

## Thursdays : Dressage

**“Seeking obedience, control, precision”**

- Wk 1** Horse attention/ obedience. School figs, rhythm, leg lightening
- Wk 2** Position, breathing & softness, use of seat, transitions & aids
- Wk 3** Straightness & bend, quality of pace, impulsion, leg yielding, half-halts, changing canter leads
- Wk 4** Suppleness exercises, acute trans, rein-back, 5m loops, shortening & lengthening
- Wk 5** Planning & preparing. Seeking roundness, troubleshooting. Warm ups
- Wk 6** Putting it together. Drill ride/ Prelim dressage trial
- Wk 7** Learning the test, what the judge is looking for
- Wk 8** Show – Rosettes 1<sup>st</sup> - 4<sup>th</sup>

**£20 per session, or £150 for 8 wks, payable wk 1**

## Mondays : Show Jumping

**“Seeking, consistency, style, fluency”**

- Wk 1** Jumping explained. Practise single fences, approach, balance, recovery
- Wk 2** Adding a turn, balance and keeping a rhythm. Practise 3 fences
- Wk 3** Different types of fences, lines, where is my stride?
- Wk 4** Warm ups explained, gridwork & style, maintaining impulsion, problem solving
- Wk 5** Perfecting canter changes and using arena
- Wk 6** Course walking + putting it together over a course
- Wk 7** Jump – offs, reducing strides and time
- Wk 8** Show – Rosettes 1<sup>st</sup> – 4<sup>th</sup>

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