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Dressage School: A Sourcebook of Movements and Tips Demonstrated by Olympian Isabell Werth

Britta Schoffmann

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Now you can join one of the finest riders of modern dressage competition, Olympian and multiple-time German, European, and World Champion Isabell Werth, as she helps demonstrate the "what", "how", and—most importantly—"why" of dozens of dressage movements, exercises, and school figures on several of her famous horses. You'll find out how each movement should look, get an idea of the common mistakes made by horses and riders and how to avoid them, and learn about the various benefits each exercise offers at various stages of training. Most importantly, you'll see how the simplest of school figures ultimately contributes to progressive planning related to the dressage Training Pyramid. Armed with this knowledge, your regular daily training program and the most mundane of schooling sessions will take on new relevance as you come to understand how each piece fits into the larger picture the optimal gymnasticization of the horse in order to keep him sound, healthy, and happy in his work. Before you know it, both you and your horse will find arena work more interesting, your horse 's attitude and way of going will improve, and your ability to plan a workout according to his needs present and future will be maximized. Formatted as a practical and easy-to-follow reference, this infinitely useful book promises to take the mystery out of dressage schooling forever.

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Nicholas Schindler:

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