

LANDERS FARM L.L.C.

TRAINING SYLLABUS

By Michael Beining

The basic principal of dressage training is **repetition**. Look at the world's top athletes: they practice their routines, their workouts, their skills a million times over in training, especially before big competitions.

Dressage is a sport, and you are an athlete. By repeating certain training sets over time, both the horse and the rider can improve motor skills, develop intuitive understanding of their bodies, and more efficiently track their performance. Repetition is a predictable and structured routine that can be adhered to without compromising sound training principles. The structure actually helps athletes make more efficient use of their time.

To properly use this syllabus, you should review the objectives for your riding level. Read the material in advance to better grasp what is expected of each student, and use the outline after your lessons as a summary to help you remember what you have learned. In some areas you will be familiar with the material, and in others you should recognize the need for further instruction.

Measure your own progress by trying to identify and describe the items named or outlined. During your session you should become familiar with progressively more of the items listed. Your performance will be measured throughout the lessons by your instructor's constant observation.

There will also be tests for special skills, which you must master in order to advance to higher level in the program. Be prepared to ask questions based on your working through the syllabus.

REQUIRED READING

1. Michael Beining, *An Introduction to the Classical German System of Training the Dressage Horse*;
2. *Principles of Riding*, by German National Equestrian Federation (1997). ISBN-10: 1872119719. This book sets down the fundamental principles of the German system and includes considerations of the psychological aspects of horse and rider relationship. Fully illustrated with drawings and illustrations.

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3. *Advanced Techniques of Dressage*, by German National Equestrian Federation (2003). ISBN-10: 1872119646.

RECOMMENDED READING

1. Gustav Steinbrecht, *The Gymnasium of the Horse*. (1995) ISBN-10: 0933316046. The classic work by Gustav Steinbrecht considered the bible on horsemanship.
2. Waldemar Seunig, *Horsemanship*. (1961). ISBN-13: 9780385010153. *Horsemanship* remains one of the most comprehensive and enduring books ever written on the training of horse and rider, from the basics to haute école.
3. Susanne Von Dietze, *Balance in Motion: How to Achieve the Perfect Seat*. (2005) ISBN-10: 1570763305. Susanne von Dietze is a physiotherapist, riding instructor, and active dressage competitor. She frequently tours the U.S. and Europe, presenting lectures and clinics.
4. Moshe Feldenkrais, *Awareness Through Movement* (2009). ISBN-10: 0062503227. Easy-to-Do Health Exercises to Improve Your Posture, Vision, Imagination, and Personal Awareness.
5. Moshe Feldenkrais, *Embodied Wisdom* (2010). ISBN-10: 1556439067. The Feldenkrais Method has been shown to dramatically improve individual functioning by increasing self-awareness and facilitating new patterns of thinking, moving, and feeling.
6. Mary Bond, *The New Rules Of Posture* (2006). ISBN-10: 1594771243. A manual for understanding the anatomical and emotional components of posture in order to heal chronic pain.
7. Cheryl A. Coker, *Motor Learning and Control for Practitioners*. (2009). ISBN-10: 1890871958. The book offers an applied approach to the principles of motor learning and control. This user-friendly text--with its wide range of examples and teaching tools--provides future professionals in physical education, kinesiology, exercise science, coaching, athletic training, physical therapy, and dance with the tools they need to build a solid foundation for assessing performance.
8. Eugen Herrigel, *Zen in the Art of Archery* (1999). ISBN-10: 0375705090. A classic work on Eastern philosophy, *Zen in the Art of Archery* is a charming and

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- deeply illuminating story of one man's experience with Zen. Eugen Herrigel, a German professor of Philosophy in Tokyo.
9. Reinhard Kammer, *Zen and Confucius in the Art of Swordsmanship*. (1978). ISBN-10: 0710087373.
 10. Joseph E. Muscolino, *The Muscular System Manual: The Skeletal Muscles of the Human Body*. (2017) ISBN-10: 0323057233. This innovative, vibrantly illustrated atlas details the muscles and bones of the human body with unrivaled clarity and helps you build the strong anatomic understanding needed for success in practice.
 11. Karlfried Graf Duerckheim, *Hara: The Vital Centre of Man*. (1988). ISBN-10: 0042900123. This book gives an explanation of the age-old technique of the Zen masters. He discusses its emphasis on inner calm and balance, on empirical learning and cultivation of tranquility and self-knowledge through the perfection of arts such as painting and archery, which offers an alternative to the frustration of modern life.
 12. Lulu E. Sweigard, *Human Movement Potential: Its Ideokinetic Facilitation* (2013). ISBN-10: 1626549443. Dr. Lulu Sweigard explores the capacity of our nervous system to uncover the most efficient and healthy neuromuscular interactions for movement.
 13. Anders Ericsson, *Peak: Secrets from the New Science of Expertise*. (2016) ISBN-10: 0544456238. Expert performance guru Anders Ericsson has made a career studying chess champions, violin virtuosos, star athletes, and memory mavens.

VIDEO MATERIALS

1. Michael Beining's private dressage video collection, including highlights from both world-class riders and Michael's students;
2. Dressage videos, including riders such as Olympic coach Rudolf Zeilinger working with lower and upper level dressage horses, along with an explanation of the Scale of Training and its practical application;
3. Schooling a Horse vol. 1-5 by Rudolf Zeilinger;
4. Isabell Werth's dressage techniques vol. 1-3.

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LEVELS OF ACHIEVEMENT

Professional dressage composes the following levels: 1st, 2nd, 3rd and 4th level, Prix St George level and Intermediate I and II levels, and finally Grand Prix level.

Level 1: Trainee has independent control of the horse and has learned how to apply tack. First Level Dressage continues to develop the horse's suppleness by adding lengthening of stride, 15m circles, single loops and leg yielding. These movements are also excellent indicators of the development of the horse's balance and thoroughness, as well as his ability for forward movement through thrust (i.e. - lengthening of stride). Here is where they develop the necessary skills, training and musculature to perform the advanced level movements of the higher levels.

First Level is comprised of 3 tests. Rider may also choose to perform a Musical Freestyle at this level. These tests include walk, trot and canter work. They also contain leg yielding, single loops, lead changes through trot and smaller circles demonstrate the horse's balance and responsiveness. These movements also illustrate the advancement of the horse's suppleness from the Training level. The horse and rider must demonstrate their ability to effectively perform these movements because they are the pre-cursor to the shoulder-in, travers, rein-back, shortening of stride and collection required at Second Level. **First Level Dressage Required Movements include:**

- Medium walk
- Free Walk
- Trot - sitting or rising 20 meter circles & changing of rein across the diagonal, working & lengthening of stride, 1/2 circle 10m, leg yield, and the stretch down
- circle
- Canter - 15m circle, working & lengthening of stride, change of lead through trot
- Halts - trot to halt

Level 2: Rides well-balanced through the paces and can catch, groom, and completely and properly tack-up the horse. Second level dressage adds another element to the horse's training by starting collected work. This shows that the horse is able to accept weight on the hind quarter, thus giving him the more "uphill" carriage required for pirouettes in his later training. The elements of previous levels are judged more critically now and transitions between medium and collected gaits are more important. This level sees the addition of Counter Canter, Shoulder In, Travers, Simple Lead Changes and Rein-Back, as well as Collection in Trot and Canter.

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Second Level is also comprised of 3 tests. The Musical Freestyle is also performed at this level. These tests include walk, trot and canter work. The horse and rider must also demonstrate their ability to perform the Shoulder-In, Travers, Rein-Back, Simple Lead Changes and Collection at both the Trot and Canter. **Second Level Dressage Required Movements include:**

- Trot - Medium & Collected
- Walk - Medium, Free and Shorten Stride
- Canter - Medium & Collected, Counter-Canter & Simple Lead Changes
- Halts - trot to halt

Level 3: The movements at this level should be executed without tension. Third level dressage adds the half pass and flying lead change elements to its tests. This level is used to determine the horse's ability to perform the medium and extended paces required at second level. The transition to and from collected gaits is equally important at third level. Furthermore, the horse is judged on suppleness, rhythm, thoroughness, impulsion, straightness and acceptance of the bit.

Third Level is comprised of 3 tests. The Musical Freestyle is also performed at this level. These tests include walk, trot and canter work. The half pass and flying lead changes are also added at this level. **Third Level Dressage Required Movements include:**

- Trot - Medium, Extended & Collected, Half Pass, Shoulder In
- Walk - Medium, Free and Shorten Stride, 1/2 Turn on Haunches
- Canter - Medium & Collected, Counter-Canter & Flying Lead Changes
- Halts - collected trot to halt

Level 4: The horse at this level should be in perfect harmony with the rider. Fourth level dressage sees the addition of the walking half pirouette, canter quarter pirouette and multiple flying lead changes every 3-4 strides. By the time horse and rider reach fourth level, they should exhibit a high level of impulsion, suppleness, thoroughness, lightness and be on the bit. The horse's transitions should be smooth and precise. Movements should be straight and show cadence and energy. This level is also used to determine that the horse has successfully achieved a satisfactory level of competence for the Third Level movements.

Fourth Level is comprised of 3 tests. The Musical Freestyle is also performed at this level. These tests include walk, trot and canter work. Multiple flying lead changes and half and quarter pirouettes are also added at this level. **Fourth Level Dressage Required Movements include:**

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- Trot - Medium, Extended & Collected, Half Pass, Shoulder In
- Walk - Extended and Collected, 1/2 Pirouette
- Canter - Medium, Extended & Collected, 1/4 Pirouette, Half Pass & Multiple Flying Lead Changes Every 3-4 Strides
- Halts - collected canter to halt

Prix St. George: Prix St. George is the beginning of the international levels of dressage. This level is governed by the FEI. A horse competing at this level must be a minimum of 7 years of age. At this level, it is expected that the horse and rider will have successfully exhibited all the required movements at the lower levels. Prix St. Georges continues pirouette and flying change work. Furthermore, riders are expected to show distinct differences within the gaits from collection to extension.

Horse and rider pairs are judged similarly to the lower levels in that the judge looks for the correct execution of the required movements, as well as, the willingness of the horse and effectiveness of the rider's aids. **Required movements for Prix St. Georges level dressage include:**

- Trot - Medium, Extended & Collected, half pass, shoulder in
- Walk - Extended and Collected, 1/2 Pirouette
- Canter - Medium, Extended & Collected, Counter Canter, half pass, Multiple Flying Lead Changes Every 3-4 Strides
- Volte - 8m in trot
- Halts - collected canter to halt - immobility

Intermediate I (relatively advanced): Rides with authority, can use aids, and understands principles of training. Progressing on advanced riding skills, showing precise control in basic exercises, and shows knowledge and responsibility in the proper care of horses. Intermediate I level is considered the beginning stage of the advanced standards in dressage.

Horse and rider use this level to improve the horse's ability to perform the Prix St. George level movements, as well as prepare mentally and physically for the requirements of the Intermediate II level. The Musical Freestyle is also performed at this level. As with the lower level tests, this level includes walk, trot and canter work, multiple flying lead changes and half pirouettes. **Required movements for Intermediate I level dressage include:**

- Trot - Medium, Extended & Collected, half pass, shoulder in.
- Walk - Extended and Collected, 1/2 Pirouette
- Canter - Medium, Extended & Collected, Half Pass, Zig Zag Half Pass,

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- Pirouette & Multiple Flying Lead Changes Every 2-3 Strides
- Halts - Collected Trot to Halt & Collected Canter to Halt - immobility

Intermediate II (Advanced): Demonstrates special ability, is prepared to compete, and has well-rounded knowledge about horses. Able to train difficult horses and has specialized knowledge in some areas of horsemanship. Intermediate II level tests the horse to advanced standard.

Horse and rider use this level continues to expand on the skills required at the lower levels in dressage. Most importantly, however, this level is to develop the horse for the advanced skills needed for Grand Prix dressage. As with all other levels in dressage, the Musical Freestyle is also performed at this level. **Required movements for**

Intermediate II level dressage include:

- Trot - Medium, Extended & Collected, Half pass
- Walk - Extended and Collected
- Canter - Medium, Extended & Collected, Half pass, Zig Zag Half Pass &
- Multiple Flying Lead Changes Every 1-2 Strides
- Piaffe
- Passage
- Halts - Collected Canter to Halt & Passage to Halt - immobility

Grand Prix Level (highly advanced): Grand Prix Level dressage is the highest level of dressage. This level is governed by the FEI and tests the horse and rider to the highest standards. As with the previous levels of dressage, the horse and rider are judged on correct execution of movements, the willingness of the horse and the effectiveness of the rider's aids.

This level also consists of 3 standard tests: the Grand Prix, Grand Prix Special and the Musical Freestyle. The Grand Prix Special is similar to the standard Grand Prix test; however, special attention is paid to the transitions executed throughout the test.

Required movements for Grand Prix level dressage include:

- Trot - Medium, Extended & Collected, Half pass
- Walk - Extended and Collected
- Canter - Medium, Extended & Collected, Zig Zag Half Pass & Multiple
- Flying Lead Changes Every 1-2 Strides, Pirouettes
- Piaffe
- Passage
- Halts - Collected Canter to Halt & Passage to Halt - immobility

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PHASE I: TRAINING OF THE RIDER (8 MONTHS)

Daily training schedule

All riding to be done with 1:1 instruction from Michael Beining. Trainee will be under 100% supervision while present at the riding area and classrooms. Trainee has independence during lunch and breaks.

- Arrive at Landers Farm at 7:30 AM
- Prepare for riding at 8:00
- 08:00 Ride first horse
- 08:45 Ride second horse
- 09:30 Ride third horse
- 10:15 Short break
- 10:25 Ride fourth horse
- 11:10 Ride fifth horse
- 11:55 Ride sixth horse
- 12:40 Lunch break
- 13:00 Ride seventh horse
- 13:45 Finish
- 14:00 Classroom work including reviewing video recording of the days' riding, in order to spot mistakes and improve upon them. Watch videos of professional riders' and analyze their techniques. Discuss how they could be implemented into the training for the next day.
- 16:00 Finish

Month One (1) through Three (3) [July 2017 – September 2017]:

The trainee will learn about the daily requirements of the horse. These include feeding, watering, grooming, washing after exercise and enabling the horse to have as natural an environment as possible. The trainee will be able to recognize common problems regarding the horses' health such as fevers or lameness.

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The trainer will train the rider on the lunge line to improve their seat and ability to sit the movement of the horse. Redundant training and feedback are crucial for successful acquisition of skills in simulation trainings. This is essential to ensure the rider is able to independently use different parts of their body, without becoming stiff or sitting in the wrong position.

On a long rein, ride a marching walk down a long side. When transitioning to walk, your horse must walk immediately and keep a marching rhythm. With a quick, clear leg aid, transition to an active trot on a long rein. When you do these walk-trot transitions, again pay attention that he goes into the transition promptly. Repeat the transitions to trot and then walk on a long rein. The trainee will also learn and practice the following movements:

- Trot - Medium & Collected
- Walk - Medium, Free and Shorten Stride
- Canter - Medium & Collected, Counter-Canter & Simple Lead Changes
- Halts - trot to halt

Classroom assignment:

- Reading assigned: Michael Beining, *An Introduction to the Classical German System of Training the Dressage Horse*.
- Reading recommended:
 - Susanne Von Dietze, *Balance in Motion: How to Achieve the Perfect Seat*.
 - Moshe Feldenkrais, *Awareness Through Movement*.
- Video assigned: Michael Beining's private dressage video collection.

Evaluation: Trainer will watch the trainee ride at the last week of September 2017 as means of evaluating whether sufficient skills are acquired to move forward. The trainee must show ability to lunge/work in hand a horse and assess and evaluate horses on the lunge/in hand.

Month Four (4) through Seven (7) [October 2017 – January 2018]: This phase will familiarize the rider with basic exercises that are ridden on the horse, and the order of their execution during the riding sessions. The rider will also learn about the scale of

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training to better understand the order the exercises should be performed in to suit the horse. First of all the loosening phase, which prepares the horse both mentally and physically. Then the rider will learn schooling exercises including:

- Bringing the horse onto the aids;
- Taking the rein forward and down;
- Riding the horse in different gaits;
- The half halt and transition to halt;
- Lateral flexion and bend;
- Riding turns and curved or circular tracks;
- The half turn on the forehand;
- Leg yielding
- Rein back;
- The half-turn on the haunches, and half pirouettes.

The trainer will teach the rider the application of the aids. Training the rider to learn how to use the seat (weight), leg and hand aids. A large amount of time is spent here to make sure that the rider becomes familiar with using differing degrees of each aid individually, and then towards the more complex issue of combining the aids together.

These first seven months are indispensable as they will provide a base for the future riding of the trainee. The training at this point will be the same from day to day in order to set the highest standard possible in the rider. Changing from one thing to another at this stage would not make sense.

Classroom assignment:

- Video assigned: Schooling a Horse vol. 1-2.
- Reading recommended: Mary Bond, *The New Rules Of Posture* (2006).

Evaluation: Trainer will conclude at the end of each week whether the trainee has progressed enough. By the end of Month seven, the trainee must reach the level of upper intermediate, that he must ride with authority, can use aids, and understands principles of training. The instructor will give the standard tests, and the trainee must reach LEVEL 2.

Month Eight (8) [February 2018]: The trainee will learn how to use the double bridle. The double bridle differs from the regular snaffle bridle as it has 2 bits and therefore 2 sets of reins as opposed to the 1 bit and 1 set of reins on the snaffle bridle. The double bridle has a greater influence on the horse due to a greater leverage effect and therefore the rider must use it with more care than the snaffle bridle. As the higher level

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movements will require the double bridle the trainee should become familiar with its use at this stage. The trainee will also learn and practice the following:

- Trot - Medium, Extended & Collected, Half Pass, Shoulder In
- Walk - Medium, Free and Shorten Stride, 1/2 Turn on Haunches
- Canter - Medium & Collected, Counter-Canter & Flying Lead Changes
- Halts - collected trot to halt

Classroom assignment:

- Reading assigned: *Principles of Riding*, by German National Equestrian Federation, chapter 1 through 3.
- Reading recommended:
 - Anders Ericsson, *Peak: Secrets from the New Science of Expertise*.
 - Cheryl A. Coker, *Motor Learning and Control for Practitioners*. (2009).

Evaluation: Trainer will evaluate trainee's double bridle technics and give standard tests. Trainee must reach LEVEL 3 or LEVEL 4 before moving on to Phase II.

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PHASE II: TRAINING OF THE HORSE (8 MONTHS)

Daily training schedule

All riding to be done with 1:1 instruction from Michael Beining. Trainee will be under 100% supervision while present at the riding area and classrooms. Trainee has independence during lunch and breaks.

- Arrive at Landers Farm at 7:30 AM
- Prepare for riding at 8:00
- 08:00 Ride first horse
- 08:45 Ride second horse
- 09:30 Ride third horse
- 10:15 Short break
- 10:25 Ride fourth horse
- 11:10 Ride fifth horse
- 11:55 Ride sixth horse
- 12:40 Lunch break
- 13:00 Ride seventh horse
- 13:45 Ride Eighth horse
- 14:30 Finish
- 15:00 Classroom work including reviewing video recording of the days' riding, in order to spot mistakes and improve upon them. Watch videos of professional riders' and analyze their techniques. Discuss how they could be implemented into the training for the next day.
- 16:00 Finish

Month Nine (9) [March 2018]: When the rider is confident riding the more basic exercises, they can begin the advanced exercises. These will require a higher degree of understanding and skill, and demand a greater level of precision and coordination from the rider. The trainee will be educated on the order of the scale of training and will be

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taught the basic exercises ridden on the horse, as well as the sequence in which it makes sense to ride them in order to effectively apply them to the horse.

Classroom assignment:

- Reading assigned: *Advanced Techniques of Dressage*, by German National Equestrian Federation, pages 1 through 54.
- Reading recommended: Joseph E. Muscolino, *The Muscular System Manual: The Skeletal Muscles of the Human Body*. (2017).

Evaluation: Trainer will evaluate trainee's progression in sequence. Trainee must show clear understanding of dressage requirements for competition.

Month Ten (10) Through Thirteen (13) [April 2018 – July 2018]: Every training day, the rider will be taught the movements ridden in dressage. A high level of precision and coordination of the rider's weight, leg and hand aids will be ensured. The rider will spend as much time as necessary at this point to perfect the application of the aids in each and every movement. These exercises include, but not limited to:

- Transitions and extensions;
- Pirouettes;
- The see-saw;
- Lateral movements (Shoulder fore, Shoulder in, Travers, Renvers and Half pass);
- Flying changes;
- Tempi changes;
- Canter pirouettes;
- Piaffe and Passage.

Time will be spent here to ensure that the rider has a complete and thorough understanding as to how to apply the aids to the horse for it to perform certain movements.

Classroom assignment:

- Reading assigned: *Advanced Techniques of Dressage*, by German National Equestrian Federation, pages 55 through 102.
- Reading recommended: Reinhard Kammer, *Zen and Confucius in the Art of Swordsmanship*. (1978). ISBN-10: 0710087373.

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- Video assigned: Isabell Werth's dressage techniques vol. 1

Evaluation: Trainer will evaluate trainee's Progressing on advanced riding skills, showing precise control in basic exercises, and shows knowledge and responsibility in the proper care of horses. The trainee must reach Intermediate Level I. Standard FEI tests will be administered and given. Scoring sheets are attached.

Month Fourteen (14) through Sixteen (16) [August 2018 – October 2018]: Now that the rider will be familiar with the dressage movements, they will be instructed as to how to use them to influence the way that the horse moves (training of the horse). At this point the rider will have the ability to use his aids and combine them with his knowledge of the dressage exercises, both simple and advanced from above, and the scale of training to benefit the way of going of the horse. The focus will be purely based on increasing the abilities of the horse and enabling the horse to perform movements with a higher degree of difficulty. The rider will 'break in' and train horses that have never been ridden, through to improving those horses that are at Grand Prix level.

The trainee will learn and practice the following movements:

- Trot - Medium, Extended & Collected, Half pass
- Walk - Extended and Collected
- Canter - Medium, Extended & Collected, Half pass, Zig Zag Half Pass &
- Multiple Flying Lead Changes Every 1-2 Strides
- Piaffe
- Passage
- Halts - Collected Canter to Halt & Passage to Halt - immobility

Classroom assignment:

- Video assigned: Schooling a Horse vol. 3 by Rudolf Zeilinger;
- Reading Recommended: Waldemar Seunig, *Horsemanship*. (1961).

Evaluation: Trainee must demonstrate special ability, is prepared to compete, and has well-rounded knowledge about horses. The trainee must reach Intermediate Level II. Standard FEI tests will be administered and given. Scoring sheets are attached.

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PHASE III: EDUCATING THE RIDER TO TEACH OTHER RIDERS AND TEST/COMPETITION RIDING (8 MONTHS)

Daily training schedule

All riding to be done with 1:1 instruction from Michael Beining. Trainee will be under 100% supervision while present at the riding area and classrooms. Trainee has independence during lunch and breaks.

- Arrive at Landers Farm at 7:30 AM
- Prepare for riding at 8:00
- 08:00 Ride first horse
- 08:45 Ride second horse
- 09:30 Ride third horse
- 10:15 Short break
- 10:25 Ride fourth horse
- 11:10 Ride fifth horse
- 11:55 Ride sixth horse
- 12:40 Lunch break
- 13:00 Ride seventh horse
- 13:45 Ride Eighth horse
- 14:30 Finish
- 15:00 Classroom work including reviewing video recording of the days' riding, in order to spot mistakes and improve upon them. Watch videos of professional riders' and analyze their techniques. Discuss how they could be implemented into the training for the next day.
- 16:00 Finish

Month Fifteen (15) through Nineteen (19) [November 2019 – February 2019]: The trainee will learn communication skills necessary to be able to convey to others what they have learned over the past 16 months. The trainee will be shown how to help other rider's

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progress with their riding.

When the rider has accomplished and is proficient in all of the previous points of the training program he can begin, under supervision, to teach other riders to achieve a higher standard in their own riding. This will be done in 2 ways:

1. The trainee will teach theory and practical lessons to other riders.
2. The trainee will ride horses to demonstrate both: The correct application of the aids as well as the way of going of the horse. Through this riding the trainee will be able to change the horse in such a way that it makes it easier for the rider.

It is one thing for the trainee to be able to ride horses with the knowledge that they have gained at this point, but another thing entirely to be able to apply this knowledge in a teaching situation. This is the reason why such a long time will be spent here, as training other riders will be a large part of the trainee's career.

Classroom assignment:

- Video assigned: Schooling a Horse vol. 4 by Rudolf Zeilinger.

Evaluation: Trainee must be able to train difficult horses and has specialized knowledge in some areas of horsemanship. In addition, trainee must be able ride a Federation Equestrian International (FEI) Grand Prix Dressage test under a Dressage judge. Scoring sheets are attached.

Month Twenty (20) through Twenty-four (24) [March 2019 – June 2019]: at the end of the program the trainee will prepare to ride FEI Grand Prix test. This will require the use of all the work learned to this point. Putting the movements together to form a test often means that the accuracy achieved per movement is somewhat compromised. The time devoted here to test riding will minimize the imperfections and hesitations throughout the movements and maximize the fluidity and expression of them. The trainee will learn and practice the following movements:

- Trot - Medium, Extended & Collected, Half pass
- Walk - Extended and Collected
- Canter - Medium, Extended & Collected, Zig Zag Half Pass & Multiple
- Flying Lead Changes Every 1-2 Strides, Pirouettes
- Piaffe
- Passage
- Halts - Collected Canter to Halt & Passage to Halt - immobility

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Classroom assignment:

- Video assigned: Schooling a Horse vol. 5 by Rudolf Zeilinger.
- Reading recommended:

Evaluation: Mr. Beining will evaluate as to whether the rider has reached an instructor level. In addition, the rider will prepare to ride full dressage tests in competition situations. Trainee must show the following: (1) ability to explain and aid understanding in others; (2) ability to assess horses and riders; (3) clear understanding of strengths and weaknesses in performing horses; (4) clear understanding of different techniques and philosophies used by riders; and (5) clear understanding of requirements of competition and examination.