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A WIN FOR MOROCCO'S ABDELKEBIR OUADDAR AT CSI5* EVENT AT AL SHAQAB IN DOHA

An astounding performance by Morocco's Abdelkebir Ouaddar and 11-year-old stallion Quickly de Kreisker at CSI5* in the 1.55 metre jump-off, delighted the spectators at CHI Al Shaqab event. On Thursday, fate brought him a generous gift, when Quickly de Kreisker hit fence No. 7, but the bar didn't fall

and allowed Ouaddar to enjoy his exceptional triumph. Quickly justified his name in the ranks and sprinted to an astonishing 39:70 clocking. World's No. 1 rider and horse Scott Brash and Hello Sanctos came almost one and a half second short (41:21) of Ouaddar's time, and had to settle for second place.™



Photography by CHI AL SHAQAB 2015/GRASSO



**FEI NATIONS CUP™ - DRESSAGE;
USA 1 WIN THE SECOND
LEG IN WELLINGTON**



Team USA 1 had a supreme performance at the second leg of the FEI Nations Cup™ Dressage 2015 series in Wellington, Florida. The team consisted of Olivia LaGoy-Weltz (Rassing's Lonoir), Kimberly Herslow (Rosmarin), Allison Brock (Rosevelt) and Laura Graves (Verdades) stood firm to finish well ahead of the second-placed Canada 1 Team, while Canada 2 slotted into third. 🇺🇸



FEI NATIONS
CUP™ EVENTING
2015:

FRANCE IS UNBEATABLE

France's Eventing riders had a definite win in the first FEI Nations Cup™ Eventing competition of the 2015 season in Fontainebleau, France. The French team repeated their 2014 victory, and they enjoyed a comfortable win of nearly 30 penalties over Australia, who finished second. Great Britain came in third and Netherlands fourth. 

CSI5* 'S-HERTOGENBOSCH:
DANIEL DEUSSER
WINS THE ROLEX
GRAND PRIX





The German rider Daniel Deusser won the Rolex Grand Prix of Indoor Brabant with the 12 year old gelding Cornet d'amour after posting two flawless rounds. Deusser was last to go in this massive jump-off and took the win off of British veteran Michael Whitaker, who eventually finished second; current World.no 1 Scott Brash took third place on his top horse Hello Sanctos.™

RIDING INSTRUCTIONS FOR BETTER POSTURE AND MOVEMENT



You are the biggest factor in your horse's way of going. A good posture, alignment and correct movement patterns will help you ride better.

Good posture either on the ground or on the horse starts with a good alignment. A vertical line dropped down from the ear goes through the shoulder, hip and heel. The shoulders are relaxed and down, the pelvis is in a neutral (vertical) position, and the legs are under you. When the body is in good alignment, you will need minimum effort to stay or sit upright.

To keep your own balance you have to have a base of support under your centre of gravity, to be balanced on the horse you need to have your feet under you. If you stick your legs too much forward you will be completely at the mercy of your horse's movement, like a dead weight. If you put them too much back you will simply topple forward and sit on your crotch (which is uncomfortable by itself), and again at the mercy of your horse's movement. Having the legs under you is also necessary to efficiently use thigh muscles during riding. Be careful not to push into the stirrups, it will inevitably bring your lower leg forward and you into a chair seat. Do not actively lower your heels because you will lock your ankle joints and push the legs forward even if you are trying not to.

