

# A Winter Warm-Up Night to help get focused back on riding for the New Year

## *Austin Dressage Unlimited*



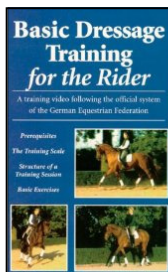
**Dinner & DVD Night**  
**Saturday Feb 25, 2012**  
**6:30pm**

*ADU DVD Nights are  
approved for  
USDF University Credit!*

**Hosted by Karen Holmes**  
**4332 TeraVista Club Dr #66, Round Rock, TX 78665**

**A variety of hearty soups will be provided.**  
**Attendees are welcomed to bring salads, homemade breads,**  
**and don't forget about the desserts!**

Attendees will be treated to 3 short dressage educational videos this evening to include:



The prerequisite for good & harmonious riding is, in addition to the correct seat & application of the aids, the rider's sensitive influence over the horse. To achieve this, the rider must have a thorough understanding of the basic principles of dressage. In this video, it is explained that it is not the riding of individual movements, but rather the overall basic knowledge that is necessary, not only for dressage, but also for all other equestrian disciplines.

The video is divided into 4 separate segments – Prerequisites, The Training Scale, The Structure of a Training Session, & Basic Exercises. Enlarged photos, super-slow motion, & graphic depictions of the footfalls highlight the key factors in the rider's training for dressage.



Jan Bemelmans, winner of more than 50 international Grand Prix titles, & coach for the Spanish Dressage Team, is shown giving a training clinic. Included is his use of the shoulder-in not just as a movement in & of itself, but as a tool to accomplish several different tasks, including correcting a major resistance issue, improving impulsion & improving the half pass.



A rare hard-to-find vintage video of a young Willi Schultheis schooling & training the Grand Prix movements on a young horse. Considered one of the greatest dressage masters of his time. In the 70s, the German team under his tutelage won 2 Olympic gold medals, 2 World Championships, & 3 European Champion titles. Schultheis was also the first to receive the title "Reitmeister" (Riding Master) for having trained more than 50 horses to international Grand Prix successes.

**Please RSVP via email by Monday Feb 20 to receive the entry gate code:**  
**Kholmes325@msn.com 512-966-7000**

**Carpooling is encouraged as parking is limited.**

**ADU Members: FREE**  
**Guests: \$5**

**[www.AustinDressageUnlimited.org](http://www.AustinDressageUnlimited.org)**