

Notes from Manuel Trigo Working Equitation Clinic in UT, at Tally Ho Farm. August 2-3rd 2014

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Shoulder-in

Inside rein to outside leg.

Inside leg at girth, outside leg back to support haunches.

Look in same direction as horse.

Inside rein is giving.

Half pass-

Shoulders leading, bend indirection of travel.

Horses outside legs cross over insides.

Haunches-in (also called travers)-

bent in the direction of movement. The front legs and shoulders should not move from the original track. This produces the four tracks, with the outer track made by the outside foreleg, the second track by the inside foreleg, the third track by the outside hind leg, and the inside track made by the inside hind leg.

To ask for the haunches in, the rider uses the outside leg to guide the horse's hindquarters from the track, and the rider's hips and upper body mirrors the axis of the horse's hips and shoulders. The rider's outside leg is used behind the neutral position to controls the outside hind leg of the horse, keeping it inward from the track and under the horse's body. This both encourages and requires collection and impulsion in this movement. The rider's outside rein maintains the connection, preventing the horse from swinging the shoulders to the outside and straightening its spine, maintaining the energy produced by the horse's outside hind leg. The rider's inside leg asks the horse to bend in the direction of movement and to maintain forward motion and rhythm. The inside rein used to keep the horse looking in the direction of travel and maintain bend.

Turn on the haunches-

The outside leg prevents the hindquarters from swinging out, the outside rein maintains a correct bend to the inside, and helps to regulate the driving aids, telling the horse to turn rather than walk forward. The inside leg asks the horse to bend to the inside, pushes the energy into the outside aids, and keeps the activity of the hindquarters. The inside seatbone should be engaged, again to ask the horse to bend in the direction of the turn, and the inside rein should help lead the forehand around and also remind the horse to bend in the direction of the turn.

Halt aids-

chest open, pelvis forward, squeeze butt, lift. Speed/push into the halt. Leg sweep forward to girth. Halt needs to be square.

Backing-

legs at girth, shift seat/lean forward, squeeze at girth to left horse and have him get ready, rub from girth backward with legs in time with hind legs, returning to girth between steps. Make sure your centered laterally for straightness. Start request with legs do NOT pull back on reins.

For backing on circle- outside aids bigger, sit to inside. squeeze until you fill the withers lift. Use your calf not heel!

If horse gets stuck increase leg and reinforce with twig in time with foot coming off ground. Horse needs his weight in balance with more but not all weight on hind end.

Test notes: every time you make a 90 degree circle ride it like a 6 meter circle. Inside leg at girth and outside leg behind, sit inside. As you come through the turn level your legs at the girth.

Drums- enter straight with perfect geometry around each drum. Transition should be centered between drums and with horse straight (if too bent you will drift outside of circle). Perfect circle with same size around each drum. You need to collect NOT steer as the drums are tighter. So start with bigger circle to focus on geometry.

Look where your going- a half circle ahead.

Opposite rein effect:

D twice as many LF to the right

Left flexion fingernails up with just pinky in rein. Keep hand low at withers. Remember to still use you seat and leg for bend even at halt.

Right flexion pinky out of rein, knuckles up and rotate hand clockwise.

Start with snaffle rein (false) then move to curb to develop lateral flexion.

Riding with one rein: As training progresses, and you are just in the curb- you go back to a double bridle or serreta for teaching new things.

Twig always used on left side of neck and hand low. For right flexion twig is used further up the neck and for left flexion twig is at the point of the bend.

Keep contact on curb rein and left false rein. Have enough slack on right false rein to reach down with right hand for direct rein effect.

To reinforce go use twig on top of neck flat on neck with stick parallel to the ground.

Make sure that your rein hand still follows the motion of the horse so you don't block go.

D going to right with SI on circle is stiffer and he loses impulsion.

Hold twig at end.

Disclaimer!- respect the horse and work hard on your dressage before you go have fun with the course. Every 7-10 days go do one or two parts of the course. To be good in WE you must get your dressage established. Also you don't practice the speed phase until your ease of handing is established.

Hand on hip at walk. Hand up with fist in front of torso for trot and canter.

Video- Claire Moucadel CH of France