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Jec Ballou is the author of 101 Western Dressage Exercises for Horse & Rider, 101 Dressage Exercises for Horse & Rider, and Equine Fitness. She is a national advisor to the Western Dressage Association of America and contributed to the current rules for the sport.

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101 Tips for riding Your Horse on THE BiT About The Author Jane Savoie is one of the most recognized names in dressage, and for a good reason. Her accomplishments and the breadth of her influence are impressive. She has been a member of the United States Equestrian Team and has competed for the US in Canada, Holland, Belgium, France and Germany.

Simple explanations for riding your horse on the bit and

Thanks for downloading this dressage rider training fitness 101 program. This will give you the tools to build a solid foundation of strength and balance so you can become a better rider.

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I am training a young mule and myself in Western Dressage. A friend and person who rode classical dressage recommended this book, 101 Western Dressage. It has been invaluable for my work. The format of the book is a spiral so it is easy to turn to an exercise while in the arena, review it and then proceed to work.

101 Western Dressage Exercises for Horse & Rider - Jec

In the book 101 Dressage Exercises for Horse and Rider by Jec Aristotle Ballou, its about how to improve your riding with some simple exersizes listed in the book. My favortie exercise is exercise number 73 Canterng Ground Poles, this is kind of hard and my pony dislikes it, but it helps with my and hers rhythm at the canter.

101 Dressage Exercises for Horse Rider by Jec Aristotle Ballou

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Download and Read Online Free Ebook 101 Dressage Exercises

Participation rates have risen by 200 percent over the past twenty years, as baby-boomer riders have discovered dressage to be less strenuous and dangerous than jumping, yet offering the satisfaction of mastering techniques and the opportunity to compete and advance to higher levels of achievement. 101 Dressage Exercises for Horse and Rider, presented in Storeys highly visual Read and Ride format, features a full arena diagram and stepby- step instructions for each exercise.

101 Dressage Exercises for Horse and Rider eBook | Bulk

Her book, 101 Dressage Exercises for Horse and Rider (Storey Publishing), was on the best-seller list for eight consecutive weeks in the spring of 2006. Currently, Jec specializes in helping horses obtain healthy, optimal movement, regardless of their discipline.

101 Dressage Exercises for Horse & Rider by Jec Ballou

Exercises to improve your riding posture and keep your shoulders back in the saddle during dressage training. Find this Pin and more on Ride by Ann Williams . Exercises to help improve your riding posture and keep your shoulders back in the saddle.

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Dressage is the ultimate achievement of oneness between horse and rider. Featuring a full arena diagram and step-by-step instructions for each exercise, this sturdy book is designed to allow the rider to hang it on a hook and refer to it from the saddle.

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Western Dressage Exercise “ Softening the Topline The Journey The horse’s ability to change topline postures smoothly and without resistance tests and hones his balance and muscular pliability.

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