

Foreword Guenter Seidel	9
Foreword Paul Stecken	11
Thoughts on the book	13
Riding today	15
Silhouettes of the various steps in training	18
Students of 2009	21
Life with horses	29
Our partner, the horse	47
The basic principles of riding	57
Young Horse training à la Balkenhol	60
What does riding dressage mean?	64
What should the rider hope for?	69
Seat and effectiveness of the rider	77
Riding begins with stable management	85
In hand work	91
From foal to young dressage horse	95
HDV12 The Heeresdienstvorschrift of 1912	101
The new mounted police force in Nordrhein-Westfalen	103
Vices must be tackled calmly	108
The walk	115
Giving/Allowing	118
The trot	119
The canter	125
Necessary conditions for good riding	129
Holding the reins	132
Collection	139
Playing with the half halts	142
The path to advanced movements	151
From a flying change to one-tempi	157
Riding instructor, trainer, Chef d'equipe	163
„Horses and Dreams" – a competition weekend	172
Piaffe and Passage	179
Riding a freestyle	191
Where does the journey lead?	199
Horses of the World	205
The Klaus Balkenhol DVD series	206

Chapters