

The Stages of Training the Dressage Horse:

- 1: Rider Seat & Position
- 2: Rhythm
- 3: Relaxation
- 4: Contact
- 5: Straightness
- 6: Impulsion
- 7: Collection

Riders should concentrate on each of these stages, moving from 1, to 2 etc. They cannot be rushed. There is no short cut to training.

