



# PROGRESSIVE SCHOOL EXERCISE FOR DRESSAGE AND JUMPING

*Islay Auty*

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## **PROGRESSIVE SCHOOL EXERCISE FOR DRESSAGE AND JUMPING** Islay Auty

This text aims to provide a collection of exercises, on the flat and over fences, specifically designed for use in training more experienced riders and horses, whether in groups or as individuals, or schooling at home. Specially chosen ridden exercises aim to improve: in the horse - rhythm, impulsion, balance, elasticity, straightness, athleticism, suppleness, obedience and self-carriage. In the rider - balance, effectiveness, accuracy, co-ordination, forward planning, feel, and the ability to see a stride when jumping. The book is divided into groups of related exercises, each accompanied by a full description, the relevant aids, teaching hints, and advice on remedying typical faults. Exercises include: loops and circles; movements with transitions; work on diagonal lines; moving away from the leg; leg yield; developing canter; counter canter; shoulder-in; jumping exercises over grids, doubles and related distances. This book is the follow-up to "School Exercises for Flatwork and Jumping".

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