

## **SCHOLARSHIP ARTICLE**

First of all, thank you for selecting me for the dressage4kids scholarship. I learned a lot in my lesson with Marie Millman, and I will be happy telling you what I learned from that lesson. The horse that I rode, who was a former racehorse, was very hollow so she required a lot of bending. My trainer taught me how to keep her head from going really high in the air. To do this you use a “bend and release” movement. How you do this is you gently squeeze the reins and then release, after a couple of these movements your horse should bring its head down. My trainer would keep saying the phrase “bend and release”. Then after her saying it for a long time, I got it stuck in my head and now whenever I ride that horse I will work on the “bend and release” movement. After working on getting her head down, my trainer told me that the horse I rode wouldn’t use her hindquarters. Because she wasn’t moving her hindquarters, we did this activity called the shoulder - in. At first, of course, it was a struggle for the horse but eventually she got the hang of it. Then at the end she moved like a new horse.

I learned some other things while watching other girls’ lessons at the full day clinic. For instance, wherever you put your legs the horse will put their weight. Another thing I learned was to tighten your abs, then sit, and be relaxed when half- halting. If the horse spooks, let it go back in the corner, and you (the rider) can’t get all tensed then the horse will freak out, and if the horse still doesn’t go in the corner then if there is another rider riding you can ask them if they go in the spot where your horse spooked and the horse will not likely get spooked again. Then an activity if you look down constantly you can look in front of you and pick an object to look at and if you pass the object pick a different one.

Thank you again so much for this scholarship! I learned so much from the 1 on 1 lesson with my trainer and from watching other girls’ lessons too. Thank you again!

