

101 Dressage Exercises For Horse Rider

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Hunter Seat Equitation - George H. Morris 1971

B & W photographs throughout.

55 Corrective Exercises for Horses - Jec Aristotle Ballou 2019-01-04

A highly illustrated guide to simple yet effective methods for keeping horses sound, healthy, and performing their best. Over time, horses (like people) acquire postural habits, compensate for soreness and injury, and develop poor movement patterns. This limits performance ability, causes unsoundness and health issues, and ultimately undermines the horse's overall well-being. Jec Aristotle Ballou has made a name for herself advocating for the horse and providing sensible instruction in his schooling, conditioning, and care. Her bestselling books and popular clinics are designed to enable any horse person to correctly apply proven principles that bring measurable progress while avoiding boredom and confusion. In her latest collection of mounted and unmounted corrective exercises, Ballou demonstrates how we can actively work to improve the horse's posture and movement, whether he is: An active performance or pleasure mount. An aging or older horse that benefits from gentle exercise. A horse being rehabilitated following injury, illness, or lack of conditioning. Ballou's positive cross-training techniques are free of shortcuts, and her guidelines for analyzing the horse's posture and way of going help readers gain a new awareness of the equine body. Applicable for all disciplines and full of quality color photographs to explain the exercises, this is an integral collection that optimizes how the horse uses his body and helps ensure he stays sounder and healthier for more years of his life.

101 Western Dressage Exercises for Horse & Rider - Jec Aristotle Ballou 2014-08-09

This series of Western Dressage exercises are designed to improve suppleness, balance in movement, and responsiveness. Each exercise has a specific goal in mind, and they are organized by different areas of focus: softness, looseness, rider development, engagement, adjustability, and ground work. With illustrated step-by-step instructions and full arena diagrams, you'll quickly be on your way to mastering this exciting discipline.

The Complete Training of Horse and Rider - Alois Podhajsky 2013-06-05

For over a quarter of a century, Colonel Alois Podhajsky was the Director of the Spanish Riding School in Vienna, home of the famous white Lipizzaner stallions whose remarkable performances have thrilled audiences throughout the world. Now for the first time, Col. Podhajsky has set forth explicitly and in practical, instructive fashion the step-by-step methods of training both horse and rider that are used at the School and that are the applicable foundations of all good horsemanship, for their purpose is to develop the natural abilities of the horse and to make riding a graceful, pleasurable experience.

101 Western Dressage Exercises for Horse & Rider - Jec Aristotle Ballou 2014-01-01

The exciting new discipline of Western Dressage lets riders of Western pleasure, work, or competitive horses enjoy the benefits of traditional dressage while using Western tack and attire. This book -- the very first on the topic -- offers 101 fun and effective exercises that will improve every Western horse's suppleness, balance in movement, and responsiveness. Each exercise is presented with illustrated, step-by-step instructions and a full arena diagram, and exercises are organized by focus: softness, looseness, rider development, engagement, adjustability, and ground work. This book is the ultimate reference for this new sport.

101 Horsemanship Exercises - Rio Barrett 2007-09-25

A book to help improve horse riding skills.

101 Arena Exercises - Cherry Hill 1995-01-01

Suggests exercises for both English- and Western-style riders, progressing from basic skills to more advanced maneuvers and patterns

200+ School Exercises with Poles - Claire Lilley 2017-05-31

This book discusses ground-pole training for all disciplines and shows how you can make the most of precious schooling time. It provides quick and easy pole layouts, using just a handful of poles. Different exercises are given for each pole layout, so there is no need to move the poles during a session. Exercises range from the simple to the more intricate, with the inclusion of more transitions, lateral work, raised poles/cavalletti, or riding in a different gait. Claire Lilley explains how these pole exercises can help you to ride with precision and improve your horse's way of going, adhering to the scales of training. You can also use the different layouts to check whether you are sitting straight, turning correctly, and riding transitions and lateral movements properly. She lists common rider faults for each exercise to help riders self-correct if schooling alone. As an experienced trainer herself, Claire knows that this book will prove an invaluable resource for riding instructors, providing a veritable cookbook of ideas for lesson plans. Poles are a great teaching tool, adding variety to every lesson and helping the teacher to explain lessons to the pupil. Teacher's tips are given for each exercise. Claire says: "Try the exercises for yourself and I'm sure you will be amazed at the improvements that can be made both in your riding technique and in your horse's way of going. You will never be bored with schooling again!"

Jane Savoie's Dressage Between the Jumps - Jane Savoie 2020-11-17

A compelling collection of focused flatwork exercises for improving jumping performance. Renowned author and mental training coach Jane Savoie breaks down the six most common problem areas she sees when horses jump: "Whoa" and "go" Rhythm Suppleness through the poll, neck, body, back, and hindquarters Contact and connection Collection Flying changes Then Savoie fills the rider's toolbox with targeted exercises on the flat—simple solutions to the nagging problems that prevent riders and horses from doing their best over all kinds of obstacles, whether competing in hunters, jumpers, equitation, or eventing. Her excellent lessons gradually incorporate ground poles and low fences to build skills without stressing the horse's body. Throughout, top riders share their own stories and insight, demonstrating numerous ways dressage exercises helped solve real problems over fences, including Olympian Anne Kursinski, Nations Cup rider Paul O'Shea, and eventer Nancy Bliss Byrd. With incredible clarity and her trademark enthusiasm, Savoie arms readers with knowledge, confidence, and problem-solving prowess that will result not only in clear rounds, but a happier horse, ready and willing to perform in partnership. Jane Savoie was the first to promote mental training tools and techniques as integral to competitive riding success, and her cross-training concepts for the horse—how to use dressage fundamentals for every equestrian sport—have been called "not just a read, but a must read for every hunter-jumper rider."

The Working Equitation Training Manual - Ali Kermeen 2022

"The Working Equitation Training Manual provides a one-of-a-kind progressive training system to those new to the sport. Lessons focus on developing confidence with the obstacle phases of working equitation while incorporating dressage principles. The elements of each obstacle are broken down and then brought back together in step-by-step exercises that: prepare horse and rider to perform an obstacle properly;

introduce horses and riders to competition obstacles; and help improve and polish an obstacle's execution. With clear diagrams and color photographs, a helpful glossary of terms to help those unfamiliar with working equitation terminology, and variations and benefits for every exercise, readers are provided an appealing introduction to an exciting option for adding diversity to daily training, as well as showing and competing in other sports"--

Jane Savoie's Dressage 101 - Jane Savoie 2018-04-04

"First published in two volumes: Cross-train your horse and More cross-training in 1998"--T.p. verso.

The Modern Horseman's Countdown to Broke - Sean Patrick 2017-08-01

It's time to get real—that is, real, do-it-yourself horse training. Professional trainer Sean Patrick has created the ultimate guide to the "complete" riding horse—whether a performance, working, or "just for fun" prospect. Quite simply, you begin at Lesson Number 33 and count your way down through the basic exercises—the "primary education"—every horse needs. And when you get to Lesson 1, you've done it; you've prepared your horse for advanced work in any number of equestrian disciplines. You can't get lost along the way. There's no room for confusion. Sean clarifies the point and explains the gist of every step. The happy result? He trains you to be a trainer. Whether your horse is a foal or five, guilelessly green or imperfectly veteran, he will benefit from the Countdown—a true "foundation" program, serving to prepare him for the endless variety of activities and "jobs" horses perform today. From indispensable handling, "sacking-out," and tying exercises, to how you, the rider, can control the different parts of the horse's body from the ground and the saddle; from mounting on both the left and the right to performing flawless flying lead changes, you'll be amazed at how effective and efficient this program is.

Equine Fitness - Jec Aristotle Ballou 2009-01-01

Includes illustrated exercises and routines for horses of very age, ability and discipline, with conditioning aimed at improving soundness, stamina, longevity and quality of motion, in a book geared toward all types of riders, from backyard horse owners to competitive show riders. Original.

101 Schooling Exercise for Horse and Rider - Jaki Bell 2008

Enables you to plan exercises according to you and your horse's level of ability. Whether you want to increase your horse's balance, general impulsion or practice more advance lateral work the easy-to-follow exercises explain everything in order for you to ride the movement correctly, what may go wrong and advice on how to correct it. Each exercise is accompanied by an aerial illustration of the arena and additional diagrams showing the rider's position, including where the emphasis should be on the rider's aids.

Pilates for Horses - Laura Reiman 2021-04-13

An innovative and easy-to-use application of Pilates principles to the training, conditioning, and rehabilitation of horses. This highly illustrated how-to manual provides a clear guide to new ways of thinking about how to prevent injury in the horse, and when injuries do happen, to help the horse's body recover in a mindful and safe way. As a Pilates teacher for humans, horsewoman and eventer Laura Reiman has seen first-hand how consistent, quality exercise can ward off strain and injury, as well as heal. When her young horse was diagnosed with extreme back pain and a neurological disease, she turned to her knowledge of Pilates--the method she'd used to ease back pain in human clients for years--for help. She began to find ways to "bridge the gap" between the horse's mind and body to help increase his body awareness and core engagement. The result is a cohesive series of original exercises that can be taken in parts or as a whole and seamlessly incorporated into an existing training program to be a: Preventive tool to increase the horse's strength, balance, mobility, and stability. Framework for a new program to help ease a horse back into work following an injury or time off. Readers will find chapters dedicated to: Observation-Basic anatomy and how to "know" your horse's body and movement. Stretching-Including incentive, supported static hold, and dynamic mobilization stretches. Core work-Such as the cat stretch and bridging. In-hand strengthening work-With exercises like criss-cross and ground pole progressions. Exercises on the longe line-Transitions, bending, and spiraling. Lessons under saddle-Gymnastics, hillwork, basic dressage, and tips for a successful warm-up. Alternative bodywork-Temperature therapy, massage, stability pads, bands, and more. Pilates for Horses is an ideal instructional guide for all riders and trainers looking to build and maintain a solid foundation of strength and comfort for their horses.

101 Horsemanship & Equitation Patterns - Cherry Hill 2010-06-24

This sequel to Cherry Hill's top-seller 101 Arena Exercises presents step-by-step instructions for unique patterns in the most popular classes of English and Western competition. The book's comb-bound format allows it to hang in the barn or lay flat on a barrel for easy reference. Full-page arena maps for every pattern make this the perfect in-the-saddle workbook for riders of all abilities.

The Art of Liberty Training for Horses - Jonathan Field 2020-01-20

Horse trainer Jonathan Field has made a name for himself with his unique ability to give people simple, understandable, doable steps that lead to working with a horse "at liberty" in a safe and progressive manner. True engagement with a horse at liberty isn't just about removing tack and stepping outside the arena—it's about connection, trust, and communication through movement. Enrich your relationship with your horse, improve your "feel," and teach your horse to respond to the subtlest of cues; no matter your discipline, whether you compete or ride for pleasure, liberty training can change the way you interact with horses forever.

A Guide to Equine Joint Injection - William Moyer 2002-01-01

The BIG Book of Dressage Exercises - HowToDressage 2019-07-09

Over 40 floorplans and 190 dressage exercises (including pole exercises) Never get stuck riding around the edge of the arena again! All floorplans have both 20x40 and 20x60 diagrams Space to take notes and keep track of your progress Directives and tips sharing what judges are looking for Exercises to suit a variety of levels with space to modify and make your own THE TRUTH ABOUT THIS BOOK... When it comes to creating dressage floorplans, there's actually not that much you can do. Think about it; a dressage floorplan is no more than a series of straight lines and circles. That's it! The level of difficulty is increased by riding these straight lines and circles in different places, including transitions, and riding lateral exercises. But ultimately, when it comes to navigating your 20x40 or 20x60 arena, you will either be following a straight line or riding around a circle. Even when riding lateral exercises such as half-pass and leg-yield, you're still following a straight line. The only difference is that you are following the line in two or three tracks, rather than on one track only. So technically, we lied to you a little bit! This guide isn't a book of dressage exercises. It's really a book of dressage floorplans. BUT each floorplan can be modified to included different combinations of paces, transitions, and lateral work, giving you an almost infinite amount of dressage exercise combinations. We've created some of the exercises for you (over 190!), but there's also space for you to modify them and create your own. After working through this book, you'll never look at straight lines and circles in the same way again! Created by How To Dressage HowToDressage.com

Horses For Dummies - Audrey Pavia 2019-10-16

Updated for today's beginning horse enthusiasts! If you're just getting into the world of horses, there's a lot to learn! Horses For Dummies gets beginning-level riders and aspiring first-time horse owners up to speed on all things equine! From selecting the right horse for you to feeding, grooming, and handling a horse, this book covers it all! Featuring updates on breeds, boarding, nutrition, equipment, training, and riding—as well as new information on various equine conditions—this resource shows you how to keep your horse happy and take your riding skills to the next level. Features updated safety information Includes more riding disciplines Offers tips for better nutrition for your horse Provides grooming and training recommendations If you're crazy about horses, this hands-on guide is all you need to giddy up and go!

How to Speak "horse" - Andrea Eschbach 2012

"Originally published in the German language as *Pferdesprache 'fur kinder* by Franckh-Kosmos Verlags-GmbH & Co. KG, Stuttgart"--T.p. verso.

Riding with Understanding and Feeling - Michael Putz 2008

Complete Horse Riding Manual - William Micklem 2012-03-05

Horses allow ordinary people to do extraordinary things, and this extraordinary ebook shows you how. Now revised and updated, the Complete Horse Riding Manual covers dressage, show jumping, and cross-country riding, detailing everything you need to know to compete in these events, whether you are a beginner or more experienced rider. Complete Horse Riding Manual is brimming with advice on finding the best horse

for you, training a young horse, forming the ultimate horse-and-rider team, boosting and maintaining your own physical fitness and suppleness, and building the fitness and stamina of your horse.

101 Eventing Tips - James Wofford 2006-01-01

Three-day eventing, known as the "complete competition," requires the same horse-and-rider team to ride a dressage test, a demanding cross-country obstacle course, and a show-jumping round. *101 Eventing Tips* includes advice on selecting a horse, establishing horse-and-rider training programs and taking part in entry-level competitions.

101 Dressage Exercises for Horse and Rider - Jec Aristotle Ballou 2005-01-01

Dressage, the equestrian practice in which a horse makes highly precise movements in response to barely perceptible signals from the rider, has taken hold of America's equestrians. Participation rates have risen by 200 percent over the past twenty years, as baby-boomer riders have discovered dressage to be less strenuous and dangerous than jumping, yet offering the satisfaction of mastering techniques and the opportunity to compete and advance to higher levels of achievement. *101 Dressage Exercises for Horse & Rider*, presented in Storey's highly visual "Read & Ride" format, features a full arena diagram and step-by-step instructions for each exercise. The exercises address all levels of riders, starting with the basics and moving up to maneuvers developed by members of the U.S. Olympic team. Training tips and masterly guidance make this an indispensable reference for all dressage riders. Even Western riders interested in enhancing their performance will find these foundational exercises useful. Dressage riders are information-hungry readers, often referred to as "the thinking horsemen." This book's sturdy format, combbound and drilled so it can be hung on a ringside post, will appeal to these reading riders, whether in or out of the saddle.

101 Drill Team Exercises for Horse & Rider - Debbie Kay Sams 2009-01-01

Build teamwork and good horsemanship as you work through these fun and rewarding exercises. With clearly drawn arena diagrams and step-by-step instructions for each exercise, your team will become a cohesive unit as you progress from basic skill-building drills to fun and challenging synchronized formations. Debbie Kay Sams even includes 10 complete performance routines with choreography that incorporates the skills and exercises you've mastered. Get ready to dazzle the crowd at your next event!

The Royal Horse and Rider - Walter A. Liedtke 1989

Flatwork Exercises - Jane Wallace 1992

Progressive schooling exercises to improve suppleness, balance, strength and agility, and to enhance the performance of horse and rider.

101 Ground Training Exercises for Every Horse and Handler - Cherry Hill 2012-01-01

Presents ground training exercises for every horse and handler, including catching, yielding, turning, sacking out, backing, long lining, doing obstacle work, and more.

Barrel Racing 101 - Marlene Mcrae 2006-07-01

Few equestrian sports are more exciting than barrel racing, in which horse and rider carve a lightning-fast cloverleaf pattern around three barrels, then gallop down to the finish line. Time is measured in hundredths of seconds, and winners receive substantial prize money and the admiration and respect of fellow competitors and spectators alike. As thrilling as barrel racing is to watch, doing it is even more fun, as thousands of people are discovering every year. To help them--and you--get started, champion racer and internationally respected instructor and clinician Marlene McRae shares her program that has taken hundreds of her students to success in the arena, as well as to becoming educated horsemen and-women: * Selecting Your Champion Horse: Choosing a barrel-racing prospect based on conformation and temperament; finding a qualified veterinarian to help you assess the prospects. * Choosing and Using Equipment: Determining the right saddle, bridle (including bits), leg protection, and other tack to buy, as well as their proper fit and use. * Feeding and Nutrition: Establishing a basic commonsense feeding regimen for your horse; the role of supplements, as well as their possible misuse. * Shoeing and Foot Care: Proper foot care, with an emphasis on working with your farrier and veterinarian to avoid foot- and leg-related injuries. * Conditioning and Exercising: A comprehensive program for developing your horse's stamina and fitness, along with ways to avoid unsoundness problems. * Getting Started in the Barrel-Racing

Patterns: How to set up the pattern correctly; techniques for training the horse, with an emphasis on rider position, balance, and using hands, legs, and voice as communication aids. * Competing: Locating entry-level local events, clubs, and associations; the "mental game of competing to stay focused; achieving teamwork with your horse." Barrel Racing 101 is the perfect textbook for the sport. Study it and use it, and you're bound to finish at the top of your class.

Training and Riding with Cones and Poles - Sigrid Schöpe 2021-10-30

Training your horse to concentrate on a lesson, bend his body from nose to tail, and pay attention to where he places his feet—whatever your discipline or level of expertise, these are necessary foundation skills. Here you will find an incredibly handy guide to introducing and solidifying these concepts, as well as many others, with exercises using two very basic training tools: traffic cones and ground poles. Incorporating cones and poles in your daily lessons not only provides visual interest and physical guidelines for your horse as he moves around the ring, it also gives you a means of developing accuracy in your schooling figures and transitions. With these exercises, your horse's movement and response to your aids will certainly improve, but so will your overall riding performance.

101 Arena Exercises for Horse & Rider - Cherry Hill 2012-12-07

Take your riding to a new level! Bringing together recognized classic exercises for both English and Western riders plus her own original patterns and maneuvers, Cherry Hill provides an array of drills that will improve your riding technique. Whether you are a rider interested in expanding your repertoire or an instructor looking for new drills, these exercises will add excitement and variety to your training.

101 Dressage Exercises for Horse & Rider - Jec Aristotle Ballou 2010-06-24

Dressage is the ultimate achievement of oneness between horse and rider. Featuring a full arena diagram and step-by-step instructions for each exercise, this sturdy book is designed to allow the rider to hang it on a hook and refer to it from the saddle. You'll learn how to improve your riding position; master looseness, balance, and suspension; and perfect flying changes as you work toward dressage success.

How to Dressage (Book 1) - HowToDressage 2018-07-23

A collection of short, easy-to-read articles to help make the complexities of dressage easier to understand. HowToDressage.com has worked with a team of British Dressage judges and Grand Prix riders to outline the principles of dressage, illustrate correct training, and break down dressage movements. Learn how to: - Ride dressage movements - Avoid costly mistakes - Fix common problems - Improve your riding - Increase your scores - Move up the levels One size does not fit all When it comes to dressage, or any equestrian sport for that matter, there is no such thing as one size fits all. We all know that every horse is an individual; some can be described as "hot horses" whereas others have a far more laid-back attitude. For those reasons, not every horse can be ridden in the same "text-book" way. To make matters even more complex, there are very few riders who have the luxury of riding and training a horse from a completely blank canvas. Usually, we are having to battle against unwanted learned behaviors and bad habits that have resulted from previous poor training. That is why, within this book, we aim to not only outline the principles of dressage, illustrate correct training and break down basic dressage movements, but also help you to avoid costly mistakes and fix common problems that are frequently seen in the dressage arena. In a nutshell, we want to answer the questions that other dressage books do not. Build your own adventure Depending on the current training level of you and your horse, along with each of your individual strengths and weaknesses, how you use this book will be unique to you. Think of it as a "build your own adventure" and move through the contents linking together the articles that are the most useful to your current situation. Nothing in dressage in a quick fix - horses and riders do not get to Grand Prix overnight - so you'll most likely find that articles which are not relevant to you today, may come in handy in the future as you and your horse improve and move through the levels. Where to start This book was not designed to be read from cover to cover (although you can do that if you prefer). As you glance your eyes over the contents of this book, you'll notice that some articles will be more relevant to you than others, depending on where you and your horse are at in your dressage education. However, before you do anything else, we recommend that you read the whole of Section One: Dressage Theory (starting on page 5) as these articles will give you the foundations that will underpin all of your dressage training. Once you have read an article, you can tick it off in the contents to help keep track of your progress. Where did this book come from? In

February 2018, we created a new dressage website. The idea was simple; we wanted to create short, easy-to-read articles to help make the complexities of dressage easier to understand. With most of the article titles beginning with the phrase "How To", it seemed only fitting to call the website HowToDressage.com. Shortly after launching, we were given the opportunity of publishing our best articles into a book. Needless to say, we took it. We hope that this is going to be the first of many in the How To Dressage Book Series. Example articles that are in the book - How to keep a consistent rein contact - How to ride sitting trot - How to ride a give and retake of the reins - How to ride a walk pirouette - How to ride a half-halt - How to stop your horse coming behind the vertical - How to encourage your horse to be more forward, but not faster - What is the difference between bend and flexion HowToDressage.com

The Rider's Fitness Program - Dianna Robin Dennis 2004-01-01

Here is the perfect book for beginning riders who are using muscles they never knew they had before, advanced riders who want to stay in top form (especially as they get older), and weather-bound riders who want to be fit when spring arrives. The Rider's Fitness Program details a fun and effective six-week program that strengthens the muscles riders use while improving overall balance, flexibility, and coordination. The book features more than 85 exercises designed to help new riders get over the aches and pains of getting started and experienced riders hone their skills and technique and prevent injuries. The routines are flexible, so you can customize the workout you need for jumping, dressage, reining, endurance, polo, or rodeo. The exercises are accompanied by step-by-step photographs that demonstrate how to perform each action properly (with an emphasis on safety). They progress from basic to advanced and are suitable for riders at all fitness levels. The authors also include fundamental information on diet, general health and safety, and clothing and equipment.

Cowboy Dressage - Jessica Black 2017-12-01

The equestrian pursuit known as Cowboy Dressage melds the best of Western riding traditions and classical dressage in the pursuit of a harmonious relationship with a horse. Intended to be accessible to all, Cowboy Dressage is open to all breeds and all levels of riders; there isn't a set frame for overall look, head carriage, or action. Lifelong horsewoman Jessica Black traces the evolution of Cowboy Dressage back to its roots, sharing the story of Eitan and Debbie Beth-Halachmy and their phenomenal Morgan horses that have served as the movement's ambassadors. Black then expertly weaves Eitan Beth-Halachmy's experience and expertise into an engaging and articulate explanation of the philosophy of Cowboy Dressage; defines the expectations of the rider; describes what a participant needs in terms of equipment; and explores how the most important element—the horse—should be prepared. A wonderful and thorough section on groundwork, as well as specific training advice for achieving engagement, regulating the gaits, smoothing transitions, and balancing bend and straightness, get the reader started with a solid foundation. Specific descriptions of the Cowboy Dressage tests are provided, with additional tools for those interested in competition, including rules, divisions, and how to execute and judge tests.

Foolproof Jumping Exercises - Carol Mailer 2013

Jumping trainer Carol Mailer presents foolproof jumping exercises suitable for every combination and size of horse and pony, devised specifically to help riders and their mounts hone their skills, improve their performance, and exceed their expectations. Moreover, the exercises will help eliminate the need to have a top-notch trainer standing by at all times to supervise the work. Indeed, the exercises are so straightforward that a sensible rider will be able to use the poles and grids to analyze why they are making mistakes, and, far more importantly, learn how to correct them quickly and easily.

101 Riding Exercises - Karen Bush 2009-05-08

"Develop a correct, integrated and balanced position with the help of easy-to-follow diagrams, step-by-step instructions and troubleshooting tips"--Cover, p. 4.

Centered Riding 2 - Sally Swift 2014-04-21

Centered Riding is not a style of riding as are dressage, hunter seat, or Western. Rather, it is a way of reeducating a rider's mind and body to achieve greater balance in order to better communicate with the horse. Founder Sally Swift revolutionized riding by showing that good use of the human body makes a world of difference on horseback. Early in her work, she established what she calls the "Four Basics" — centering, breathing, soft eyes, and building blocks—which, together with grounding, are the main tenets of her method. When a rider learns and maintains these basics, then harmony between horse and human is possible. Sally Swift's first book, *Centered Riding*, made its revolutionary appearance in 1985 and continues as one of the best-selling horse books of all time. This second book doesn't replace the first one, it complements it. In the intervening years, *Centered Riding* continued to evolve, and Sally inevitably developed many new concepts and fresh imagery, all of which are presented here.

Dressage the Cowboy Way - Eitan Beth-Halachmy 2018

The desire to meld the best of Western riding traditions with classical dressage in the pursuit of a harmonious relationship with a horse has steadily gained traction over the past two decades, and now the movement flourishes. More and more horse people are discovering the incredible rewards of training a well-balanced mount, using a soft feel, and developing communication based on kindness and cooperation. In this remarkable book, the founder of Cowboy Dressage® Eitan Beth-Halachmy explains the development of the Western dressage horse using his methods. Beginning with the basics of body language, use of the aids, and a discussion of the Training Pyramid, Beth-Halachmy then provides guidelines for foundational groundwork and progressive dressage schooling under saddle, such as developing cadence and consistency in the gaits, understanding and requesting correct bend, choosing and using lateral maneuvers, and advancing self-carriage and collection. Additional sections highlight the distinct benefits of the geometry of the Cowboy Dressage Court, the intrigue of training with the garrocha (a long pole or lance), and the great pleasure of riding musical freestyles. This fantastic guide is both valuable resource and inspirational touchstone, promising that in the end, horse and rider enjoy each other's company.