I have learned a lot riding in the TEAM clinics. It has taught me how to be a better competitor and dressage rider. My most recent clinic was at Pinelands Equestrian Center in Maine. I worked on my leg yielding. When I asked for the leg yield my pony , Monkey Business, wouldn’t listen to my leg so I did an exercise that really helped. Lendon had me leg yield off my right leg from the center line to the quarter line I halted and did a turn on the forehand off my right leg. I then leg yielded back to the center line again off my right leg followed by a halt and another turn on the forehand off my right leg. I did this until he listened to my leg and did a turn on the forehand instead of backing up when I used my leg. Then I did the same exercise from my left leg until he listened to my left leg. I also worked on bending without pulling back on a 20 meter circle between E and B. I focused on my hands moving with the horse. I worked on it by having a longer rein. I asked him to bend by squeezing the reins and not pulling. I controlled his speed with squeezing the reins, using my leg and my voice. These are great tools and if it is something that my horse needs now I can use it at home.

Xavier Cummings