

# Dressage 101



# What is Dressage



- ▶ Dressage is a French term meaning "training" Dressage promotes riding and training a horse in a manner that develops obedience, flexibility, and balance, thus making any horse more in tune with its rider hence an enjoyable ride. This obedience can be transferred to any other discipline
- ▶ Competitive dressage involves progressive levels incorporating multiple tests within each level that increase with difficulty. Each test is a set of routine movements which are performed. The sequence of movements is designed to show the suppleness, obedience and strength of the horse. Dressage at its highest level should appear effortless. It is like ballet on horse back.

# What are the levels of Dressage tests

- ▶ Preliminary
- ▶ Novice
- ▶ Elementary
- ▶ Medium
- ▶ Advanced
- ▶ Prix st George FEI
- ▶ Intermediate 1
- ▶ Intermediate 2
- ▶ Grand prix

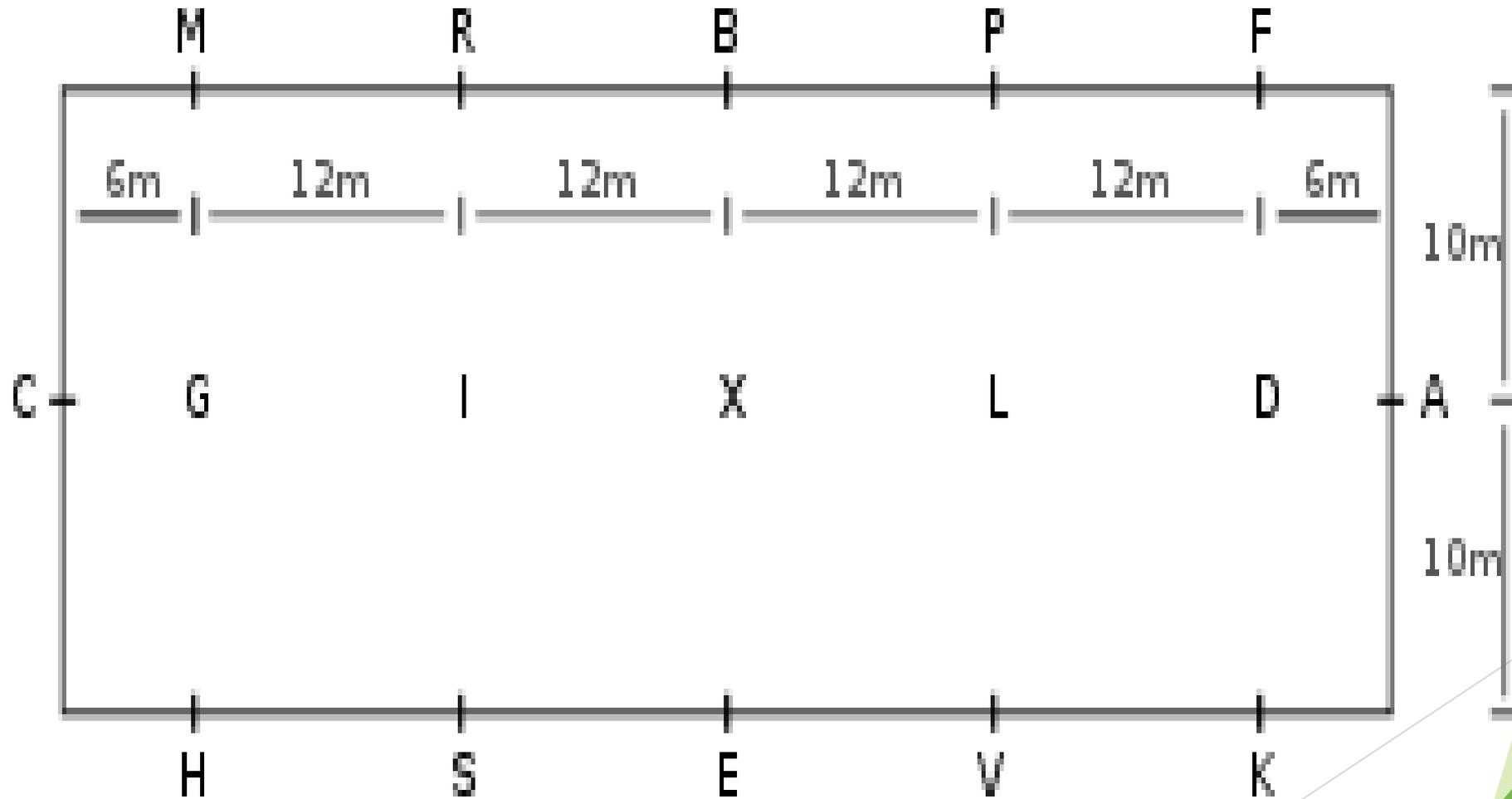


# How is dressage scored

- ▶ 10 Excellent
- ▶ 9 Very good
- ▶ 8 Good
- ▶ 7 Fairly good
- ▶ 6 Satisfactory
- ▶ 5 Marginal
- ▶ 4 Insufficient
- ▶ 3 Fairly Bad
- ▶ 2 Bad
- ▶ 1 Very bad
- ▶ 0 Not executed



# Where do you ride?



# What gear is appropriate?

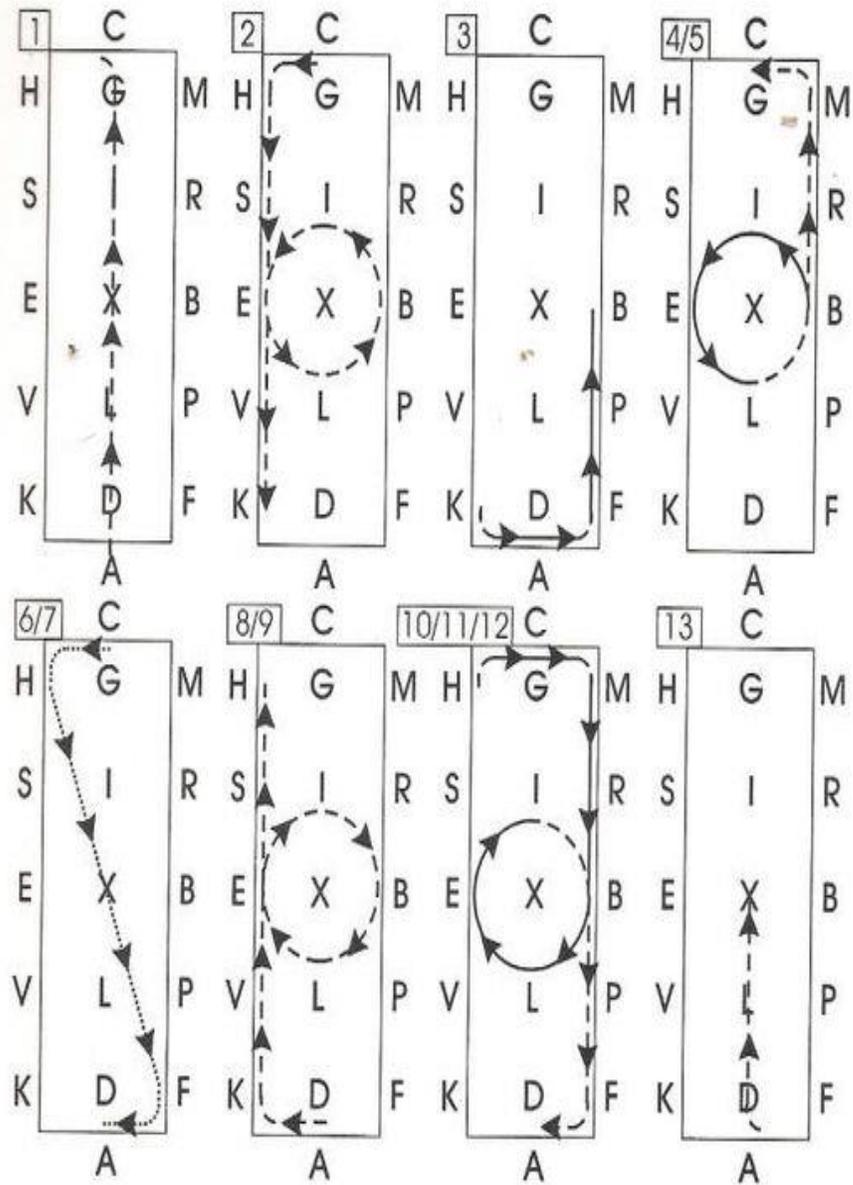
- ▶ Turnout of horse, manes are usually plaited on either side where the mane falls naturally (eventing left only)
- ▶ Rider should look neat and tidy wearing cream jodhpurs for open competition and white in the higher levels. Gloves are appropriate to wear and give a polished look. Hairnet and neat hair (usually a bun)
- ▶ Approved helmet
- ▶ Dressage Saddle (not mandatory in ponyclub)
- ▶ Whips no longer than 120cm (up to and including elementary)
- ▶ At the lower levels of dressage, a bridle includes a plain cavesson drop noseband flash noseband or Hanoverian noseband.
- ▶ Competitions should be in a snaffle bit. The loose-ring snaffle with a single- or double-joint is most commonly seen. Harsher snaffle bits, such as twisted wire, corkscrews, slow-twists, and waterfords are not permitted, nor are Pelham, kimberwicks, or gag bits. (medium dressage and above are shown in a double bridle, using both a bradoon and a curb bit)

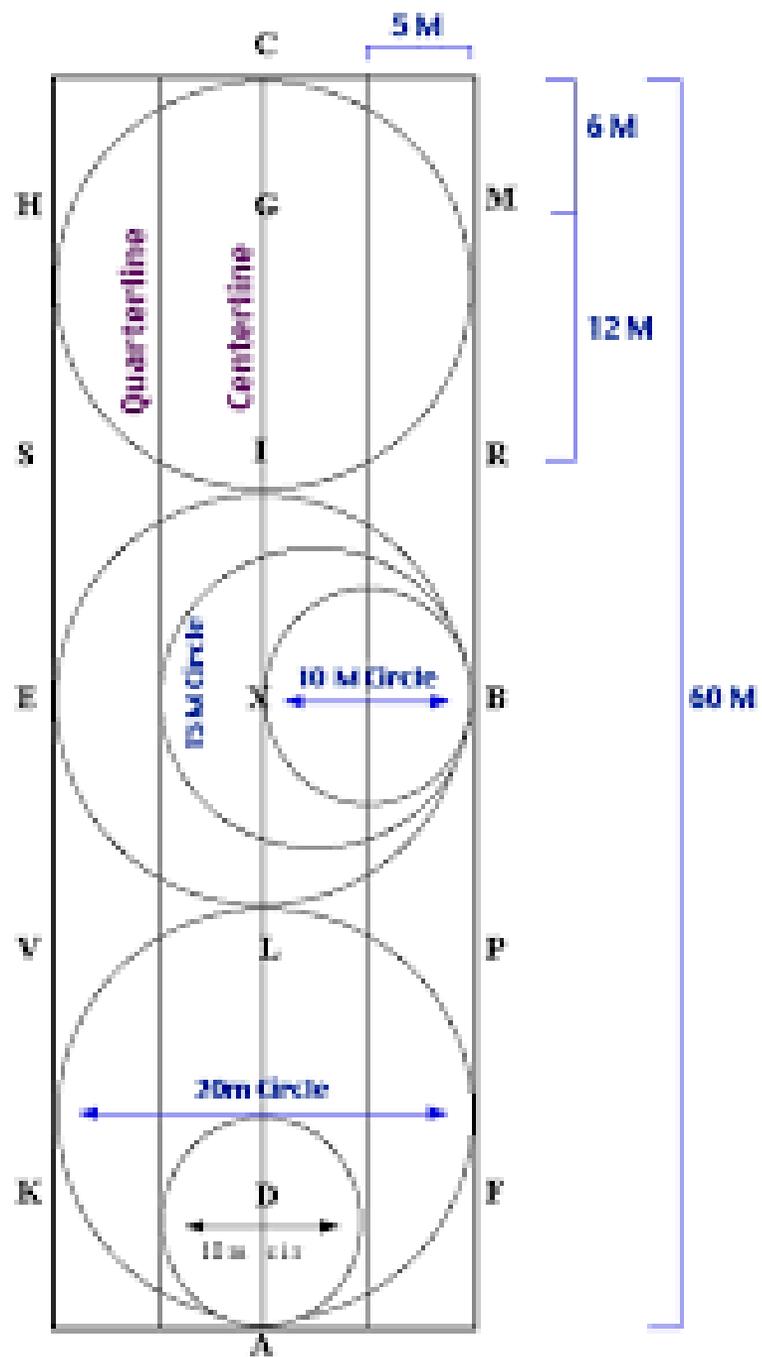
# What kind of movements can I expect to do at preliminary level?

- ▶ Changing rein across the diagonal
- ▶ 20 m circles at A, C E or B in trot and canter
- ▶ Free walk on a long rein often across the diagonal
- ▶ Halting on the centre line and saluting at trot
- ▶ Halting often at C and A



# TRAINING LEVEL - TEST 1





# Doing the test

- ▶ Introduce yourself to the judge be polite don't walk in front of the car you have 60 sec
- ▶ You may have a caller but try to learn your test and go through the test many times with pen and paper
- ▶ Go down centre line usually halt and salute at x (not always) give plenty of room to enter halt must be square
- ▶ Don't practice the test over and over otherwise the horse will anticipate. You should practice the movements at different markers or out of sequence
- ▶ Remember to warm your horse up well before the test and stay relaxed lots of free walk.
- ▶ Go into the corners but not when you are riding circles
- ▶ Your body should be at the marker not the horse's head
- ▶ Smile at the end and pat your horse well take your time getting out of the ring

# Extra marks on the back

- ▶ **COLLECTIVE MARKS** Paces (freedom and regularity) 1
- ▶ Impulsion (desire to move forward, elasticity of the steps, relaxation of the back and engagement of the quarters) 1
- ▶ Submission (attention and confidence; harmony, lightness and ease of the movements; acceptance of the bridle) 2
- ▶ Rider's position and seat; correctness and effect of the aids 2

