



DRESSAGE MASTERY ACADEMY

COURSE 1: MASTERY OF DRESSAGE BASICS

CHECKLISTS

Rhythm

How do I know my horse is in 'rhythm'?

Checklist	Done
My horse is traveling in an even rhythm - I don't need to keep half halting or kicking to keep the horse going.	
My horse doesn't change rhythm when something else changes, eg. in changes of directions or transitions my horse doesn't speed up or slow down he just keeps going as is.	
My horse is forward and thinking forward all the time.	
My horse is not running away and using speed as an evasion.	
My horse is forward but not fast or running.	
My walk is clear 4 beat with each step being even.	
My trot is clear 2 beat staying forward and willing to take me forward without slowing down or rushing.	
My canter is 3 beat with a clear jump and staying forward. Again the horse doesn't rush forward or suck back and become 4-beat-like.	
I am always using more leg than hand and the horse takes my hand forward rather than me pulling back.	

Seat

I know I have an effective seat when:

Checklist	Done
I feel in complete balance - wherever my horse's body goes my body follows without me thinking about it.	
I am relaxed in thinking and in my body with positive tension keeping me still and supple.	
I am moving with the horse in harmony, his back is my back.	
I have no pain or stiffness when or after I ride.	
Riding feels more comfortable than walking.	
Every single bit of my body can be isolated - relaxed or tensed at will without affecting another body part.	