



[www.CoventryEquestrianCenter.com](http://www.CoventryEquestrianCenter.com)



**Vet at Coventry October 6th**  
for fall shots at 230pm.. The  
worming is Quest Plus. A sign up  
sheet will be posted in the barn.

#### Other Upcoming Events:

Sept 30 - Oct 2 - Ryan Yap at Rockin V  
Oct. 7 & 8 - Bent Jenson Hidden Oaks Farm  
[www.bentjensendressage.com](http://www.bentjensendressage.com)  
Oct 15 - Equine massage at Coventry  
Oct. 15 & 16 - JJ Tate at Joan Simmons Farm  
[www.team-tatedressage.com](http://www.team-tatedressage.com)  
10/21-23 DRESSAGE with CHARLES de KUNFFY  
Contact Janeen 440-666-6182 or  
[Janeen@topline-stables.com](mailto:Janeen@topline-stables.com)  
[www.Topline-Stables.com](http://www.Topline-Stables.com)

Ingrid from Equestrian Eden comes weekly. Have you all seen  
Ingrid doing "half steps" with Bella Donna on the Coventry  
face book page? Cut and past this link  
<https://www.facebook.com/pages/Coventry-Equestrian-Center/168359289851372>

Web site for schooling figures  
<http://www.dressage.net.au/dnlinks3.html>



Welcome Cheryl & Baroque! We have two Baroque  
horses at Coventry, Zibby and Brach and now we have an  
Arabian called Baroque! Sometimes one cannot make sense  
of life! But, what I can relate to is Cheryl loves to cobweb  
the barn for stress release! Wow, now were talking about  
making sense!

Driving along Alison  
Hollow, it's a goat,  
it's a plane it's super  
deer. A white Albino  
deer! Talk about  
amazing. I thought I  
was in the Twilight  
Zone.

Now all we need is a  
horn in the middle of  
its brow! Drive slowly  
these deer are every-  
where on these back  
roads!



If you did not already read my write up on the  
Cindy Sydnor Dressage Symposium at UpHill dress-  
sage, here are some tips from Cindy Sydnor. Ask  
me to send you a copy of the article or see it on the  
Coventry website...

Manage the front and ride the hind end.

You have to be proactive as a rider to keep the horse in  
balance ....

The outside rein flexes the poll not the inside.

If the horse is stiff in the neck there will be a blockage  
from the hind end to the poll.

A half halt is a small weight shift from the front to the  
back.

Bending a horse can take two to three strides it is not like  
starting a lawn mower.

You have to release the inside rein to get the horse on the  
outside rein.

If your stirrups are too long you will ride on your pubic  
bone and not your seat.

At the canter you half halt when the seat is at its deepest  
point.

You can shorten your reins and then move the elbow for-  
ward if needed.

Your shoulders should follow the horse's shoulders.

You cannot make the horse straight unless it is supple.

A horse should step under and reach into contact over its  
back.

When the stride is not long enough the top line will sag.  
What you see in front is a result of what you get from the  
hind end.

Putting a horse together does not mean pulling together.  
There is a fine balancing act of activating the hind end  
and softening in the front.

You do not want to ride with the hands, but you need to  
have contact in the front.

When your reins are too long you do not ride well. ~  
*continued on page 2...*

If your horse is not soft in the bridle you cannot collect.  
If you cannot get your horse straight you will not be able  
elevate the fore hand.

Shoulder-in is the foundation for all straighten  
Shoulder fore is a baby shoulder in.

Flipping the crest is like asking a question to the horse,  
are you soft?

Every corner provides a bending exercise.

When training turn on the haunches, Cindy would rather  
it be big and active than small and stuck.

You need to use preparatory aids for transitions.

When stretching the horse try to maintain contact and not  
let any air or slack into the reins.

Keeping your horse on the vertical is like threading a  
needle!

The dressage arena letters were originally half halt points,  
before and after the corners, in the middle.... Later they  
added international letters as markers.

### Flipping the Crest.

Here is an article I found on the internet that goes into  
more detail about flipping the crest.

[http://www.equisearch.com/horses\\_riding\\_training/english/dressage/bendcontrol\\_061404](http://www.equisearch.com/horses_riding_training/english/dressage/bendcontrol_061404)

This picture above is from Equus magazine and shows how

In over thirty years of studying this, I only heard  
Cindy Sydnor talk about the circle of aids and master  
dressage rider Karl Mikolka. I have given some students  
print outs of Karl's writings. If you do not have a copy  
ask me and I will print out more. Karl studied at the  
Spanish Riding School. He is older now, maybe in his  
eighties and as it turns out Cindy was married to him!

Below is a photo from the symposium with Cindy  
working on collection and activating the hind end. So, if  
you see me coming up behind you during a lesson you  
know what I will be doing. But the first requirement is  
that your horse is soft at the poll, or the bit, and nicely on  
the aids. Otherwise, you cannot drive the power under  
the body of the horse, where it is activated and then cap-  
tured it in the hands and reins and then recycles it back  
to the hind end.



Below is rider Karl Milkolka riding a piaffe! Notice the low-  
ering of the horse's haunches and the raising of the horse's  
poll. See face book page at beginning of newsletter. Have  
we gone full circle here? Full circle like the circle of aids?



### MAKING THE CONNECTION

The process of making contact works from the back to the front—it is achieved when the horse reaches forward to the bit. Here's how it's done:

- 1) The rider applies the leg aid on the sensitive spot near the girth, activating the hind leg.
- 2) The hind legs respond with greater reach and engagement.
- 3) The resulting extending of the spine lifts the back and stretches forward through the neck, poll and head.
- 4) The horse reaches forward, making contact with the bit and the rider's hands.
- 5) The rider receives and regulates the contact through her hands, arms, shoulders and back.



Training a horse is simple biomechanics  
between horse and rider.

the 'ring of aids' works. The rider's leg activates the horse's belly muscle. When the leg is applied the belly muscle shortens and pulls the hind leg forward. When the hind leg moves forward it causes the horse's back to round. This reverberates into the horse's neck to its tongue and the bit. (As I have heard, you ride the horse from its back to its tongue, says Karl Milkolka) The rider's hands then feel what is going on at the bit and tongue through the extension of the rein. The rider's hands then translate to the rider's brain if the horse is soft at the poll and then the leg decides what to do next. All the while, the seat feels the rhythm of the horse's gaits. This process of biomechanics between horse and rider is called the 'ring of aids' that communicate to the horse through the horse's ring of muscles.

