

DRESSAGE: WHAT IS IT?

(dre-sahz') a French word meaning schooling or training
 - the systematic, gymnastic training of the horse
 - the harmonious development of the physique and ability of the horse

Dressage is based upon the three natural gaits: walk, trot and canter, which are developed and improved upon through disciplined work and exercises.

DRESSAGE: WHERE DID IT COME FROM?

Its origin can be found in a book written by Xenophon, a Greek General, around 400 B.C. It was developed at the royal courts of Europe in the 17th and 18th centuries, and has since evolved into a discipline accessible to all horses and riders.

The Spanish Riding School in Vienna is perhaps the most familiar institution today dedicated exclusively to the classical art of riding.

DRESSAGE: WHO USES IT?

The elementary exercises of dressage aim at relaxation, calmness, suppleness and free forward movement. They can be used to start any young horse or to retrain an older one. The gradual, logical progression of these exercises leads to a quiet obedient mount, and also improves the seat, coordination and feel of the rider.

The only equipment initially needed is a mild snaffle bit and a well-fitted saddle which encourages the rider to sit in a balanced manner.

DRESSAGE COMPETITION

After the basic training has been established, the rider may wish to begin competing. Competition is based on a series of graded tests which are performed individually. The judge scores each movement as it is performed, adds comments, and the score sheet is then given to the rider. The Training Level tests require only simple obedience at a walk, trot and canter on the track and in large circles. The tests then progress through four national levels, each with several movements of increasing difficulty and three international levels. The highest level: the Grand Prix de Dressage, is the test used in the Olympic Games.

There is also the Kur or Musical Freestyle competition. The Kur is an individually choreographed ride set to music. The Kur is performed at the various levels and is included in many shows.

NEW MOVEMENTS INTRODUCED

TRAINING LEVEL: 20 meter circles, all working gaits.

FIRST LEVEL: 10 meter trot circles, 15 meter canter circles, leg yield, lengthen stride in trot and canter, and counter canter

SECOND LEVEL: Collected and medium paces, simple changes, shoulder-in, renvers, counter canter, half turn on haunches, and reinback.

THIRD LEVEL: Extended gaits, half pass in trot, and flying changes.

FOURTH LEVEL: 8 meter circles in trot, shoulder-in on centerline, walk pirouettes, and canter, tempi changes every fourth stride.

INTERNATIONAL LEVELS: Piaffe, passage, full pirouettes, flying changes every stride.

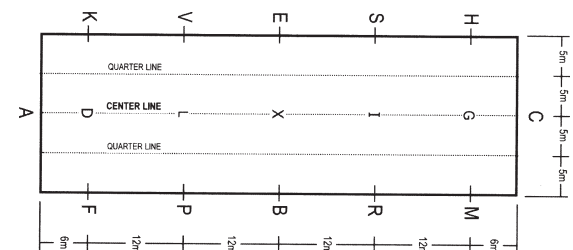
TRAINING LEVEL TEST 1

TEST		DIRECTIVE IDEAS	POINTS	COEFFICIENT	TOTAL	REMARKS
1	A X	Enter working trot Halt, Salute Proceed working trot				
2	C E	Track left Circle left 20m				
3	A AFB	Circle left 20m, developing left lead canter second half of circle Working canter				
4	B-E	Half circle left 20m				
5	Between E & K	Working trot				
6	A Before A A	Circle left 20m rising trot, allowing the horse to stretch forward and downward Shorten the reins Working trot	2			
7	Between A & F	Medium walk				
8	FXH H-C	Free walk Medium walk	2			
9	C	Working trot				
10	B	Circle right 20m				
11	A AKE	Circle right 20m, developing right lead canter second half of circle Working canter				
12	E-B	Half circle right 20m				
13	Between B & F	Working trot				
14	A X	Down centerline Halt, Salute				

Leave arena at A in walk on a long rein

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ARENA FOR DRESSAGE COMPETITION



WHAT IS CDS?

www.california-dressage.org

The California Dressage Society was formed in 1967 as a non-profit organization to further interest in dressage. It is now one of the largest dressage organizations in the nation with more than 4000 members in its organization. CDS is governed by an 11-member elected Board of Directors with a secretary and a treasurer, plus a Central Office Manager who is responsible for the records involved in membership changes, recognition of shows, scores from the shows and the awards program. A monthly newsletter plus an annual membership roster are sent to all of the members. CDS sponsors various educational events such as clinics, instructors' seminars and Annual Meetings as well as the Annual Championship Show. The USDF / Great American Regional Finals are held in conjunction with this show to determine standings for USDF and USEF.

The local chapters operate rather independently under the CDS By-Laws and an elected governing board of volunteers, which is responsible for local shows and educational and social events.

California Dressage Society Membership Form

www.california-dressage.org

Active Membership ..\$70.00 • Additional Family Member...\$60.00

Life Membership\$1,000.00

you can also join online www.california-dressage.org

Name _____

Address _____

City _____

State _____ Zip _____

Phone (____) _____ Fax (____) _____

Email Address _____

Chapter Preference _____

Would you like to use your Visa or MC?

Card # _____

Expiration Date: _____ visa m/c

Signature _____

Group membership in the United States Dressage Federation (USDF) is included with CDS membership. All CDS memberships go from December to December. Anyone joining after Oct. 1 will be a member for the following year.

Would you like to make an additional donation and be a Patron of Dressage? - \$ _____

Add: CDS Supporter \$25-\$500; Silver Supporter \$501-\$2,000; Gold Supporter \$2,000-\$5,000 and Patron \$5,000+.

Would you like to add Regional Adult Amateur Competition Qualifying - Fee (\$25) \$ _____

Three competitions offered for Adult Amateurs in each CDS Region, check Omnibus for qualifications.

Please check any of the following that apply: Renewing member New member

Junior birthdate (/ /) TD EMT Amateur Trainer

Qualified Riding Member (QRM) Judge (L r R S)

California Dressage Society

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US EQUESTRIAN FEDERATION



USEF is the governing body for all national horse show activity and a member of the FEI* and the U. S. Olympic committee.

4047 Iron Works Parkway
Lexington, KY 40511
www.usef.org



FEI

* FEI = Federation Equestre Internationale. Provides international tests and regulates international competition.

www.horsesport.org



UNITED STATES EQUESTRIAN TEAM FOUNDATION

USET FOUNDATION is concerned with funding dressage teams for international competition at the World Championship and Olympic levels.

Gladstone, New Jersey 07934
www.uset.org



UNITED STATES DRESSAGE FEDERATION, INC.

A national organization with its own system of awards. It coordinates dressage organizations on a national level.

4051 Iron Works Parkway
Lexington, KY 40511
www.usdf.org



California Dressage Society

