

Dressage



The principles of Dressage are found as far back as 400 B.C. in a book written by the Greek statesman and general, Xenophon. His philosophy of training, which renounced force, resulted in a symphony of beauty and harmony between horse and rider that is still the essence of Dressage. Today, Dressage is both an equine discipline and a training method to prepare the horse for other equine sports.

Dressage riders compete in a 20 by 60 meter arena, performing a pattern of required movements at specific letter points set along the rail. Nine levels of

increasing difficulty require a higher degree of physical and mental development with tests at each level.

Judges mark each movement from zero to 10 and award points for paces, impulsion, submission of the horse and rider's position. Individual marks of 7 or 8 are considered extremely good as are overall scores in the 70s.