

The Basics of the Court

All markers and letters are at 5 meter increments

Trot poles are down your quarter lines N to Y and J to Q

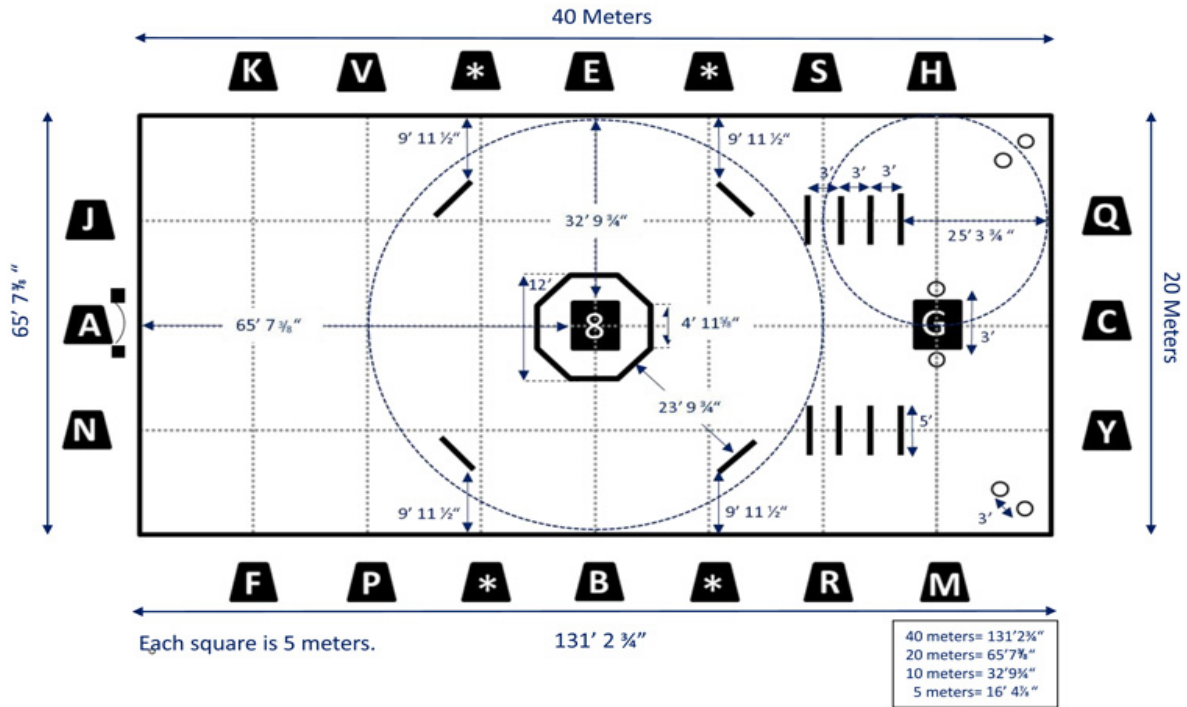
RED: 20 meter circle, ground poles to your inside

GREEN and **BLUE**: 10 meter circles through cones, and between poles

YELLOW diagonal from P to S, over ground poles and through the box at "8" (will also exist from R to V)

CENTER LINE from A to C

COWBOY DRESSAGE® CHALLENGE COURT



You can find more information on Cowboy Dressage at the following sites, including tests, training videos, and the show schedule.

Cowboy Dressage World

<http://cowboydressageworld.com/>

Eitan's main site

<http://www.cowboydressage.com/>

Also on Facebook:

Cowboy Dressage

Cowboy Dressage of Southern California

J Hutchings Performance Horses

Cowboy Dressage of Southern California meets the second Sunday of every month to chat and practice in the court at Creek Hollow Ranch in Ramona, CA. We encourage you to join as a member and participate in all the fun!! Please inquire for more information on their Facebook page or with Jesseca Hutchings (909)241-7892.

COWBOY DRESSAGE® GLOSSARY AND DEFINITIONS

Gaits

- **Working Walk:** Four-beat gait with forward reaching steps. The head and neck should swing naturally as a result of a relaxed back and free shoulders. The horse maintains a light contact with the bit with his nose slightly in front of the vertical.
- **Free Walk:** Four beat gait with forward lengthening of steps. The horse is relaxed and allowed by the lengthening of the reins to lower his head and neck and to stretch forward, down and out.
- **Working Jog:** Two beat gait and forward with even and elastic steps. The back is relaxed and the shoulder is free. The hind legs should step forward under the horse. The horse maintains a light contact with the bit and his nose slightly in front of the vertical. Rider must sit the Working Jog.
- **Free Jog:** Two beat gait with forward movement allowing lengthening of even and elastic steps. The horse is relaxed and allowed by the lengthening of reins to lower his head and neck and to stretch forward. The horse maintains light contact with the bit with his nose slightly in front of the vertical. Posting is an option.
- **Working Lope:** Three beat gait with forward reaching and balanced steps. The back is relaxed and the shoulders free with the hind legs stepping forward under the horse. The horse maintains a light contact with the bit, his nose slightly in front of the vertical.
- **Free Lope:** Three beat gait with forward movement allowing lengthening of even and elastic steps. The horse is relaxed and allowed to lengthen his frame and lower his head and neck. He should be balanced while maintaining a light contact with the bit, his nose slightly in front of the vertical.
- **Cowboy Dressage® Turn on the Haunches:** The horse bends slightly in the direction of the movement and moves his front legs (the outside front leg crosses over the inside front leg) around the hind legs. The outside hind leg and both front legs move around the inside hind leg which forms the pivotal point of the turn. The horse should remain in the same location, by balancing his weight between the inside to the outside hind legs.
- **Cowboy Dressage® Turn on the Forehand:** The horse bends slightly in the direction opposite from the movement of the hindquarters, or away from the direction of travel and moves the hind legs around the front legs. The inside front leg is the pivotal point while the inside hind leg crosses in front of the outside hind leg moving the hind legs around the front legs.