




ESNZ Introductory Riding

Program Outline

MODULE 1 – Riding on the Flat

- Riding equipment
- The upright seat
- Weight aids
- Leg aids
- Rein aids
- Coordination and effect of aids
- The training scale
- Paces and transitions of First-Level dressage
- Movements and tracks of First-Level dressage
- Leg yield
- Riding in a group and traffic rules in the arena
- Warm-up and cool-down
- Self-analysis



Activity

Describe one purpose of leg-yielding: _____

Describe the aids for achieving leg-yielding: _____

Describe two ways leg-yielding can be done: _____

MODULE 2 – Riding Out and Trotting Poles

- The forward seat
- Using the aids in a forward seat
- Riding over poles in walk and trot
- Riding out in the open
- Riding on the road

