

OBJECTS AND GENERAL PRINCIPLES

The object of Dressage is the development of the horse into a happy athlete through harmonious education as a result it makes the horse calm, supple, loose and flexible, but also confident, attentive and keen, thus achieving perfect understanding with its athlete these qualities are demonstrated by:

- ❖ the freedom and regularity of the paces
- ❖ the harmony, lightness and ease of the movements and
- ❖ the lightness of the forehand and the engagement of the hindquarters, originating in a lively impulsion
- ❖ the acceptance of the bridle, with submissiveness throughout and without any tenseness or resistance

The horse thus gives the impression of doing of its own accord what is required of him. Confident and attentive submitting generously to the control of the athlete, remaining absolutely straight in any movement on a straight line and bending accordingly when moving on curved lines

The walk is regular, free and unconstrained

The trot is regular, free, supple and active

The canter is united, light and balanced. The hindquarters are never inactive or sluggish. They respond to the slightest indication of the athlete and thereby give life and spirit to all the rest of its body

By virtue of a lively impulsion and the suppleness of the joints, free from the paralysing effects of resistance, the horse obeys willingly and without hesitation and responds to the various aids calmly and with precision, displaying a natural and harmonious balance both physically and mentally

In all the work even at the halt, the horse must be "on the bit". A horse is said to be "on the bit" when the neck is more or less raised and arched according to the stage of training and the extension or collection of the pace, accepting the bridle with a light and consistent soft submissive contact.

The head should remain in a steady position, as a rule slightly in front of the vertical, with a supple poll as the highest point of the neck, and no resistance should be offered to the athlete

Cadence is shown in trot and canter and is the result of the proper harmony that a horse shows when it moves with well marked regularity, impulsion and balance

Cadence must be maintained in all the different trot or canter exercises and in all the variations of these paces

The regularity of the paces is fundamental to Dressage