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## **ADVERTISING RATES**

### ***Businesses***

**Full page \$25**

**Half page \$15**

**Quarter page \$10**

### ***Club Members***

**Small display advertisements for  
Member's selling saddles, horses  
etc. are free of charge.**

NOVEMBER 2016

Hi Riders,

My goodness we are nearly into December and the year has passed us by so quickly! It has been a great year and i look forward to celebrating with you all at our Christmas function at Bianchet Winery in Coldstream.

We ran a very small November freshman's day and again were lucky with the weather gods at PCAV Park. Thanks to the helpers on the day and our judge Catrina for her judging and expertise.

Lots of lucky people attended the Carl Hester clinic and i look forward to seeing the DVD of the night when it comes out. Equitana is also coming up quickly so I hope many of you get a chance to go along and see all the wonderful trade stands and displays on offer.

Good luck to any members that are riding at the TTT Dressage competition.

See you all soon at either our christmas night out or our December club day.

Happy Riding,

Michelle Oliver.

### **DATES TO REMEMBER.**

December 4<sup>th</sup> – Sunday – PCAV Park- -including Christmas Dress Up with a special prize for the best dressed horse and rider combination. –entries close Monday 28<sup>th</sup> November

Christmas Dinner to be held on Thursday 1st December at Bianchet Winery.

Please RSVP by 22<sup>nd</sup> November. \$45 per head.

### **2017 Club day, Freshmans and Open Competitions All at PCAV Park**

January 15<sup>th</sup> Freshmans Day .3 Tests

February 12<sup>th</sup> Club Day .1 Tests

March 12<sup>th</sup> Freshmans Day .2 Tests

April 9<sup>th</sup> Official EA Dressage Competition

May 14<sup>th</sup> Freshmans Day .3 Tests

June 11<sup>th</sup> Club Day .1 Tests

July 9<sup>th</sup> Freshmans Day .2 Tests

August 13<sup>th</sup> Club Day .3 Tests

September 10<sup>th</sup> Freshmans Day .1 Tests

November 12<sup>th</sup> Club Day .2 Tests

December 3<sup>rd</sup> - Freshmans Day .3 Tests

**Don't Forget to check out further news and  
updates at our Website or facebook page**

**[www.yvdc.com.au](http://www.yvdc.com.au)**

All information, newsletters, competition news, competition entry can be found at our website including online entries.

***You can now enter events, complete membership renewals, check the leaderboard all in the one site.***

**Club Day & Freshmans Entries** - Please note that ***NO LATE ENTRIES*** will be accepted after the closing date in the future for our club comps. If you have special requests for times or duties, please put them with the entries at the time so as our event secretary can try to accommodate them if possible and organize the day and draw without having to reschedule everyone several times.

*Please note that snaffles can be used in all classes including FEI levels at club and freshmans day. Riders will now have the choice to use either a double bridle or a snaffle in Advanced and above tests. This change takes place immediately.*

*From January 1st 2017, riders will also be able to ride at all levels in a snaffle at EA official competitions other than CDI's or events run under FEI rules.*

***Entries are now to be done via the new YVDC website, and payment via EFT.***

### **Arena Familiarization Rides at Club Days**

**We are now offering arena time on a club day for riders not wanting to ride a formal test. You will be given the same amount of time in the indoor as any other rider riding a test. The cost of this will be \$15 as no judge will be required. Please book your ride at the time of entry as per normal entries, times will be allocated for your arena time**

**according to the entries received. This applies to horses NOT competing on the day. EG young horses etc.**

If you haven't renewed your membership yet, please do so as soon as possible. We will shortly be cleaning out our mailing list so if you haven't renewed your membership, you will be removed from the mailing list. Don't miss out on all our YVDC news. Member Renewal is all to be done **ONLINE** at our new YVDC website. You will find the renewal form, waiver and an extra page for Emergency Contact numbers for our records. This is a one off form and only needs to be resubmitted or updated if your details change. [www.yvdc.com.au](http://www.yvdc.com.au)

Our club is adapting a best practice procedure and a database of all contact details in case of an emergency to horse or rider will enable us to contact relevant help if required

YVDC Member Sharon Gorton raises funds for an amazing program.

**Sharon Gorton past is currently participating in the Australian Volunteer for International Development program and is training staff to enhance their skills at the Vientiane Autism Centre in Laos.**

**The Association for Autism (AfA) is currently seeking funds to develop a toy and resource library**

Buying good quality toys that encourage learning and development is difficult and expensive for many families with autistic children. In Laos this is compounded by poverty and also access to quality toys.

Research shows that well designed toys support a child's skill development and imagination as they learn through playing. Toys also encourage families to spend time together 'playing' which further reinforces social engagement for autistic children.

***Quality toys promote "good" play by aiding in the development, education and imaginative capacity of the child, and form in the child the ability to share and co-operate with other children.***

Our toy library will make available a diverse range of quality toys for children to take home and continue their development and reinforce their learning.

## **We need 100 toys to start this project.**

Please help us by donating money so we can buy the toys to start this much needed Toy Library. By buying toys in Laos we are also helping the local economy and community. All donations will be fully receipted and duly documented.

Please contact AfA if you would like to donate and like our Facebook page - [www.facebook.com/laoautism.laa/](http://www.facebook.com/laoautism.laa/) .

### **Donation.**

Following the raffle drawn at the double Crown, the YVDC committee will be making the donation up to \$500 for the above Association for the toy and resource library.

You can also follow Sharon's adventures in Laos on Facebook letters from Laos page

Club freshmans competition – Sunday 6<sup>th</sup> Nov at  
PCAV Park – Judge Catrina Corten

**Preliminary 1.1**

Jenny Wall	Toby	61.59%	1 <sup>st</sup>
Lauren Florence	Royal Archway	57.95	2 <sup>nd</sup>
Jennifer Ashley	Arnwood Springtime	54.55	3 <sup>rd</sup>

**Elementary 3.1**

Devon Rankin	Chiquita Black	63.33	1 <sup>st</sup>
Di Wilkinson	Ebonylodge Glamorous	58.33	2 <sup>nd</sup>

**Medium 4.1**

Cara Burns	Piccolo	62.14	1 <sup>st</sup>
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**Advanced 5.1**

Ann Smiley	Lynlea Flashdance	63.78	1 <sup>st</sup>
Michelle Oliver	Darcy	63.48	2 <sup>nd</sup>
Cara Burns	Piccolo	59.09	3 <sup>rd</sup>

**Inter A**

Monica Bird	Quinlin	65.25	1 <sup>st</sup>
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# YVDC Leaderboard 2016-2017 Summary

Full leaderboard can be viewed at the website.

## Prelim

Michelle Oliver	Darcy	6
Kate Van Elmp	Gleneagles Luca	6
Katie Gray	Kokomo Bravo	6
Jenny Wall	Toby	6
Skye Wright	Kamber Merfyn	5
Hannah Sharp	Fairy Floss Parade	5
Aengus Wright	Burrowa Glenda	5
Lauren Florence	Royal Archway	5

## Novice

	Bloomfield Furstin	
Viv Axton	Charm	16
Michelle Oliver	Darcy	6
Zoe Vorenas	Medallion Bell Aspetto	6
Kellie Walsh	Conspiracy Theory	5
Kate Van Elmp	Gleneagles Luca	5
Hannah Sharp	Fairy Floss Parade	5
Skye Wright	Kamber Merfyn	5

## Elem

Devon Rankin	Chiquita Black	17
Zoe Vorenas	Medallion Bell Aspetto	11
Michelle Oliver	Darcy	6
Maureen Howe	Highness McOHL	5
Di Wilkinson	Ebony Lodge Glamorous	5
Robyn Seidler	Monty	4

## Med

Cara Burns	Piccolo	15
Jenny Wall	Homecoming	6
Michelle Oliver	Orlando	6
Michelle Oliver	Darcy	6
Zoe Vorenas	Medallion Park Aspetto	6
Tracey Gaspari	Coco	5

## Adv

Cara Burns	Piccolo	16
Ann Smiley	Lynlea Flashdance	11
Madeline Leeden	Mr Shirvington	6
Meg Klaaysen	Chemistry	5
Michelle Oliver	Darcy	5
Jenny Wall	Homecoming	4

## Small Tour (PSG/Inter 1)

Madeline Leeden	Mr Shirvington	6
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## Medium Tour (Inter A/Inter B)\

Monica Bird	Quinlin	6
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## GP/Inter II

Fern Wright	Kamber Pyderi	18
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## EV Dressage Sub-Committee News

- rule changes all effective Jan 1st 2017 Check the EA website
- yellow card system details still being sorted out
- Australian Dressage Championships. EV to ask that they be rotated through the states. Boneo has offered to host them in Vic.
- there has been a suggestion that the DV dressage sub committee be split into more manageable sub-committees. YVDC concerned that private venues will have more say than Clubs. Anyone interested in reading the whole proposal please contact Christine Smith.
- Adult Owner Rider. Management of the Leader board has gone back to EV admin following some difficulties with the previous arrangement.
- Strategic Plan for Werribee Park . Lease negotiations continue. Plan is to take on a 21 year lease with a \$500k capital expenditure provision over the next 5 years.
- Club reports from Westernport, Berwick, Whittlesea Plenty Valley , Yarra Valley



# FOUNDATIONS FOR SUCCESS



## CWS Dressage Training Update

### Starting Early - Passage

Revised from September 2013

#### IMPRESSION

Hello everyone here is a revised article from September 2013 concerning passage. I wish to demonstrate that there are early starter exercises for all upper level movements including passage. All upper level movements have elements that are directly related to the lower level movement.

It is a must in dressage for riders and trainers to be aware of these elements and applying them early makes life a lot easier for the horse and rider to develop.

By way of starting earlier you already have the components to build upon to get you and most importantly your horse up the levels, so that when the time comes for example, passage it is not a rushed stressful ever so tiring environment for you and most importantly your horse.

You don't want to look at the next level and think **"OMG"** I have to learn to do flying changes by next month as I'm going up another level. You have to plan ahead and deploy the early elements much earlier otherwise it is just too late and you are going to have faults!

I have also included some simple exercises plus many more training tips for you to work with concerning trot the pre-emptive exercise for passage.

#### Trot and Passage

I wish to use passage here as a demonstration of thinking ahead exercise inclusions, to help you before you get to the stage of exercises and movements such as passage, which in reality is just the increased engagement and collection of the trot where your horse remains airborne during a longer moment of suspension.

As you know trot is an essential gait for all HRCV (Horse Riding Clubs Victoria) and EA (Equestrian Australia) tests and training, so let's get the trot better and the passage can come.



Image 1. The end result of many years of training is a light slow motion very collected cadenced elevated trot called passage

**Interestingly**, we have to develop the trot to get to passage, and once the passage is under way, it actually then reverses the process and improves the trot. That's a win, win, situation.

## FEI Article 414 THE PASSAGE

1. **Passage** is a measured, very collected, elevated, and cadenced trot. It is characterised by a pronounced engagement of the hindquarters, a more accentuated flexion of the knees and hocks, and graceful elasticity of the movements. Each diagonal pair of legs is raised and returned to the ground alternately, with cadenced and a prolonged suspension.
2. **In principle**, the height of the toe of the raised foot should be level with the cannon bone of the other supporting foreleg. The toe of the raised hind foot should be slightly above the fetlock joint of the other supporting leg.
3. **The neck** should be raised gracefully arched with the poll as the highest point and the nose line close to vertical. The horse should remain light, and soft "on the bit" without altering the cadence. The impulsion remains lively and pronounced.
4. **Irregular steps** with the hind or front legs, swinging the forehand or the hindquarters from one side to the other, as well as jerky movements of the forelegs or the hind legs, dragging the hindlegs or double beat in the moment of suspension are serious faults

The aim of passage is: To demonstrate the highest degree of collection, cadence, and suspension in the trot.

**First and foremost** both Passage and Piaffe come from the trot, although some develop Piaffe from the walk. We as do most trainers throughout the world develop it from the trot to capitalise on the impulsion developed within the trot exercises and half steps.

**Passage is a natural development of the trot** power in slow motion – to develop the passage you first have to have your horse sensitive to your leg & always in front of the leg – it is the slower powerful tempo that creates the height in the steps – one essential element is the ability to swing within and from collected trot.

**From this trot**, it's much easier to get passage – the other area you have to be proficient in is the use of the rein aids, especially the half halt.

Passage is like any of the collected work, it is very progressive and takes a long time to develop and master as you do with Piaffe.



Image 2. Denmark's Andreas Helgstrand developing the collected trot towards half steps

**Remember** we work to the age and strength of the horses as a guideline for the development of horse

### Training Progression Guidelines are:

1. 4-5 year olds (*first year of training for older horses*), loose working trots – using baby half halts – the underlying goal in training for the first 18 months is to develop trust, in the rider especially the hand, seat and responsiveness to the leg, willingness to work, and the start of balance.
2. 5-6-7 year olds (*second and third year of training*), in varying degrees of collected trot to and half steps like passage trot relative to the horses strength. At **seven** or the 3<sup>rd</sup> or 4<sup>th</sup> year of training if all goes well do we begin step-by-step to train first piaffe the passage. *For the reason that horses need to be physically and mentally strong. All thing equal at seven the horse is doing Prix St Georges, and at eight, Grand Prix – that way you have two years to prepare piaffe and passage.*



3. **Reminder:** all trot to passage work is controlled directly by how fit and strong your horse is physically and mentally at the time of the exercises, which dictates the depth and reach of the trot, collected trot, half steps, and through to passage. If you exceed this physical development ability point, the trot/half/steps/passage will suffer and then to further develop can be a big problem.
4. 7 – 8 year old (*fourth and fifth year of training*) also (*see Image 1,*) and finally, and 9 year old (*fifth and sixth years of training and beyond*) horse entering Grand Prix with higher collection and onwards.

## Starting Early – RIDEABILITY

**Rideability comes first**, it always comes first, and then we concern ourselves with additional follow on exercises and then to the movements. The movements are the end game or benchmark only in order to see how well your horse is trained. Rideability means that your horse responds instantly to your seat, leg forwardly or laterally (*sideways*) and comes back to you initially from your hand then by way of a combination seat, leg and hand (*the half halt*). Once we have the elements in place then the upper movements come that much easier.



Image 3. Tenzign C learning collected trot to half steps in rising trot to keep his swing

**When we train** horses we are specifically looking to produce grand prix horses so all training has that same underlying goal.

So what makes a grand prix horse? Forgetting the movements which are the baseline of what the testing is about.

So what is it that out of 40 horses in a class does the winner have that others don't?

It is RIDEABILITY, BALANCE, SUPPLENESS and a WILLINGNESS to work in a gymnastic manner which is developed over many years. So rideability is your starting point!

**Therefore what has this to do with starting early in passage?** Precisely almost everything, by way of introducing your horse to some of the elements of

the upper level movements in the basic form.

This helps your horse mentally and physically to understand these components before the broader more difficult training starts, we make it easier for them. You can't drill willingness and rideability into them.

**Instead of reaching a point in your competition life** realising that the next level of competitions requires a half pass which then becomes a race to the bottom as the exercises are rushed. You and your horse either get confused and stressed or reach a very poor developments stage which again can be a problem to overcome.

Think about it what are the elements of the upper level movements? The short answer is "The Basics" which is true. However we have to breakdown a movement in order to see the elements and deploy that one or two elements as early starters for upper level movement. In the half pass if we break it down essentially we are dealing with leg yield and shoulder in.

The most common element in international training is the use of the shoulder fore (*see Shoulder-Fore Collection and Straightness below*). Not only does it place the shoulders leading (*i.e. half pass*) it is also an ongoing straightening exercise. It is in addition a forward driving sideways (*partially*) movement as in half pass. Progressively, Shoulder-fore leads to shoulder in, which together with leg yield you have essentially the full half pass in one.

## Piaffe or Passage?

**Which comes first piaffe or passage,** we do in accordance with the classical approach start with Piaffe first however there is no fixed rules for example if any horse shows passage at an early stage then we would carefully start with passage to keep them in their confidence zone, then we move onto piaffe. We always work on what the horse can do easily to build their confidence levels before starting issues that they find harder to deal with.

**As a rule** we start horses with half steps at six or seven years or the 3rd and 4th year of training depending on the horse and we definitely start later with our own riders. Then once we have developed 6 or 7 honest small steps in piaffe (*smaller steps 2-3 to begin with -- not 6 or 7 in one go*) we then start to develop passage thus avoiding the common problem of trailing the hindquarters that often occurs when training passage first.



Image 4. Starting early piaffe 2-3 forward steps at a time

**Caution it can be deceptively easy** with talented horses to collect the trot and go into passage, but it is also ever so easy to get the horse out behind (*see image 5 plus Preparatory TIPS to meet the demand of Passage*) if you don't have a sufficient swinging trot, that sometimes suffers in the early development of piaffe and passage.

## Transitions and Passage

**Transitions are the absolute “nut and bolts”** of Dressage, also Eventing and Showjumping. It is undoubtedly the most importantly significant collection of tools you can have in dressage! Transitions are the foundations, building blocks of all movements and exercises that enable you to move from level to the next as seamless as you can.

**Transitions are the tools that develop suppler gaits.** They also get your horse more sensitive to your aids and when ridden in quick succession with alternating strides between each transition this gets your horse thinking and waiting for you. This is a requirement for all upper level movements otherwise they can anticipate and or take over; this is then a slow train wreck when this occurs.

**To improve your trot and subsequently piaffe and passage,** it is without a doubt the use of transitions that are the supreme components of all riding, which increases the rideability of the horse, or is previously referred to as “the nut and bolts of dressage.”

## Basics

*There are two transition types:*

### Downward and Upward

1. To change from the gait upwards or downwards.
2. As walk to Trot to Canter or Walk to Canter
3. Canter to Trot to Walk or Canter to Walk
4. To change the tempo and collection within any given gait.

### Transition within the Gait

1. Simply ride forward in a working trot,
2. then ask for a medium trot
3. after a few strides ask for a working trot
4. repeat the process at different points but don't overdo this exercise
5. However do these daily

**Remembering,** that these exercises are not going to happen perfectly from day one, like all training of horses it

is a progressive process to get to the level you require.

## Advanced Transition - make them Wait

**Whether you are at upper level training or just starting**, it is essential to teach your horse to wait for you to give the next aid or command as to what to do next. We must teach our horse to wait for you, if he/she is not waiting, you'll never be able to go on to passage later and or transitions from passage to piaffe and passage to trot.

**Make them wait in the transitions** by asking for a few slower strides before going forward again. Mix the number of waiting strides up so that they can never ever anticipate what comes next. This is rideability in the making. Also mix up the gaits as by way of medium to working and collected for example.

**Be inventive** and throw in a full halt in making them wait a minimum of 3 seconds before moving off.

**Always work them forward from behind**, and work them back to you, and having them working over their backs. Forward and back, forward and back, so then they can develop impulsion, collection, suspension, sensitivity to the aids, and then expression.

If the horse is running all the time, they are on their front legs, unbalanced and will never make a nice collected trot. It's the same in the canter, half halt back, half halt forward, from behind, get them to sit, play with them with flexion.

The hindlegs need to be engaged and the front legs need to float more so.



## Preparatory TIPS to meet the demand of Passage

**First and foremost** for either piaffe or passage you have to have really good trot work first, then early phases of piaffe, and then passage which makes up most of your Grand Prix work.

**Secondly** so very important and often overlooked by many at the small tour level – the horse must be able to work through its body, not just in the back, the whole horse must come together.

**Thirdly** as a rider you must make the trot a little shorter without too much pressure with soft aids from the seat, leg and hands, then a following balanced swinging seat in unison with your horse to make the trot really swinging – then you can really feel if they are able to achieve piaffe and passage. If the horse gives that feel, they will be able to do it. If you can't do this then you will lose cadence elevation and sometimes unevenness to which we see so many horses do.

**Most importantly** when your horse does something well, or at least better, move on to the next task. For example should you and your horse normally perform a collected trot, half steps, piaffe, and passage for a 5, be happy when you get the quality of a 6 or a 7. Drilling the movement after a significant improvement is totally counter-productive, unwise and frustrates the horse (*and often you!*)

**Substantial leaps** forward in quality takes time be patient, smaller steps will get you there quicker, remember 4 really good steps are better than another 10 steps that are slowly getting worse!

**However we must not confuse** what are referred to as "hovering steps" versus real passage steps, for they are by in large the product of too slow a work, in training the trot or passage caused by lack of activity (*not in front of the leg*), horse is tense in the back (*no swing*), too strong a riders hand, and or not enough lifting (*spring*) power



from the hind quarters.



Image 5. Good example of trailing out behind hindlegs subsequently horse is on the forehand

**Firstly teach piaffe, then passage** whereby the horse has to be really in front of the leg, sitting by way of taking the weight behind.

**As a rule we start horses with half steps** at 6 or 7 years or the 3<sup>rd</sup> and 4th year of training depending on the horse.

**Then once we have developed** 6 or 7 honest small steps in piaffe we then start to develop passage this avoiding the common problem of trailing (see image 5) the hindquarters that often occurs when training passage first.

## Shoulder-Fore Collection and Straightness

From LITTLE THINGS BIG THINGS GROW!

Just as you can't have a neck bend without flexion there is another truism that applies for collection and straightness are intrinsically linked. One does not work without the other.

In transitions and even when you think you are riding straight in all gaits your horse will tend to have its haunches in a little left or right on the equivalent rein.

Even if they are straight the tendency for most horses in transitions there is always is to get a little crooked where you can lose valuable points

This is where shoulder-fore comes in. If you get it will pay big dividends in your tests training and riding. Think shoulder-in (*lightly to the inside*) which put the horse into the outside rein and creates a straighter horse.

With shoulder-fore even with a 4 year old (*first year of training*) you make it easier for the horse by placing the shoulder a little to the inside bringing the haunches in a little bit which is then straight.

Especially on their crooked side they want to bring their quarters in therefore we bring the front legs in front of the hindquarters.

Over time your horse will engage both hindlegs automatically when you ask your horse to ride straight in the test.

Although we are not asking directly for collection by virtue of placing the shoulders to the inside a little; *this allows the horses inside hindleg to reach further under the centre of gravity.*

**'This contributes to the basic understanding of collection for your horses'**

We ride (*as do the many really good riders trainers internationally*) shoulder-fore every with the only time where we ride straight is in the tests, shoulder-fore is also to be ridden in canter and trot.



Image 6. Shoulder-fore here in canter is where the inside hindleg can be seen between the forelegs and is often referred to as 4 tracks

## Simple Early Starter Passage Exercise 1

1. *After the correct warm-up start in working trot on a 20 metre circle on your horse's good and non stiff side in shoulder fore and establish the first principles of dressage: Rhythm – Suppleness – Contact.*
2. *From the working trot still with shoulder-fore go up to a Medium Trot maintaining good rider balance*
3. *Then after six or so strides Half Halt bring them back to working trot for 3-4 strides then ride medium trot forward again*
4. *Next bring your horse back with half halts, half way between a working trot and walk not a collected trot – it is like riding the passage without the cadence it teaches them to wait.*
5. *Hold this tempo for say three strides and then ride forward back to the working trot – then ask for a full halt making them wait for at least 3 seconds and ride forward into the working trot again.*
6. *Half halt again bring them back only hold them for one stride then actively back to a working trot this time increase the number of strides let's say to 6, again your horse will not know what is coming next*
7. *Then bring them back for one stride and ride forward*
8. *Mix the numbers of strides up in the lower and upper gaits*
9. *Then either change rein or go onto the figure 8 to even out the work*
10. *For consistency and the development of collection and self carriage do these daily as part of your training regime - This teaches your horse to be softer and more sensitive to your aids and to wait for your next aid/command will pay big dividends for you as you go up the levels and getting you closer to passage.*

## Some Transition TIPS

For your transition count the number of strides it takes to deploy your transitions. If it takes 10 strides to achieve a very good transition then next time shoot for 9 strides.

Don't fall for the temptation to drive excessively with the lower leg, it takes lots of energy plus strength from your horse to collect and deploy the transition—trying too hard invariably ends up on the forehand.

Only shoot for 8 strides when you can deploy the transition smoothly with good attentive collection & then try for a lower number of strides.

If your horse is making more mistakes then this is an indicator your horse is tiring and is time to walk rest break and or call it quits for that day.

When rested or the next day repeat the exercises for the same degree of collection (*self carriage*) and try for 6 or 7 strides only when these have been achieved correctly lower the number of stride again – this form of exercises depending the individual horses can take a week or a month or 2 days to develop correctly.

Your end goal no matter how long it takes is to deploy your transitions within 2 or 3 correctly not any higher.

Also walk – trot – walk transitions thrown into the mix are very important as they are precursor early starter exercises for piaffe – passage – piaffe transitions.

Think of your hands being in front of your hips pushing ever so slightly forward which allows your horse to reach into the bit, and when they give you give a little more which is the start of self carriage, not by pulling the horse back.

When something is done well, give your horse a reward breather, don't be greedy remember they react to how they feel.

**Importantly:** This form of disciplined training is what develops collection, having the horse wait for your next aid directive and is true and honest early training for passage and piaffe especially the walk - trot - walk aids these are very similar to piaffe - passage - piaffe aids.

## Mind Set

I find it helpful to accept, in advance that all horses of all levels will make mistakes and the same for you and I.

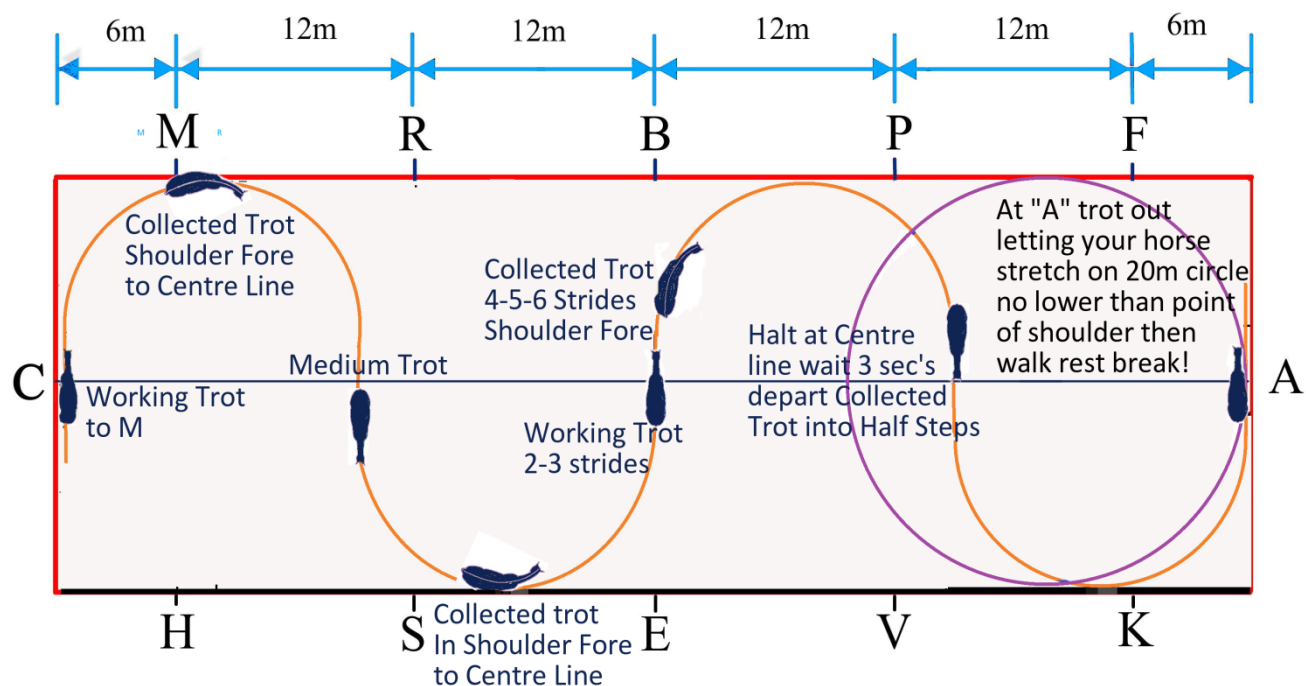
As riders always analyse what the mistake was before you try to remedy and or to let it go as it was an honest attempt but it may a little early for this particular horse.

Sometimes it is our timing of the aids. If I know the horse is trying and working well and something goes wrong I assume it was a miscommunication and most likely my timing was a little out. It is not always the horse by in large it is the rider. Also our timing is much more important than our strength get your head around this re: timing and the softness of aids and you are on the way to higher successes.

## Simple Exercise 2 – see diagram below

1. Again coming from a correct warm-up where the *First Principles* are well under way of: Rhythm, Suppleness, and good even balanced Contact!
2. From “A” deploy a working Trot to ”M”
3. At “M” collected Trot in Shoulder Fore to the centre line
4. Medium Trot from centre line
5. 3 metre past “S” collected Trot and in Shoulder Fore
6. 2 – 3 strides Working Trot at centre line
7. At the turning of the 3<sup>rd</sup> loop Collected again in Shoulder Fore
8. Ride this as many strides as it takes to the centreline
9. Halt at the centreline making he or she wait for 3 seconds
10. Then depart in a collected Trot and if attainable ride Half Steps
11. Ride collected Trot and or mix with half Steps
12. At “A” working Trot on 20 metre circle letting your horse stretch no lower than the point of shoulder

**The stretch is ever so important** for your horse loosen muscles to be oxygenated and if required deploy a “Walk Rest Break” to refresh your horses body and mind, “If in doubt Walk rest Break” always do so.



**Note:** These are energy sapping exercises for the horse so apply walk-rest-breaks liberally in the horizontal long and low position that is the horses head no lower than the middle of its chest or point of shoulder to rejuvenate their minds and bodies.

For the most part all upper level exercises have multiple smaller exercises and or movements that



culminate in an upper level movement. These are what we call the BASICS. It is easy for me to say what is required for I have been trained formally, consulted and worked with other great trainers and riders and over the many years the picture becomes clearer and clearer that you have to work on the little things and introduce elements of the upper level movements carefully and early possible for the horse from about 4 years old onwards.

It is being acquainted with that “that this goes with that, and that goes with this” mix that makes the bigger picture.

Therefore think about the upper level movements and break them down into the smaller components and apply these components early on by way of stress and relief type training not by drilling.

Thanks hope this has been useful and don't hesitate to call or email me if you have any queries or problems only too happy to help, talk soon.

*Best Regards*

*Trevor Ibborson-Woodward*

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## **CLAIRE BALLANTYNE CLINIC**

Qualified International Trainer  
BHSI & German FN

### **November 2016**

**Dates** Fri 25<sup>th</sup>, Sat 26<sup>th</sup> and Sun 27<sup>th</sup> November 2016  
**Venue** Binalong, 772 Healesville-Koo Wee Rup Rd, Woori Yallock  
**Cost** \$150 per lesson, approx 40 mins  
**Send To** Judy Gronn  
P O Box 146, Olinda 3788  
Email judyanngronn@gmail.com  
Mob 0409 351 149  
Please make cheques payable to J Gronn or  
Direct Debit to ANZ Monbulk BSB 013-736 Acc No 5458-01713  
**Disclaimer** Neither the organisers nor the venue will be held responsible for any accident, damage, injury or loss to riders, attendants, spectators of any property whatsoever.

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### **Application Form**

Please tick boxes to indicate which days you wish to ride

### **November 2016**

☐ Fri 25<sup>th</sup>

☐ Sat 26<sup>th</sup>

☐ Sun 27<sup>th</sup>

Name-----

Address-----

Phone----- Mobile-----

Email-----

Please indicate times preferences-----

In the event that you cannot ride for any reason a replacement will need to be found before any money can be refunded.

**Claire Ballantyne**  
**International Dressage Trainer and Rider**  
**British Horse Society Instructor, German Bereiter FN**

Claire Ballantyne spent ten years training in Germany, as an employee of top trainers such as Reinhard Baumgart, director of the Hannoverian Verband and Holga Finken, multiple Bundeschampion and World Champion 2006 Verden (Furst Heinrich) She also trained at the Deutsche Reitshule in collaboration with the Westphalian State Stud in Warendorf, where she took her exams to become a qualified rider and trainer (Bereiter) in Germany. Claire worked with young horses from the breaking-in to Grand Prix Competition as well as competing the young horses and riding in competitions up to FEI level. Alongside this, Claire helped riders from Australia, USA, and UK find their equine partners thus enabling them to start on their own successful competition careers.

For much of her career in the UK, Claire has trained with David Pincus, a former pupil of the late Dr Reiner Klimke. More latterly, Claire has help from International Judge and former rider, Jo Graham. Claire runs her own business in the UK,

teaching and competing her own horses, from Novice to Grand Prix levels. Claire is also much in demand as a Dressage Judge, and has officiated at Championship competitions up to, currently, Intermediaire 1 level.

Claire is a qualified Bereiter and has the British Horse Society's Instructor Certificate. Alongside this, Claire has a BSc (Hons) Degree in Equine Science, and is currently studying for an MSc in Biomedical Blood Science at Keele University.

Claire is devoted to helping riders understand the basics by applying and adhering to the Scales of Training to build a well connected, supple horse who is willing to do a test in self carriage and balance. For over fifteen now years Claire has visited Melbourne three times a year and some of the riders whom Claire has helped, have become multiple State Champions up to and including Prix St Georges, and have had excellent results in the Grand Prix and Grand Prix Special on horses trained by themselves from youngsters, culminating in good scores at the National Championships in Sydney and CDIs in Melbourne, Boneo Park and Sydney.

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