



Training Strategies for Dressage Riders

Charles de Kunffy

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Training Strategies for Dressage Riders is a unique guide to the art and technique of dressage, written by one of the most renowned equestrian trainers in the world today. It offers a complete training system for both horse and rider, paying special attention to how a rider's actions can influence a mount. The book provides practical, in-the-saddle advice on a wide range of dressage topics, including:

- * The art of classical equitation
- * The development of the rider's seat and aids
- * Developing the basic gaits
- * Gymnastic improvement
- * Horse insubordination
- * Clinics and competitions judging

Whether you want to prepare for dressage competition or simply improve your riding skills, this is a matchless guide.

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