

# Dressage

## The Lateral Movements

By: Eng. Emad Zaghloul

In all lateral movements- shoulder-in, travers, renvers, half-pass- the horse is slightly bent and moves with the forehand and the quarters on two different tracks (see figure)

As all bending or flexion at the poll and neck has a repercussion on the whole spin, the bend or flexion must never be exaggerated so that it impairs the balance and fluency of the movement concerned; this applies especially to the half-pass, where the bend should be less evident than in the shoulder-in travers and renvers.

At the lateral movements the pace should remain free and regular, maintained by a constant impulsion, yet it must be supple, cadenced and balanced. The impulsion is often lost, because of the rider's preoccupation mainly in bending the horse and pushing him sideways.

At all lateral movements the side to which the horse should be bent, is the inside. The opposite side is the outside.

Shoulder-in. the horse is slightly bent round the inside leg of the rider. The horse's inside foreleg passes and crosses in front of the outside leg; the inside hind leg is placed in front of the outside leg. The horse is looking away from the direction in which he is moving.

Shoulder-in, if performed in the right way, with the horse slightly bent round the inside leg of the rider, and at the correct tracking, is not only a suppling movement but also a collecting movement, because the horse at every step must move his inside hind leg underneath his body and place it in front of the outside, which he is unable to do without lowering his inside hip.

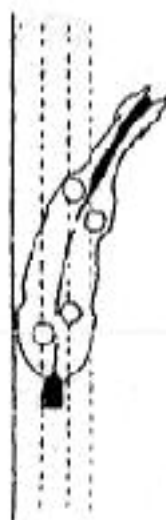
Travers. The horse is slightly bent round the inside leg of the rider. The horse's outside legs pass and cross in front of the inside legs. The horse is looking in the direction in which he is moving.

Renvers. This is the inverse movement in relation to Travers, with the tail instead of the head to the wall. Otherwise the same principles and conditions are applicable as at the Travers.

Half-pass. This is a variation of Travers, executed "on the diagonal" instead of "along the wall". The horses should be slightly bent round the inside leg of the rider in order to give more freedom and

mobility to the shoulders, thus adding ease and grace to the movement, although the forehand should be slightly in advance of the quarters. The outside legs pass and cross in front of the inside legs. The horse is looking in the direction in which he is moving. He should maintain the same cadence and balance throughout the whole movement.

1) Shoulder-in  
Épaulement



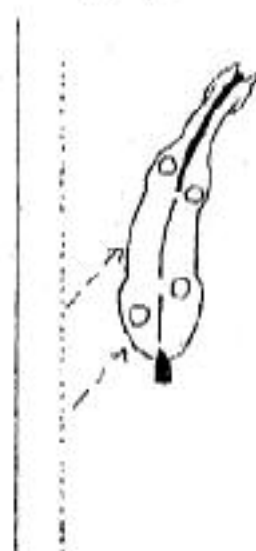
2) Travers  
Tête au mur



3) Renvers  
Croupe au mur



4) Half-Pass  
Appuyer



# Show Jumping

## Tips on Building fences:

- A staircase fence as the first element of a combination encourages novice horses to jump. It is more inviting than an upright.
- Spreads should not be used as a second element for very novice horses or ponies, or for those with little scope, especially out of a one non-jumping stride double.
- A two non-jumping stride double should be used for very novice horses and small ponies. They can put in three strides if necessary.
- Never leave empty cups on wings. Spare cups with no poles in them are dangerous.
- Use only one pole on the far side of a parallel or near parallel. You should never have a plank on the far side of this type of fence.
- Flat cups should be used for planks and gates.
- When making a fence higher, to avoid leaving airy gaps, raise all the poles, or put in an extra one.

## Tips on Encouraging Good Jumping:

- In early stages of schooling, approach in trot.
- Keep fences small until style and complete confidence become established.
- Build inviting fences that are solid-looking and have a true ground-line.
- Obstacles built alongside a school wall or a fence will help novice jumpers - both horse and rider.
- Distances between combinations and in gymnastic jumping must be correct.
- The use of parallel bars will encourage horses to be supple and to round their backs.

- Relaxation is vital. Tension ruins style and ability.

-When building show jumping courses, the distance between individual fences is usually measured in multiples of the length of a horse's stride.

-Unless you are experienced - when setting up or designing a course, first use a simple figure-of-eight track. Later you can vary it.

- For correct schooling, it is

