YourRidingSuccess

SUPPLENESS

MADE EASY

Serpentine

How do you use the serpentine in a really gymnastic way to open up your horse's ability to use the training scale? Let's start at the beginning…

What do you need before you can do a serpentine?

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The most important thing when you do a serpentine for this exercise is to remember that you don't ride any straight lines - it's more of an "S" shape, or 2 half circles connected together (without straight lines in between).

What are the steps for the serpentine?

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What are the things you need to look for when you are doing the serpentine?

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What should you do if your horse is changing the rhythm too much, and what are the causes?

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10m Circles

This seems like a simple exercise - but it makes such a difference to your suppleness! Remember - circles are not 'circles' they are diamond or square shapes - you ride to each of the corners to make the 'circle'

What are the train tracks?

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What is the measure of success for a 10m circle?

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In what situations would you make the circle bigger?

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Leg Yield

When you think about doing a leg yield, what do you need to keep in mind before you start?

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Where do you sit in the leg yield?

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If you start from the centre and do a leg yield on the horse, what does the horses body position look like in relation to the side wall?
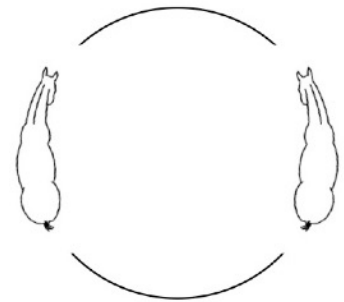
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What is the difference between a leg yield and a half pass?

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A

Leg yield
across diagonal

B

Leg yield
along rail
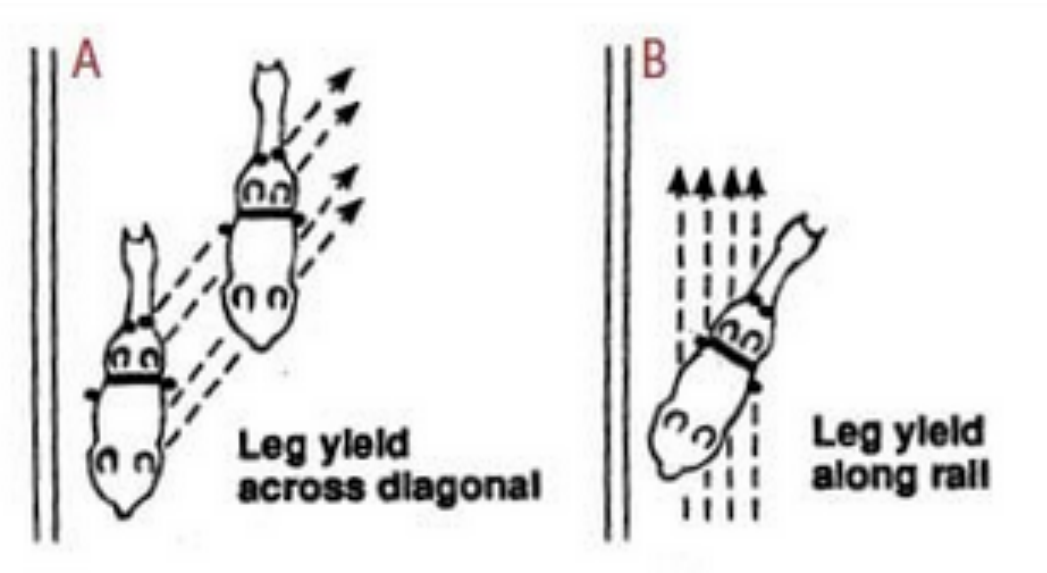
How can you use the leg yield to improve the higher movements of the horse?

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Leg Yield On The Circle

What do you need to remember about the horses legs when you ride a leg yield on the circle?

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What are the steps to leg yielding on the circle?

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Working On Suppleness Outside The Arena

Remember - you don't need to be in an arena to train your horse for dressage!

You can use hacking or riding outside of the arena in such amazing, different ways!

What are some of the ways you can think of to use what's available to you outside the arena to work on suppleness with your horse?

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