



## THE ART OF CLASSICAL DRESSAGE RIDING HOW CAN I COMPETE IN DRESSAGE?

By Emmad Eldin Zaghloul

IN THE EARLY STAGES OF LEARNING TO RIDE, YOU SHOULD HAVE CONCENTRATED ON ACQUIRING A BALANCED SEAT AND ON HOW TO USE SIMPLE AIDS. HAVING LEARNED TO CONTROL YOUR BODY WHATEVER THE HORSE MAY DO. IT IS NOW TIME TO FORM A CLOSER PARTNERSHIP WITH HIM SO THAT YOU WORK ( DANCE ) TOGETHER IN HARMONY .



## The Rider

The brilliant rider is born, not made, but there are many international stars who readily admit that they are not natural horsemen. Their success is the result of application and effort.

You must have a positive, sympathetic attitude towards your horse, You also need patience and a calm temperament. If you are excitable and nervous, the horse will sense it and become tense and anxious himself. Never lose your temper with your horse, it could damage your relationship with him irreparably.

To ride well enough to harmonize with your horse's movements and to influence his actions, you must develop a two-way communication with him.

You will have to learn to feel, through your body, exactly what he is doing with his. This increased sensitivity or "feel" will enable you to get the best results, using the finest of aids, without ever resorting to brute force.

You will therefore, need to develop your coordination and a sense of rhythm, to know exactly what combination of aids to use: when,

and how strongly, to help you to supple your horse and to influence his paces, balance and rhythm.

You will learn to feel what each of his legs is doing and the degree of relaxation or contraction in the muscles along his neck, back, and quarters. Gradually you will learn what he can or cannot do, and how to make the most of his ability.

### Instruction

As well as a suitable horse you will need a good instructor. You will gain more from having individual lessons than from joining a group.

You could also take a short concentrated course – three to four days – to include riding instructions and general horse management. Such courses are valuable as they not only provide continuity, but also allow you to learn from other riders' mistakes.

That speech was about you (the rider), next will be (improving your seat) and keep in your mind all the time that our main target is to (Tango) with your lovely partner. 🐾

Ref, ( Captain Mark Phillips )



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