

Dressage Online

Pole Dancing 1 (Intro) (2024)

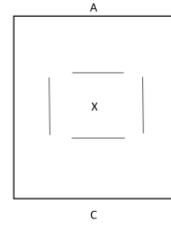
Arena size: 20m x 40m

Poles to be placed:

2 on the centre line either side of X

2 on the E-B line, either side of X

With enough space at the corners to pass through on the long diagonals



	Marker	Movement	Max Mark
1	A X C	Enter in medium walk Halt, salute, proceed in medium walk Track right	10
2	Between M and B B	Transition to working trot Working trot around the arena to E	10
3	E B	Turn right and trot over both poles Turn left	10
4	B	Working trot around the arena to E	10
5	E B	Turn left and trot over both poles Turn right	10
6	B KXM	Working trot to K Change rein in working trot passing diagonally through the poles	10
7	M MCH	Transition to medium walk Medium walk	10
8	HXF Just before F	Change rein in free walk on a long rein passing diagonally through the poles Transition to medium walk	10 x 2
9	Between F and A	Transition to working trot	10
10	A C	Turn down centre line and trot over both poles Track left	10
11	K D	½ 10m circle onto the centre line Proceed down the centre line trotting over both poles	10
12	C F D	Track right ½ 10m circle onto centre line Proceed down centre line trotting over both poles	10
13	G	Halt, immobility salute	10
		Leave the arena at free walk on a long rein	

Collective Marks

14	Paces Freedom, tempo, regularity, correct footfall	10 x 2
15	Suppleness Relaxation, working over the back, equal flexion in both directions	10 x 2
16	Contact Works from behind into a consistent contact	10 x 2
17	Rider's position and results Balance, straightness and correctness	10 x 2
Total Marks		220

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

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