

DRESSAGE

TURN ON THE FOREHAND

By Emmad Eldin Zaghoul

This may be taught as soon as the horse understands the preceding exercise. While turns on the forehand, carried out equally on both reins, are a good way of teaching the first lessons in moving away from the leg, they should not be attempted too often as they do not encourage good forward movement and are inclined to lighten the hindquarters rather than encourage their engagement.

This exercise is a test of the horse's obedience to the rider's legs and is useful training for when they open and shut gates. It is also a valuable exercise for the rider, as it develops your ability to use one leg independently over the other. The easiest way to prepare the horse for a turn on the forehand is by collecting the walk slightly and, if in a manège, by riding in from the track at least 1.5 meters



(5ft). If working in a field, walk parallel with the hedge, about 1.5 m away.

Halt the horse squarely, then turn him, head towards the track or the hedge. His hind legs should cross over, step-by-step making a half-circle round the inside foreleg on the side to which he is turning. The turn will be 180 and the hedge or side of the manège will help, because it will prevent the horse from walking forward. Smaller turns (of less than 180) can be performed by halting the horse at right-angles to the track or hedge.

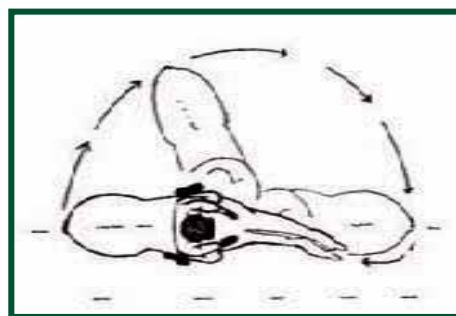
The turns described above will be complete when the horse is alongside the hedge or track. He must then go forward at once into walk, trot or canter. The correct sequence of walk steps must be maintained throughout. The horse should bend slightly in the direction in which he is turning. He should not step backwards, nor hurry. There should be no resistance in the mouth or dropping of the bit. The horse must continue to accept the contact.

THE AIDS

The rider asks for a turn on the forehand by halting squarely and immediately indicating the direction of the turn with the inside rein, while maintaining the contact of the outside rein to prevent the horse gaining ground. The inside leg, just behind the girth, nudges the quarters over, step-by-step. The outside leg behind the girth receives and regulates each step.

SUMMARY

To turn on the forehand to the right: proceed on the left



▲ Turn on the forehand to the right

rein. Come in from the track as described. Halt. Indicate the direction of the turn with your right hand.

Maintain the correct with your left reins. Nudge the quarters over with your right leg. Regulate and receive the steps with your left leg.

COMMON FAULTS

- Resistance due to not accepting the bits.
- The horse may show too much bend in his neck in the direction in which he is going. This is corrected by maintaining the outside reins contact.
- The horse may step backwards. This can be avoided if the raider maintains impulsion and keeps both legs in contact.
- He may walk a small circle. This is due to lack of coordination of the aids. To correct the fault, establish a square halt. Then, at first, ask for only one step. Reward the horse when he responds.
- He may lose the correct sequence of footfalls. This is usually due to lack of impulsion. **HT**