

# Westman Dressage

## ***Special Interest Articles:***

- Eddo Recovery and Return.
- Show dates
- report on snowbound series.

## **Presidents Message**

It seems that we are to have March come in like a lion and go out the same way. It has been a difficult winter to sustain a consistent training regime even for those with access to an arena. Bitter cold, poor road conditions and the additional HOURS of snow removal we have endured this winter make us pine for spring with some sunny days! We have had some fabulous snow bound activities that were needed more than we care to admit this winter. But it is time to look forward to the summer and the show season! Our prize list is in the works, we will be offering a prix Caprilli class in September at the training level and a Pee Wee class for riders under ten who are getting past lead line.

We will be counting on all of our volunteers again – however we have an urgent request for everyone to consider, we have enjoyed and appreciated Murray Tripp's time at the helm as show manager for both shows the last couple of years, but we are in desperate need of someone to come forward to act as show manager. If anyone knows of an individual that could undertake this role we would appreciate hearing from you!

Terry McKenzie

## **Eddo Hoekstra Returning to Manitoba**

Eddo has been coming out to Manitoba since 2010. Teaching in an insightful and positive manner. Eddo gives each rider/horse pair goals and a plan to pursue their own journey. The ultimate achievement being those moments of clear communication, with the softness of nonresistance. A true partnership.

In June of 2012, at the age of 47, Eddo had a stroke that paralyzed him on the left side. Thus began his own journey and struggle He was in the hospital for a number of months, not able to return home till August. Since that point, thru rehab and a slow recovery. Eddo has been pursuing his own personal goals. From wheelchair, to walker, to cane...to horseback. I have found Eddo's journey a tribute to the strength of his resolve and beliefs.

I am thrilled to announce Eddo's return to our province this year.

Submitted by Susana Danyliuk

## Eddo on horseback!




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*"A picture says a thousand words.  
Enjoy and be as inspired as I am"  
Susana Danyliuk*

### Eddo Hoekstra Clinics – 2013

Winnipeg - May 31-June 1 and 2, August 3,4 and 5<sup>th</sup>,  
Contact Pam Langstaff [eddoclinic@shaw.ca](mailto:eddoclinic@shaw.ca) 204-612-3660  
Portage la Prairie - July 31 and August 1, Contact Crystal  
Neudorf [neu@mts.net](mailto:neu@mts.net) 204-252-2179  
Souris – October 5 and 6. Contact Tara Morrison  
[morrisonm@xplornet.com](mailto:morrisonm@xplornet.com) 204-858-2611

## Dominique Barbier Clinic – B & E Acres – Carberry

French Classical Dressage master Dominique Barbier returns to B & E Acres in Carberry Manitoba on June 7 to 9 for another three day clinic. All disciplines and levels of horses and riders are welcome. For more information on this clinic contact Brenda McCann at 204 834-3998 or by email at [bmccann1@mymts.net](mailto:bmccann1@mymts.net).



Give Brenda a few weeks before calling, we are sending out healing thoughts to Brenda as she has been under the weather for a while and has been to Winnipeg for some major surgery that I know will be just the ticket to making her feel like a million bucks!

**Feel Well Brenda!**

**There are horses to ride and dogs to dance with!**

For more information about dressage in the Westman area go to  
[www.westmandressage.com](http://www.westmandressage.com)

## Joan Johnston Clinics

Joan Johnston from Ottawa Ontario is returning to Brandon to continue working with riders who are following her training regime. StoneHill Farm is pleased to continue to offer this progressive training program and welcome new riders as well as auditors to enjoy watching the changes the horses undergo while working with Joan. Private 45 minute session is \$ 160.00, 1 hour semi Private lesson (2 riders) is \$ 110.00 per rider. For more information contact [stonehillfarmmb@hotmail.com](mailto:stonehillfarmmb@hotmail.com) or call Lori at 204-727-2922  
Dates: May 4&5, May 25&26, June 22&23, Aug. 10&11, Sept. 28&29, Oct. 26&27

## John MacPherson

John MacPherson Georgetown Ontario is coming to Tail Winds in Yorkton, Saskatchewan. John is an accomplished FEI competitor, Coach trainer and judge. Twylla Newton can be contacted at [t.newton@imagewireless.ca](mailto:t.newton@imagewireless.ca) or 306-782-1428 in evening. There is room for some auditors, \$ 20.00/day or \$ 35 for the weekend. Lessons are \$ 125.00 per lesson.



Joan Johnston and  
KRS Wessel in Wellington  
Florida

## Snow Bound Series

Our snow bound series this year has been a lot of fun as usual and has really targeted some difficult and specialized areas of interest that folks had. First of all, Liane Parker put together an excellent judge's clinic that included ½ a day of classroom and ½ day of riders demonstrating various levels of test movements that could be judged and discussed by participants real time with an accomplished judge to assist them in their assessment of the movements. Absolutely excellent! Information for anyone thinking of doing some judging or just helping to make it clear what the judge is looking for in the various movements.

Next was Tyler Sanjenko a personal trainer from Frederickson's Performance Centre who reviewed the importance of resistance training and led a small group of riders through a workout stressing the importance of form and balancing the muscles worked. Excellent workout, great handout that we could do at home with out going to a gym!

An amazing eye opener was Tammy McKenzie Ph. D in Psychology specializing in Animal Cognition presentation on how horses process information, the amazing research her and others are doing studying horses behaviour and ability to learn and remember. We came away with a real sense of what horses see so we can be a little more understanding of their idiosyncrasies! Tammy will be presenting the information at H3 as well for those who didn't get a chance to see her presentation!

In February, Murray Tripp Saddle maker gave an excellent presentation of how saddles are built, what they are filled with (wool or foam!) how to fit a saddle on various shaped horses as well as minor repairs. Thank you to Wheat City Stables for hosting this event.

### **Classical Dressage System**

**Rhythm** – steady in  
keeping time – cadence

**Suppleness** – to make  
loose

**Contact** – to join, unite  
or link

**Impulsion** – Swing,  
buoyancy, energy  
vitality, momentum

**Straightness** – to  
straighten or to make  
and hold straight

**Collection** – to collect,  
assemble or gather

*More details about each  
level in this newsletter,  
each of these levels is  
interconnected.*

## Classified Advertisements:

For Sale:

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*The best guideline for  
the appropriate  
intensity of the work  
is provided by the old  
rule that the horse  
should return to his  
stall as fresh as he  
left it."*  
Colonel Alois  
Podhajsky

**Amica**- 2009 reg. Oldenburg mare by Autocrat, started under saddle. 16.1 and growing. Chestnut with a super temperament. Price reduced due to scar on leg (x-rayed clean) \$4,500.00

**Galiana**- 2011 reg. Dutch Warmblood filly by Wolkentanz II. Chestnut, should finish over 16 hands. Bold temperament and world class movement.  
\$12,000.00

**Winston III**- 2011 reg. Canadian WB gelding by Wolkentanz II. Black should finish close to 17 hands. Gorgeous boy! \$12,000.00

Oakhaven Warmbloods -contact Janet 204-834-2544 or  
[oakhaven@goinet.ca](mailto:oakhaven@goinet.ca)  
<http://www.oakhavenwarmbloods.ca/>

**All about Arne** – 2009 registered Canadian Warmblood by Autocrat, well started under saddle and over fences. 17 hands, lots of bone. His temperament is exceptional; he has been to two schooling shows at the Keystone center and took it all in his stride! \$ 13,000 obo – for more information call Lori at 204-727-2922 or email  
[stonehillfarmmb@hotmail.com](mailto:stonehillfarmmb@hotmail.com)

**Hofner Dressage saddle** – wide width, 18" seat, girth included, in excellent condition \$ 2,500.00 obo call Lori at 204-727-2922 or email  
[stonehillfarmmb@hotmail.com](mailto:stonehillfarmmb@hotmail.com)

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*"Riding Forward is the  
essence of correct  
training."*

Colonel Alois Podhajsky

### DESPERATELY WANTED!!!!

A Show Manager for Lemonade Daze and the Fall Festival. The show manager is required to be on the grounds both days of the show, it is paid a minor stipend but is an essential part of the show. You will not be required to volunteer in any capacity, just keep an eye on the show and assist in coordinating with the Keystone Centre staff during the show. Familiarity with the Equine Canada rules is helpful, but there is lots of folks around to assist.

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## The Training Scale

The dressage training scale is arranged in a pyramid fashion, with rhythm and regularity at the bottom of the pyramid and collection at the top. The training scale is used as a guide for the training of the dressage horse (or any horse, for that matter). Despite its appearance, the training scale is not meant to be a rigid format. Instead, each level is built on as the horse progresses in his training: so a Grand Prix horse would work on the refinement of the bottom levels of the pyramid, instead of focusing on only the highest level: collection. The levels are also interconnected. For example, a crooked horse is unable to develop impulsion, and a horse that is not relaxed will be less likely to travel with a rhythmic gait.

### Rhythm and Regularity (Takt)

Rhythm, gait, tempo, and regularity should be the same on straight and bending lines, through lateral work, and through transitions. Rhythm refers to the sequence of the footfalls, which should only include the pure walk, pure trot, and pure canter. The regularity or purity of the gait includes the evenness and levelness of the stride. Once a rider can obtain pure gaits, they are ready to learn difficult movements such as the piaffe, when the horse trots in place raising the front legs to where the hooves are level with the cannon bone.

### Relaxation (Losgelassenheit)

The second level of the pyramid is relaxation (looseness). Signs of looseness in the horse may be seen by an even stride that is swinging through the back and causing the tail to swing like a pendulum, looseness at the poll, a soft chewing of the bit and a relaxed blowing through the nose. The horse will make smooth transitions, be easy to position from side to side and willingly reach down into the contact as the reins are lengthened.

### Contact (Anlehnung)

Contact, the third level of the pyramid, is the result of the horse's pushing power, and should never be achieved by the pulling of the rider's hands. The rider drives the horse into soft hands that allow the horse to come up into the bridle, and should always follow the natural motion of the animal's head. The horse should have equal contact in both reins.

### Impulsion (Schwung)

The pushing power (thrust) of the horse is called impulsion, and is the fourth level of the training pyramid. Impulsion is created by storing the energy of engagement (the forward reaching of the hind legs under the body). Proper impulsion is achieved by means of: correct driving aids of the rider, relaxation of the horse, throughness (durchlässigkeit), the flow of energy through the horse from front to back and back to front. The musculature of the horse is connected, supple, elastic, and unblocked, and the rider's aids go freely through the horse.

Impulsion can occur at the trot and canter. It is highly important to establish good, forward movement and impulsion at the walk, as achieving desirable form in the trot and canter relies heavily on the transition from a good, supple, forward walk.

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### **Straightness (Geraderichtung)**

A horse is straight when his hind legs follow the path of his front legs, on both straight lines and on bending lines, and his body is parallel to the line of travel. Straightness causes the horse to channel his impulsion directly toward his center of balance, and allows the rider's hand aids to have a connection to the hind end.

### **Collection (Versammlung)**

At the apex of the training scale, collection may be used occasionally to supplement less vigorous work, but is only focused on (through the collected gaits and more difficult movements, such as flying changes) in more advanced horses. Collection requires greater muscular strength, so must be developed slowly.

When a horse collects, he naturally takes more of his weight onto his hindquarters. The joints of the hind limbs have greater flexion, allowing the horse to lower his hindquarters, bring his hind legs further under his body, and lighten the forehand. A collected horse is able to move more freely. When collected, the stride length should shorten, and increase in energy and activity.