

— CONTENTS —

Foreword by Lendon Gray	viii
Preface	ix
CHAPTER 1: Learning Control	1
FUNDAMENTAL #1 Control from the First Step.	2
CHAPTER 2: Riding Position	5
FUNDAMENTAL #2 Dressage Seat	6
FUNDAMENTAL #3 Leg Position	14
FUNDAMENTAL #4 Hand Position	20
FUNDAMENTAL #5 Light Seat	25
CHAPTER 3: The Riding Aids	31
FUNDAMENTAL #6 Seat and Weight Aids	33
FUNDAMENTAL #7 Leg Aids.	36
FUNDAMENTAL #8 Hand/Rein Aids	39
FUNDAMENTAL #9 Auxiliary Aids	43
FUNDAMENTAL #10 Diagonal Aids	46
CHAPTER 4: Working on Gaits	49
FUNDAMENTAL #11 The Walk	51
FUNDAMENTAL #12 The Trot.	56
FUNDAMENTAL #13 Posting and Sitting Trot	62
FUNDAMENTAL #14 The Canter	64
FUNDAMENTAL #15 Canter Leads	72
FUNDAMENTAL #16 The Halt	74
FUNDAMENTAL #17 Rein-Back.	76
FUNDAMENTAL #18 Transitions	78

CHAPTER 5: The Training Scale	81
FUNDAMENTAL #19: The Training Scale	83
FUNDAMENTAL #20: Rhythm.	85
FUNDAMENTAL #21: Looseness.	90
FUNDAMENTAL #22: Contact.	95
FUNDAMENTAL #23: Impulsion	102
FUNDAMENTAL #24: Straightness	107
FUNDAMENTAL #25: Collection	110
FUNDAMENTAL #26: Letting Through the Aids	115
CHAPTER 6: Key Riding Techniques	117
FUNDAMENTAL #27: Flexion	118
FUNDAMENTAL #28: Bending	120
FUNDAMENTAL #29: The Half Halt	124
CHAPTER 7: School Figures	127
FUNDAMENTAL #30: The 20-Meter Circle	130
FUNDAMENTAL #31: The 15-Meter Circle	133
FUNDAMENTAL #32: The 10-Meter Circle	134
FUNDAMENTAL #33: The Half Circle	136
FUNDAMENTAL #34: Figure Eights	138
FUNDAMENTAL #35: Bending Lines	140
FUNDAMENTAL #36: Three-Loop Serpentine	143
FUNDAMENTAL #37: Long and Short Diagonals	145
FUNDAMENTAL #38: Riding Corners.	148
CHAPTER 8: Lateral Work	151
FUNDAMENTAL #39: Turn on the Forehand	152
FUNDAMENTAL #40: Leg Yield	154
CHAPTER 9: The Destination: Intuitive Riding	161
How the Book and DVD Work Together	168
Cast of Characters	170
Index	172