

Centre Line

KZN Dressage Newsletter

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HITS, TIPS AND COMMENTS - Shoulder-In vs Leg-yielding

by Adrienne Neary

Leg-yielding is an elementary exercise that should be taught on a circle (although at times it is asked for on a straight line or diagonal). It is used mainly to teach the horse to move away from the rider's leg pressure. Once the horse is responsive, the objective is complete, and the horse should be moved towards the more beneficial shoulder-in. I believe leg-yielding has become too popular, for two reasons. First, it is required in some first-level dressage tests, so too much emphasis is placed on "schooling" for this movement. Second, it is much easier to produce than shoulder-in.

To perform leg-yielding, the horse is led onto the circle and the rider's inside leg, used behind the girth, pushes the hindquarters out. It is easy for the horse; he is not required to maintain this bend and can easily let his hindquarters "fall out". The horse may thus be denied the strength and balance building required in more advanced movements. He can, in fact, perform this exercise with his weight primarily on his forehand, in effect

pushing himself through the movement instead of carrying it.

Overuse of leg-yielding is not beneficial to the horse's physical development and will only add to his resistance when he is asked to perform movements that require suppleness, bending and collection.

Shoulder-in, on the other hand, benefits the horse in many ways. The correct execution of this movement will increase the flexion of the hind legs, thereby enabling the hindquarters to carry more weight. This, in turn, allows for more supple movement of the shoulders. It also increases the horse's ability to collect and extend paces, and will help to improve the canter departs (again, because the movement develops the hindquarters, and lightens the forehand).

When these exercises are analyzed, shoulder-in is clearly more beneficial, from the fundamental physical development of the horse, to eventual progress to higher levels. Leg-yielding should be used minimally, with

knowledge and care. I encourage anyone concerned with the correct development of

the sport horse to consider this important issue.

REPORT BACK ON SANEF COMPETITION

The Dynamic Dressage Preliminary Championship Trophy went to Michelle Aubourg and Roxby.
The Beau Jester Novice Floating Trophy went to Sue Horne rider Cellehof Tadoo
The Hartenberg Elementary Floating Trophy went to Zinfiande JN and Natasha Brown
The Actor EM Trophy was won by Jocelyn Constant and Mossandi Rhinestone
The Just Woody Medium Trophy went to Wenzel R and Catherine Berning
The Advance Floating Trophy was won by Vicky Mostert and Ferragamo.
The First Violin Jnr Novice Trophy went to Midnight Oil and Keith Toucher
The Mr Chairman Jnr Elementary Trophy went to Washington and Megan Berning
The Bardun Twinkling Star Childrens Trophy went to Amber Watson on Harry Potter

The Swan & Rail Trophy for the highest % obtained in any class was awarded to Keith Toucher and Midnight Oil.



The Dynamic Dressage Trophy awarded to the Novice Victor Ludorum went to Keith Toucher.

The Gillian Fisher Trophy awarded to the highest Locally Bred Horse at the show went to Midnight Oil owned by Peni Hanbury.

The Evening Star Victor Ludorum awarded as the overall adult Victor Ludorum was awarded to Sue Horne.

Well done to all of you on your achievements.

CONGRATULATIONS

Dressage achievements at Pony Club Inter-branch 2011

Sarah Joy Steyn won the Leonnie Botha Under 10 Dressage Trophy.

Emma Marshall of KKH Pony Club won the Childrens Novice Pony Club Trophy.

Lara Kemlo of Hammarsdale Pony Club won the Wendt Cup Trophy for Jnr Novice.

Cheryl Jacobs of Zululand Pony Club won the Jnr Elementary St Cloud Trophy.

The Childrens' Novice **DILIGENCE TROPHY** was won by Karkloof Howick Pony Club.

The Junior Novice Dressage **HORSE SHOE TROPHY** was won by Hammarsdale Pony Club.

Shongweni Pony Club won the Junior Intermediate Dressage Team Event



PONY CLUB INTERBRANCH REPORT BACK

Well done to all the Junior and Pony Riders who competed in the dressage at the Pony Club Inter-branch and special recognition must be give to the riders who competed for KZN at the various levels in the Inter-Regional competition. We look forward to the final results of the Inter-Regional's for 2011, which we will get next year.

FEEDBACK and NEWS and LETTERS

THANK YOU

Captured here was a little girl and her pony after their 1st ever Dressage Show. The essence of "thank you" between Pony and Pony Rider. May the two of you have a long and happy career together



Let us all regularly remember to thank our equine partners, parents, grooms and friends and family who offer support and encouragement. This is not a sport where success is achieved by one's ability and performance alone.

COMMITTEE UPDATE

Vicky Mostert has very kindly offered to lend the KZN Dressage Committee some of the latest dressage tapes of Kyra Kyrklund. The KZN Dressage Committee intends hosting a fund raiser for the KZN Junior Championships and will shortly be announcing a seminar / clinic around these tapes. A venue and date still needs to be finalized and we will issue a Newsflash via KZNHS as soon as it is confirmed.

UPGRADES

Please remember to email Nadine Parker at nadinep@sos.co.za to notify us of any upgrades.

Kathleen Edmonds and THE GUARDIAN have upgraded from Junior Novice to Junior Elementary. Well Done Kathleen the KZN Dressage Committee wishes you many successful tests in Elementary.

