

## ODS HOSTS LINDA ZANG CLINIC

Ohio Dressage Society hosted a fabulous clinic with Linda Zang in October at Gypsy Woods Farm. We are so fortunate to learn from Linda's expertise. She was not only accurate in her assessment of horse and rider, but engaged the audience, and we all learned a great deal!

It was so very enlightening how in watching the horse warm up and after brief comments from the rider, Linda prescribed exercises for the horse and rider. In every session Linda was able to give directives to the rider that very quickly resulted in improvements.

Here are some of the "Linda-isms" we learned:

**HALF HALTS:** Don't make them so heavy that they flatten the horse- let them rebalance and allow the horse to lift after. Lift the horse with the outside aids (ie. If horse is heavy on forehand, outside leg and rein, then give the inside for uphill balance)

**"STRAIGHT MAKES EIGHT"** Always ride the horse straight. No haunches in or out, no shoulders in or out. When riding a straight line, ride the horse as on a curve, and when on a curve, ride the horse as though straight.

**HALF PASS** "Half pass is a higher degree of using the guarding aids". Step in the outside stirrup to free up the inside of horse, then open your inside hip to direct horse and visualize turning his head to the point where your half pass will end.

**TEMPO AND CADENCE** To slow the horses' cadence, rider slows his/her shoulders, not tense, but slow the energy to regulate the tempo and improve the cadence. To improve the quality of the trot, half halt "whoa, with the outside rein, give inside rein, and "GO!" with the seat." The repeat of this exercise helped quite a few of the horses achieve a more uphill balanced trot.

There were many more helpful directives offered for improving rider seat and balance and each one manifested itself in (sometimes dramatic) improvement in the horse.

We look forward to having Linda Zang return to Central Ohio!