



THE BAROQUE EQUESTRIAN GAMES & INSTITUTE™

*Rewarding, Teaching & Celebrating
The Elegance & Artistry of Classical Horsemanship*

Glossary of Paces, Figures, and Terms for Equilibre Phase

Goals to achieve in the Equilibre Phase:

To confirm the balance of the horse in all three gaits, while increasing suppleness, and begin to create flexibility by the used of the lateral movements. The horse should show a degree of collection to allow clear balance at the walk, trot, and canter. Flexibility is created by the introduction of the shoulder-in and Demi-Voltes in travers (haunches-in) position. In the rein back, the sensitivity to the rider's seat is increased. The exercises in this phase should render the horse more flexible and increase collection, and in so doing, the horse and rider will begin to find a higher degree of gracefulness.

Paces and Figures in the Initiate Phase:

- **School Walk.**

The horse walks in a natural relaxed tempo (four-beat gait), with enough activity and collection to track up to the front hoof prints. Rider preserves the horse in its natural frame while maintaining roundness through its body.

- **School Trot.**

The horse trots in a natural relaxed tempo (two-beat diagonal gait), with enough activity and collection to track up to the front hoof prints. Rider preserves the horse in its natural frame while maintaining roundness through its body.

- **School Canter.**

The horse canters in a natural relaxed tempo (three beat gait), yet energetically from the hindquarters and elevated in front. The horse must step under its body with the hind legs without putting weight on the rider's hands.

- **Halt.**

In response to the rider's lifting the horse's neck the horse arrives at a standstill by shifting its balance from the rider's hands to the hindquarters.

- **Square Turn.**

The rider lifts and directs the shoulders of the horse in the direction of the turn; the rider teaches the horse to balance on the inside hind leg as the forward movement is preserved.

- **Circles (20M).**

By directing the horse's shoulders as we do in the square turns, we bring the horse onto the circle. At the same time the rider's leg aids encourage the horse's hind legs to find and track on the circumference of the circle and maintain the bend.

- **Circles (15M, 10M).**

The rider should create bending in the horse's body to duplicate the circumference of the circle. At the same time the rider's leg aids encourage the horse's hind legs to find and track on the circumference of the circle.

- **Rein Back.**
The horse steps backwards in response to the combination of the rider's seat and hands. The horse should also change its balance by lifting the shoulder and shifting its weight to the hindquarters.
- **Loop Figure.**
The rider creates bending in order to direct the horse into the curves of the loop. The alternating of bending through the figure will increase suppleness and conformed bending in the horse's body.
- **Shoulder In.**
The rider lifts and positions the horse's shoulders to the inside, while using the leg and seat aids to engage the horse's inside hind leg and encourage the hindquarters forward on the track. This creates bend (away from the direction of movement / towards the inside of the arena) and causes the horse to step under the rider's center of balance.
- **Demi-Volte into Long Side.**
The rider turns the horse into the shallow diagonal as the horse is simultaneously bend towards the long side. Upon reaching the quarter line the rider allows the horse to turn into the long side.
- **Demi-Volte in Travers.**
The horse steps sideways around the hindquarters, following the circumference of a half circle as it bends its body in the direction of the movement. A change of direction is the result of this figure.
- **Travers (haunches-in)**
The rider lifts the horse's shoulders and maintains them on the track, while using the leg and seat aids to engage the outside hind leg. As a result, the horse moves the hindquarters onto the track. This creates bend (towards the direction of movement / towards the inside of the arena) and causes the horse to step under the rider's center of balance.
- **Turn around the Forehand.**
The horse steps sideways around the shoulders in a circular motion; the hind legs subscribe a circle with a radius no larger than the length of the horse, while the front legs continue in the rhythm of the walk in a circle no wider than the horse's shoulders.

Terms of Classical Horsemanship:

- **Balance.**
The degree of collection required for the specific situation to encourage the horse to sustain its energy and position without the support of the rider.
- **Brilliance.**
Conspicuous presence, talent and expressiveness.
- **Collection.**
The process used to bring the horse in to balance. The horse elevates the shoulders and shifts the weight of its body to the hindquarters.
- **Quality of Bend.**
The horse is able to bend its entire body in order to follow the circumference of the circle or curved line without losing lateral balance.
- **Flexibility.**
The ability to bend laterally and longitudinally throughout the body without the loss of movement.
- **Lightness.**
The rider uses and the horse responds to very light, almost imperceptible aids.
- **Pliability.**
The horse's body becomes soft from the pressure of the leg and hand of the rider.
- **Relaxation.**
The rider and the horse are free from tension. The horse shows confidence and suppleness in its way of moving.
- **Roundness.**
The rider gathers the horse's energy between the leg and hand and as a result the horse brings its hind legs further under the body and softens its neck.
- **Self-carriage.**
The horse sustains movement and balance without the support from the rider.
- **Softness of Aids.**
The rider's ability to coordinate the aids (Seat, Legs, Hands and Voice) with subtlety and competence so that the horse can respond with minimal effort from the rider.
- **Straightness.**
The horse shows the ability to bend equally on both sides of the body.
- **Suppleness.**
The horse is relaxed and pliable throughout the body, molding to the rider's aids.
- **Use of the Seat.**
The ability of the rider to follow the movement of the horse, as well as engage the hindquarters. The balance of the horse is influenced by the weight of the rider's upper body.
- **Lateral balance on the track.**
The horse maintains the haunches in line with the shoulders on the track without leaning or

drifting left or right.

- **Alignment of horse's shoulders.**

The ability of the rider to laterally influence the horse's shoulders in order to turn or direct the horse onto a new the track.