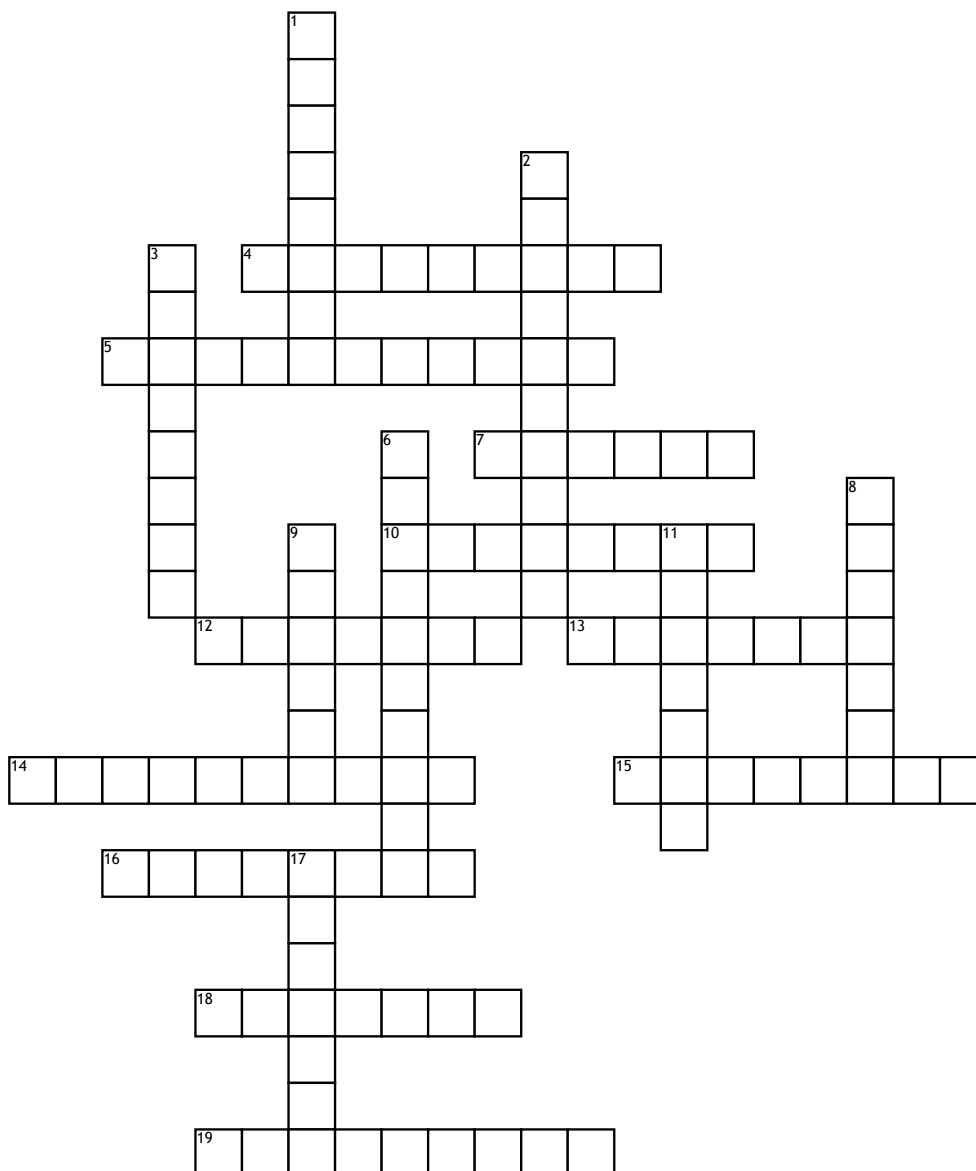


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Dressage Exercises 101



## Across

4. Used to alleviate boredom, build confidence, and help balance and tempo  
 5. An exercise to teach uphill balance and throughness either gait to gait or within the gait  
 7. Two beat tempo, on the spot or one horse length of travel forward  
 10. A movement performed in diagonal pairs where driving aids meet a longer restraining aid to start  
 12. An exercise related to renvers and half pass which encourages uphill balance when ridden with forward engagement  
 13. Best place in the arena to increase bend and adjust tempo or balance  
 14. A beginning bending lateral movement that encourages engagement and collection on the inside hind leg

15. Lateral exercise to strengthen lat muscles and increase lateral swing of shoulders and hips

16. A type of turn (on the) where the horse's front legs transcribe a larger circle than the hind legs

18. A lateral movement in which the haunches are on the track, the forehand is to the inside of the track, and the bend is in the direction of go

19. When ridden perfectly on the spot, may create some loss of 3 beat rhythm in canter but with no loss of impulsion

## Down

1. A movement done on diagonal lines with bend in the direction of travel

2. In all gaits, showing maximum thrust, power, and stretch

3. A type of turn (on the) that loosens the hips and teaches initial side stepping

6. A figure used to teach changing the bend and equal engagement

8. Advanced strength building exercise when performing maximum suspension in the trot

9. Performed after the 3rd beat of canter and during the period of suspension

11. A bending exercise between 6 and 20 meters

17. An exercise to straighten and balance the canter