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In the book 101 Dressage Exercises for Horse and Rider by Jec Aristotle Ballou, its about how to improve your riding with some

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simple exercises listed in the book. My favorite exercise is exercise number 73 Cantering Ground Poles, this is kind of hard and my pony dislikes it, but it helps with my and hers rhythm at the canter.

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101 Dressage Exercises for Horse & Rider, presented in Storey's highly 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 maneuvers developed by members of the U.S. Olympic team.

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101 Western Dressage Exercises for Horse & Rider (Read ...

Jec Ballou is the author of 101 Western Dressage Exercises for Horse & Rider, 101 Dressage Exercises for Horse & Rider, and Equine Fitness. She is a national advisor to the Western Dressage Association of America and contributed to the current rules for the

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sport. She teaches clinics across the United States. She lives in Santa Cruz, California.

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101 Dressage Exercises for Horse and Rider by Jec ...

Excellent! I am using this book in conjunction with 101 Dressage & 101 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 myself aimlessly riding

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around the arena now wondering what to do next.

101 Arena Exercises for Horse & Rider (Read & Ride): Hill ...
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Dressage is the ultimate achievement of oneness between horse and rider. Featuring a full arena diagram and step-by-step instructions for each exercise, this sturdy book is designed to allow the rider to hang it on a hook and refer to it from the saddle. You ' ll learn how

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to improve your riding position; master looseness, balance, and suspension; and perfect flying changes as you 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 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 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, engagement, adjustability, and ground work. This book is the ultimate reference for this new sport.

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"First published in two volumes: Cross-train your horse and More cross-training in 1998"--T.p. verso.

Take your riding to a new level! Bringing together recognized classic exercises for both English and Western riders plus her own original patterns and maneuvers, Cherry Hill provides an array of drills that will improve your riding technique. Whether you are a rider interested in expanding your repertoire or an instructor looking for new drills, these exercises will add excitement and variety to your training.

Includes illustrated exercises and routines for horses of very age, ability and discipline, with conditioning aimed at improving

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soundness, stamina, longevity and quality of motion, in a book geared toward all types of riders, from backyard horse owners to competitive show riders. Original.

A highly illustrated guide to simple yet effective methods for keeping horses sound, healthy, and performing their best. Over time, horses (like people) acquire postural habits, compensate for soreness and injury, and develop poor movement patterns. This limits performance ability, causes unsoundness and health issues, and ultimately undermines the 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 books and popular clinics are designed to enable any horse person to correctly apply proven principles that

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bring measurable progress while avoiding boredom and confusion. In her latest collection of mounted and unmounted corrective exercises, Ballou demonstrates how we can actively work to improve the horse's posture and movement, whether he is: An active performance or pleasure mount. An aging or older horse that benefits from gentle exercise. A horse being rehabilitated following injury, illness, or lack of conditioning. Ballou's positive cross – training 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 quality color photographs to explain the exercises, this is an integral collection that optimizes how the horse uses his body and helps ensure he stays sounder and healthier for more years of his life.

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Ground training is the key to a safe and 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 exercises that reinforce good habits and help develop a strong bond between horse and rider.

Build teamwork and good horsemanship as you work through these fun and rewarding exercises. With 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 formations. Debbie Kay Sams even includes 10 complete performance routines with choreography that incorporates the skills and exercises you ' ve

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mastered. Get ready to dazzle the crowd at your next event!

Enables you to plan exercises according to you and your horse's level of ability. Whether you want to increase your horse's balance, general impulsion or practice more advance lateral work the easy-to-follow exercises explain everything in order for you to ride the movement correctly, what may go wrong and advice on how to correct it. Each exercise is accompanied by an aerial illustration of the arena and additional diagrams showing the rider's position, including where the emphasis should be on the rider's aids.

Three-day eventing, known as the “ complete competition, ” requires the same horse-and-rider team to ride a dressage test, a demanding cross-country obstacle course, and a show-jumping

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round. 101 Eventing Tips includes advice on selecting a horse, establishing horse-and-rider training programs and taking part in entry-level competitions.

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