



[www.CoventryEquestrianCenter.com](http://www.CoventryEquestrianCenter.com) #162

*All horses getting out regularly. accept Thursday - in cause of drizzling rain.. and more snow, snow and more snow...out today, January 1, 2010. And to think it started drizzling snow!*

*TIME TO WORM QUEST PLUS.  
Will put forms in barn...*



## Happy New Year 2010...

Here are some quotes from a Coventry 2004 newsletter, yeah it has been that long! I have them all saved as pdf files if you are interested to view any, let me know. And back then they were about 4-5 pages.

### **The Rider's Bending Aids: An Unmounted Exercise**

by Richard Davison  
March 2004 Dressage Today

"The rider must be supple enough in the waist that his hips can stay straight while he turns his upper body to make his shoulders parallel to the horse's ears in the bend. The rider's position gives the bending signal to the horse. The horse's hips follow the rider's hips. The horse's shoulders follow the rider's shoulders. It is not easy to do and you may need some practice to achieve this so I am giving you an unmounted exercise to help.

" Stand in front of a mirror with your hands on your hips. Leave your hips facing the mirror and turn your shoulders to the left and then the right. Most people find that it is easier to twist one way than the other, so to ask your horse for equal bend left and right, you need to even this out. Now try to do the same thing and keep your eyes looking straight into the mirror. When

you can do the exercise unmounted then you can do it more easily mounted. This ability to give correct bending aids is very important when you start to ride shoulder-in, travers and half pass."

### **Dressage Tips**

from Dressage Today , March 2004  
**When to sit the trot**, by Tracey Lert

- You start to sit the trot when you begin to canter, you sit then canter.
- Practice sitting on 1/4 of a 20 meter circle. Sit 1/2 of the circle, post 1/4 of the circle. sit 1/4 of the circle, sit 1/4 of the circle...
- Practice sitting trot on curved lines, it is easier for the horse.
- Keep a steady contact when you sit, do not pull against the horses mouth to balance yourself.
- Sit on the vertical, do not lean back or forward

### **Riding on the Inside track (or the quarterline)**

by Vicki Hammers-O'Neil

"When straightness is missing, the energy created by the horse's hindquarters cannot be channeled through his body to the rider's hand."

"Simply bringing the horse to the second track (one horse's body width to the inside of the main track) or even to the quarter line gives the rider a big reality check in the straightness department. When I have a rider first come off the wall, usually the horse looks like a drunken sailor for the first time or two around the arena."

"I warm up my horses away from the main track. That way I know they are truly listening to my aids and not to "the call to the wall"

### **On the Road to Grand Prix**, by Gerhard Politz

June 2004 Dressage Today

#### **A quote by General Albert Stecken**

....relaxation is the foundation for a complete obedience to the aids - throughness- and for a collection in which the horse accepts and yields to the driving and restraining aids while increasingly bending the haunches and elevating the neck from the withers with a relaxed poll while chewing on the bit. Thus you can achieve the ideal: great harmony, the lightest contact with beautiful self - carriage, invisible aids, regularity of the gaits, the ability of the horse to seemingly playfully adjust the tempo...

### **Develop Quiet Hands that follow**

The hands don't follow, the movement comes from the elbow. And, an Alexander (body awareness) teacher will tell you that the scapula moves the elbow forward and back. So, if your neck and shoulders are tight, this will prevent the scapula from floating and the elbows to be elastic. K.