



ESNZ Elite Riding

Program Outline

NB: Candidates choose one or more disciplines according to their preference.

MODULE 1 - Core Dressage

- Principles of Training
- Paces and transitions of Fourth – and Fifth -Level dressage
- Movements and tracks of Fourth – and Fifth -Level dressage
- Self-analysis

MODULE 2 - Dressage

- Paces and transactions of Prix St Georges-Grand Prix dressage
- Movements and tracks of Prix St Georges-Grand Prix dressage
- Working the horses in hand
- Self- analysis

MODULE 3 - Jumping

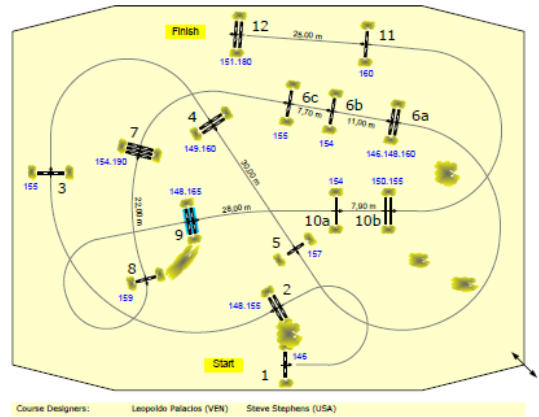
- Training Problems
- Reading Course Plans
- Building Courses
- Self - analysis

MODULE 4 - Cross-Country

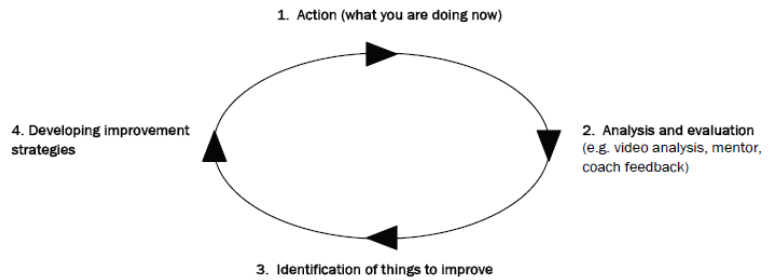
- Cross-country training
- Walking and riding courses
- Warm-up and cool-down
- Self-analysis

MODULE 5 - Endurance

- Technical considerations
- Tactical considerations
- Self-analysis



The Self Reflection Loop



FEI
World Equestrian Games
Aachen 2006



Class No.: S 1 Prize of Sparkasse 1st rating Individuals and Teams Speed and Handiness Competition Tuesday, 29th August, 2006

Start:

Table:		C
FEI RG / Art.	238, 240 / 309.5	
Height:	1.50 m	
Speed:	0 m/min	
Length:	0 m	
Time allowed:	0 sec	
Time limit:	120 sec	
Obstacles:	13	
Efforts:	16	
Penalty sec:	4	
1st Jump-off:		
Length:	0 m	
Time allowed:	0 sec	
Time limit:	0 sec	

Obstacle	height	width
1	144	150
2	148	160
3	150L / 153R	
4		420
5a	149	160
5b	150	
6	148	170
7	150	
8	150	200
9a	148 / 150R	100R
9b	150 / 150R	150
10a	149	
10b	150	180
11	150	
12	164 / 146 / 148	
13	150	180

Course Designer: R. Frank Rothberger (GER)