

# DRESSAGE FOR JUMPING (PART 8)

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THE MAIN AIM OF LATERAL MOVEMENTS – EXCEPT LEG-YIELDING – IS TO DEVELOP AND INCREASE THE ENGAGEMENT OF THE HINDQUARTERS AND THEREBY ALSO THE **COLLECTION** WHILE THEY ALL SHARE THE BENEFIT OF SUPPLENESS AND LATERAL RESPONSIVENESS OF THE HORSE.



## ITEMS IN COMMON:

In all lateral movements – shoulder-in, travers, renvers, and half-pass, the horse is slightly bent and moves on different tracks. The bend or flexion must never be exaggerated so that it does not impair the rhythm, balance, and fluency of the movement.

In lateral movements, the pace should remain free and regular in order to maintain **constant impulsion**, yet it must be supple and balanced. The impulsion is always lost because of the rider's preoccupation with bending the horse and pushing it sideways. It's advisable to ride the horse **forward** and **straight** after each lateral movement so as to prevent the horse from turning sour.

## SHOULDER-IN:

When the horse is able to perform shoulder-out and leg-yielding movements it can be ready for shoulder-in. In shoulder-in the horse is ridden with a slight bend around the inside leg of the rider maintaining engagement and a constant angle of approx. 30 degrees. The horse

is **bent away** from the direction in which it is moving. The horse's inside foreleg crosses in front of the outside one, and the inside hind leg steps forward under the horse's weight following the track of the outside foreleg.

Using the corner could help in performing the movement. When riding on the left hand rein, for example, the horse is prepared with a half-halt aid after leaving the corner. Shift your weight to the horse's inner hind leg, while maintaining the **same** contact of both reins; lead the horse with the right hand which is moved sideways out from the neck, supported by the left rein pushing

against the neck. Apply the left leg strongly **on** the girth to maintain impulsion and the right one **behind** the girth to preserve bending.

The advantage of **impulsion** which is created by engaging the inner hind leg is used to send the horse energetically straight after shoulder-in. Stop immediately when the horse becomes tense, irregular in pace and heavy in hand. These are signs that the horse is not ready for the movement and one should go back to **shoulder-out** for a while then try again after few lessons.

## TRAVERS:

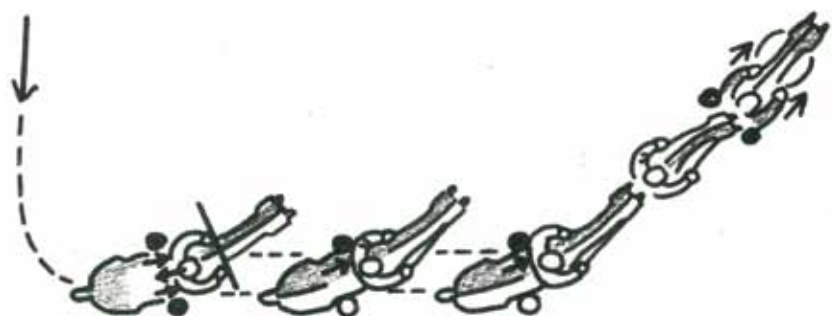


Fig 1 SHOULDER-IN

In travers, the horse is more bent around the inside leg of the rider than in shoulder-in with an angle of 35 degrees. The foreleg of the horse remains on the track and the quarters are moved inwards. The horse's outside legs pass and cross in front of the inside legs. The horse is bent in the direction in which it is moving.

A slight cut in the corner could help in starting travers. The rider should put more weight on the left seat bone if going to the left. The rider's inside leg, (left one in this case), is on the girth for impulsion and bending around it, and the outside leg is behind the girth to maintain bending and keep the horse's quarters away from the track. The left hand of the rider (inside) should be away from the horse's neck to guide the horse and obtain slight neck flexion while the other hand is supportive by pushing the right rein against the horse's neck with **equal** contact. The rider should not exceed a few strides with good **balance** and should never lose **impulsion**.

#### RENVERS:

It is the inverse movement of travers. The hindquarters remain on the track while the foreleg is moved inward. In theory, there's no difference in the horse's shape and movement

between travers and renvers but in travers the horse's foreleg is on track and in renvers the hindquarters are on track. If moving to the right (left rein leading) when performing renvers, the left lateral pair of legs pass and cross in front of the right lateral ones.

The rider should shift his weight towards the direction where the horse is going. The rider's right leg creates pressure on the girth while the left is kept behind the girth to keep bending and to keep the quarters on the track. The rider should apply the same **contact** of both reins with the right rein away from the horse's neck and the left one pushing against the neck.

In travers and renvers horse and rider look towards the direction in which they are going, with the horse bent **towards** this direction.

#### HALF PASS:

It is a variation of travers, executed on the diagonal instead of along the wall (sides) of the arena. The horse should be bent around the inside leg of the rider and in the direction it is moving with the shoulders of the horse leading, and **not** the hindquarters.

The rider can start this movement out of a circle as shown in figure 4. The rider puts more weight on his inner seat bone with pressure from his inside leg, (the left one in this example), on the girth keeping the horse bent around and also keeping the **impulsion**.

The right leg of the rider, (outside one), is positioned behind the girth to move the horse sideways. The left hand of the rider is kept away from the horse's neck to lead the direction and the right one is pushing the right rein against the neck keeping the **same** contact of both reins.

It is a **mistake** if the impulsion is lost in this movement and also if the hind leg of the horse touches the track before the foreleg (**too much angle**).

**For show jumpers,** always remember that lateral work is not applied to perform a dressage test but to give the horse suppleness, balance, engagement and impulsion. The rider should not be preoccupied with the sideways movement and the angle of the horse more than **forwardness** and **impulsion**.<sup>16</sup>

*Reference: Training Show Jumpers By Anthony Paalman*



Fig 2 TRAVERS



Fig 3 RENVERS

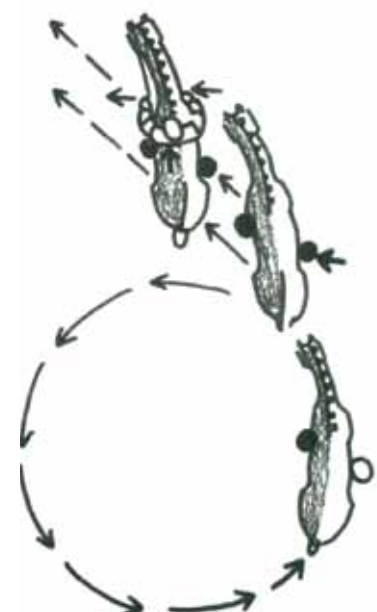


Fig 4 HALF PASS