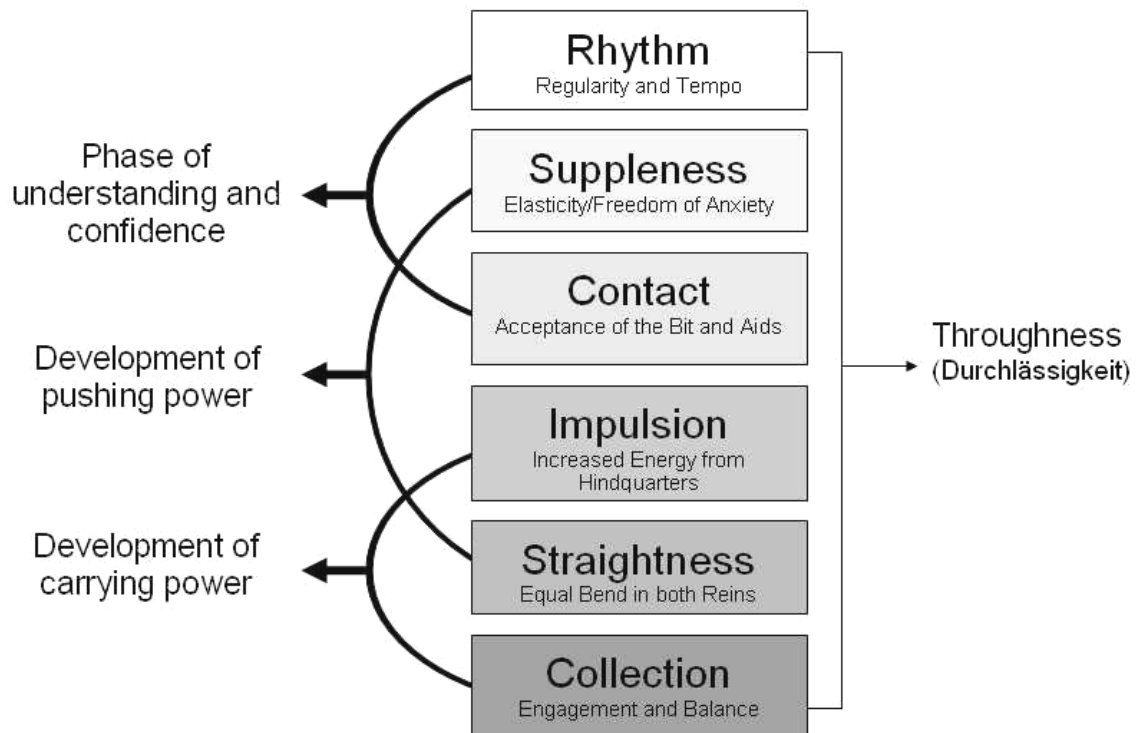


THE TRAINING SCALE

There are 6 building blocks of the training scale. They must be taken in conjunction with each other.



1 Rhythm

Refers to the regularity which is the correct sequence and timing of the footfalls

2 Suppleness

Suppleness and relaxation. The complete absence of tension, and is an essential aim of the preliminary training phase. Relaxation in both the mental and physical sense

3 Contact

Is a soft, steady, connection between the athlete's hands and horse's mouth. The horse should go rhythmically forward from the athlete's driving aids and 'seek' a contact with the athlete's hands

4 Impulsion

The term used to describe the transmission of energy from the hindquarters being transmitted into the athletic movement of the horse

5 Straightness

A horse is said to be straight when its forehead is in line with its hindquarters, that is, when its longitudinal axis is in line with the straight or curved track it is following

6 Collection

To enable a horse to be collected correctly, all the former criteria must be fulfilled.

- the aim is to improve the balance and equilibrium of the horse
- to develop and increase the horse's ability to lower and engage the quarters for the benefit of the lightness and mobility of the forehead. If the carrying capacity of the hindquarters is sufficiently developed, the horse is then in a position to move in balance and self carriage in