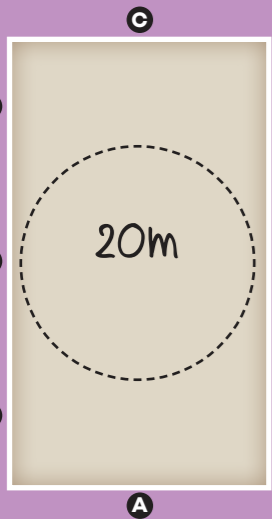
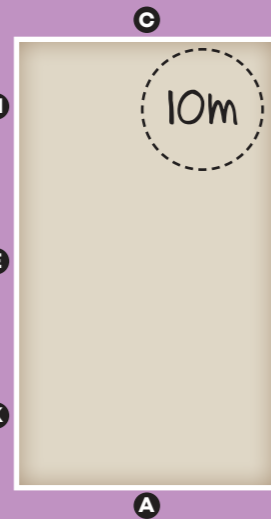
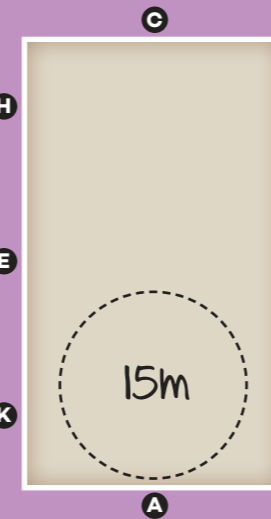


? ALL SHAPES AND SIZES ?

ANSWERS

GO FULL CIRCLE

Do you know your circles like a pro?
Write in how big each one is...

1  2  3 

SHAPE UP

Have a go at guessing the names of these school movements. Can you get them all?

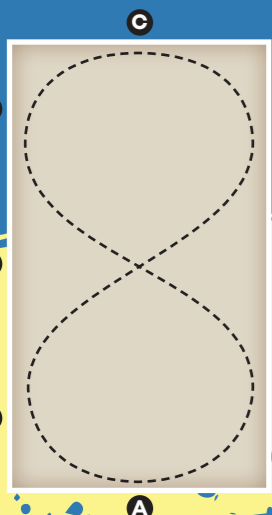
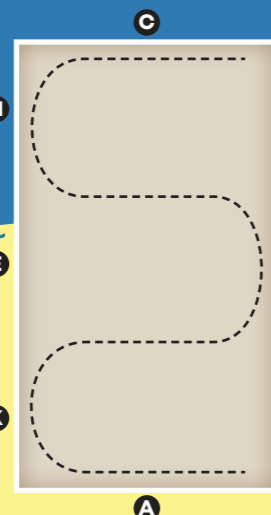

4  5  6 

figure-of-eight three-loop serpentine shallow loop

ODD ONE OUT

Which word doesn't fit with the rest!

7 Which of these is **NOT** a lateral movement?

Leg-yield

Shoulder-in

Half-pass

Travers

Rein-back

8 Which movement would you **NOT** find in a Prelim dressage test?

20m circle

Halt

Piaffe

Three-loop serpentine

Free walk on a long rein

9 Which of these is **NOT** a real type of trot?

Medium trot

Working trot

Collected trot

Racing trot

Extended trot

FIX IT

Alannah's having trouble schooling her pony, Ted. Can you help her figure out which exercises will help the most?

10 Alannah needs to improve her seat in the saddle. What will help her practise sitting deeper?

- a. Riding light seat over some poles
- b. Standing up in her stirrups for as long as she can
- c. Riding without stirrups

11 In her last lesson, Alannah's instructor said Ted needs to become more supple. How can she work on this in the school?

- a. By spiralling him in and out while on a circle
- b. By riding lots of centre lines
- c. By doing lots of hacking on twisty roads

12 Ted can often be super-lazy during schooling sessions. What could Alannah do to encourage him to become more active?

- a. Lunge him for 20 minutes before riding
- b. Ride lots of transitions so he learns to become super-reactive to her leg aids
- c. Give him plenty of breaks to let him get his energy back?

13 Which exercise will help encourage Ted to power up his paces?

- a. Walking large and making a transition to halt at each letter
- b. Riding 10m circles in each corner to encourage his inside hindleg to step through
- c. Teaching him to leg-yield

14 What can Alannah do to improve Ted's rhythm?

- a. Only ride in one pace for the whole session
- b. Put four poles in a box shape and practise halting in the middle
- c. Set out a line of 3-5 poles and trot him over them

