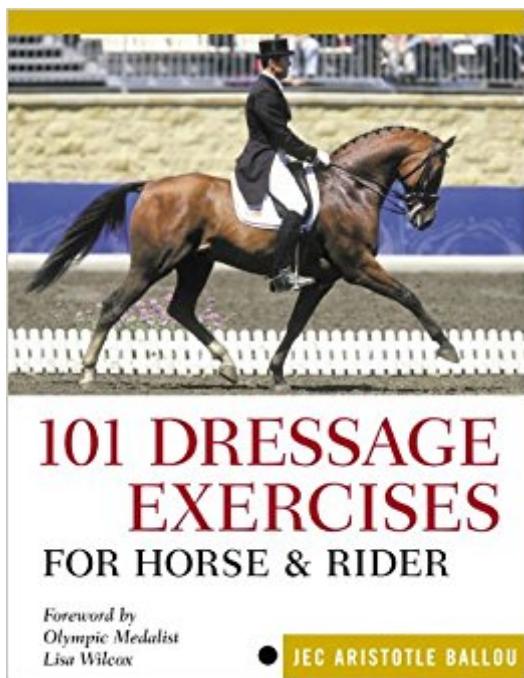


The book was found

101 Dressage Exercises For Horse & Rider (Read & Ride)



Synopsis

Dressage is the ultimate achievement of oneness between horse and rider. This comprehensive training manual offers expert tips and practical exercises for mastering a variety of dressage techniques. 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 to improve your riding position; master looseness, balance, and suspension; and perfect flying changes as you work toward dressage success.Â

Book Information

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Customer Reviews

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

The idea behind this spiral bound book and the set up of it are both great. Lessons are on top and bottom of the pages, i.e. in vertical format rather than in horizontal. Within each lesson, the set up on the page is wonderful. A large portion of the upper page is taken up by the arena diagram which shows very clearly what the exercise will do (walk, trot, canter, halt, sidepassing, etc.). Many lessons also have a brief "Benefits" blurb to the left of the diagram, indicating in plain language why the exercise should be done. When appropriate, beneath the Benefits part, a key describes what

different notations in the diagram stand for, e.g. a cone, a leg yield, ground poles, W/T/C, etc. I was very impressed with the details on that top portion. The second half, i.e. the lower page, is where I have downgraded the 5.0 to a 4.0 (which really should be probably a 4.25 stars). This page is also split vertically in two halves. "How do I ride this?" and "Keep in mind." The former is a Step-by-Step / cookbook description of the exercise, the latter a short few-liner note on what should be kept in the back of one's mind. The "Keep in Mind" portion is rather nice and often will refer back to other exercises in the book or will be amended by notes on a particular subject such as "Riding on a loose rein." The main qualm I have about the lower page stems from the extreme brevity of descriptions. I would like to see a bit more discussion on how to deal with problems that arise. In some cases there are two pages interjected that deal with particular issues such as "Straightness" or "Lateral Work," but none really mention in detail where issues can arise and how to counteract problems. That is the main reason for giving this book a 4.0 rather than a 5.0. Overall, I liked the book. It is good to work with, especially for those of us who are always looking for new patterns, new things to do and sometimes just need a fresh approach to engrained arena work. Very refreshing, easy to use, although not for the advanced (Level 3 and up) dressage rider, but definitely from Novice through the intermediate or intermediate-advanced rider (Training to Lower Level 3).

I purchased the kindle version, but recommend the spiral bound hardcopy for clearer formatting, particularly useful in an $\text{A}^{\circ}\text{A}^{\wedge}$ exercise per page $\text{A}^{\circ}\text{A}^{\wedge}$ layout. I will probably purchase the hardcopy version, too (which should tell you how much I $\text{A}^{\circ}\text{A}^{\wedge}$ m enjoying the book!). Not meant to be a treatise on dressage or a how-to for beginners, the book focuses on providing short, precise descriptions of specific exercises that the author has found to be useful. Organized by the benefits of the exercises, chapters include: 1. Why Warm Up? 2. Looseness, 3. Straightness, 4. Rider Position, 5. Lateral Work, 6. Improving the Canter, 7. Building Suspension, 8. Flying Changes, 9. Developing Lightness, 10. Lengthening the Strides, and 11. The Importance of Fitness, with each chapter having a selection of anywhere from three to fifteen different exercises. Each exercise includes sections on the benefits of the exercise, a schematic drawing, a detailed, step-by-step description of the specific movements, and points to keep in mind (tips, variations, and common errors). Each exercise is therefore very concisely contained within a page or two. The author makes the point that most riders do not require enough of themselves or their horses during training, and to have a plan for the ride and even for the weeks $\text{A}^{\circ}\text{A}^{\wedge}$ work. I have often seen the same, and always go out with a plan, but quickly realized working some of these exercises that I had been letting myself and my horse get a little lazy in our execution. I was amazed at the improvement in

my horse's gaits after trying just one simple warm-up exercise! That being said, I think the value in the book depends largely on the ability of the rider to capitalize on the exercise and on having good basics on which to build and good fundamental knowledge. In that regard, revisiting the book every few years may very well unlock ever new 'light bulb moments' as you learn and grow as a rider and trainer. The author writes "this book is intended to put you in the role of the trainer who takes responsibility for creating purposeful workouts." I couldn't agree more! This book will help you transform yourself from a rider into a trainer "constantly asking yourself how your horse is moving and what exercise would be beneficial for improved movements. I highly recommend 101 Dressage Exercises for Horse and Rider.

Although I ride Western I find this a very valuable resource. I have always used some dressage exercises in my training but this book provides a much broader range to suit each part of the horse's development. Excellent. The only reason I did not give it five stars is that in the Kindle edition the pagination can be awkward. A page can contain the start of a new exercise and the pattern for the previous one can be on the same page. Since purchasing the Kindle edition I have ordered the spiral bound one.

Brilliant diagrams, excellent keys, simply mapped out and laid out information for difficult and also the easiest of dressage manoeuvres. It's bound at the top for a vertical flip, with a hole punched down near the bottom so you can hang the book on a nail on your bulletin board or at home to study it and keep it open while you study it. It has handy hints how to achieve positions and gives you ideas to improve certain flaws. It is by far the best book on dressage I have read so far. Just about EVERY page has another full A4 dressage arena on it showing the pattern where the horse is going, it shows crossbars and it shows trotting poles and where to place them, it shows where you should do a certain manoeuvre such as a flying change or shoulder-in with an excellent use of diagrams and patterns which have a key right next to it so the design remains uncluttered and simple to read. A best buy for anyone serious about dressage - or even jumping - to keep their horse supple and to keep their horse from boredom. Brilliant.

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