



**LIFE ON THE FARM - HORSES OUT TODAY WITH HAY IN THE FIELDS AND A HIGH OF 19 DEGREES! ALL BLANKETS BACK ON ☺ NEXT WEEK IS BACK IN THE FORTIES!**

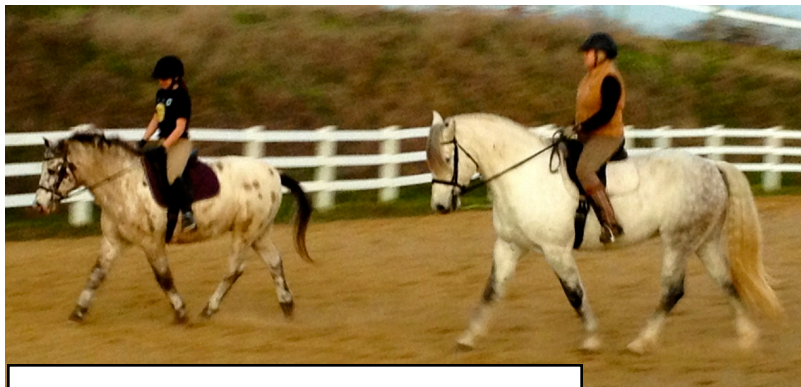
***Human and Animal Bonding with***

**[www.petconnections.com](http://www.petconnections.com). Kristin is going to have a monthly column in this magazine. Can't wait to see the February edition...**

**~ Who ever made the shredded chicken recipe for the Christmas mingle your recipe has been summoned! ~**

**The Ten Habits of Highly Effective Dressage Riders**

- 1: An effective Dressage rider looks upon each failure as a ladder rung; step on it and lift yourself up.
- 2: An effective Dressage rider leaves their personal issues on the ground, approaching each ride emotionally neutral.
- 3: Effective Dressage riders make themselves the calm baseline that their equine partner can rely upon at all times.
- 4: An effective Dressage rider owns their personal space both on and off the horse.
- 5: An effective Dressage rider has trained their 'inner voice' to be either positive or constructively negative, never defeating.



Teaching Olivia and Diamond in the outdoor arena on Nov. 21st! I love my elbow to bit connection with Brach☆ and how nicely he is telescoping out of the base of his neck into the contact. Olivia on the other hand is learning how to get her horse in a frame, but still has a nice elbow to bit connection.

6: An effective Dressage rider knows success happens one ride at a time, day in and day out, remaining consistent and realistic in their daily goals and expectations.

7: An effective Dressage rider has the courage to be creative in their problem solving, the courage to go beyond the text-book and think independently.

8: An effective Dressage rider knows they must be an athlete in their own right before they can expect their equine partner to be one.

9: An effective Dressage rider knows there is only one direction to go: forward!

10: An effective Dressage rider works for their horse, not vice versa.

**Remember, Dressage is an art form in motion, therefore it only survives as such when practiced correctly on a daily basis by both Master and student, through the grace of correctly trained horses. Strive to develop good habits, for the sake of the sport, for the sake of the horse and for your own future as an accomplished rider © 2013 Nancy Kotting**



I let Brach take some time out and Olivia gets diamond to submit at the poll and stretch into the contact! Still great elbow to bit connection!



More nice elbow to bit connection. The elastic elbow follows the forward and back nod of the horse's neck, the hands listen to the corners of the horse's mouth. As Karl Mikolka, said you ride the horse from tail to tongue or tail to poll.

