



The Centerline

www.azdressage.org

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June 2018

Demonstrating Dressage Lunge and Lunge Seat Lesson Competency

By Michell Combs

USDF developed a certification program to provide a training standard for dressage. The three sections for testing are riding, teaching and lunging. Dorie Vlaten Schmitz organized and hosted the third of three workshops March 24-25. USDF Certified Instructor and USEF "R" Dressage Judge Bill McMullin taught the workshop.



The lunging workshop was an eye-opening, educational experience for participants and auditors. Participants learned how to correctly use lunging equipment and practiced high safety standards, as well as lunged to improve a horse's balance and connection. Then the participants taught a lunge seat lesson to a rider. The participants had to demonstrate the ability to develop, verbalize and execute a lunge seat lesson plan. The horses provided to the participants ranged from very young and inexperienced to older schoolmasters.

Participants were required to wear polished riding boots without spurs, a safety helmet and have a lunge whip in good repair long enough to touch a horse at 15 meters, clean leather side reins with a donut, a cotton lunge line in good repair, a clean leather lunge cavesson or leather buckle to secure the noseband with the bit, and a saddle sit/safety/grab strap. As we learned in all three workshops, a wristwatch was required so we didn't surpass our allotted time. Only three methods of connecting a horse to the lunge line were permitted, and the methods can be viewed on eTrack in the in-depth studies under lunging (I spell it lunging, without the e, for the purposes of this article). All participants were required to ask the lunge seat riders if they had any injuries or fears that might limit movement.

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Letters to the Editor:

If you have comments, suggestions, or wish to express opinions relating to the sport of dressage, submit your letter for consideration to centerline@azdressage.org

Clinic Reviews:

Review a clinic you attended describing the training and what you learned from the clinician. Send submissions to centerline@azdressage.org

Barn News :

This column is for the trainer/barn to brag about the accomplishments of its clients, introduce new clients and horses, update readers about any barn improvements, or talk about any other news of interest to the membership. It's a free plug for the barn, trainer and clients. Send submissions to centerline@azdressage.org

Nuggets:

Do you have a training concept that you would like to share? Something your trainer has said to make your understanding more clear? Please share with other riders by sending submissions to centerline@azdressage.org

Member Submitted Articles:

Submit an article and photo of you and your horse on a topic of interest, a clinic or show experience. We'd love to hear from you! Send to centerline@azdressage.org. If the photo is a riding photo, a helmet for photo is required.

*****Product Endorsements/Advertising*****

In most cases, products and services are considered paid advertising. Occasionally a specific product will be named as to how it benefits the horse or rider, but this is discouraged. Press Releases are welcome. Likewise, articles that are negative in nature concerning a particular product will not be considered for publication.

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¼ Page	\$20
Business Card	\$15

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Send to centerline@azdressage.org.

\$5 for up to 50 words; \$5 per photo; \$5 non-member fee

Web Site:

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Newsletter Deadline: 20th of the previous month

Mail to: ADA Editor, 8804 W Glenn Dr., Glendale, AZ 85305

Email to: centerline@azdressage.org

Please be sure that your check accompanies your ad.

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REGION 5 DIRECTOR'S MESSAGE

Hope everyone is doing well and enjoying their summer with your families and your horses. They are truly a blessing in most of our lives and even a quick snuggle or scratch with the equines or a hug and snuggle with the humans helps bring us happiness and peace.

The USDF Executive Board Spring Meeting took place in April at the USDF offices in Lexington, Kentucky and we had a productive day. This year once again I was able to enjoy a wonderful walk in the Horse Park with Margaret Freeman, Lisa Gorretta and my mom, Anne in the morning before the meetings started and we explored the Landrover cross country course. It made it a little easier to work through the meetings.

We had a very ambitious schedule and sadly, though we covered a lot of the items, we didn't quite make it through the entire agenda and several things have had to be dealt with on conference calls, but we're almost caught up! George Williams and Stephan Hienzsch opened the meeting with a status update on the organization since we had last gathered in person at the USDF convention in December, 2017. We discussed many different programs, our strategic plan, the overall budget and approved the Regional Championship locations for 2019. We will be in Parker, Colorado for Region 5 in 2019. It's great to have the competition rotate throughout our large region! There are several new programs in effect for 2019 including the 3 year old prospect award and the new Adult Equitation program that progresses to the Regional Championship level. The board has begun to look at an assessment of all USDF programs in the next few years and if you have any input please don't hesitate to share.

The 2018 USDF Convention will be November 28-December 1 in Salt Lake City! Coming to Region 5! If any GMOs or barns are interested in sponsoring a coffee break or snack break, please let me know, we'd love to have you on board. We will also be looking for volunteers to help with check in and several other things during the convention.

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We have several declared Junior/Young Rider combinations for the 2018 FEI North American Junior and Young Rider Championships. If you would like to contribute or help with their fundraising efforts, please contact Joan Clay, our Region 5 Jr/YR FEI coordinator at jnclay@comcast.net or 970-420-0877. At this point, sadly I think not many will be making the journey to New York due to the large expense of travelling there, but if we can raise some funds to help them, it might change some minds! Please consider helping these wonderful and hard-working athletes go to what is commonly considered the "Junior Olympics" for dressage.

Till next month!
Heather Petersen
Region 5 Director

High Mountain Dressage
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und Ausbildung*



Ulrike ('Gina')
Rehberg-Sparks
928.533.3693
www.HighMountainDressage.com

HORSESHOE SPRINGS

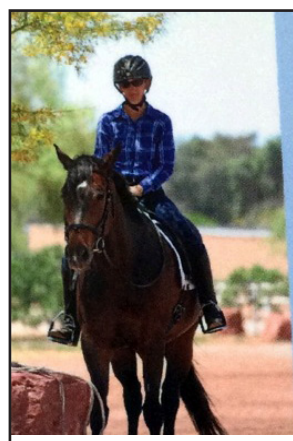


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The Northern Arizona Chapter of Arizona Dressage Association

Proudly presents...

Bereiter Helmut Oberhauser of “The Spanish Riding School of Vienna”

*2 Day Riding Clinic
American Ranch, Prescott AZ*

Bereiter Helmut Oberhauser is an accomplished rider from the world renowned Spanish Riding School and has had a love for horses since an early age. Helmut became “Bereiter” in 2007 and has been with the Spanish Riding School for 21 years. His private students show in European competitions from novice through advanced, successfully competing at all levels. He places an important focus through training on the improvement of the rider’s seat, the quality of the movements, and connection & harmony between horse and rider. He is skilled at in-hand work, and happy to work with riders of all levels on the longe, in regular riding lessons, and teaching in-hand work. Helmut teaches clinics regularly in the UK, South Africa, Sweden, Belgium, Germany, and France. His English is excellent, and he is wonderful at articulating subtleties in lessons with his students. He is very particular about schooling correctly, but is also extremely kind and patient.



Date: “Sunday” August 5th & “Monday” August 6th, 2018

Location: American Ranch, Prescott AZ

Open to: Novice to Grand Prix Riders. Limited to 10 per day. A waiting list will be created.

Riders: Please contact Anne for more information & cost.

Auditor/Spectator: \$50.00 day of event/ \$35.00 in advance / \$60.00 for both days. **Lunch is included!**

Equine professionals: highlight your training or equine related business via table space.

For more information about the Oberhauser Clinic, please contact:

Anne Callahan

(928)910-2877

(hearing impaired, contact preference via email or texting)

runnwildtoo@gmail.com

(Photo credits to SRS Vienna, they are copyrighted & protected by SRS)

Top 5 takeaways from the weekend:

- 1) The goal of lunging a horse is to
 - a. Improve communication between trainer and horse
 - b. Improve condition and muscle tone
 - c. Improve development of the topline
 - d. Improve balance, resulting in better quality gaits
 - e. Improve lateral and longitudinal suppleness

- 2) The Assessment Cycle for Lunging the Horse
Observe: Observe the horse, paying close attention to the balance, rhythm, relaxation and connection.

Analyze: Compare what you observed to the ideal characteristics. Compare strengths and weaknesses.

Plan: What techniques and equipment will the trainer need to use? Focus on only a few faults so the plan can instill confidence.

Implement: Carry out the exercises on the lunge line and make adjustments as necessary. Never be afraid to make adjustments!

- 3) Techniques for lunging the horse:
 - a. Adjusting the stride length
 - b. Transitions
 - c. Spiraling in and out on a circle



USDF recommends that the horse change direction every 5-7 minutes using the two approved methods –a half-turn on the forehand or a change through circle. The horse must stand sideways in the halt and wait for the trainer to approach. The trainer must adjust side reins as necessary for better connection. It might need to begin a little longer and then be adjusted shorter later. It was emphasized that the circle size is important. 15 meters is standard for a lunge circle. The participants were warned not to keep the horse on a small circle in the spiral very long. It is physically exhausting and can cause strain.

The trainer must utilize the V aids with the lunge line and whip. Elbows in and pivot off one heel. Most participants needed some tweaking to keep the V with the lunge line and whip organized.

It is also important for the trainer not to keep the horse connected to the side reins when not actually lunging.

- 4) Participant's learning objectives for the seat lesson:
 - a. Apply the correct use and fit of appropriate lunging equipment
 - b. Demonstrate correct and safe technique in lunging the horse and rider
 - c. Understand the correct rider position with emphasis on the rider's alignment and balance
 - d. Assess the rider's position (we must see the rider in posting and sitting trot for this)
 - e. Implement a seat lesson, teaching techniques and methodology for the rider

5) Assessment Cycle for the Seat Lesson

Observe: Observe the rider in the halt, walk, trot and canter (canter only if appropriate). Take note of the rider's strengths and weaknesses in his or her alignment and balance.

Analyze: Discover where the rider's weaknesses are originating and discuss the observations and analysis with the rider

Plan: What exercises will be used to address the areas of weaknesses? Focus on only a few faults so the plan can instill confidence. Adjust the plan as necessary.

Implement: Carry out the exercises determined in the plan phase. Explain the exercises in the walk or halt and provide the rider reasons behind why those exercises were chosen and how it helps the rider. Always remember to check in with the rider to give and receive feedback.

The workshop would not have been possible without the horses and riders who allowed the participants to instruct them. Dorie scheduled a pre-certification workshop in October 2018 so anyone interested in preparing for the USDF Instructor Certification testing should apply. There will be no auditors for the pre-certification workshop.



Northern Arizona Chapter Arizona Dressage Association

Presents "Two Day Dressage Clinic" with...

Dr. Gail Hoff
of Los Alamos Dressage Center &
Canada Larga Ranch



Dr. Gail Hoff, Owner and Director of Los Alamos Dressage Center, now operating out of Canada Larga Ranch in Ventura, California, is a USDF Gold, Silver and Bronze medalist, a USEF Senior "S" Dressage Judge, a Registered "R" Dressage Sport Horse Breeding Judge, an "R" Western Dressage Judge and an FEI Grand Prix level trainer, clinician, coach, and retired competitor. Gail brings to her clinics an unusually broad experience and educated eye as a judge of both "Western" Dressage & "Classical" Dressage".

Gail's unique ability to quickly detect and correct training/showing problems, helps you to move through your issues, and gain a better understanding of how best to work with the biomechanics of your horse. Gail works with all levels of riders and horses, from beginner to Grand Prix. Her focus is on balance, harmony, and performance through systematic steps based on the classical training scale as applied to each individual horse and rider. This has allowed her to train several horses to Grand Prix and to develop several riders to earn their USDF Gold, Silver and Bronze medals.

Gail developed a very effective system of training called Harmonic Dressage®, which is based on the classic Training Scale. It incorporates a life time of experience as a successful dressage judge, breeder of dressage horses, trainer, competitor and coach.

As a former breeder of Swedish Warmblood (SWB) horses, Gail has bred some of the highest scoring SWB horses in North America!



November 3 & 4, 2018
Dressage Clinic



Location: Carol Lands Arena In Chino Valley
3090 Stewards Slip, Chino Valley, AZ

When: November 3 & 4, 2018.

Cost: TBD & Announced via advertisement

Contact: Kirsten Kuzmanic (951)440-4615

More Details To Follow.

Show Results

APRIL SCHOOLING SHOW

Introductory Walk-Trot Test A 2015

(C) Ganem,			
1	Janet Beals	Cisco Del Rey	65.313%
1	Sanchez Kennedy	Cowboy	61.875%
2	Brenda Johnson	Jazz	61.875%
3	Bob Brown	Insula II	54.375%
4	Kyle Burnis	Miss AM Cleo Star	51.875%

Introductory Walk-Trot Test B 2015

(C) Ganem,			
1	Sanchez Kennedy	Cowboy	64.063%
1	Ashley Bowers	Elena Mabu	62.813%
1	Janet Beals	Cisco Del Rey	60.625%
2	Ashley Bowers	Elena Mabu	60.625%
2	Brenda Johnson	Jazz	60.313%
3	Kennie Davis	Nash	59.375%
4	Kennie Davis	Nash	57.500%
5	Kyle Burnis	Miss AM Cleo Star	51.250%

Introductory Walk-Trot Test C 2015

(C) Ganem,			
1	Ashley Bowers	Elena Mabu	63.250%
1	Susan Mohrig	Guia	55.750%
2	Susan Mohrig	Guia	44.000%

Training Level Test I

(C) Ganem,			
1	Laura L'Heureux	Maxie In Brown	68.478%
2	Julie Swanson	Bad Moon Rising	65.652%
1	Jenneke Zuiderweg	Two Blue Bandit	61.522%
2	Kailie Kilpatrick	Dune Buggy	58.043%

Training Level Test II

(C) Ganem,			
1	Marley Anderson	Athos Do Juliana	68.462%
1	Paula Naughton	Isaiah PJN	63.654%
2	Julie Swanson	Bad Moon Rising	63.462%
2	Bridget Hodges	Wild Thing	61.923%
3	Sierra Koons	EverClear	60.962%
4	Paula Naughton	Isaiah PJN	60.577%
3	Kailie Kilpatrick	Dune Buggy	60.385%

Training Level Test III

(C) Ganem,			
1	Marley Anderson	Athos Do Juliana	66.136%
2	Bridget Hodges	Wild Thing	58.636%

First Level Test I

(C) Ganem,			
1	Lindsey Burns	Bear's Accountant	59.630%

First Level Test II

(C) Ganem,			
1	Laura Borghesani	Dutch	69.688%
2	Laura Borghesani	Dutch	67.031%
1	Sierra Koons	EverClear	61.719%
3	Lindsey Burns	Bear's Accountant	54.844%

Test of Choice

(C) Ganem,			
1	Sara Vogelpohl	Insula II	66.563%
2	Ashley Bowers	Belinda	64.688%
3	Ashley Bowers	Belinda	62.813%
3	Ashley Bowers	Belinda	62.750%
4	Volara Walker	Talisman	61.250%
1	Mary Morgan	Decopage	60.610%
5	Volara Walker	Talisman	56.250%

Test Of Choice-2

(C) Ganem,			
1	Laura Borghesani	Maxie In Brown	69.130%

Eventing Test of Choice

(C) Ganem,			
1	Sara Vogelpohl	Steller Blue	34.773%

Gaited Dressage - Test of Choice

(C) Ganem,			
1	Catherine Peterson	Cappuccino's Sweet	
Sensation			66.563%
2	Catherine Peterson	Cappuccino's Sweet	
Sensation			62.813%
3	Penny Nichols	Bourbon's Mint Julep	60.625%
4	Penny Nichols	Bourbon's Mint Julep	56.875%

Western Dressage-Test of Choice

(C) Ganem,			
1	Tracy Marvelle	Cappuccino's Cherry Blossom	59.286%

Western Dressage Intro TOC

(C) Ganem,			
1	Tracy Marvelle	Cappuccino's Cherry Blossom	63.333%

Western Dressage Basic TOC

(C) Ganem,			
1	Tracy Marvelle	Cappuccino's Cherry Blossom	62.917%

2018 Arizona State Championship Class Qualifiers

Eligible Horse/Rider Pairs as of April 30th

All of the riders listed are current members of an Arizona GMO.
All of the horses listed have been nominated for this year's Arizona State Championship classes.
The horse/rider pairs earned two AZ State qualifying scores under two different judges after the date that the horses' nominating fees were received.

Adult Amateur

Training Level

Brunnighan, Christopher	Flynn Noir
Farthing, Pamela	Santucci
Lindley, Deborah	Sir Renity GHA
Lloyd, Tristan Jade	Summer Solstice
Lovejoy, Jeff	Furstin Carlotta
Owens, Tomi	HS Balou
Putty, Dee	D'Eleganz
Tillman, Laura	Galaxy Quest

First Level

Bartels, Carol Ann	Batino
Bowles, Lara	Vezerre
Carson, Deborah	Gallagher
Gaynes, Annette	Emerald Ice
Goldman, Tiffany	Shakespeare Jet Invader
Lindy, Rebecca	Quintana Roo CR
Murphy, Christine	Paddy O'Shea
Putty, Dee	D'Eleganz
Radda, Tania	Imperio Do Castanheiro
Scarzone, Michelle	Roxie's Jazz Soul
Tillman, Laura	Galaxy Quest

Second Level

Blacker, Marcy	Aul Amira
DeConcini, Jamie	Miss Maisy Mae
Finke, Marie	Un Felino
Kalchik, Allen	Ehregold
Williams, Virginia	Hs Varado

Third Level

Blacker, Marcy	Aul Amira
Buchanan, Anne	Rosette B
Duzan, Barbara	El Tigre D Oro
Hitchcock, Cindy	Daralinde
Hunt, Theresa	Carmen
Jackson, Amy	Bristol

Lundgren, Jeanette
McGee, Karen
McKinney, Lynn
Super, Alexandra
Taylor, Shelene
Teodori, Janet
Vinger, Kelly

Fourth Level

Berry, Bobbi
Brookhart, Kendall
Crinnian, Susan
Hitchcock, Cindy
LaCroix, Cindi
Lundgren, Jeanette
Manning, Megan
Reynolds, Jodi

Prix St Georges

Berry, Bobbi
Manning, Megan
Sklar, Laine

Intermediare I

Lindsten, Sarah

Intermediare B

Lindsten, Sarah

JR/YR

Training Level

Miller, McKenzie
Noonan, Jesssica
Wickham, Ashley
Wilmot, Carly

First Level

Goodwin, Gila

Second Level

Miller, McKenzie
Parks, Isabella

Third Level

Riddell, Kenzie

Zanzybar
Flash K
Diego
Alexa Bella
Brioso
Solaris
Dona Isabella

Redhawk's Florencianna
Rianna
Titan
Daralinde
Marbella
Zanzybar
SR Ssavant
CJA Debbonheir

Redhawk's Florencianna
SR Ssavant
Paladin SF

Raoul

Raoul

Fuertado
Quadillo
Bravado
Classie Com

Aramis

Romantic Man
Cancun EE

Stonewall Good Deal Lady

Open

Training Level	
Borghesani, Laura	Moxie in Brown
Hatch, Toah	Joyride B
McKee, Bobbie Lynn	Billy the Kid II WF
Yacobucci, Kim	Ichiban

First Level

Decesari, Laura	Santucci
Jackson, Cyndi	Florisson
McKee, Bobbie Lynn	Billy The Kid II WF
Riddell, Wendy	#Hashtag
Riddell, Wendy	Welcome

Second Level

Majeski, Cassandra	Leonardo
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Third Level

Rehberg-Sparks, Ulrike	Leaguers Gold Rush
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Prix St Georges

Jackson, Cyndi	Hanseat
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Intermediare I

Jackson, Cyndi	Ehrengold
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Grand Prix

Eikel-Baughman, Nathalie	Narok
Rehberg-Sparks, Ulrike	Orive Yet
Undabarrena, Miguel	Miguel Al Vida

Horses Nominated for Arizona State Championship Classes

Eligible as of April 6th

Please check the Horse's USDF number and the spelling of the Horse's name.
Email Sue Leutwyler at scores@azdressage.org if there are any errors.

Date Paid	Horse	Horse USDF	Horse Owner
17-Nov-17	#Hashtag	1120838	Riddell, Wendy
02-Nov-17	Action Jackson	1086464	Hilton, Heidi
25-Jan-18	Aegyptian Gold	41071	Powers, Sondra
04-Nov-17	Alexa Bella	1109731	Galante, Michele
17-Nov-17	Alle In One	1090398	Yacobucci, Kim
13-Nov-17	AMF Tonka Toy	1095412	Kirberger, Samantha
17-Nov-17	Angel	1105611	Riddell, Wendy
16-Mar-18	Aramus	34729	Goodwin, Gilla
06-Oct-17	Athos Do Juliana	1112316	Sundquist, Kirsten
03-Nov-17	Aul Amira	1105312	Blacker, Marcy
11-Feb-18	Bacioni	1092379	McFadden, Marji
12-Oct-17	Batino	1116286	Bartels, Carol Ann
16-Jan-18	Beon Alla Czar	1123913	LOSKILL, JILL
02-Jan-18	Billy the Kid II WF	1125728	McKee, Bobbie
31-Oct-17	Bravado	1118008	Wickham, Paul
06-Oct-17	Brioso	1032202	Taylor, Shelene
29-Nov-17	Bristol	1105402	Jackson, Amy
05-Mar-18	Bronson	1123671	Blaney, Leslie
15-Nov-17	Cancun EE	1108529	Parks, Alison Krupa
06-Oct-17	Cantante	1123050	Algozaibi-Stoklos, Aida
25-Sep-17	Carbonero De La Rosa XII	1116583	Hope-Reese, Theresa
16-Mar-18	Carmen	1096123	Hunt, Theresa
04-Nov-17	Chipper One	1083844	LaCroix, Cindi
05-Mar-18	Cinmars Dance	1127305	Borghesani, Laura

26-Oct-17	CJA Debbonheir	1076855	Reynolds, Jodi
07-Nov-17	Classie Com	1110520	Linn, Christine
15-Jan-18	Claudio	1112319	Jones, Christie
03-Nov-17	Cream Soda	45326	Beebe, Jane
03-Nov-17	Dacapriella	1111462	Barngrover, Alyssa
02-Oct-17	Daralinde	1100645	Hitchcock, Cindy
31-Oct-17	Decked With Chrome	1082748	Schwartz, Maureen
11-Feb-18	D'Eleganz	1116642	Putty, Dee
19-Jan-18	Diego	1118041	McKinney, Lynn
19-Jan-18	Don Viamo	1110895	Mooney, Michele
12-Oct-17	Dona Isabella	1083616	Vinger, Kelly
17-Nov-17	Dona Rosa	1083634	Yacobucci, Kim
03-Nov-17	Ehregold	1098052	Kalchik, Allen
13-Oct-17	El Tigre D Oro	1103886	Duzan, Barbara
09-Mar-18	Emerald Ice	1088082	Gaynes, Annette
15-Mar-18	Fable's Feiner Ebony	1130373	Potter, Linda
06-Oct-17	Fandango GSF	1105992	Doty, Kristy
02-Oct-17	Finau-Riche D'Apardi	1117656	Hitchcock, Cindy
18-Nov-17	Finesse	1111176	Majeski, Casi
02-Oct-17	Flash K	1079539	Rehberg-Sparks, Ulrike
04-Oct-17	Florisson	1123137	Damiano, Ann
19-Jan-18	Flower Power	1123982	Farthing, Pamela
02-Mar-18	Flynn Noir	1073123	Rogers, Kristie
11-Oct-17	Fuertado	1095271	Miller, McKenzie Kenzies
15-Mar-18	Furstin Carlotta	1130309	Lovejoy, Jeff
04-Nov-17	Galaxy Quest	1118848	Tillman, Laura
06-Apr-18	Gallagher	1106376	Carson, Deborah
08-Mar-18	Godven	1007578	Chandler, Stephanie
02-Mar-18	Hanseat	1108733	Goldman, Tiffany
11-Nov-17	Hollywood	1119666	Lent, Stacey
04-Nov-17	HS Balou	1092532	Owens, Tomi
01-Mar-18	Hs Varado	1086690	Williams, Virginia
04-Mar-18	Huntin Justice MAQ	1130004	Schaffner-Fegard, Corina
04-Nov-17	I Wont Kiss N Tell	1101633	Pollack, Jaime
17-Nov-17	Ichiban	1028125	Yacobucci, Kim
19-Nov-17	Imperio Do Castanheiro	1127378	Radda, Tania
06-Apr-18	In D'Aire	1104314	Earl, Kate
03-Jan-18	Joyride B	1128674	Buchanan, Anne
31-Oct-17	Just A Little Cookie	1110761	Nicolson, Brianna
10-Oct-17	Kinetic Romance	1106631	Norman, Joanna
01-Nov-17	Leaguers Gold Rush	1118910	Jacobsen, Lavonne
25-Nov-17	Leonardo	1127884	Olasen, Melinda
31-Mar-18	Lily Langtry	37555	Baysa, Juliet
06-Apr-18	L'Vis	1101052	Willing-Mahler, Julie
23-Sep-17	Mad Mardigan	1090522	Hanes, Lorinda
23-Sep-17	Maid of Honor IPH	1128224	Hanes, Lorinda
04-Nov-17	Marbella	1064567	LaCroix, Cindi
16-Mar-18	Maronda	1026688	Parrish, Susan
27-Mar-18	Miguel Al Vida	1117340	Undabarrena, Miguel
17-Nov-17	Miss Maisy Mae	1109795	DeConcini, Jamie
06-Apr-18	Moxie In Brown	1130120	L'Heureux, Laura
11-Feb-18	Mystiques Calisto	1111468	Seabury, Dian
25-Oct-17	Narok	1065886	Eikel-Baughman, Nathalie
18-Jan-18	One Diva	1111374	Shamsheeva, Alena
25-Sep-17	Orive Yet	1088004	Hope-Reese, Theresa
03-Nov-17	Paddy O'Shea	1106000	Murphy, Christine
19-Jan-18	Paladin SF	1089157	Sklar, Laine
06-Oct-17	Peter Pan	1099209	Doty, Kristy

06-Apr-18	Pirazzi	1071717	Coleman, Cynthia
16-Jan-18	Plaudit	1123926	Loskill, Jill
06-Mar-18	Pumpkin(Winstar)	36480	McLaughlin, Wendy
06-Apr-18	Qharma	1097280	Winans-Shank, Dawn
05-Mar-18	Quadillo	1130264	Noonan, Jessica
04-Nov-17	Queen Lateephah	1108543	Lindy, Rebecca
04-Nov-17	Quintana Roo CR	1099117	Lindy, Rebecca
19-Jan-18	Raoul	42633	Lindsten, Sarah
06-Nov-17	Razmitaz	1095463	Sherwood, Catalina
11-Feb-18	Redhawk's Florencianna	1094710	Berry, Bobbi
18-Jan-18	Rianna	1100080	Brookhart, Kendall
03-Nov-17	Risky Business	1019085	Jackson, Cyndi
17-Nov-17	Rock Me Amadeus	1106914	Rodda, Joann
03-Nov-17	Romantic Man	1114304	Miller, McKenzie Kenzies
16-Jan-18	Rosenstyle	1084398	Jones, Cathy Lee
21-Oct-17	Rosette B	1117432	Buchanan, Anne
12-Jan-18	Roxie's Jazz Soul	1118403	Scarzone, Michelle
03-Mar-18	Saltspring Shires Teddy	1115209	Goldman,Tiffany
19-Jan-18	Santucci	1117436	Farthing, Pamela
02-Mar-18	Shakespeare Jet Invader	1115206	Goldman,Tiffany
19-Feb-18	Sir Esplendido	1129739	Farthing, Pamela
04-Jan-18	Sir Renity GHA	1127196	Lindley, Deborah
17-Nov-17	Slipstream	1107169	Tripp, Sherrill
27-Sep-17	Solana	1095395	Kurbat, Margaret
08-Mar-18	Solaris(Pavan)	1115375	Teodori, Janet
17-Nov-17	Solterro	1128600	Patterson-Blalock, Shari
17-Nov-17	Sonewall Good Deal Lady	1027211	Bill, Laura
16-Mar-18	SR Ssavant	1100223	Manning, Megan
06-Apr-18	Sterling	1102081	McLaughlin, Wendy
05-Feb-18	Summer Solstice	1122785	Lloyd, Tristan
24-Oct-17	Sylvano	1057379	Ziurys, Lucy
05-Oct-17	Talara	1091266	Finnegan, Kara
27-Mar-18	Teodoro III	1105849	Radda, Tania
23-Sep-17	Titan	1071498	Crinnian, Susan
17-Oct-17	Un Felino	1118366	Finke, Marie
18-Feb-18	Up Tempo	1086262	Degiolamo, Carol
19-Jan-18	Vezerre	1069896	Bowles, Lara
29-Oct-17	Wallstreet Whisper	1067813	Poe, Yvonne
04-Nov-17	Welcome	1121107	Werstler, Danielle
06-Oct-17	Wendo	1076617	Lorenzen, Kay
12-Feb-18	WT Daisha	1129625	Reiter, Colleen
06-Oct-17	Xango de Quintana	1085760	Sundquist, Kirsten
06-Apr-18	Zantango	1080159	Carson, Deborah
04-Nov-17	Zanzibar	1095562	Lundgren, Jeanette

The Art of Being Obnoxious

By Susan Downs Parrish, Ph.D.

Shoulder-in entwickeln—ever heard of it? Neither had I until recently when I read Walter Zettl's *Dressage in Harmony*. Shoulder-in entwickeln is a simple pattern with genius in it, and it has changed my life. After working with this pattern for a month, my contact with the outside rein improved, so I can move Maronda's shoulders pretty much at will. Engagement is fundamental to shoulder mobility. Of course, engagement is fundamental to just about everything. This one pattern (don't confuse simple with easy) addresses all seven elements of Zettl's training scale: Rhythm, Relaxation, Contact, Schwung, Straightness, Suppleness, and Collection. Zettl doesn't make this bold statement, but I do without hesitation.

German master Col. Herbert Aust introduced Zettl to shoulder-in entwickeln. Zettl prefers entwickeln to the English translation, "developing." According to my friend, Scarlett Fehrenson, many German riding terms don't translate well into English. My one semester of German doesn't allow me to speak to this issue in general, but for entwickeln, the word "developing" doesn't begin to express the scope and power of this pattern. Shoulder-in entwickeln can be ridden in any gait, and travers and renvers entwickeln are variations of this pattern. In this piece, I have chosen to focus on the shoulder-in version, but the same benefits accrue from the other combinations.

Here is the pattern. Ride down the long side in shoulder-in, then ride straight on a diagonal away from the rail for two strides before moving back to the rail in shoulder-in. To straighten, align the shoulders with the hindquarters by using the outside rein and outside leg. If this combination of movements sounds hard that's because it is! Riders who

can visualize the difficulty are on the right path. As a first goal, perform this sequence three times. According to Zettl, it's possible to ride the sequence ten times on the long side between F and M or K and H. I'll let you know if I ever achieve this goal. I'm up to five or six times at trot and sometimes canter.

Shoulder-in entwickeln is magical. It demands phenomenal refinement of the aids. To achieve communication on this level, the aids have to be so subtle as to be almost mental rather than physical. The seat and legs have to dominate. If a rider relies on his hands and has a weak seat, he won't get it. If the horse fakes the shoulder-in by simply carrying the haunches to the inside rather than stepping under with the inside hind foot toward the print of the outside front foot, then the rider will have trouble straightening the horse and riding on a diagonal. In other words, if the shoulder-in is mere "neck-in" on a crooked horse, the rider will notice.

Credit for developing the shoulder-in goes to French dressage master François Robichon de la Guérinière (1688–1751). Guérinière called the shoulder-in the alpha and omega of all exercises. I'm thinking about reading his book, *L'Ecole de Cavalerie*. You will know if I follow through with this threat because I will become more insufferable than I am.

We "know" the importance of shoulder-in, but it's easy to take this basic movement for granted. Shoulder-in isn't something to be mastered in the early stages before moving on to more exciting movements like pirouette. Time spent riding shoulder-in entwickeln has reminded me of the power of a correct shoulder-in.

Now we come to the Training Scale. A correct shoulder-in requires rhythm and relaxation, the first two elements of the Training Scale. Don't start shoulder-in entwickeln unless



NUGGETS

"No matter how many mistakes you make or how slow you progress, you're still way ahead of everyone who isn't trying."

- Tony Robbins

Does your trainer or clinician or fellow rider have some quotes or pearls of wisdom that he or she states that crystallize a concept for your riding? If so, please e-mail them to centerline@azdressage.org, and they will be considered for publication.

rhythm and relaxation have been established in the warm-up. In a Tucson Dressage Club symposium a few years ago, Beth Baumert offered a phrase that rings in my head when I warm up: "Shoulder-fore forever." I test the effectiveness of my warm-up by riding shoulder-fore.

Begin the pattern by performing a shoulder-in on the long side of the ring. After a few strides, straighten the horse and travel on a diagonal toward the centerline. To straighten, use the outside rein and the outside leg.

After two months of work on this pattern, use of the outside rein paired with my outside leg has generated an elastic feeling in my hand. My contact with Maronda's mouth (the third element in the Scale) has improved. In addition, I am more attuned to her hind legs: I can feel whether she is straight or crooked. Schwung is the fourth element in the Scale. We know what schwung feels like. Right? Here is how Zettl describes this element:

Schwung. Describes the power of the hindquarters that carries the horse forward and its transmission over the back. Expression of this power requires an engaged, active hind leg and the release of the propulsive energy over the back, withers, neck, poll, mouth, and back to the receiving influence of the rider's hand. The closely related term, engagement of the hind leg, refers to the articulation of the joints of the hind leg, and like a spring gives more energy the more it is compressed. As relaxation and rhythm are the mental prerequisites for work, Schwung is the physical prerequisite. Only when the horse has Schwung can one ride in relaxed rhythm, with contact, supple, straight, and collected. There can be Schwung without collection, but never collection without Schwung. (Dressage in Harmony, 1998, p. 13)

Zettl's words about Schwung capture my experience as mastery of shoulder-in entwickeln has progressed. "Propulsive energy over the back," "articulation of the joints of the hind leg," and suppleness were not in my mind as I started riding this pattern. All my attention was directed toward producing the elements in the pattern. But after two and one-half months, my awareness expanded and I felt Schwung. When I read Zettl's



description I nodded in agreement.

Let me include one more lengthy Zettl quote to illustrate another aspect of what I have felt.

Suppleness. The power of the hind leg and control through the weight, leg, and hand will come to work against the rider's aims unless the horse is willing and able to flex and to readily follow the directives of the rider. Elastic, obedient fluidity of movement is the essence of suppleness, whether expressed through a supple back that transmits the power of the hind leg forward, or a softness to lateral bending that allows the horse to effortlessly flow from one small figure to another. The horse must always be ready to go forward, sideways, or backward and all turns must be made without resistance. In other words, the horse should respond easily to the rider's aids. (Dressage in Harmony, 1998 p. 14)

Zettl reveals the essence of suppleness: effortless flow, hind leg forward, softness of lateral bending, willingness to go forward, sideways or backward. Suppleness is one goal of shoulder-in entwickeln. To achieve this goal, the rider must concentrate on perfecting the pattern. The challenge of this simple pattern cleared my mind. I tuned

Continued on page 17

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A photograph of a rider on a white horse jumping over a log obstacle. The horse is in mid-air, with its front legs tucked and its back legs pushing off. The rider is wearing a red helmet and a red and white shirt. The background shows a landscape with trees and hills.

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The Arizona Dressage Association is a not-for-profit organization whose goal is to promote the advancement of classical dressage through educational opportunities and programs, and the rigorous evaluations received at recognized and schooling dressage shows.



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USDF Recommended Reading List

USDF Training Manual (Classical Training of the Horse) – USDF

The Principles of Riding – German National Equestrian Federation

Advanced Techniques of Dressage – German National Equestrian Federation

USDF Pyramid of Training – USDF

The Gymnasium of the Horse – Gustav Steinbrecht

The New Basic Training of the Young Horse – Ingrid & Reiner Klimke

Cavalletti for Dressage and Jumping – Ingrid & Reiner Klimke

When Two Spines Align – Beth Baumert

Balance in Movement: The Seat of the Rider – Suzanne von Dietz

Thinking Riding – Books 1 & 2 – Molly Sivewright

The Complete Training of Horse and Rider – Alois Podhajsky

The Riding Teacher – Alois Podhajsky

An Anatomy of Riding – Drs. H. & V. Schusdziarra (Reprinted as Anatomy of Dressage with USDF as the co-publisher)

Rider & Horse Back to Back – Susanne von Dietze

Practical Dressage Manual – Bengt Ljungquist

Dressage with Kyra – Kyra Kyrklund

Dressage: A Guidebook for the Road to Success – Alfred Knopfhart

The Competitive Edge II – Dr. Max Gahwyler

Riding Logic – Wilhelm Müseler

101 Dressage Exercises for Horse & Rider – Jec Aristotle Ballou

Equine Locomotion – Dr. Willem Back and Dr. Hilary Clayton

Continued from page 15

into Maronda's movement relative to the pattern. As we progressed, the elements of the Training Scale became dynamic rather than static. Schwung and Suppleness were no longer words in my head but sensations in my body. This came to me as I reviewed Maronda's progress over a cup of tea.

As Maronda's schwung and suppleness have improved, it's no longer necessary to think about counting the number of steps we travel off the rail onto the diagonal. I feel the rhythm of the two steps within my body. This is what being one with the horse feels like.

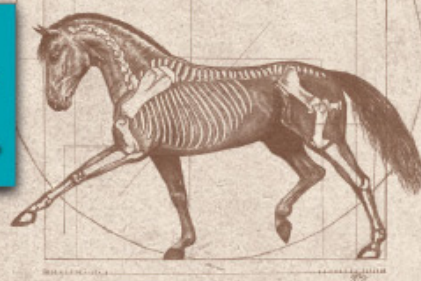
So far, I've covered Rhythm, Relaxation, Contact, Schwung, Straightness, and Suppleness. What about Collection? Zettl describes Collection as the culmination of the preceding six elements of the Training Scale. My experience validates this statement because Collection has been the reward for diligence in performing shoulder-in and renvers entwickeln. I throw in the renvers version because I worked on it as my confidence in the shoulder-in version grew. The result: greater mobility of the haunches.

The experience of touching on each element of the Training Scale and arriving at Collection strikes me as phenomenal. This is why I describe shoulder-in entwickeln as a pattern with genius in it. I have studied and ridden many patterns, but this is the only pattern I've found that

insists on covering every element of the Training Scale and rewards diligence with Collection. Thank you Col. Aust! "Ride your horse forward and make him straight," the words of German master Gustav Steinbrecht are probably familiar to every dressage rider. Shoulder-in entwickeln forces us to keep Steinbrecht's words in mind. Now is when I flash my credentials as a neuropsychologist. What you have in mind as you ride matters, because unbeknown to you, your body reflects what you have in mind. A horse notices when a rider twitches a muscle or two. We know this because a horse is sensitive enough to feel a fly on his flank. In dressage, we teach the horse the language of our body, the language of our twitches. To ponder shoulder-in entwickeln is to be captured by the idea of being one with the horse.

I suggest working on shoulder-in entwickeln for a month or two, then reread this article. You might find yourself nodding your head as you read. If you do, don't thank me, thank Zettl and Col. Aust. By the way, when someone watches and asks what you're working on, say: "The entire Training Scale as conceived by Walter Zettl." If you want to be really obnoxious, look at the person and add: "Of course, my main focus is on those things that precede Collection. You know—Schwung, Straightness, Suppleness."

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Next Recognized Show -



ADA MOUNTAIN AIR/PINES

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<https://azdressage.org/flagstaff-shows/>



Dear Dressage Enthusiast,

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The "Ski City" slopes of Park City (which held the 2002 Winter Olympics) are just 28 miles east of Salt Lake City, and host wonderful skiing and many other winter activities. You can also travel just 19 miles to the west and see the Great Salt Lake. Both locations offer convenient shuttles from several downtown Salt Lake City locations.

Join us to learn about the latest developments in the dressage community, influence the direction of dressage in the United States, and celebrate the achievements of those in our sport.

We look forward to seeing you in Salt Lake City!

Sincerely,
USDF


Group Members can apply for the Ruth Arvanette Memorial Fund Grant, which allows one deserving individual to attend the 2018 Adequan®/USDF Annual Convention, by providing funds to cover the cost of attendance. Applications must be received by August 31.



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**ARIZONA RECOGNIZED DRESSAGE SHOWS
2018 CALENDAR YEAR / 2018 YEAR END AWARDS**

SHOW	LEVEL	SHOW DATE	OPENING DATE / CLOSING DATE	JUDGES
Roadrunner I & II, Tucson, AZ	2	I: June 2-3, 2018 II: July 14 -15, 2018	I: April 3 / May 23 II: May 15 / July 2	I Judges: Dorie Vlatton-Schmitz "S", "R" TBA II Judges: "S" TBA, "R" TBA
ADA Mountain Air & Dressage in the Pines Flagstaff – Fort Tuthill County Park	2	August 11-12, 2018	June 14 / July 13	TBD
Great American Insurance Group/United States Dressage Federation Region 5 Dressage Championships licensed by United States Equestrian Federation Inc. & ADA October Fest Scottsdale -- WestWorld	3	October 5-7, 2018	August 6 / September 5	Hilda Gurney "S", Heidi Berry "S"
ADA Fall Fiesta & AZ State Championships Scottsdale -- WestWorld	3	November 4-5, 2018	September 9 / October 6	Carter Bass "S", Margaret Freeman "S", Jan Curtis "S"
TDC Fall Festival I & II Tucson – Pima County Fairgrounds	3	November 17-18, 2018	September 23 / November 3	Brent Hicks 'S' CA & Creeky Routson 'S' CA

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CALENDAR OF EVENTS

MARCH 2018

12: ADA Regular Meeting 6:30PM, Location TBD. Contact enews@azdressage.org for details.

4: ADA March Schooling Show. Location: Bar A Ranch, Scottsdale, AZ. Judge: Michell Combs. \$20/class; \$15/day for Schooling Only; \$10/day Non-Member Fee. See [Entry Form online](#)>

4: Dressage Schooling Days. Location: Carefree Farms, Phoenix, AZ. Judge: TBD. \$35/class. For more information see www.carefreefarms.net>

17-18: TDC March Madness I & II, Location Pima County Fairgrounds, Tucson, Judges: TBD; Manager Jay Chabucos - JayChabucos@gmail.com, Secretary Debbie Garris - dgarris@horseshowolutions.com

24-25 : USDF Instructory/Trainer Program. Location: Central Arizona Riding Academy, San Tan Valley, AZ. Workshop #3: Lunging. For more info & applications, contact 480-580-0634 or dvschmitz@msn.com. Also see <https://www.usdf.org/education/instructor-trainer/t4.asp>

APRIL 2018

7-8: ADA Spring Celebration, Location WestWorld of Scottsdale, AZ. Judges: TBD; Manager: Jay Chabucos, JayChabucos@gmail.com, Secretary: Sue Plasman, s.plasman@azdressage.org

9: ADA Regular Meeting 6:30PM, Location TBD. Contact enews@azdressage.org for details.

14: ADA April Schooling Show. Location: Dale Creek Equestrian Village, Litchfield Park, AZ. Judge: Cynthia Ganem. \$20/class; \$15/day for Schooling Only; \$10/day Non-Member Fee. See [Entry Form online](#)>

MAY 2018

14: ADA Regular Meeting 6:30PM, Location TBD. Contact enews@azdressage.org for details.

JUNE 2018

2-3: Road Runner I; location: Pima County Fairgrounds, Tucson, Judges: TBD; Manager Rosemary Panuco, Appeals1@aol.com

11: ADA Regular Meeting 6:30PM, Location TBD. Contact enews@azdressage.org for details.

16: Introduction to Western Dressage With ELLIE STINE MASEK; location: Wentz Point Arena, Marana, Contact: Kris Mehrabani kmehrabani@gmail.com for details.

JULY 2018

9: ADA Regular Meeting 6:30PM, Location TBD. Contact enews@azdressage.org for details.

14-15: Road Runner II; location: Pima County Fairgrounds, Tucson, Judges: TBD; Manager Rosemary Panuco, Appeals1@aol.com

AUGUST 2018

5-6: NAC of ADA Beireter Helmut Oberhausen Clinic; location: American Ranch, Prescott, Contact: Anne Callahan (928)910-2877

11-12: ADA Mountain Air & Dressage in the Pines; location: Fort Tuthill County Park, Flagstaff, Judges: TBD; Jay Chabucos - JayChabucos@gmail.com, Secretary: Sue Plasman, s.plasman@azdressage.org

13: ADA Regular Meeting 6:30PM, Location TBD. Contact enews@azdressage.org for details.

SEPTEMBER 2018

10: ADA Regular Meeting 6:30PM, Location TBD. Contact enews@azdressage.org for details.

OCTOBER 2018

5-7: Great American Insurance Group/United States Dressage Federation Region 5 Dressage Championships licensed by United States Equestrian Federation Inc. & ADA October Fest, Location WestWorld of Scottsdale, AZ. Judges: Hilda Gurney "S", Heidi Berry "S"; Manager: Jay Chabucos, JayChabucos@gmail.com, Secretary: Sue Plasman, s.plasman@azdressage.org

8: ADA Regular Meeting 6:30PM, Location TBD. Contact enews@azdressage.org for details.

NOVEMBER 2018

3-4: ADA Fall Fiesta & State Championships, Location WestWorld of Scottsdale, AZ. Judges: Carter Bass 'S', Margaret Freeman 'S', Jan Curtis 'S', Bill McMullin 'S'; Manager: Jay Chabucos JayChabucos@gmail.com, Secretary: Sue Plasman s.plasman@azdressage.org.

3-4: Clinic with Dr. Gail Hoff, Location Carol Lands Arena, Chino Valley, AZ. Contact: Kirsten Kuzmanic (951)440-4615

12: ADA Regular Meeting 6:30PM, Location TBD. Contact enews@azdressage.org for details.

17-18: TDC Fall Festival I & II, Location Pima County Fairgrounds, Tucson, Judges: Brent Hicks 'S', Creeky Routson 'S'

DECEMBER 2018

10: ADA Regular Meeting 6:30PM, Location TBD. Contact enews@azdressage.org for details.



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