

RITTER



DRESSAGE



# Young Horse Arena GPS

Arena Basics And  
Continuing Exercises



## **Welcome to the Young Horse Arena GPS**

We have received many requests by Arena GPS users and members of our online courses who wanted us to make a special edition for young(er) horses and lower level horses, with simpler arena patterns and without advanced movements. So we put together this Young Horse Special Edition. The exercises in this edition can be attempted with most horses after they have been ridden off the longe line on a 20 m circle and around the whole school for a few weeks.

When horse and rider are able to execute all exercises in this edition with a certain ease and lightness, they will be approximately at 1st level.

We have added a chapter with simple work in hand exercises that you can even introduce when the horse is being started under saddle. They support the work under the rider and will very effectively prepare and improve the horse's understanding of rein aids, transitions, and sidestepping.

The under saddle exercises in the Young Horse Arena GPS start with the basic arena patterns that you can ride with all horses, including lower level horses.

The arena patterns are followed by a chapter with exercises for the first phase of bending in motion: bending and turning. These exercises build on the simple arena patterns by combining them into larger units.

There is a chapter with exercises that are suitable for the introduction to the second phase of bending in motion: bending and sidestepping. You shouldn't wait too long with this. In the German tradition it was customary to introduce the leg yield at 1st level (Klasse A), and to wait with the actual lateral movements until 3rd level (Klasse M). However, the horse's suppleness, agility, coordination, permeability, and straightness improve drastically when you introduce the principle of sidestepping playfully at an earlier stage. You just have to watch that the horse doesn't get behind the aids in the process. As soon as this tendency makes itself felt, you should discontinue sidestepping for a while and develop the pushing power again.

It would be too challenging for a young horse if we suddenly demanded a perfect lateral movement after he had only been ridden straight ahead for years. Instead, you can support the training process, and make it easier and more logical for the horse by introducing the basic elements of the lateral movements slowly and playfully in short reprises. This builds a ladder of small learning steps for the horse, which makes learning easier. If the individual learning steps are too large, learning becomes too stressful. In other words, if you encounter problems, you can think about whether the current learning step can be divided into smaller steps.

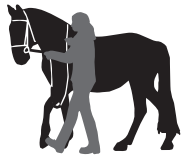
Many issues in the execution of movements, turns, or transitions originate in a lack of body awareness and balance on the horse's part. This can be drastically improved with the right kind of exercises. You will find some of these exercises in this edition, especially in the chapters on transitions and on bending and turning.

There is also a chapter with exercises to introduce the lengthening of the stride, as well as a chapter to develop the canter.

We also included a few simple stirrup stepping exercises that you can very easily ride with young horses in the rising trot. They are also very helpful in developing the rider's coordination.

Some of the exercises have been previously published in other Arena GPS editions. Others are new. All exercises can be ridden with younger horses. And their level of difficulty can be adjusted to more advanced horses by riding them in higher gaits and incorporating lateral movements. I will point these possibilities out in the descriptions of the exercises.

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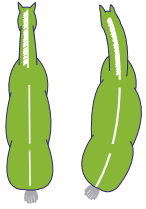


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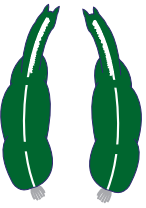
# Legend



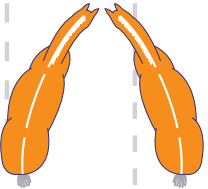
**Red and blue lines:**  
these show the line of travel.



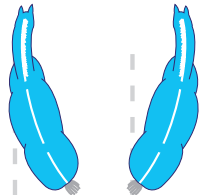
**Green horse:**  
the green straight and bent horses show the horse going forward or backward.



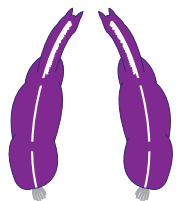
**Dark green horse:**  
shows the horse in sidestepping exercises, turn on the forehand and turn on the haunches.



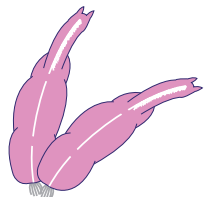
**Orange horse:** shows the horse in shoulder-in/counter shoulder-in.



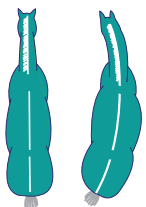
**Light blue horse:**  
shows the horse in haunches-in (travers)/renvers.



**Purple horse:**  
shows the horse in the half pass.



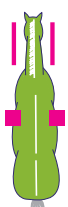
**Pink horse:**  
shows the horse in a pirouette, passade.



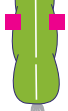
**Turquoise horse:** shows the horse in the canter.



**Magenta dot:**  
shows a stirrup step when the corresponding leg is on the ground.



**Magenta line:**  
shows a half-halt or rein aid.



**Magenta Squares:**  
Indicates a driving leg aid.

1



**BEGINNING  
WORK IN HAND**



## Transitions Walk - Stopping Into All 4 Legs

### Why

Stopping into all 4 legs is a very good exercise to familiarize the young horse with the effects of the reins. When you stop the horse into a specific leg, you connect the rein with this leg, and you connect this leg with the body mass and the ground, which improves the horse's balance, body awareness, suppleness, and permeability.

### What

The horse is bridled with a snaffle bit. You lead him in the walk along the outside track of the arena. Hold the inside rein in your inside hand, the outside rein and the whip in your outside hand. Establish a connection between the hind legs and the reins.

### How

Each transition is performed with 3 half halts in 3 consecutive strides that connect the leg you are addressing with the rein on the same side. The first two half halts announce the upcoming down transition to the horse so that he can prepare himself mentally and physically. The third half halt executes the transition. You can say in your mind as you are applying the aids: half halt, half halt, halt.

>>



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# FIRST STIRRUP STEPPING EXERCISES

4



**BENDING AND  
TURNING**











# Imprint

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Authors: Dr. Thomas Ritter and Alexandra Gaugl  
Idea & Development: Alexandra Gaugl  
Graphics, Design and Layout: Alexandra Gaugl  
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## Editors:

Alexandra Gaugl  
Kurzeggerweg 3b  
8044 Graz - Austria

Dr. Thomas Ritter  
Grub 5  
D-78315 Radolfzell am Bodensee

[equestrian.mobile.guides@gmail.com](mailto:equestrian.mobile.guides@gmail.com)

[thomasritt@gmail.com](mailto:thomasritt@gmail.com)  
[ritterdressage@gmail.com](mailto:ritterdressage@gmail.com)