

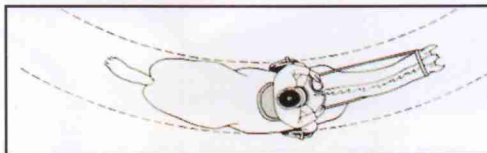
# Dressage

By Emmad Eldin Zaghloul



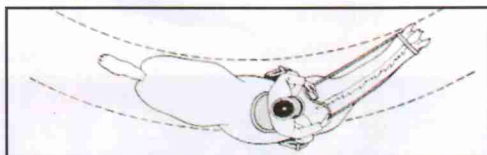
Julia Chevanne-Gimel & Calimucho - Photo by Dirk Caremans

Below, the correct bend on a circle seen from above. There should be an even curve along the length of the horse's spine.

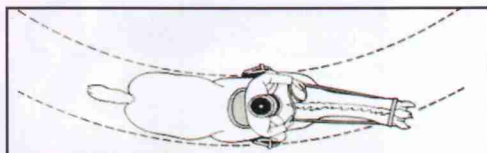


## FAULTS:

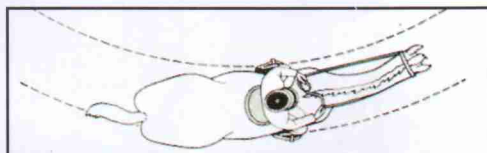
The common mistakes made when turning, as a result of wrongly applied aids, are shown below. If you find that you are unable to maintain an even bend on a turn, return to practising school figures.



Too much inside hand has been used, causing the offside shoulder to escape.



Too much outside hand has been used, causing the nearside shoulder to fall inwards.



Too little outside leg has been used, causing the quarters to fall outwards.

## Turns & Flexions Part 1:

Turns and flexions are used as school exercises to improve your riding as well as to supple, strengthen and discipline the horse. A well-trained school horse will be experienced in this area. In fact, a highly trained horse whose muscles are properly developed can bend in a regular arc or curve, with his hind feet following exactly in the track of his forefeet, and on a circle as small as 6m (25ft in diameter). However, it is not easy for any horse to bend throughout his length and you must do everything you can to help him.

Turning exercises will help you to develop and coordinate the horse's flexibility. The aids to turn a horse are complex and you will need to use "feel" as well as very precise aids to make sure the horse is performing correctly. To ride a full circle with the horse bent evenly throughout his length and with his hind feet following in the tracks of his forefeet, your aids must also be clear and precise. If the horse's quarters or shoulders swing outwards or inwards, the circle will not be perfect.

As you have already learned, each hand and leg plays a separate part when asking the horse to turn. Your inside leg creates impulsion, engaging your horse's inside hind leg, and encouraging him to bend around it. (This leg forms the central point of his curve). Your outside leg is slightly behind the girth to prevent the quarters from swinging outwards; your outside hand regulates the impulsion while the inside hand controls the amount of bend and also the direction of the turn. If you use these aids correctly, you will engage the hind legs so that they support the horse in the turn. The more collected he is (that is the more engaged his hind-quarters are and the lighter his forehead is) the more easily the horse will be able to find self-balance. **HT**



Per Sandgaard & Zancor - Photo by Dirk Caremans



Ula Salzgeber & Rusty - Photo by Dirk Caremans