

Dressage

By Emmadeldin Zaghloul



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Anky Van Grunsven & Salinero.

The **FEI** instituted an International Dressage Event in 1929 in order to preserve the Equestrian Art from the abuses to which it can be exposed as well as to reserve it in the purity of its principles, consequently be passed on together to generations of riders to come.

The position and aids of the rider:

- All the movements should be obtained without any apparent effort from the rider. He should be well balanced, with the loins and hips supple, thighs and legs steady and well stretched downwards. The upper part of the body should feel relaxed, free and erect, with the hands low and close together, however without touching either each other, or the horse. Adding that the thumb be as the highest point, the elbows and arms close to the body, enabling the rider to follow the movements of the horse smoothly and freely, on top of applying his aids imperceptibly. This is the only position making it possible for the rider to school his horse progressively and correctly.
- Not only the aids of the hand and legs are of great importance in dressage, but also of the seat. Only the rider who understands how to contract and relax his loin muscles at the right moment is able to influence his horse correctly.
- When executing both national tests that might be inserted in the programme of the same event and International Dressage Events, riding with both hands is obligatory when executing any of the Official Dressage Tests published by the FEI. However, when leaving the arena at a walk-on a long rein, after having finished his performance, the rider may, at his own discretion, ride with only one hand. Riding with reins in one hand is though permitted in the Free-Style tests.
- The use of the voice in any way whatsoever, or the clicking of the tongue once or repeatedly, is a serious fault, involving the deduction of at least 2 marks from those that would otherwise have been awarded for the movement where this occurred. **HT**



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Swede Jan Brink & Bjorsells Briar.



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