

Centre Line



KZN DRESSAGE NEWSLETTER

SEPTEMBER 2009

Chairman: Sue Horne

Kzn Dressage Website – www.kzndressage.co.za

Upcoming Events

14 November 2009 at REA from 09h00 to 12h30 – Seminar by Juli-Ann Riley. This seminar will focus on various postural styles and muscle imbalances and how these affect the rider's seat. It will assist in learning to identify problems and take steps to correct them with appropriate exercises. This seminar is limited to 40 participants. To secure a booking you need to make payment of R60 to KZN Dressage, FNB, A/C 62182489536, Branch Code 223726. For bookings and proof of payment please contact Nadine Parker by email: parkergm@sos.co.za or Fax: (031) 702-4296

23rd – 27th September at Kimberly – The 2009 SA Dressage Championships.

10TH – 11TH October at DSC – FEI World Dressage Challenge Warmup. Entries close 26 September 2009

HITS, TIPS AND COMMENTS – UNEVEN / UNLEVEL / NOT REGULAR

There have been many requests to address the issues regarding uneven and unlevel; Equine Sports Therapist, Des Perrow has very kindly written an article around the issues of Uneven/Unlevel Comments In Test Sheets

“These comments in your test sheet can be very mystifying and disheartening for any rider who has put a lot of time and effort into preparing their horse for a dressage show (or any other discipline for that matter). When your horse goes ‘uneven’ or ‘unlevel’ for no apparent reason, it is not easily understood.

The term 'uneven' means inconsistent length of stride and 'unlevel' means inconsistent height of steps. Both of these terms are often the result of tension in the horse, which can be caused by too strong a contact or uneven contact by the rider, incorrect schooling, asking for too much engagement and collection before the horse is able to do this, which causes the horse to become tense and resisting. Tension in the horse can also be psychological, ie a young horse just off the track. Psychological tension in the horse will always produce muscular tension in the horse.

Nothing happens without a reason and the cause of the problem is just as important as the problem itself.

Invariably the cause will be a bit of knotted muscle tissue (a muscle spasm) no bigger than the end of your thumb, a bit of muscle or joint ligament that is unable to perform its normal function. The mystery is that no visible symptoms are evident. Often the horse is in obvious discomfort, but there are no signs of injury, any illness or structural abnormality.

Often it is the failure to recognise that the muscular system can be the entire cause of the problems that result in inadequate treatment and hence the comments 'uneven' and 'unlevel'.

The muscular system makes up sixty percent of the horse's total body weight and is the system responsible for the full, free motion of the horse. The muscular system is also a predominant cause of motion problems in the horse, and this is where many things remain a mystery, things that should not be mysterious at all.

Just a few of the cause of 'uneven' and 'unlevel' are;

1. The horse is fine on straight lines, but uneven (off) on circles – muscle tension in the neck (Brachiocephalic muscle).
2. The horse resists neck motion in the opposite direction – tension in the Multifidus cervicis muscle of the neck.
3. General tightening of the shoulder and loss of free scapula (shoulder blade) action, resulting in non-specific loss of power, co-ordination and motion – Rhomboid and Trapezius muscles.
4. 'Scuffing' with hind leg, shortening of forward movement (stride) – Biceps Femoris muscle.

These are just a few examples of the many muscle problems the horse might experience, (there are of course, many more), which a judge will see as 'uneven' or 'unlevel' in a horse's movements, all quite easily rectified by an experienced Equine Sports Therapist". *Des Perrow.*

DRESSAGE COMMITTEE UPDATE

Kzn judges and competitors are reminded that:

Elementary 1 and 2 are to be ridden in a snaffle bridle only. Elementary 3 to 6 may be ridden in a snaffle bridle or a simple double bridle.

The Kzn Committee would like to advise that we are unable to act on complaints that are not given to us in writing.

Competitors are requested to check banking details on entry forms and amend the internet payments. There are still a few people who are paying entry fees into the incorrect account.

Heather Cochrane has resigned from the KZN Dressage Committee and we would like to thank her on behalf of all the members of KZN Dressage for her commitment and contribution during this past year.

Natasha Brown is unfortunately unable to continue on the committee due to other commitments.

CONGRATULATIONS

Reach for the Stars” / “Reach for the Universe

All Junior and Pony Riders are reminded to email Nadine Parker on parkerqm@sos.co.za or advise any of the dressage committee members as soon as you have notified the KZN Horse Society to upgrade your horse to the next level.



Recognition awards are presented to the following Junior Riders:

BRONZE to **Julia Van Niekerk** riding **Zandor** and **Carey Grey** riding **Cardini** for upgrading from Novice to Elementary Level

WELL DONE TO YOU BOTH. The KZN dressage Committee wishes you both many successful tests in elementary.

KZN Junior Dressage Team – Long List for selections

Below is the 2009 long list for of the Horse and Rider combinations under consideration for the KZN Junior Dressage Team.

Megan Berning	-	Washington / Remus B
Julia Van Niekerk	-	Zandor / Above Average
Savannah Wilmot	-	Roxby
Carey Grey	-	Cardini
Kirsten Wing	-	Hakahana Angus Og
Kate Woolly	-	Midgard-Trick-A-Treat



Emma Brown - Voigtskirch Dekan
Deandra Mathioda - Ivar
Emily Davis - Double Dutch
Jessica Hodgkinson - Madeira Sunshine

TECHNICAL QUESTIONS AND ANSWERS

Question: "Please explain the extended walk, is it the same or similar to free walk on a long rein"

Answer: "The extended walk covers as much ground as possible, without haste and without losing the regularity of the steps. The hind feet touch the ground clearly in front of the hoof prints of the fore feet. The rider allows the horse to stretch out the head and neck without losing contact with the mouth and control of the poll. The aim of the extended walk is to show an energetic unconstrained walk, ground-covering and over-track as much as possible with a stretched neck and without losing contact with the horse's mouth." *FEI Dressage Handbook Guidelines for Judging*

FEEDBACK and NEWS and LETTERS

Feedback

The seminar on 06 September 2009 in which Clare Bailes National A Panel Judge (Gauteng) discussed the movements in novice and elementary and what the judge is looking for in the way of going, proved very interesting and although it was put together on short notice, I thought that it was very innovative of the Sue Horne and the Kzn Dressage committee to use the opportunity to share Clare's knowledge and experience with riders and other interested parties when the show could only be run on the Saturday instead of both days. *Rechay Grey*

NOTE

Remember to check out the latest dressage show results on the KZN dressage website.

Remember the new rule - Pass left shoulder to left shoulder (thus, a horse on the left-rein on the track has right of way).

Bridle Numbers - A number will be allocated for each show to each horse by the show organiser. The identification number allocated by the organisers is worn on the left side of the bridle or halter throughout the competition. The number display device is to be provided by the rider. It is compulsory that the number be worn by the horse while actively competing and at any time while working in the exercise and schooling areas or being walked in hand so that they can be identified by stewards and officials. Failure to display the number incurs a first warning and in the case of repeated offence a fine may be imposed.