

SOUTH AFRICAN PONY CLUB



Dressage Arena Achievement Badge

WORKBOOK



Objectives:

To be able to place the letters in, and know the dimensions, of both a long and short arena.

Key points:

- Know the dimensions of a short dressage arena
- Know the dimensions of a long dressage arena
- Know the letters and positions of the dressage markers

Additional reading:

The additional reading contains more information than is required for the badge, but it provides good background knowledge.

NAME _____

BRANCH _____



What is dressage?

Dressage is the training of the horse to move well, in a balanced, obedient and rhythmic way. A well trained horse is a pleasure to ride and is generally a stronger and more supple ride. You want your horse to listen to you, to speed up or slow down when you ask, to turn left or right or move over if you want him to, and dressage training will teach him to do all these things.

Even if you want to do show jumping, realise that more time is spent riding from one jump to the next than actually in the air, so dressage training will still come in useful. If you want to just ride your horse out and about, dressage training will still come in useful. What if you want to open and close gates without dismounting, or when something scary comes along and you need your horse to be obedient to you and not race off?

Dressage as an Equestrian Discipline and Competition Sport

Some horse and rider combinations turn dressage training into an art form! In a dressage competition, the horse and rider perform a set series of movements (called the **dressage test**) in a designated place (called the **dressage arena**), and try to perform those movements to the best of their ability.

A judge gives them a score (out of 10) for each movement. These scores are accumulated, and a final % is awarded for each test, by which the horses in the competition are ranked.

There are a number of dressage tests, grouped by levels of difficulty. The easiest tests are called Preliminary tests, and can be obtained from the SANEF website, www.horsesport.org.za.

The arenas

There are 2 different arenas used in dressage:

- The “short” arena = 20 x 40 metres
- The “long” arena = 20 x 60 metres

Both arenas have various letters spaced around the outside so the riders can see where to do certain movements.

Both arenas contain the letters **A K E H C M B F**. This is the sequence if you enter at A and turn left.

The 60 x20 arena has 4 more letters **V S R P**.

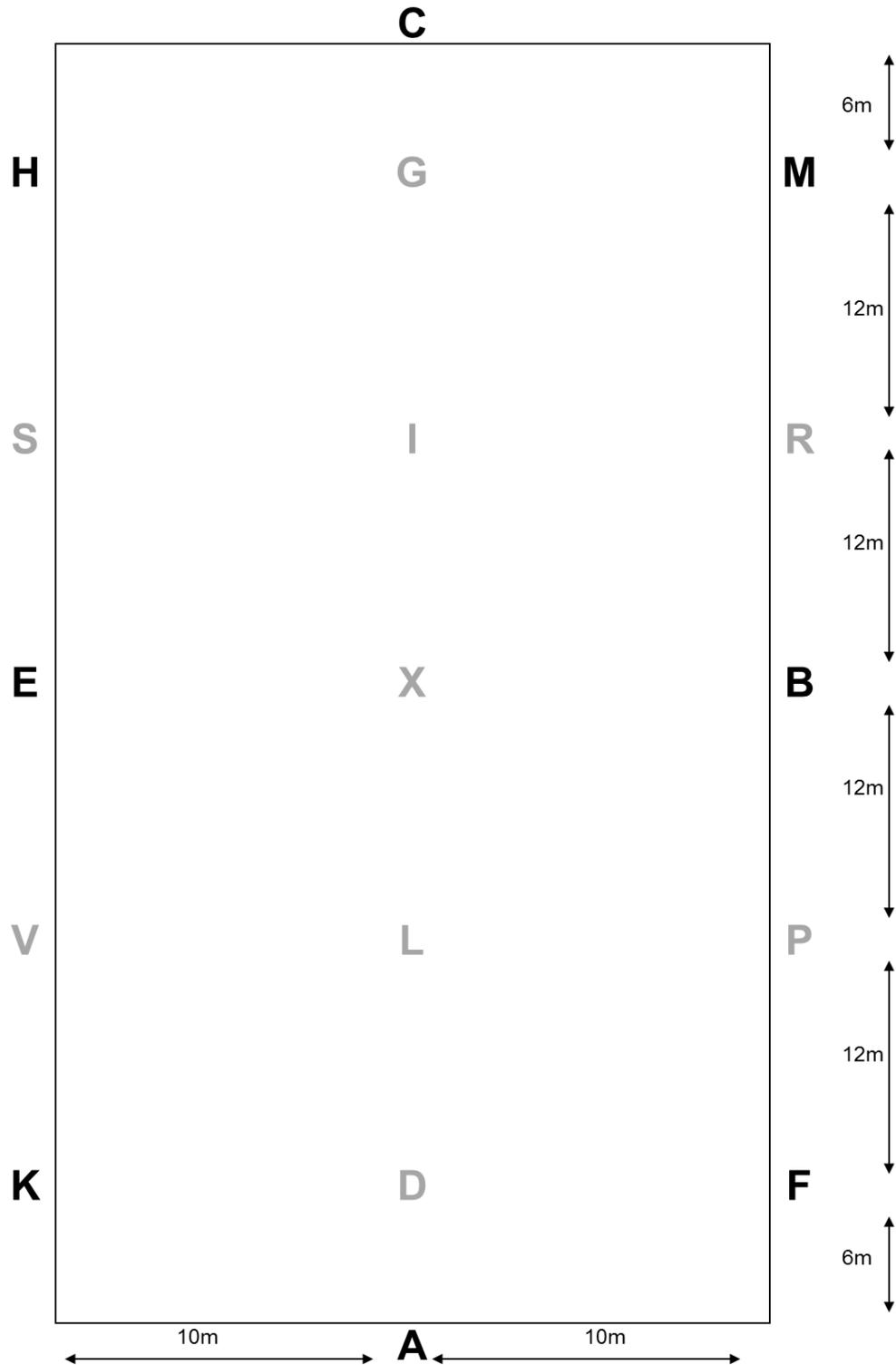
There are also letters down the centre line which are usually shown on the outside letter opposite to where it is. These letters are **G I X L D**. (X is shown on both B and E).

You always enter at letter **A** and leave at letter **A**.



The “Long” dressage arena

Juniors and adults ride in a dressage arena that is 20 x 60m big



ALL KING EDWARDS' HORSES CALL ME BEAUTIFUL FOOL

VERY SHORT ROUND PONIES



Revision

1. What is a dressage test?
 - A big arena to ride in
 - A series of movements that the horse and rider need to do
 - A horse with a special bit
2. How many different size dressage arenas are there?
 - 1
 - 2
 - 3
3. What is the size of the arena that Children or pony riders ride in?
 - 10 x 50
 - 20 x 60
 - 20 x 40
4. What is the size of the arena that Juniors ride in?
 - 20 x 40
 - 20 x 60
 - 30 x 60
5. Try make up your own rhyme to remember where the letters are placed

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6. Put all the letters in the correct places for a 20 x 40 arena

