



Dressage For Therapeutic Riding

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UNITED
STATES
DRESSAGE
FEDERATION

Dressage For Everyone

Overview

- Barriers to Entry
- Defining Dressage
- The Training Pyramid
- Incorporating Dressage into Your Program
 - Teachable Skills
 - Teaching Techniques
 - Goal Incorporation
- Creating a Plan for Advancement
- Benefits to the Horse
- Competition Opportunities
- Additional Resources

Dressage Stereotype

Aka- Barriers to Entry

- Sophisticated
- Expensive
- Snooty
- Well Trained
- Stoic
- Good exercise/fit
- White breeches
- Disciplined
- Harmonious
- Boring
- Nuanced
- Precise
- Connected
- Perfectionist



Who/What do you think of?

Edward Gal - Moorlands Totilas



Charlotte Dujardin - Valegro

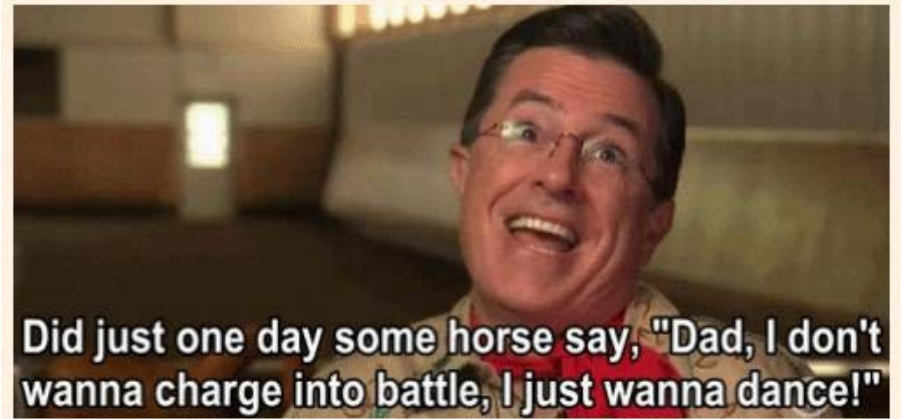


Heza Classic Fox



What is Dressage

- Dressage is a French term meaning “training” and its purpose is to develop the horse’s natural athletic ability and willingness to work making him calm, supple and attentive to his rider.
 - USDF.org
- The execution by a trained horse of precision movements in response to barely perceptible signals from its rider
 - Merriam-Webster



Breaking it Down: Dressage in Layman's Terms

- Oldest equestrian discipline
- Gymnastics For Horses
- System of riding and training
- Energy and Relaxation
- Precise, subtle performance
- Rider's connection with the horse

Basics of Dressage

COLLECTION
(VERSAMMLUNG)

STRAIGHTNESS
(GERADERICHTEN)

IMPULSION (SCHWUNG)

CONTACT (ANLEHNUNG)

RHYTHM (TAKT)

RELAXATION (LOSGELASSENHEIT)

Steering

Whoah

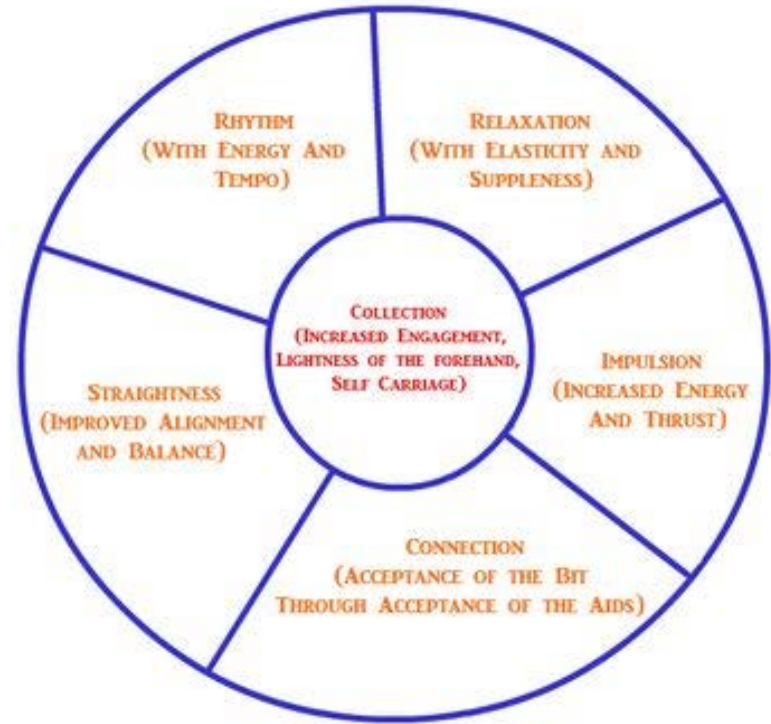
Go

Survival

CIRCLE OF TRAINING

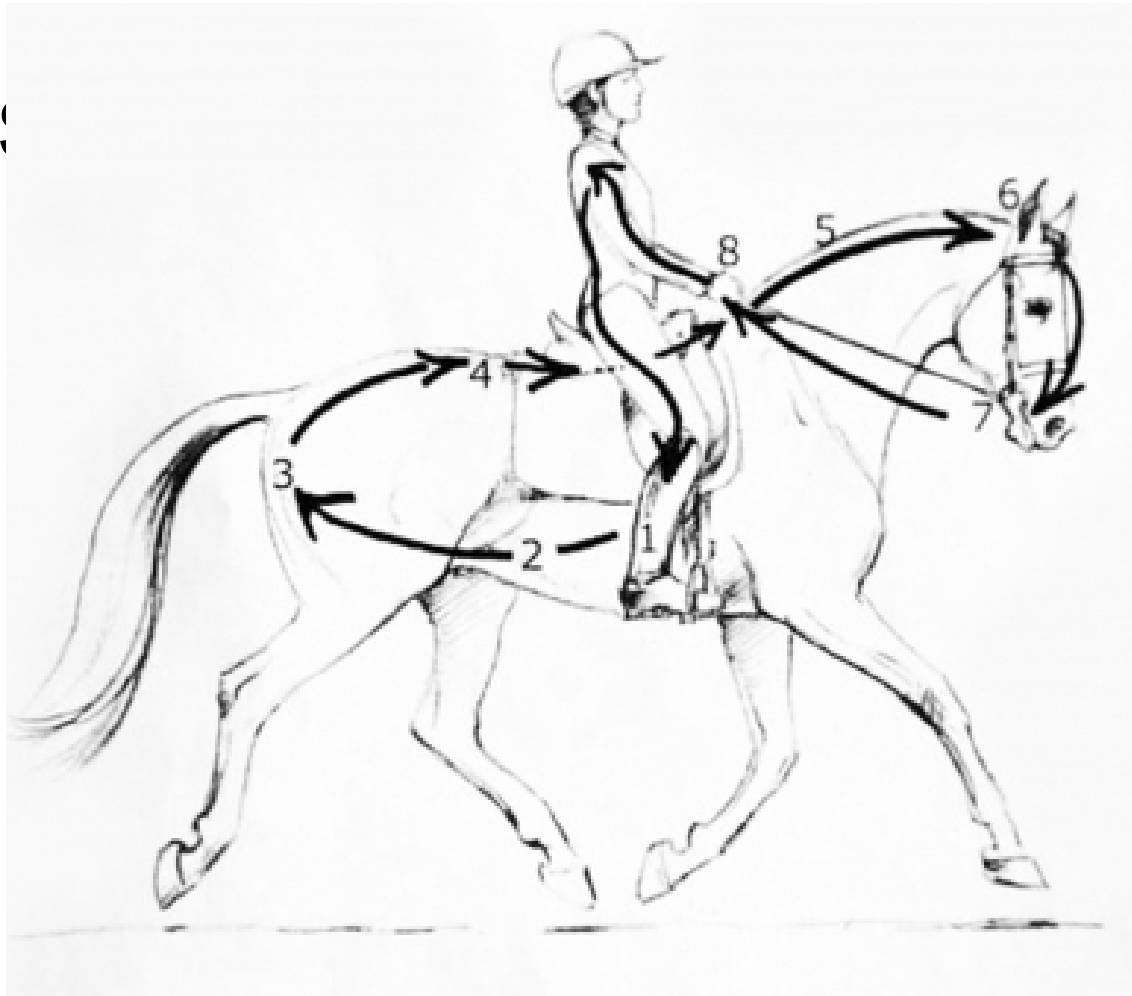
Breaking it Dow

- Relaxation
- Contact
- Rhythm
- Straightness
- Impulsion
- Collection



Circle of Aides

1. Rider's Core/Lower Body
2. Horse's Core
3. Horse's Hindquarters
4. Over the horse's back
5. Through the Neck
6. Over the horse's poll
7. On to the bit
8. Through the reins
9. Rider's Upper Body



Incorporating Dressage Into Your Pro

progression
multi-tasking
Straightness canter
Independence relaxation
connection Self-esteem
collection competition trot aides
problem-solving subtlety
movement horse Transitioning
rhythm accuracy
Bravery following
Confidence Memorizing
walk feel
Precision

Blending in Students' Goals/IEPs

Goals to keep in mind...

- Advanced Planning
 - Task progression
 - Steps to achieve the movement
 - Steps to make the task more difficult
 - Task analysis
 - What do you have to change to succeed
 - What could they perform more accurately
 - Multi Step memorization and execution
 - Putting together patterns



Blending in Student's Goal/IEPs Cont

- Improved physical abilities
 - Motor Coordination
 - Upper and lower extremities
 - Seat aides
 - Balance and stability
 - Core strength
 - Independent movement
 - Flexibility and strength
- Increased self esteem and positivity
- Independence

* * Talk to the student's PTs and OTs * *



“Feel”

Physical Sensation

- Feeling the horse’s movement
 - Primarily through the seat and lower body
 - Secondly through the hands
- Following the horse’s movement
 - Seat first
 - Then hands
- Balance/Coordination
- Strength

Emotional Sensation

- Confidence
- Bravery
- Self Esteem
- Independence

Riding Skill

Physical Skills

- Transitioning
 - From movement to movement
 - From gait to gait
 - Pace i.e. free walk to extended walk
- Straightness
- Precision and accuracy

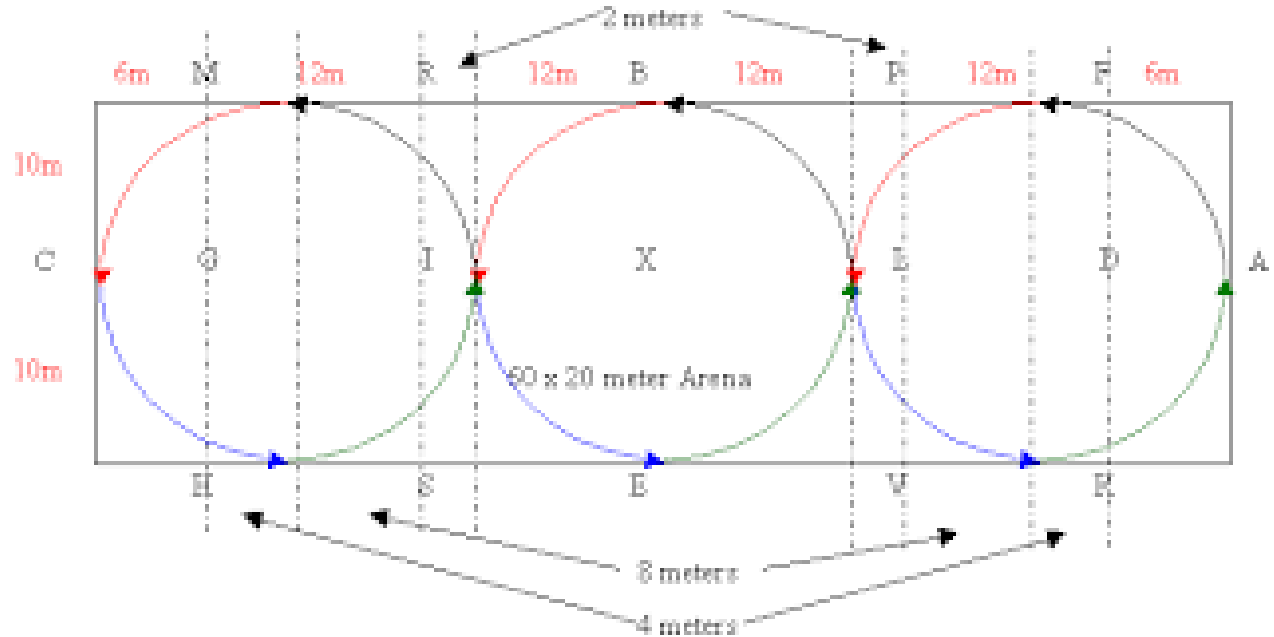
Mental Skills

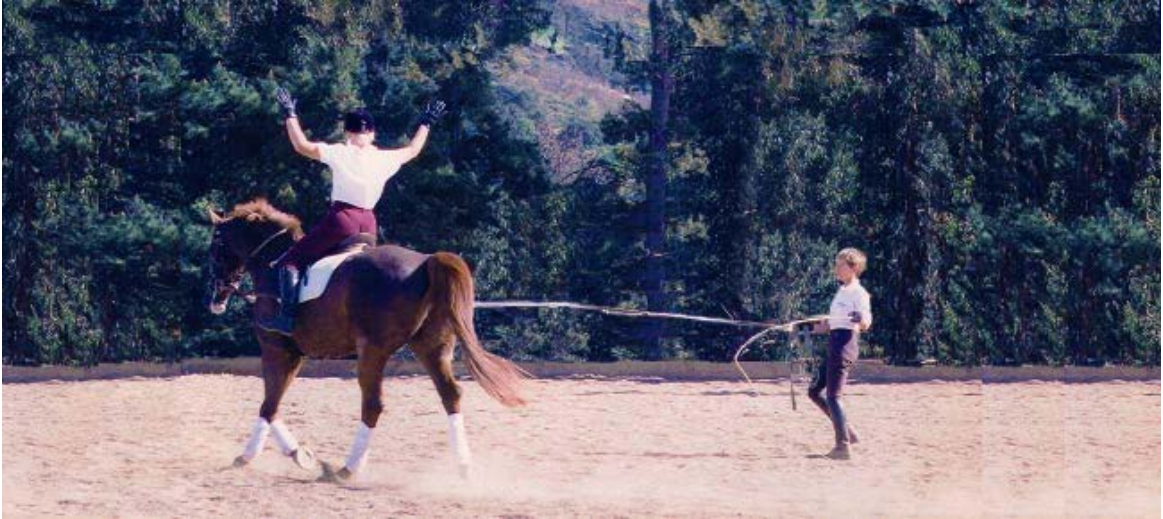
- Memorization
- Multi tasking
- Problem Solving
- Concentration

Strategies for Teaching Introducing the Movement

20 Meter Circles (~65.5 ft)

- Emphasize symmetry
- Focus on feel of hips moving
- Focus on mirroring horse's shoulders with rider's shoulders and head



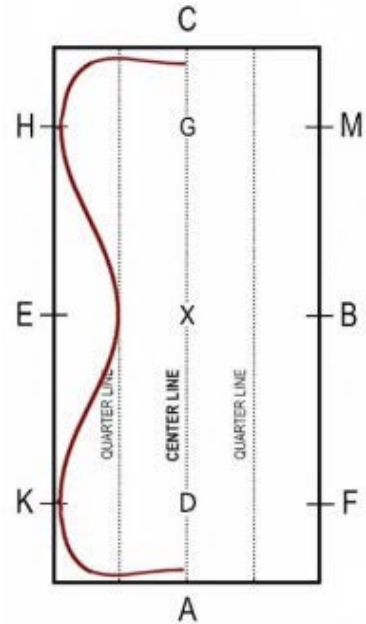


- Lunge line lessons
- Crepe Paper Races
- “Tracing”

Strategies for Teaching Introducing the Movement

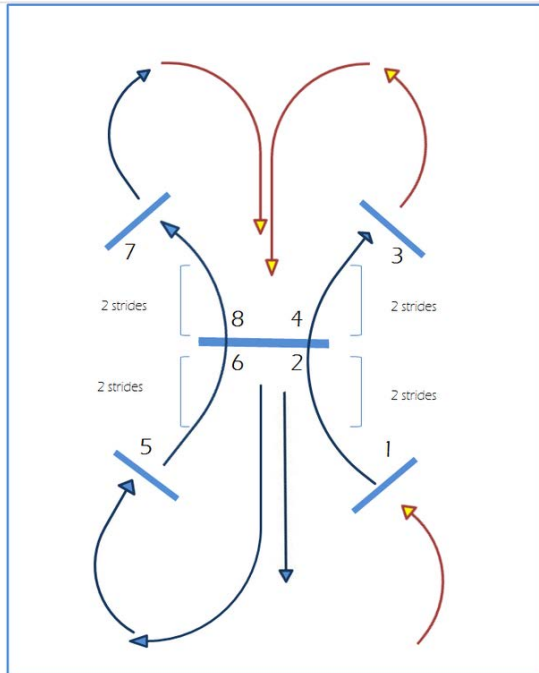
Shallow Loops

- Emphasize symmetry
- Focus on transition points to change the bend
- Accuracy of distance travelled off the rail



- “Driving” Gates
- Barrels
- “Bending Lines”

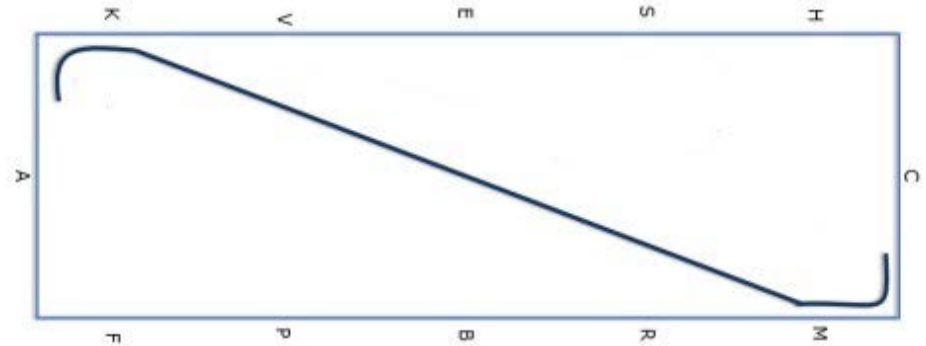
Hearts &
Spades



Strategies for Teaching Introducing the Movement

Change of Rein across the diagonal

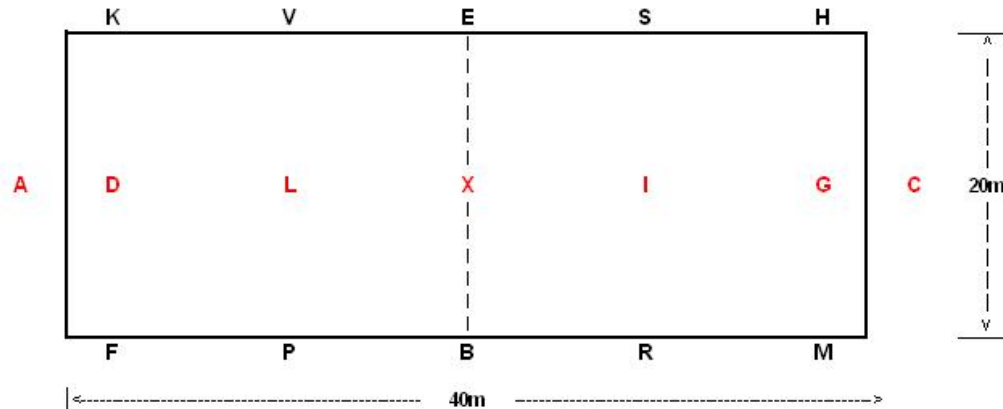
- Emphasize straightness of line
- Gauging the correct distance and bend
- Timing the transition back on to the rail



Strategies for Teaching Introducing the Movement

Gait transitions between walk and trot/ walk and jog

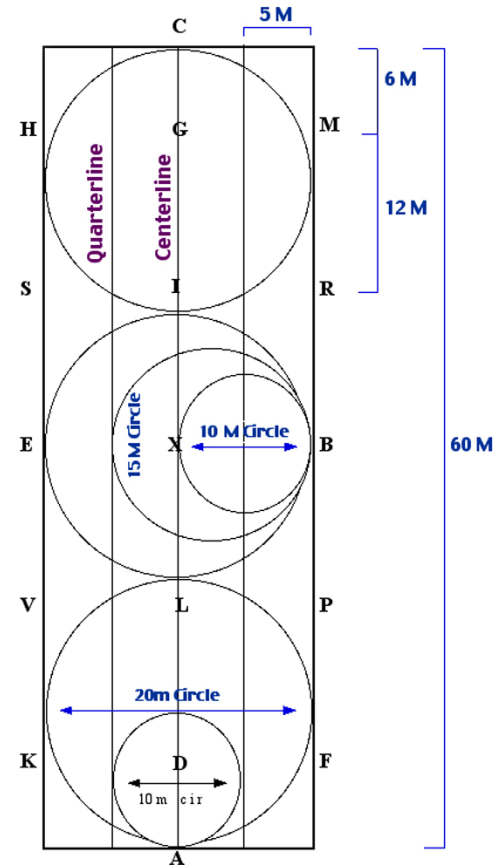
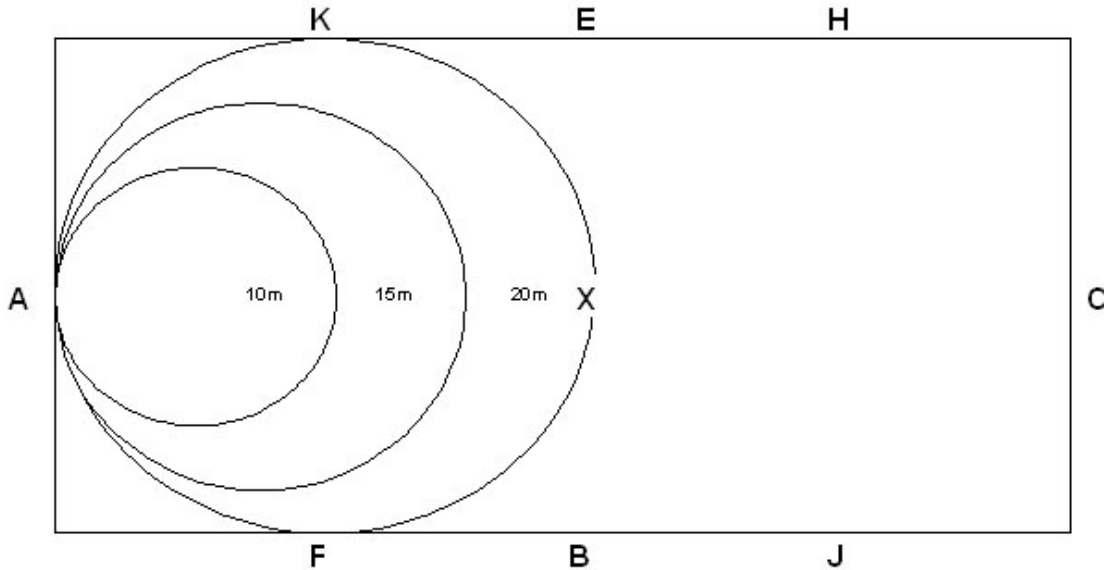
- Emphasizing placement i.e. between two markers or at a marker
- Focusing on core and lower body aides
- Feeling the change in the pattern of movement between gaits



Strategies for Teaching Archery Skills

15 & 10 Meter Circles

- Developing the control of the haunches and shoulders

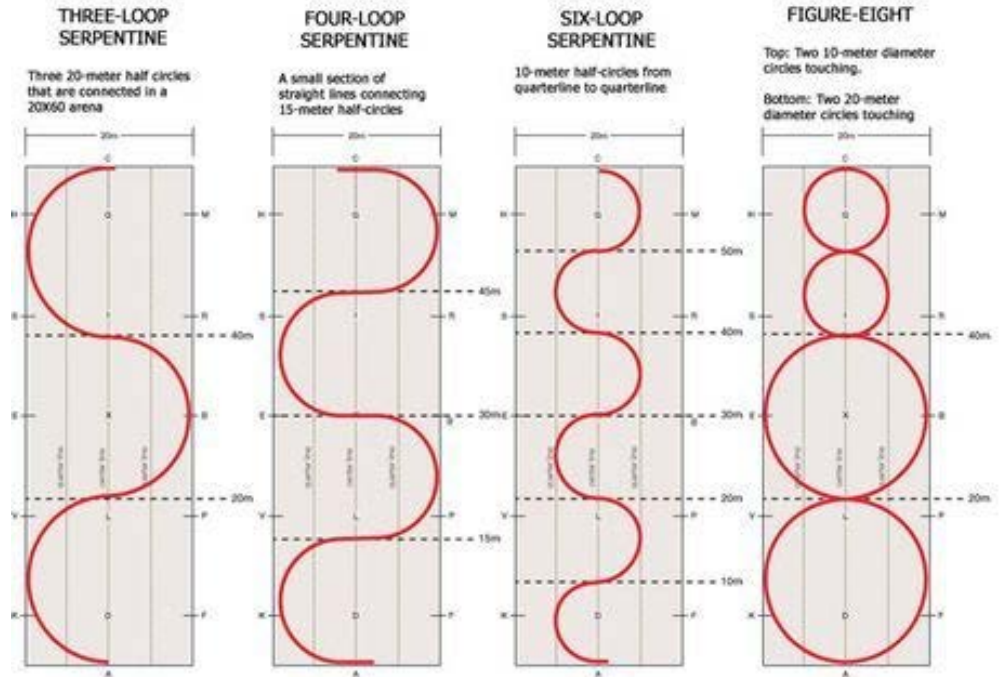


Strategies for Teaching ~~Advanced~~ Dressage Skills

Full Serpentine

- Emphasizing symmetry and placement in the arena
- Emphasizing correct bend and transitions from one rein to the other
- Increasing difficulty in depth and number of half circles

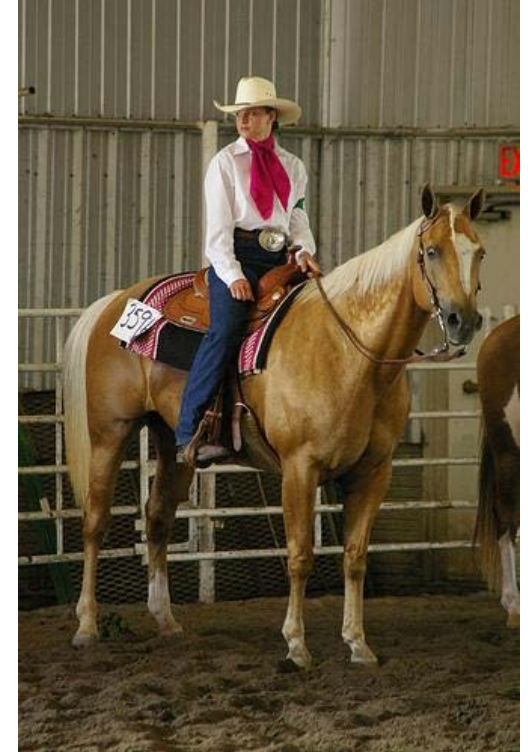
Dressage Exercises



Strategies for Teaching Changing Skills

Square halts from walk/trot/jog

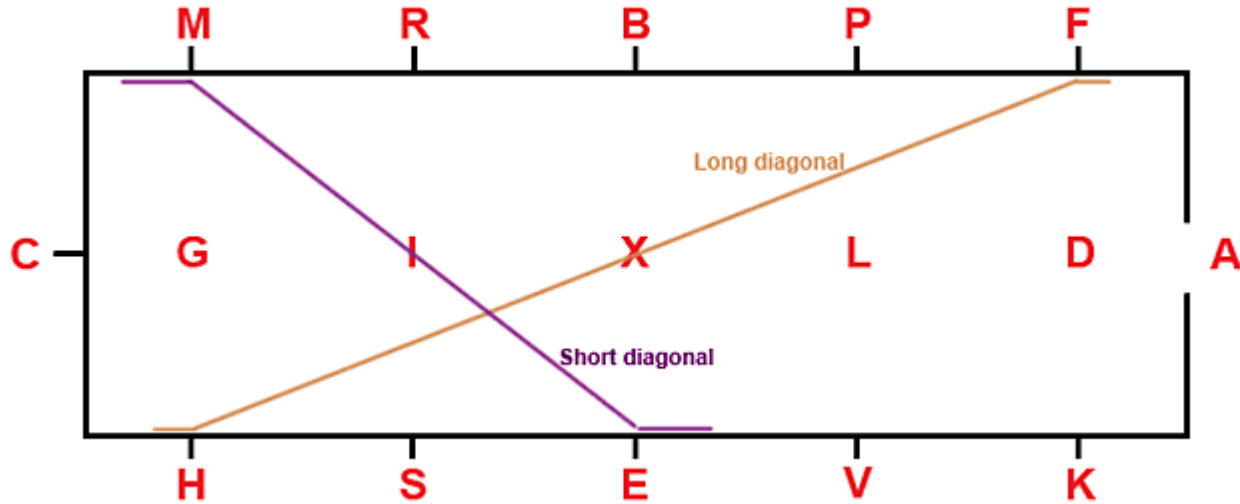
- Emphasis on placement in the arena
- Emphasize equal use of aides on each side
- Emphasize role of the seat and seat bones
- Focus on change of movement from walk/trot/jog pattern to immobility



Strategies for Teaching Changing Skills

Change of Rein across the diagonal

- Begin incorporating changes of gait
- Changing the length of the diagonal



Strategies for Teaching Changing Skills

- Gait transitions between walk and trot/ walk and jog
 - Increase precision of movement
 - Focus on harmonious, unobtrusive aides

Strategies for Teaching Advanced Skills

Backing

- Focusing strongly on the seat and leg aides
- Keeping the horse moving willingly
- Precision
 - Number of steps
 - Distance
- Transition out of Backing

Strategies for Teaching Advancing skills

- Lateral Movements
 - Leg yields
 - Half passes
- Turn on the forehand and turn on the hind
- Gait transitions between trot and canter/ jog and lope
- Transitions within the gaits - introducing collection and extension
- Square halts from the canter
- Simple changes (HUS and Dressage)
 - Canter trot canter
 - Canter walk canter

Putting Things Together

- Freestyles
- Pas de Deux/ Drill Team
- Trail / Working Equitation
- “Design a Test” Contest



Benefits to the Horse and the Rider

- Increased stability and balance
- Less side-side motion
- Less harsh aides



Benefits to the Horse in Training

- Increased suppleness and flexibility
- Promote even muscle tone
- Better use of back and neck in self carriage
- More engaged mentally, attentive to rider
- Improve weight bearing from forehead to hindquarters



Competition Opportunities

- Traditional Dressage
 - United States Dressage Federation (USDF)
 - Coordinating with local GMO's and schooling shows
 - US Equestrian and the FEI
- Western Dressage
 - Western Dressage Association of America (WDAA)
 - North American Western Dressage (NAWD) **
- Paradressage
 - US Equestrian / USDF
 - FEI
- Special Olympics
 - Opportunities beyond dressage

Summary

- Dressage is for everyone
- Dressage is a system of riding and training
- Dressage can benefit horses and riders
 - Mental focus and engagement
 - Physical strength and balance
 - Flexibility
 - Independance
- Dressage as a tool for advancing skills
- Dressage competition to enrich our instruction/curriculum

Contact Info

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Additional Tests Resources and Orga

- FEI Paradressage Tests
 - <http://bit.ly/2FEjF5s>
- USDF Dressage Tests
 - <http://bit.ly/2tvUH3r>
- US Equestrian Dressage Tests
 - <http://bit.ly/2txGgfn>
- WDAA Dressage Tests
 - <http://bit.ly/2FscKNx>
- NAWD Dressage Tests
 - <http://bit.ly/2lg1ul0>
- Quadrille and Pas de Deux
 - <https://www.usdf.org/downloads/forms/index.asp?TypePass=Tests>
- USDF
 - www.usdf.org
- US Equestrian
 - www.usef.org
- FEI
 - www.fei.org
- WDAA
 - www.westerndressageassociation.org
- NAWD
 - www.northamericanwesterndressage.org

Links for Videos, Diagrams, and Articles

- FEI Dressage Explained Video https://youtu.be/_yKkmc8R8gc
- 2006 WEG Freestyle Video <https://youtu.be/zKQgTiqhPbw>
- Carl Hester for The Guardian Video <https://youtu.be/rUc2MWAiY64>
- How To Ride Circles, Corners, and Serpentine <http://bit.ly/2FJI22P>
- Shallow Loops <http://www.thedigitalhorse.com/membersonly/2015/09/22/the-shallow-loop/>
- Change of Rein <http://www.lessonsintr.com/2016/03/02/change-of-rein/>
- Dressage for All Website <http://dressageforall.co.uk/>
- Intro to Pas de Deux <https://dressagetoday.com/instruction/intro-pas-de-deux-26441>
- Glossary of Judging Terms https://www.usdf.org/EduDocs/Competition/Glossary_2015_Final_No_POT_ref.pdf