

Intro to Dressage Badge Workbook



Name:

Date:

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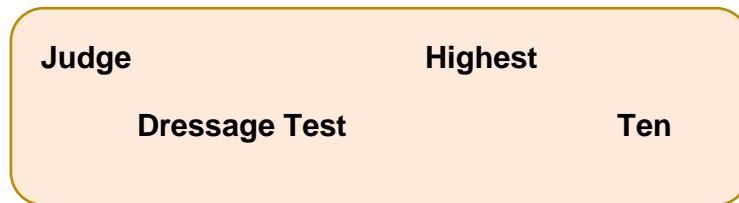
This workbook aims to support learning and the understanding of Dressage to help achieve the Intro to Dressage Badge.

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What is Dressage?

Dressage is the harmonious development of the horse's education, to make the horse more obedient, supple and flexible - a grand way of saying training your horse; putting in place the basics for all disciplines be it polo, jumping or advanced dressage. This makes dressage a must for every rider wishing to excel in any discipline.

Fill the blanks below with words from the box:



Dressage is about showing the that you can get your pony to do what you want him to do, when you want him to do it.

You and your pony must follow a set of instructions laid out in the

A judge marks the test. They give you a mark out of for how well you carry out each instruction. At the end of the test the marks are added up and the winner is the pony and rider with the score.

The good news is that you have probably already started doing some Dressage!

When you are riding and getting the pony to do the things that you want them to do you are already practising the basics of dressage. If you can make your pony go, make him stop, turn right and left, and ride to a place you ask him to go then you are doing all that is required in the Introduction to Dressage test.

When watching you ride your test there are some things that the judge is looking for

Saddlery for Dressage

Which of these items of tack are permitted for Dressage competitions? Circle Yes or No



Yes / No



Yes / No



Yes / No



Yes / No



Yes / No



Yes / No



Yes / No



Yes / No



Yes / No

Dress for Dressage

Which of these can you wear for Dressage competitions?

Circle Yes or No



Yes / No



Yes / No



Yes / No



Yes / No



Yes / No



Yes / No



Yes / No



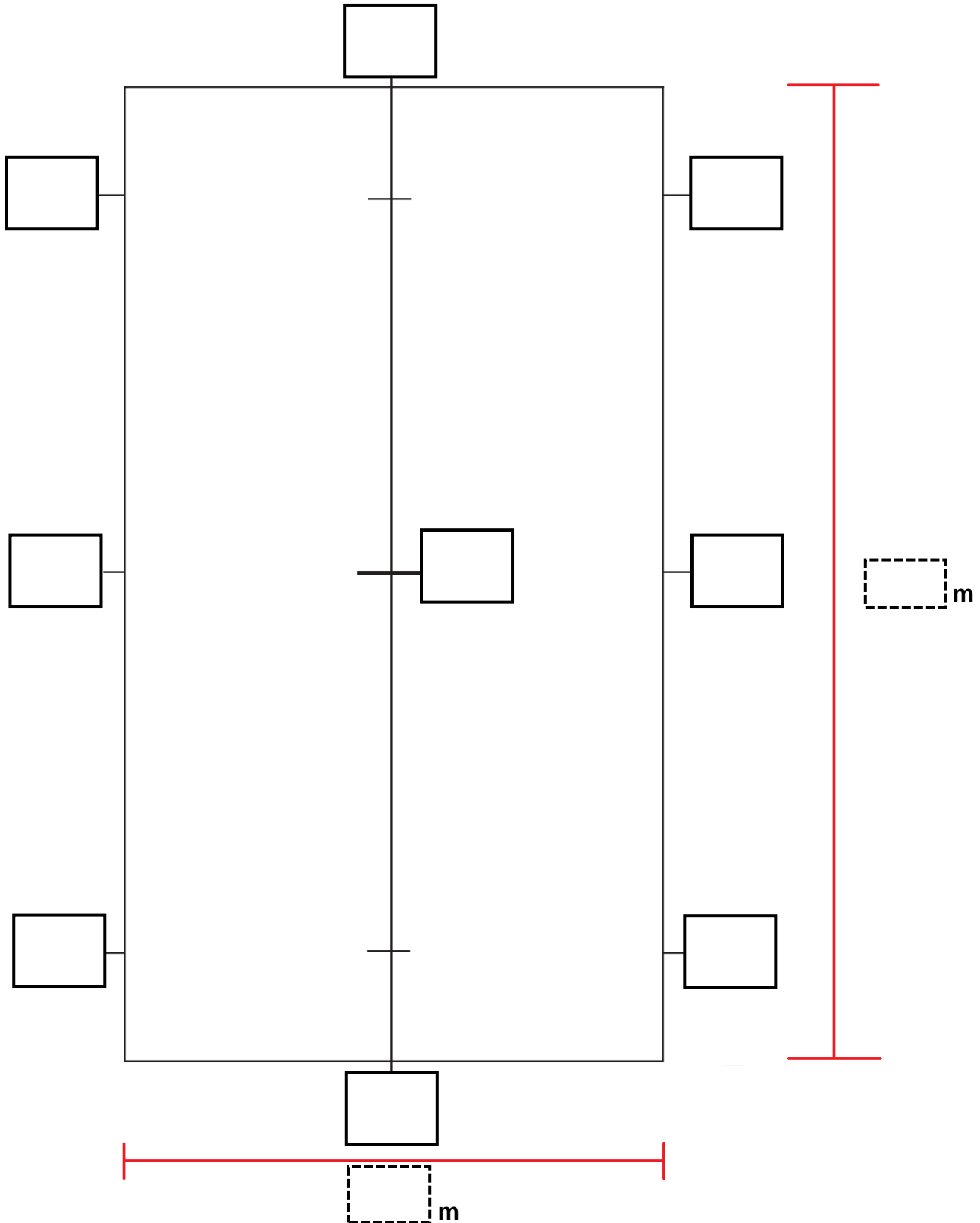
Yes / No



Yes / No

Dressage Arena

Do you know how long the sides of a short dressage arena are and where the letters are positioned? Write them in to the diagram below.



Rhymes or sentences can help to remember the order of the letters. Can you make up your own fun sentence to help you remember?

Dressage Letter	Word to Remember
A
K
E
H
C
M
B
F

The Halt

At the end of every dressage test the rider and horse are required to halt and salute to the judge.

Where in the arena would you halt and salute?

Before you salute, your horse should be standing still and square. What does to “stand square” mean?





Below are some stages to the salute, can you put them in the correct order, number 1 being the first thing you do and number 4 the last:





Drop one arm down by your side	
Take up your reins	
Place your reins (and whip if you are carrying one) in one hand	
Nod your head to the judge	





Paces





Can you match the footfalls to the different paces – Walk, Trot, Canter?

Do you know how many beats each pace has?

	
4	2
	
3	1
Pace:	
Beats:	

	
1	2
	
2	1
Pace:	
Beats:	

	
3	2
	
2	1
Pace:	
Beats:	

	
2	3
	
1	2
Pace:	
Beats:	

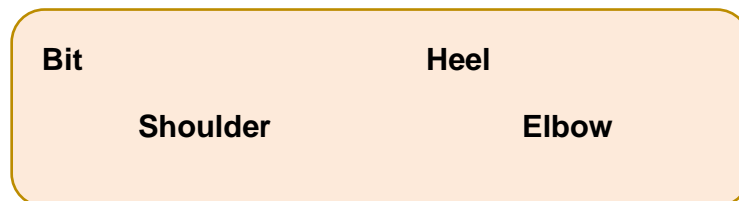
Hint: Canter has a left lead and a right lead

Rider Position

A good Dressage rider will have a balanced seat and will sit straight in the saddle.



Fill the blanks below with words from the box:

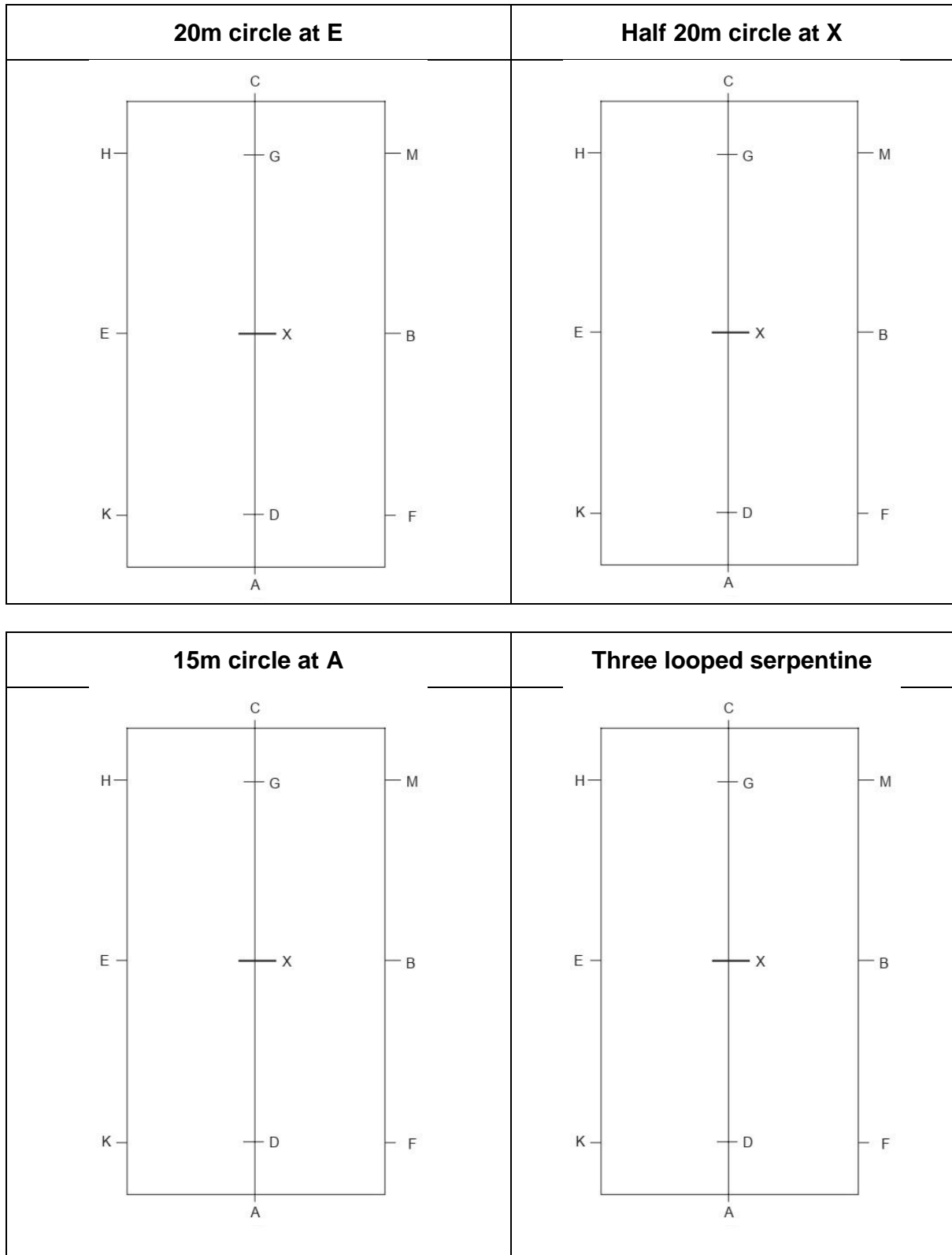


When you are sitting correctly on your horse, you should:

- a) Be able to draw a vertical line from your ear,, hip, and
- b) Maintain a straight line from your, down your arm, along the rein to the

Circles and Bending

A dressage test asks you and your horse to ride different movements and shapes in the arena. Can you draw the following movements?



Dressage Glossary

There are lots of different words in a Dressage test, and some of them are what a Judge looks for when watching you ride your test, so it is important to know what they mean.

Transition means 'change'. It could mean a transition (change) of pace, for example from walk to trot.

Impulsion is the movement of a horse when it is going forward with controlled energy.

Submission means the horse is listening to what you are asking it to do and willingly doing it without being naughty.

Tempo is the rate of rhythm. Tempo should remain the same within a gait, for example when you are trotting you are going at the same speed, so you have an "even tempo".

Fluency refers to the horse's overall way of going, transitions, and the harmony between the horse and rider. Basically, how easy it looks and feels!

Harmony is how well the horse and rider are working together.

Can you find the words above in the Pony Club Introduction to Dressage Test?

Dressage Word Search

Can you find all the Dressage related words?

Words to find:

WALK	TROT	CANTER
MEDIUM	WORKING	CHANGE THE REIN
TRANSITION	IMPULSION	SUBMISSION
HALF CIRCLE	ARENA	JUDGE
TEST	VALEGRO	PACES

B	C	D	S	K	X	D	H	Z	M	K	E
E	H	A	L	F	C	I	R	C	L	E	C
S	A	S	E	H	Y	S	V	A	T	S	J
U	N	C	P	A	C	E	S	N	J	A	S
D	G	H	S	N	J	D	X	T	S	E	E
C	E	W	P	D	R	M	L	E	A	G	A
B	T	R	O	T	H	S	I	R	D	Y	R
G	H	Q	U	V	Z	M	R	T	K	B	E
R	E	O	I	M	P	U	L	S	I	O	N
A	R	Z	O	B	L	F	E	J	T	I	A
J	E	A	H	T	F	U	G	B	R	P	L
Y	I	X	V	A	L	E	G	R	O	M	N
D	N	G	R	C	Z	E	U	N	Q	F	T
V	I	T	G	V	M	E	W	A	G	M	E
S	U	B	M	I	S	S	I	O	N	P	S
A	T	Z	U	D	G	F	Y	D	N	H	T
F	S	M	R	J	S	N	J	K	Y	W	X
M	E	D	I	U	M	S	H	C	F	O	L
S	N	G	S	D	N	D	E	S	G	R	L
K	X	K	Y	G	P	C	W	A	L	K	B
E	U	W	T	E	O	J	A	K	B	I	F
I	M	A	V	E	D	K	W	H	F	N	D
F	H	Y	D	D	A	T	D	F	E	G	E
T	R	A	N	S	I	T	I	O	N	K	F