

# *The Dressage Foundation Course*

## COURSE SYLLABUS

01

### UNDERSTANDING DRESSAGE

- What is Dressage?
- The Dressage Training Pyramid
- Moving Up the Levels

02

### RIDER MINDSET

- The Sport Psychology of Riding
- Goal Setting
- Addressing Fear

03

### DEVELOPING THE HORSE

- Horse Personalities
- How Horses Learn
- Correction vs. Discipline
- Developing the Horse

04

### THE CIRCLE OF AIDS

- The Seat
- The Legs
- The Hand

05

### DEVELOPING A TRAINING PLAN

- The Warm Up
- Goals & Lesson Plans
- Assessing Your Ride
- Next Steps

### BONUS: KEEPING DRESSAGE INTERESTING

- Tips for Avoiding Stagnation
- Exercises to Keep Your Training Interesting & Exciting
- Designing Your Rides