

Competition Badges

Intro to Dressage

Syllabus



Guidelines

- Understand that Dressage develops in the rider a greater understanding of and harmony with their pony
- Present correctly dressed with safe tack, correct standard hat and boots
- Be able to demonstrate the basis of a balanced seat, sitting straight in the saddle
- Be able to ride a 20m circle correctly
- Know the size of a standard 20m x 40m dressage arena (and the positioning of the letters)
- Have an understanding of rhythm and know the footfalls of the three basic paces
- Know what is meant by bend to the inside when on corners, turns and circles and how to achieve this
- Understand what a balanced transition should feel like

Suggested Reading

- To Be a Dressage Rider

**PONY
CLUB**

