

Dressage Online

Relax and Flow 1 (2023)

Arena size: 20m x 40m

	Marker	Movement	Max Mark
1	A X X	Proceed down the centre line in medium walk Allow the horse to stretch and circle right 10m diameter Still in stretch circle left 10m diameter	10
2	X C H to B	Proceed down centre line and gradually retake the reins for medium walk Track left Change diagonal in medium walk	10
3	B B	Commence a circle right 15m diameter and allow the horse to stretch Circle right 10m diameter still in stretch	10
4	Between B and F FA	Retake the reins for medium walk Medium walk	10
5	A	Halt, half turn on the forehand right and allow the neck to stretch	10
6	AF FXH	Proceed in a stretched outline Change the rein in free walk	10
7	Between H and C B X	Retake the reins for medium walk Half 10m circle right to X and allow the horse to stretch Half 10m circle left to E, still in stretch	10
8	E E	Circle left 15m diameter in stretched outline Circle left 10m diameter still in stretch	10
9	Between E and K KA	Retake the reins for medium walk Medium walk	10
10	A	Halt, half turn on the forehand left and allow the neck to stretch	10
11	AK KX XG	Proceed in stretched outline On the diagonal, gradually retake the reins for medium walk Proceed down centre line	10
12	G	Halt. Immobility 4 seconds. Allow the neck to relax and stretch and pat your horse 😊	10
		Leave the arena at free walk on a long rein	

Collective Marks

13	The Walk. Correct 4 beat with energy and relaxation	10 x 2
14	Suppleness. Ability to stretch freely and work over the back and through neck	10 x 2
15	Contact	10 x 2
16	Rider's position	10
17	Rider's results	10
Total Marks		200

For further details please visit our website www.dressageonline.org or email dressageonline@gmail.com

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