



Julia Kohl

# Creative Dressage Schooling

Enjoy the Training Process with  
55 Meaningful Exercises

"...adds variety and challenge  
to everyday workouts."  
—*Dressage Today*

# Creative Dressage Schooling Enjoy The Training Process With 55 Meaningful Exercises

**Julia Kohl**



## **Creative Dressage Schooling Enjoy The Training Process With 55 Meaningful Exercises:**

**Creative Dressage Schooling** Julia Kohl, 2017-12-15 The goal of this book is to provide practical exercises to keep you and your horse busy and ideas for using movements and school figures in different ways As you grow familiar with these exercises the experience you gain will automatically lead to new ideas and creative ways to keep your horse occupied meaningfully

*100 School Exercises for Teaching Riding* Claire Lilley, 2023-12-05 In this book you will find exercises for all levels of horse and rider from novice level to advanced in both dressage and jumping including the use of props in training The author shows how exercises can be combined to create the optimum learning experience for rider and horse both from a teaching perspective and for solo training a teacher in a book Claire Lilley draws on her many years of experience as a riding coach with insight from being a student in her formative years She explains exercises from the teacher's perspective what to look for and key teaching points to consider The last section of exercises is for development as a teacher inviting the riding teacher to evaluate their own skills so as to improve their coaching methods Suggestions are given to improve coaching methods such as observational skills of the physical and mental capacities of both horse and rider Finally training plans are given using the exercises in practice with consideration as to whether lessons are individual shared or group as well as lesson location This book will be a valuable resource for riding instructors and pupils alike a welcome addition to the teacher's library

*The BIG Book of Dressage Exercises* HowToDressage, 2019-07-09 Over 40 floorplans and 190 dressage exercises including pole exercises Never get stuck riding around the edge of the arena again All floorplans have both 20x40 and 20x60 diagrams Space to take notes and keep track of your progress Directives and tips sharing what judges are looking for Exercises to suit a variety of levels with space to modify and make your own

**THE TRUTH ABOUT THIS BOOK** When it comes to creating dressage floorplans there's actually not that much you can do Think about it a dressage floorplan is no more than a series of straight lines and circles That's it The level of difficulty is increased by riding these straight lines and circles in different places including transitions and riding lateral exercises But ultimately when it comes to navigating your 20x40 or 20x60 arena you will either be following a straight line or riding around a circle Even when riding lateral exercises such as half pass and leg yield you're still following a straight line The only difference is that you are following the line in two or three tracks rather than on one track only So technically we lied to you a little bit This guide isn't a book of dressage exercises It's really a book of dressage floorplans BUT each floorplan can be modified to include different combinations of paces transitions and lateral work giving you an almost infinite amount of dressage exercise combinations We've created some of the exercises for you over 190 but there's also space for you to modify them and create your own After working through this book you'll never look at straight lines and circles in the same way again Created by How To Dressage

HowToDressage.com

**The USDF Guide to Dressage** Jennifer O. Bryant, 2006-01-01 A detailed overview of the centuries old art of classical horsemanship offers a colorful history of dressage a survey of equipment and terminology information on

competition and training and a full course of exercises designed for horse and rider alike      **100+ School Exercises for Dressage** Debby Lush, 2023-11-30 Over 100 exercises for all levels with easy to understand instructions and clear diagrams 100 School Exercises for Dressage offers a wide range of different schooling patterns to suit all stages of training and all levels of rider and trainer experience It is designed to be used as a reference book that can be visited again and again to seek out answers to everyday training challenges Collected by the author over forty years of riding and training horses of all types and breeds from backing to Grand Prix the selection of exercises ranges from the most familiar of patterns to some rarely used but highly effective techniques specific to addressing less common issues The final section of the book offers sample schooling plans explaining how to combine patterns to tackle common schooling issues such as suppleness straightness connection to the outside rein engagement and collection and developing medium gaits and half passes      *Dressage Training In-Hand* Kathrin Roida, 2018-10-15 Over the course of her riding and horse training career Kathrin Roida has progressively gained a deep appreciation for the benefits of gymnastic exercises particularly those that can be taught to the horse from the ground In hand training has long been used to help develop the dressage horse conditioning and suppling his body while at the same time preparing his mind to grasp the movements that may eventually be expected Roida relies on these techniques when working with young horses which she prepares for under saddle training with exercises first learned on the ground improving balance and enhancing confidence by refining the horse's sense of his body and where it is in space Roida also uses in hand techniques to vary the training of the fully schooled riding horse and to solve problems that may be more safely dealt with from the ground In this book she details her methods sharing the stories of a number of horses of different ages breeds and training backgrounds and demonstrating the steps to teaching them shoulder in travers renvers pirouettes half pass piaffe passage canter work the Spanish walk and much more Throughout her conscientious attention to what is best for the horse ensures that not only do the lessons result in a horse that is healthy in body but also one that is healthy in mind and happy in his work      **The Athletic Development of the Dressage Horse** Charles de Kunffy, 2007-08-27 The Howell Equestrian Library is a distinguished collection of books on all aspects of horsemanship and horsemastership The nearly fifty books in print offer readers in all disciplines and at all levels of competition sound instruction and guidance by some of the most celebrated riders trainers judges and veterinarians in the horse world today Whether your interest is dressage show jumping or Western riding or whether it's breeding grooming or health care Howell has a book to answer your needs Get to know all the books in the Howell Equestrian Library many are modern day classics and have achieved the status of authoritative references in the estimation of those who ride train and care for horses The Howell Equestrian Library      **Training the Dressage Horse** Tricia Gardiner, 1997 Originally published in 1994 and now available in paperback a reference to dressage which provides advice on choosing a horse and selecting the right equipment accompanied by information on early work on the lunge and under the saddle exercises and movements which need to be

taught **Horse Training In-Hand** Ellen Schuthof-Lesmeister, Kip Mistral, 2020-04-06 Working the horse from the ground schooling in hand as it has been known for centuries has long been an integral part of classical horse training Now this gorgeously illustrated book explains in clear step by step lessons how the modern day horse owner can incorporate classical groundwork in her daily interactions with her equine partner to both their benefit and enjoyment Whether schooling green or young horses retraining problem horses or those with poor foundations warming up advanced mounts prior to workouts confirming lateral movements on the ground before attempting them on horseback or supplementing everyday under saddle exercises work in hand provides a wonderful way to advance the horse's education as well as the standard of communication between horse and handler Its gradual progression of work on the longe double longe long lines short reins and long reins is the perfect addition to the training program that has grown a little stale or boring the manageable solution to countless problems that commonly arise in daily work with horses and by definition an equestrian art form unto itself With over 100 color photographs including many detailed series shots to demonstrate correct body positioning and meticulously hand drawn illustrations to guide you through the often confusing land of lateral work *Horse Training In Hand* is the first book ever to help shed classical groundwork's mystique while conscientiously preserving its magic Find out for yourself how schooling in hand can give your training program a brand new look and feel forever transforming workouts and schooling sessions into artistic endeavors that yield breathtaking results

#### **101 Western Dressage Exercises for Horse & Rider**

Jec Aristotle Ballou, Stephanie Boyles, 2014-01-01 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

#### **Progressive School Exercises for Dressage and Jumping**

Islay Auty, 2001 *Progressive School Exercises* provides a collection of exercises on the flat and over fences specifically designed for use in training more experienced riders and horses whether in groups or as individuals or schooling at home Specially chosen ridden exercises aim to improve In the horse rhythm impulsion balance elasticity straightness athleticism suppleness obedience and self carriage and in the rider balance effectiveness accuracy coordination forward planning and the ability to see a stride when jumping *Schooling Exercises In-Hand* Oliver Hilberger, 2022-11-08 A how to book for working horses in hand from starting out through to lateral movements For anyone training a horse in dressage classically based in hand work is a valuable but unfortunately often under appreciated part of the educational process All too often it is a rarely used tool yet in hand work offers vital variation to our everyday routine and educates both horse and trainer Oliver Hilberger gives particular emphasis to the description of lateral movements and the preparation for the more advanced

movements Detailed diagrams and filled with pictures this book is a must read for anyone seeking to acquire the skill of in hand work to rehabilitate gymnasticize and supple their classically trained horses From the contents The purpose of in hand work Equipment to be used Starting out your position on the ground in relation to the horse and the aids The horse in motion flexing bending forwards backwards Lateral movements shoulder in renvers travers half pass Advanced work      **Classical Dressage Foundations with Wolfgang May** Lydia F. Gray, 2015-01-12 A loving tribute to Wolfgang May through photos and memory of students and friends AND a comprehensive workbook for students and trainers helping with homework as well as keeping lessons fresh with fun and creative exercises A great combination Adrienne Pot USEF Dressage Senior Licensed official FEI CDPDI 3 licensed official Aspen Manor Barrington Hills Illinois Lydia Gray has compiled a gentle homage to her mentor and friend legendary horse trainer Wolfgang May one filled with love and practical insight You gain a look into Mr May s personality by the myriad Wolf isms sprinkled throughout the text and you get a glimpse into his personality by the numerous testimonials from both family and longtime students provided for this book But it is through the carefully detailed exercises that give the reader of Classical Dressage Foundations with Wolfgang May A Workbook for Students and Trainers a mirror into the soul of a true horseman Each exercise showcases a way to help the horse and rider achieve improved communication and eventually more athletic prowess I personally can t wait to get in the saddle and try some of them Kudos to Lydia and to Wolfgang Jennifer Malott Kotylo Sunflower Equestrian Wellness [www.jenniferkotylo.com](http://www.jenniferkotylo.com) Chicago Illinois As an avid and long time dressage rider and instructor I appreciated the simplicity and complexity of this book It is eloquently written the exercises are clear and the goals simply stated I enjoyed the theory discussions as well as the personal letters I never met Wolfgang but in the pages of this book I can feel the presence of a kind wonderful soul that helped many horse and riders with more than just the journey of riding dressage This book is both educational as well as entertaining and a beautiful tribute to a life lived in service of passing on the legacy of dressage as the art of communication to future generations Julie Arkison author Saline Michigan This book is a tribute to Wolfgang May an exceptional horseman teacher and person If we could all have such a coach Fortunately whether we read his students recollections follow the exercises shown on our own horses or soak up the knowledge that his wife Suzanne presents this book gifts us with the feeling that we know Wolfgang and have access to his valuable guidance Francesca Hawkins Contributing Author to Dog Tales for the Soul and Horse Tales for the Funny Bone Farndale Farms Pembroke Ontario Canada With well thought out patterns that systematically challenge you and your horse this book serves as an opportunity for every dressage rider to benefit from gifted horse trainer Wolfgang May You will come back to the patterns again and again as your skill and understanding improves overtime Dr Gray has commemorated Wolfgang May s life and work with a truly beautiful book that is not only practical but also filled with inspirational wisdom Highly recommended Kathy Farrokhzad Author of the Horse Listening blog and books Canada      200+ *School Exercises with Poles* Claire Lilley, 2017-05-31 This book discusses ground pole training for all disciplines and shows

how you can make the most of precious schooling time It provides quick and easy pole layouts using just a handful of poles Different exercises are given for each pole layout so there is no need to move the poles during a session Exercises range from the simple to the more intricate with the inclusion of more transitions lateral work raised poles cavalletti or riding in a different gait Claire Lilley explains how these pole exercises can help you to ride with precision and improve your horse s way of going adhering to the scales of training You can also use the different layouts to check whether you are sitting straight turning correctly and riding transitions and lateral movements properly She lists common rider faults for each exercise to help riders self correct if schooling alone As an experienced trainer herself Claire knows that this book will prove an invaluable resource for riding instructors providing a veritable cookbook of ideas for lesson plans Poles are a great teaching tool adding variety to every lesson and helping the teacher to explain lessons to the pupil Teacher s tips are given for each exercise Claire says Try the exercises for yourself and I m sure you will be amazed at the improvements that can be made both in your riding technique and in your horse s way of going You will never be bored with schooling again

Dressage Training and Competition Exercises for Beginners Elaine Heney,2022 Ready to improve your dressage skills This book is packed full of groundwork and riding exercises to improve your dressage training and competition results It includes how to get ready for your next dressage competitions handy checklists for your dressage test day and tips to help memorize your test Amazon      **The Pocket Book of Dressage Exercises** HowToDressage,2021-02-19 When riding in a bare dressage area it can be very easy to get stuck trotting around the outside track repeating the same exercises and patterns over and over again To help you spice things up a bit we have put together 30 dressage exercises complete with diagrams and examples of how you can vary the exercises to meet your horse s level of training and since this book is pocket sized you can take it with you wherever you go      101 Schooling Exercises Jaki Bell,2005 Schooling your horse is fundamental to any equestrian pastime so getting it right is essential to the horse and rider s progression With 101 Schooling Exercises you can plan the exercises you want to ride according to the level of you and your horse s ability Whether to increase your horse s balance generate impulsion or for more advanced lateral exercises the easy to follow exercises include all the information you need 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 Celebrities from the equestrian world also divulge their favourite training exercises including celebrity tips and advice      *Dressage Training, Customized* Britta Schoffmann,Lilliana Joseph,2010 Dressage      **Dressage Tips and Training Solutions** Petra Holzel,Wolfgang Hölzel,Martin Plewa,2001-02 Paperback edition of the ultimate problem solving manual for dressage riders from novice to Grand Prix Based on the German training system it is essential reading to cope with those occasions when things do not go exactly to plan Chapters include Training considered Basic training Jumping Paces and simple movements Working to advanced level REVIEWS If dressage horses

came with an operator's manual this book could provide all the necessary troubleshooting information Dressage Today The ultimate problem solving manual for dressage riders from Novice to Grand Prix Your Horse b w photos **Uta Gräf's Effortless Dressage Program** Uta Gräf, Friederike Heidenhof, 2016 At last the dressage world has a sensible means of reconciling classical idealism with show ring aspirations In these pages Gräf shares her schooling exercises as well as the techniques she uses to incorporate groundwork long lining trail riding creative play bombproofing and turnout in her training program The result is dressage that makes reaching your riding goals look and seem easy while ensuring a healthy contented horse Back cover

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