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~~CIRCLES Exercises For~~

~~Dressage Mastery~~

~~TV Episode 50~~

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Explained Part

3: Suppleness

Through Flexion

and Bend How to

Ride Three Basic

Dressage Shapes

Jec Aristotle

Ballou's 55

Corrective

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~~Exercise 6~~ Tee

~~Aristotle~~

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~~Horses~~

~~Exercise 7~~

Improve your
horse's balance
with Bobby

Hayler's

exercise

~~Shoulder~~

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~~Control: How to
Correct a Horse
that Drops the
Shoulder in or
Bulges out~~ HOW
DO I KEEP MY
HORSE STRAIGHT?

- Dressage

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Episode 119

~~Basic Ground~~

~~Exercises for~~

~~Horses 101...~~

Jec Ballou 101

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Western Dressage

Exercises

Trailer 1

Valegro's very

last performance

- FEI World Cup™

Dressage -

London Olympia

2016

The Canter

Transition: How

to Fix a Horse

that Rushes,

Puts their Head

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up and Gets For

Tense! How to

Ride a Half-Halt

~~Developing~~

~~cadence and~~

~~expression in~~

~~the trot~~ Paul

Belasik:

Understanding

Lateral

Movements in

Dressage

Strengthening

Your Horse's

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Neck, Back and
Pelvis - Develop
the Topline with
Three Easy

Exercises HOW TO
DO IN HAND WORK
WITH HORSES | 3
EXERCISES ? 2

~~Exercises to
Improve~~

~~Connection~~ How
To Start Liberty
Training With
Your Horse

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(Basic Exercises
Part 1) 6 MUST
DO'S TO IMPROVE
TROT TO CANTER
TRANSITIONS
(LESSON) -

Dressage Mastery

TV Episode 84

The BEST warm up
for your

dressage horse

~~Dressage rider~~

~~Bobby Hayer~~

~~shows you how to~~

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~~improve your
horse's
engagement~~

WEEKLY RIDING

ROUTINE FOR

YOUNG HORSES

IMPROVING YOUR

RIDING SEAT

(LESSON) -

Dressage Mastery

TV Episode 101

Jenny Baldwin on

Chrysler -

Exercise 4 from

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Dressage

101 Dressage For

Jec Ballou 101

Western Dressage

Exercises

Trailer 2Rider

Exercise #40

with Jec Ballou

THE 3 BEST

EXERCISES IN

WALK TO IMPROVE

MY DRESSAGE

HORSE - Dressage

Mastery TV

Episode 249 101

Page 15/68

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Exercises For Horse Rider Horse

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

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than jumping, yet offering the satisfaction of mastering techniques and the opportunity to compete and advance to higher levels of achievement.

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How to Create a
Lesson Plan for
Each Training
Session 1.

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Develop the canter on your 20-meter circle at A. 2. Do not transition to trot before A. Instead, stay in canter and ride down the track. 3. Ride half of a 20-meter circle between E and B. 4. Continue

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Exercises and

transition to

Horse Rider

...

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Each ...

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about how to
improve your
riding with some
simple exercises
listed in the
book. My
favorite
exercise is
exercise number
73 Canter
Ground Poles,
this is kind of
hard and my pony
dislikes it, but

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it helps with my
and hers rhythm
at the canter.

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Horse Rider by
Jec Aristotle
Ballou

101 Dressage
Exercises for
Horse & Rider,
presented in
Storey's highly

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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

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maneuvers
developed by
members of the
U.S. Olympic
team.

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Ballou. Storey
Publishing, Jun
24, 2010 -

Sports &
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pages. 3

Reviews.

Dressage is the
ultimate
achievement of
oneness between
horse and rider.
Featuring a full
arena diagram

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and step-by-step
instructions for
each exercise,
this sturdy book
is designed to
allow the rider
to ...

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...

Whether riders

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are interested
in developing
their horse for
pleasure riding
or for
competition, 101
Western Dressage
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will give them
the tools to
take their
horses to the
next level. Each

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exercise is

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full arena

diagram and step-
by-step

instructions
with helpful
tips. The

exercises are
organized in
chapters by
individual
training
emphasis -

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softness, For
looseness, rider
Horse Rider
development,
engagement,
adjustability,
and ground work
- and address
all ...

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Jec Ballou is
the author of
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Horse & Rider,
and Equine

Fitness. She is
a national
advisor to the
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America and
contributed to
the current
rules for the
sport. She
teaches clinics
across the
United States.
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California.

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Excellent! I am
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Showjumping to
create

interesting
arena work for
me and my horse.
We both get
plenty of
practice by
combining the
exercises from
each book into
one session. I
don't find

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myself aimlessly
riding around
the arena now
wondering what
to do next.

101 Arena

Exercises for

Horse & Rider

(Read & Ride):

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horse and rider.

Featuring a full

arena diagram

and step-by-

step...

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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

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work toward
dressage
success.

The exciting new
discipline of
Western Dressage
lets riders of
Western
pleasure, work,
or competitive
horses enjoy the
benefits of
traditional

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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

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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,

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engagement, For
adjustability,
Horse Rider
and ground work.
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ultimate
reference for
this new sport.

Get jumping!
This collection
presents a
logical series
of fun and
rewarding

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Exercises that are designed to develop your horse-jumping skills. With straightforward instructions and clear arena maps, this guide can be hung on a pole and easily referenced from the saddle. In addition to

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clearly articulated goals and progressively difficult variations, each exercise also includes encouraging advice on what the rider should keep in mind while jumping. Saddle up and

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get ready to fly
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with grace and
confidence.

Take your riding
to a new level!
Bringing
together
recognized
classic
exercises for
both English and
Western riders

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plus her own
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maneuvers,
Cherry Hill
provides an
array of drills
that will
improve your
riding
technique.
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a rider
interested in

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expanding your repertoire or an instructor

looking for new drills, these exercises will add excitement and variety to your training.

"First published in two volumes:
Cross-train your horse and More

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cross-training
in 1998"--T.p.
verso.

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

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Exercises For

Includes
Horse Rider

illustrated

exercises and

routines for

horses of very

age, ability and

discipline, with

conditioning

aimed at

improving

soundness,

stamina,

longevity and

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Exercises of For

motion, in a
book geared

toward all types
of riders, from
backyard horse
owners to
competitive show
riders.
Original.

Ground training
is the key to a
safe and

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pleasurable
riding
experience.

Designed for
easy reference
while working
with your horse,
this guide can
be hung on a
post. Riders of
all disciplines
and skill levels
will benefit
from these

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Build teamwork and good horsemanship as you work through these fun and rewarding exercises. With

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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

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Debbie Kay Sams
even includes 10
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mastered. Get
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the crowd at

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methods for
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sound, healthy,
and performing
their best. Over
time, horses
(like people)
acquire postural

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habits, Exercises For

compensate for
soreness and

injury, and
develop poor

movement

patterns. This
limits

performance

ability, causes
unsoundness and

health issues,
and ultimately

undermines the

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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

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popular clinics
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person to
correctly apply
proven
principles that
bring measurable
progress while
avoiding boredom
and confusion.
In her latest
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unmounted

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posture and

movement,

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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

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