhelming respect	13
1.2 Suppleness and balance	14
1.3 The seat and its different forms	15
1.4 Feeling for the horse and its movements	20
1.5 The rider's aids and their coordination	22
1.5.1 The weight aids	22
1.5.2 The leg aids	25
1.5.3 The rein aids	28
1.5.4 The inter-action of the aids	30
1.6 Riding technique	33
1.7 Influence: Pre-requisite for a good rider-horse relationship	34
1.8 Summary	34
2. The Suppleness of the Rider	35
2.1 How can suppleness and balance be improved?	35
2.2 Selection of a suitable horse	36
2.3 Attitude and approach	36
2.4 General information concerning equipment	36
2.5 The rider's influence on the horse in the suppling up phase	38
2.6 Summary	42
3. Horse and Rider in Balance	43
3.1 The rising trot – an easy movement for horse and rider?	44
3.1.1 What are the decisive points to consider in the rising trot?	45
3.1.2 Rising trot on the "right diagonal"	46
3.2 "The twisted seat" (German: Der Drehsitz): shoulder-hip-rider-horse	46
4. Instinctively Correct?	48
4.1 Position of the hands	48
4.2 How does a horse learn "this little positive pull"?	51

4.3 Can weight aids "push"?	51
4.4 Halts and half halts	52
4.4.1 Half halts	53
4.4.2 Halts	54
4.5 Hand faults of the rider	57
4.6 What is the meaning of "inside" and "outside"?	61
4.7 Auxiliary aids: voice, whip, spurs	61
4.8 How to ride and handle timid and spooky horses	63
4.9 How to ride and handle sluggish horses	65
4.9.1 What must the rider avoid or do differently?	66
4.9.2 The wrong conception of "driving"	67
4.9.3 Finding the right basic tempo	67
4.9.4 What can be done to promote a horse's enjoyment in working with the rider?	68

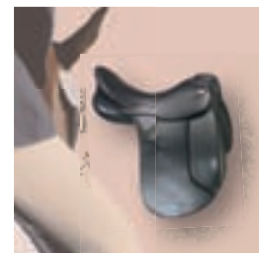
Part 2: Equipment of the Horse 69

1. The Saddle	70
1.1 How the saddle influences the way you ride	70
1.1.1 How does the rider acquire the right seat in the saddle?	70
1.1.2 Criticism of saddles currently available	70
1.1.3 The position of the saddle	72
1.1.4 Summary	73
2. The Snaffle Bridle	74
2.1 The bits	75
2.2 The reins	76
2.3 Fitting the snaffle bridle	77
2.4 The noseband	77
2.4.1 The drop noseband	78
2.4.2 The ordinary noseband and the flash noseband	78
2.4.3 The grakle noseband	79
2.4.4 The combination level noseband	79
3. Using a Double Bridle	80
3.1 The significance and use in the past	80
3.2 The use of the double bridle today	81
3.2.1 What conditions must a young rider fulfil before becoming familiarised with the double bridle?	81

The Training of the Rider



Equipment of the Horse



3.2.2	At what stage can a horse be introduced to a double bridle? ...	83
3.2.3	What manner of holding the rein is to be recommended?	83
3.2.4	The composition of the double bridle	84
3.2.5	Fitting the double bridle	85
3.2.6	Selection of the bits	86
3.2.7	What influences the sharpness of the bridle?	88
4.	Use of Auxiliary Reins	89
4.1	The side reins	89
4.2	The "Lauffer" (running) side reins	90
4.3	The running side reins	91
4.4	The German standing martingale	91
4.5	The "neck extender"	92
4.6	The draw reins	92
4.7	The chambon	94
4.8	The "Dipo" trainer	94
4.9	The Thiedemann reins	95
4.10	The martingale	95
4.11	The check reins	96
4.12	Summary	96
Part 3: The Training of the Horse		97
1.	The Scale of Training and its Importance for Every Riding Horse	98
2.	Rhythm (Takt)	102
2.1	A matter for experts: The basic gaits ...	102
2.1.1	Preliminary remarks	102
2.1.2	Detailed comments on the three basic gaits	103
2.1.3	The rein back	108
2.2	Takt – Rhythmus, Pace (Tempo) – Speed (Gangmaß)	109
2.3	Riding at walk: "Don't touch me!"?	110
2.3.1	Riding at walk	111
3.	Suppleness (Losgelassenheit) – First and Final Aim in the Training of a Riding Horse	113
3.1	What do we understand by suppleness?	113
3.2	The significance of suppleness	114
3.3	What does the duration of the suppleness phase depend on?	116
3.4	What are the essential elements of suppling up work?	117
3.5	What does it mean to ride a horse "over the back"? (with an actively engaged swinging back)	118
3.6	How should suppling work be organised?	121
3.7	How do you recognise a supple horse?	122
3.8	Summary	123
4.	Contact – A Matter of Trust	124
4.1	Faults in contact	125
4.2	Stiff and difficult side	129
4.3	Notes on correction of faults in contact ..	130
4.4	Contact is not a single aim	130
4.5	Tongue problems	131
4.6	Teeth grinding	133
5.	Impulsion (Schwung) and what the Rider wins by it	134
5.1	When does a horse go with good impulsion?	134
6.	Straightening	136
6.1	Why no "natural straightness"?	138
6.2	Why straightening?	138
6.3	When can you start with straightening? ..	139
6.4	How can you straighten a horse?	139
6.5	The significance of straightening	142
6.6	Dealing with natural crookedness: Stiff and difficult side	143
7.	Collection and Elevation	145
7.1	What is collection?	146
7.2	What is elevation?	146
7.3	Why is it advantageous for every horse to have a certain amount of collection? ..	147
7.4	Training aim: what can be achieved with collecting work?	148
7.5	How is collection achieved?	149
7.6	Exercises and movements to improve collection	149
7.7	Where is the difficulty in collecting work?	151
7.8	Optimum evolvment of the horse's natural potential	151
7.9	Self carriage of the horse	151
8.	Throughness (Durchlässigkeit) – the Superordinate Training Aim for Every Riding Horse	152
8.1	Tilting at the poll – a typical problem of throughness	155

➤ The Training of the Horse



Part 4: Riding of Exercises and Movements 157

1. Gradually and completely take the reins out of the rider's hands (taking the reins forward and down) and giving and retaking the reins (Überstreichen)	158
1.1 Chewing the reins out of the rider's hands	158
1.2 "Überstreichen" (Giving and retaking the reins)	159
2. Riding of Turns in Movements	160
3. Transitions – Moments of Truth	167
3.1 The importance of transitions	168
3.2 Criteria for successful transitions	168
3.3 What requires particular attention when riding transitions?	168
4. Turn on the Forehand	170
5. Leg Yielding	171
6. Rein Back... With Patience	174
6.1 The rein back with an advanced horse	176
6.2 Incorrect rein back	177
7. Turn on the Haunches from Halt, Turn on the Haunches from Walk or Trot, Walk Pirouette	178
8. Canter Work: Collecting Work, Simple Change of Leg and Counter Canter ..	182
8.1. Application of aids when cantering on ..	182
8.2. How can collection at canter be improved?	183
8.3 The simple change of leg	185
8.4 The counter-canter	185
9. Extensions and Transitions as a Test of Training	188
10. Lateral Movements	192
10.1 Shoulder-fore	192
10.2 Riding in position	194
10.3 Shoulder-in	195
10.4 Travers	197
10.5 Renvers	199
10.6 Half-passes	201
10.6.1 Dealing with natural crookedness in the half-pass	202
10.6.2 Change in flexion and bend between two half-passes	206
10.6.3 Mistakes in the half-passes	207

11. Flying Change of Leg	208
11.1 Criteria for a successful flying change ..	208
11.2 Hints on training	211
11.3 Exercise variations	211
11.4 Faults and their correction	213
12. Flying Changes in Sequences	214
12.1 Criteria for successful series of flying changes	214
12.2 Change from stride to stride	214
12.3 Hints on training	215
13. Canter Pirouettes	216
13.1 Criteria for good-quality canter pirouettes	217
13.2 Training hints	218
13.3 Exercise variations	220
13.4 Faults and their correction	222
14. Cavaletti Work for Variety	223
14.1 Summary	226

Part 5: Participation in Dressage Competitions 227

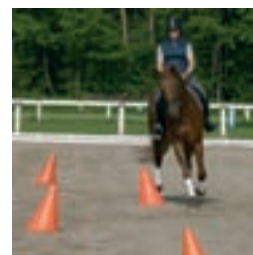
1. Warming up for Dressage Competitions and Preparation of Movements	228
1.1 What should be achieved by warming up before the competition?	229
1.2 How should the warm-up be planned? ..	229
1.3 The warm up	230
2. Riding a Dressage Test in Training and at a Horse Show	231

Part 6: Breaking-in – Basic Education for Horses 239

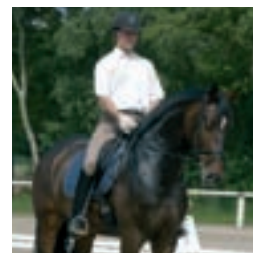
1. Imprinting Experiences	240
2. When is the Right Time to Start Breaking-in and Training?	240
3. Getting used to the Bridle and Saddle	241
4. The First Time as a Riding Horse	242
4.1 The first mounting	244
4.2 Leading off	244
4.3 Riding without the lunge	245
5. Presentation in Classes for Young Horses (3 and 4 year olds)	249

Conclusion	253
Bibliography	254

Riding of Exercises and Movements



Participation in Dressage Competitions



Breaking-in – Basic Education for Horses

