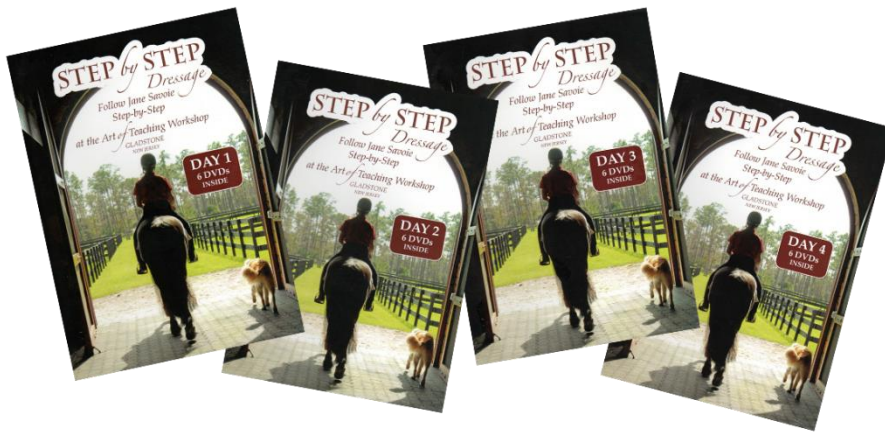


Step-by-Step Dressage with Jane Savoie



Day 1 (4 hours, 45 minutes)

Teaching the A, B, Cs: Teach your horse the “alphabet” so you can “speak” to him with your aids, and he understands exactly what you mean.

The Concept of Forward: The word “forward” has many subtle uses. Teach your horse not only how to go forward over the ground but to “think” forward in order to create the energy you need to guide and shape him.

“Whoa”: Teach your horse to slow down or stop from light aids—an absolute necessity for riding a safe horse.

The Working Gaits: Learn the 3 criteria to determine if you’re riding your horse in the working gaits so he can be in the best possible balance.

The Training Scale

Rhythm and Suppleness: These first two ingredients in the training scale build a strong foundation for everything that follows.

Rhythm and Tempo: Explore the first ingredient in the training scale to know exactly what rhythm and tempo are right for your horse.

Suppleness: Learn three essential adjustability questions that help your horse become a supple, willing partner.

Suppling the Poll: Learn how to unlock the poll so that the energy you create from behind can flow uninterrupted through your horse’s body and be recycled back to the hind legs.

Suppling the Neck: Learn how to supple your horse’s neck so he doesn’t brace against you, AND you have a handy tool to help him relax if he gets nervous or anxious.

Suppling the Shoulders: Your horse's shoulders are your steering mechanism. Mastering the ability to steer makes your horse fun and safe to ride. 6 DVD Set

Day 2 (4 hours, 48 minutes)

Tests of Suppleness: Horses can fake us out very easily. Learn simple tests of suppleness so you know for sure that you're on the right track.

The Training Scale

Contact: In order to ride your horse on the bit, you need to offer an inviting, sympathetic contact. Learn how to offer your horse a contact that he'll want to accept.

Connection: Once you master this simple set of aids, you can put any horse on the bit.

Above the Bit: Learn how to deal with a horse that stiffens and comes above the bit so you don't fight against each other.

Teach the Connecting Aids in Stages: Follow this simple 3-step process to clearly explain how to come on the bit.

Variations of Connecting Aids: Here you'll learn variations of the connecting aids so you can put any horse on the bit.

Tests of Connection: Some horses are masters at "posing" as if they're on the bit. Learn how to test the honesty of the connection, and you won't be faked out by a false frame.

Behind the Bit: Teach the horse who hides behind the bit to seek an honest connection with your hand so that he isn't behind your aids.

Evaluate Your Work: Use the first three ingredients of the training scale as a handy checklist to check that you're doing high quality work.

Keep Your Horse on the Bit: Learn how to give two sets of aids at once in order to keep your horse on the bit during movements and exercises. **Connective Tissue**—When you use two sets of aids as connective tissue for corners, serpentines, lengthenings, free walk, stretchy circles, and lateral work, you'll find that everything flows as one seamless piece.

Day 3 (5 hours, 48 minutes)

Movements and Exercises

Training Scale (Impulsion, Straightness, Collection)

Geometry of School Figures (Circles, Serpentines, Loops): You need to ride accurate figures to increase obedience, lateral suppleness (flexibility), and straightness.

Counter-Canter: Learn how to school counter canter to improve balance and obedience.

Preparatory Half Halts: Ride accurate transitions by engaging the hind legs and making your horse more attentive through the use of preparatory half halts.

Leg Yielding: Increase suppleness and obedience with a clear understanding of leg yielding (Aids, Places, Patterns)

The Training Scale

Continue learning about the Training Scale (impulsion, straightness, collection) so you have a clear guideline for training and a formula for problem solving as you advance through the levels.

Straightness: Strengthen the hind legs equally by learning how to straighten your horse both by improving bend and by riding in “first position.”

Collection: Teach your horse to carry himself better, and he’ll be more fun to ride.

Half Halts: Learn how to give effective half halts so you can call your horse to attention and bring him to a more perfect state of balance.

Timing Half Halts: Learn the importance of timing your half halts to engage the hind legs.

Half Halts During Movements: Learn how to use half halts within movements to increase collection and self-carriage.

Day 4 (5 hours)

Advanced Lateral Work, Flying Changes, Becoming Independent, Problem Solving

Shoulder-In: Shoulder-In is the father of the advanced lateral exercises. Use it to straighten and collect your horse.

Renvers: Renvers is the mirror image of shoulder-in and is used to loosen, supple, and engage your horse.

Haunches-In: Use haunches-in to loosen, supple, and engage your horse as well as for problem solving.

Half Pass: Use half passes to supple and engage your horse so you can improve his self-carriage.

Turn-on-the-Haunches: Learn this preliminary exercise to lay a foundation for doing walk pirouettes.

Working Pirouettes: Master this preparatory exercise for doing good canter pirouettes.

Preparation for Flying Changes: Learn the three things your horse must be able to do before he can do clean flying changes.

Flying Changes: Learn the aids and timing for flying changes so your horse clearly understands what you’re asking.

Become an Independent Rider: Learn how to do a variety of “tests” to check the correctness of your work when you’re by yourself.

Problem Solving: By using “Benign Antagonism,” you’ll have the tools to solve any problem whether it’s your own position issue or a training problem. This training approach works for ALL types, breeds, and temperaments. No horse has to fall by the wayside because he doesn’t fit into an arbitrary mold or system.