

Dressage Online

Relax and Flow Test 1a (2023)

Arena Size 20m x 40m

1.	A X X	Enter in working trot, proceed down the centre line in medium walk Allow the horse to stretch and circle 10m diameter right Still in stretch circle 10m diameter left	10
2.	X C H to B Between H and B	Proceed down centre line and gradually take reins for medium walk Track left Change diagonal in medium walk Transition to working trot	10
3.	B B	Circle 15m diameter right and allow the horse to stretch Circle 10m right still in stretch	10
4.	Between B and F FA	Retake the reins Medium walk	10
5.	A	Halt. Half turn on the forehand right and allow the neck to stretch	10
6.	AF FXH	Proceed in stretched outline Change rein in free walk	10
7.	Between H and C Between M and B B X	Retake the reins for medium walk Transition to working trot Half 10m circle right to X Half 10m circle left to E	10
8.	E E	Circle 15m diameter left and allow the horse to stretch Circle 10m left still in stretch	10
9.	Between E and K KA	Retake the reins 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 on centre line	10
12.	G	Halt, immobility 4 seconds. Allow the neck to relax and stretch. Pat horse	10
		Leave the arena on a long rein where appropriate	

COLLECTIVE MARKS

13.	The walk. Correct four beat with energy and relaxation	10
14.	The trot. Correct rhythm and tempo with freedom and energy	10
15.	Suppleness. Ability to stretch freely and work over the back and through the neck	10 x 2
16.	Contact. Relaxed and soft with an elastic forward feel and energy flowing through from behind	10 x 2
17.	Rider position. Correct and in good balance	10
18.	Rider results and influence. Ability to work in harmony and show the movements fluently with correct aids and application	10
Total Marks		200

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

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