

Foreword..... vii

Preface ix

1 Equestrian Sports at a Crossroads–A Critical Assessment 1

Developments in Equestrian Sports..... 1

Equine Studies..... 4

“Supple” Does Not Mean “Light” 7

Balance, Athleticism, and Suppleness..... 10

2 Development and Transmission of Power 14

The Development of Power in Detail..... 16

The Transmission of Power..... 21

Structure and Function of the Front Center of Power Transmission..... 28

Structure and Function of the Hind Center of Power Development–
Active Structures..... 30

Interaction Between the Two Movement Centers..... 34

Incorrect Movement Concepts and Their Consequences..... 41

3 The Third Dimension–Changing the Perspective 50

The Biomechanics of the Horse in the Third Dimension..... 50

The Third Dimension in Movement..... 52

The Biomechanics of the Horse on a Curved Line..... 60

The Interplay of the Movement Centers on a Curved Line..... 68

Finding the Right Saddle 70

The Crooked Horse 73

Incorrect Movement Patterns and Their Consequences..... 80

4 Positive Tension in Training	88
The Training Scale in the Language of the Movement Centers.....	90
Flatwork—The Logic Behind the Movements	96
Principles and Methods of Flatwork	101
The Development of Positive Tension in the Jumping Horse.....	103
The Development of Positive Tension in the Eventing Horse	112
The Development of Positive Tension in the Endurance Horse	114
The Pleasure Horse.....	116
Training Different Types of Horses.....	117
The Rider	124
“Seat” vs. Lack of Movement	125
The Position of the Rider—A Definition	127
6 Training, Therapy, Rehabilitation	134
Training.....	134
Therapy.....	138
Rehabilitation	145
7 Managing and Training Horses with Animal Welfare in Mind	154
Breeding and Raising Horses—The Four Most Important Years in a Horse’s Life.....	154
The Development of a Healthy Skeleton.....	159
The Development of Healthy Connective Tissue.....	162
The Development of Athletic Muscle.....	166
The Psychological Development of a Horse	168
Success in Equestrian Sports.....	172
Acknowledgments	174
Index	177