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2010-06-24Sorti le: 2010-06-24Format:
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101 DRESSAGE EXERCISES FOR HORSE & RIDER

Foreword by
Olympic Medalist
Lisa Wilcox

● JEC ARISTOTLE BALLOU

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Description :

Prsentation de l'diteurDressage is the ultimate achievement of oneness between horse and rider. Featuring a full arena diagram and step-by-step instructions for each exercise, this sturdy book is designed to allow the rider to hang it on a hook and refer to it from the saddle. Youll learn how to improve your riding position; master looseness, balance, and suspension; and perfect flying changes as you work toward dressage success.