

# THE READER

CenterLine Dressage is a Group Member Organization of USDF founded in 1972. CLD members are automatically members of the United States Dressage Federation.

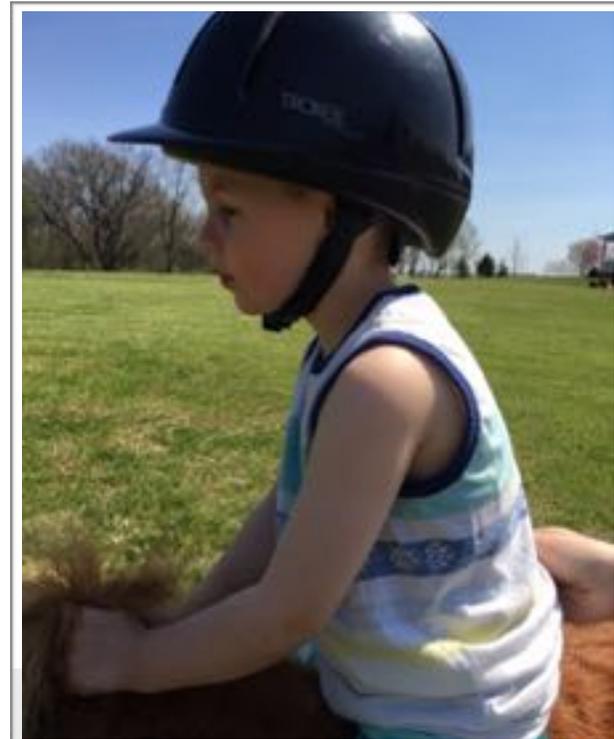


## Letter from the President

*by Judy Nordstrom, President*

Hello Friends and Members,

Our 2016 IceBreaker schooling show was held at Tower Hill Equestrian Center on April 16th and was a great success. We were blessed with the most beautiful weather one could possibly wish for! There were a total of 50 rides, which included 8 Western Dressage tests. Big thanks go out to Leslie Burket for scribing, Brett Fisher for being our ring steward, scorers: Mindy Baumann, Deb Porter, Nancy Rosse and Libbie South; runner: Katharine Baumann, Paula Briney and her staff for ring set-up and tear-down, Pinky Noll for making an emergency run for show ribbons, Teresa Litchfield, who helped me organize the rides and, of course, Tower Hill for providing the beautiful venue! It appeared all competitors had a wonderful time.



*President Nordstrom's grandson Roman Parker on Easter riding Spirit. Next year headline classes!*

### HEADLINES

- ◆ PRESIDENT'S LETTER
- ◆ LILO FORE CLINIC
- ◆ ICEBREAKER RESULTS
- ◆ "SCHOOL FIGURES: THEIR MEANING, PURPOSE AND USE"  
BY RENATE LANSBURGH

### CALENDAR

- ◆ CLD BOARD MEETING  
MAY 14, 2PM  
@ STARWEST
- ◆ BETSY STEINER CLINIC  
MAY 27-29  
@ PRATENSE FARMS
- ◆ SLADS DRESSAGE CLASSIC I & II  
JUNE 3 - 5  
@ NATIONAL EQUESTRIAN CENTER LAKE ST. LOUIS, MO
- ◆ CLD CLASSIC I & II  
JUNE 25 - 26  
@ ILLINOIS STATE FAIRGROUNDS
- ◆ CLD LILO FORE CLINIC  
JUNE 27 & 28  
@ STARWEST
- ◆ CLD FIRECRACKER SCHOOLING SHOW  
JULY 9  
@ PRATENSE FARMS
- ◆ KIRKWOOD DRESSAGE SHOW  
AUGUST 20-21  
@ NATIONAL EQUESTRIAN CENTER LAKE ST. LOUIS, MO

### IceBreaker Photos & Reesults

*see more online*

- [centerlinedressage.com/icebreaker-2016-results](http://centerlinedressage.com/icebreaker-2016-results)

# Letter from the President

.... *concluded*

The 2016 Rolex Kentucky Three-day Event just concluded and the winner for the second consecutive year is Michael Jung and Fischerrocana FST. What an amazing pair! The three disciplines of this competition include Dressage, Cross-Country and the Jumping test. It would be nice to hear from some of you lucky folks who were able to attend this event. I'd love to hear about your experience of Rolex at the Kentucky Horse Park!

For many the month of May will kick off the beginning of horse show season. I wish everyone a safe and successful year! Check out our upcoming clinic and send in your application to ride with highest ranking FEI judge, Lilo Fore.

Lilo Fore was originally from Germany, growing up just outside Dusseldorf. Her dressage journey began at age four when she saw her first horse and from that time on she knew horses would dominate her life. Lilo

moved to the USA in 1971 where she bought a broken three year old American Thoroughbred called Dionysus for \$1. Fore trained the horse so well that he went on to be US "Horse of the Year" at every national level. Lilo's career has spanned over thirty years and has included breeding, competing, training, coaching and judging. She was shortlisted for the USET in 1976 and is currently a FEI 5\* dressage judge. In that role she has been a member of the Ground Jury for numerous international competitions such as this year's World Cup final in Las Vegas, the Pan American Games, and the World Equestrian Games including Normandy last year. We are excited to have Lilo judging our upcoming Classic shows in June and giving a two-day clinic following.

That's a wrap for now. Looking forward to seeing you all at the shows!

Judy Nordstrom  
President, CenterLine Dressage

*Various CLD members participating at the 2016 IceBreaker Schooling Show at Tower Hill Equestrian Center*



# Lilo Fore

CLD Education Days @ StarWest June 27 - 28, 2016



## Fees

CLD Member Fee (1 full slot, 1 45 min lesson per day)	\$320	Stabling (1 night) payable to StarWest	\$25
Auditing Only CLD Member (1 Day)	\$10	Auditing for Riders	\$0
Auditing Only Non-CLD Member (1 Day)	\$15	Lunch for Riders	\$0
Lunch (1 Day) (RSVP by 6/25/2016)	\$6	Sign up at <a href="http://centerlinedressage.com/lilo">centerlinedressage.com/lilo</a>	

All but stabling checks payable to CLD & send all materials to:  
CLD 1736 S. Farmingdale Rd New Berlin, IL 62670

Applications due by May 15. Selected riders, chosen by committee, will receive notification by May 30th of inclusion. All riders must be 2016 members of CLD. You are limited to only one slot (two lessons) per rider riding the same horse each day. Professionals will receive preference over AA's and Jr/YR's as the knowledge gained will be shared with more people. Sign up at [centerlinedressage.com/lilo](http://centerlinedressage.com/lilo)

Contact: Kate Fleming-Kuhn  
kate@starwestonline.net

# Lilo Fore

CLD Education Days @ StarWest June 27 - 28, 2016



Liselotte (Lilo) Fore is the owner of "Sporthorse America" in Santa Rosa. Lilo is being honored with an Equus Award for playing a major role in raising the quality of Dressage training and horses to an international level in Sonoma County. She has offered as many as six Champion stallions at stud at one time, and received national and international awards for Dressage horses from her breeding program.

She grew up outside of Dusseldorf, Germany, where, at age four, she saw her first horse. Lilo says "...from that time on I knew that four legs, a mane and tail would be my life." She came to California in 1971 and bought, for one dollar, an injured three year old American Thoroughbred, Dionysus. Under her training, Dionysus not only healed; he became U.S. "Horse of the Year" in all national levels. She and Dionysus were selected for the USET short list in 1976. Dionysus was only the first in a succession of Lilo's many hard earned and on-going accomplishments over more than 30 years in Sonoma County. She is the winner of numerous national and international Horse of the Year awards for California, USDF and USET. Her judging credentials include: USEF "S" Judge, FEI "I" Judge and Sporthorse Breed Judge. She is among the founders and serves as chair of the USDF Instructor-Trainer Certification Program. She is continuously involved in many educational programs for Dressage trainers, teachers and judges throughout the United States.

Applications due by May 15. Selected riders, chosen by committee, will receive notification by May 30th of inclusion. All riders must be 2016 members of CLD. You are limited to only one slot (two lessons) per rider riding the same horse each day. Professionals will receive preference over AA's and Jr/YR's as the knowledge gained will be shared with more people. Sign up at [centerlinedressage.com/lilo](http://centerlinedressage.com/lilo)

# "School Figures: Their Meaning, Purpose and Use"

*by the late Renate Lansburgh via The Dressage Foundation*

In dressage, school figures mean straight and curved lines organized in the standard (20x60m) arenas. School figures are definite in shape and form. They provide the rider with the means for progressive, systematic, gymnastic training to improve the suppleness of the horse. The USEF Rule Book interprets 'suppleness' as follows: "Suppleness is the physical ability of the horse to shift the point of equilibrium smoothly forward and back as well as laterally without resistance. Suppleness is manifested by the horse's fluid response to the rider's restraining and positioning aids of the reins and the driving aids of the leg and seat. Suppleness is best judged in transitions." In other words, the horse's body is free of tension and lets the aids come through! The German word for suppleness is *Durchlassigkeit*, literally translated, 'let-throughness,' which is very descriptive indeed.

Suppleness therefore contains all other principal criteria which fulfill the requirements for the horse on the aids. These are:

1. Relaxation
2. Rhythm
3. Contact
4. Impulsion
5. Straightness

Straightness includes lateral position at the poll and jaw, which facilitates flexion through these joints and the hock; thus flexibility and bending through the ribs are possible.

The five basic requirements mentioned above are developed through considerate progressive training using school figures as well as transitions from gait to gait and within gaits. Once the horse

has been strengthened physically to calmly carry himself under the rider in good balance, collection enters the training program as point six, the last of the principal requirements for the training of the horse. Through collection, the horse develops its fullest potential of self carriage. Since suppleness is the purpose and goal of school figures, we must use these required principles as guideposts throughout our work.

Points 1 through 5 are considered in that order on a daily basis during warm-up. They also provide the guideline in the progressive training of the young horse. Every dressage rider is familiar with the many exercises known as school figures, as she or he uses them in daily training. Though perhaps less known in this country as a term, it represents a basic concept in Europe, particularly Germany, as a successful method both for training the horse under the experienced rider, and the beginning rider on a schooled horse. As such, the term "school figures" is self-explanatory as well as comprehensive.

The novice rider is introduced to the riding school of school figures once s/he has obtained basic balance in the three gaits during a few months on the lunge. Then a schooled horse will help the development of balance and application of aids further while being ridden on simple lines reminiscent of a training level test...which are school figures! If a schooled horse is not available (which, of course, is the ideal, as it helps the development of the rider very much along), seek the most qualified instruction so that both novice horse and rider can receive help and correction as needed (an investment you will not regret).



# "School Figures: Their Meaning, Purpose and Use"

... continued

It must be fully understood that the practice of school figures for the purpose of training the horse requires a rider who has achieved a secure, balanced seat and position, can ride a horse onto the bit, apply clear and effective aids, and master the half-halt in order to prepare as well as balance the horse. She or he must know the layout of the arena, including visible and invisible points, letters and lines.

These lines were developed over centuries considering the stage of training of an average-sized horse. Points of reference were established in form of letters and circle points (or circle markers). For example: three circle points are located at the points where a 20 meter circle located at A or C touches the track of the arena, while the fourth

touches the centerline. The concept of circle points greatly assists correct execution of any circle.

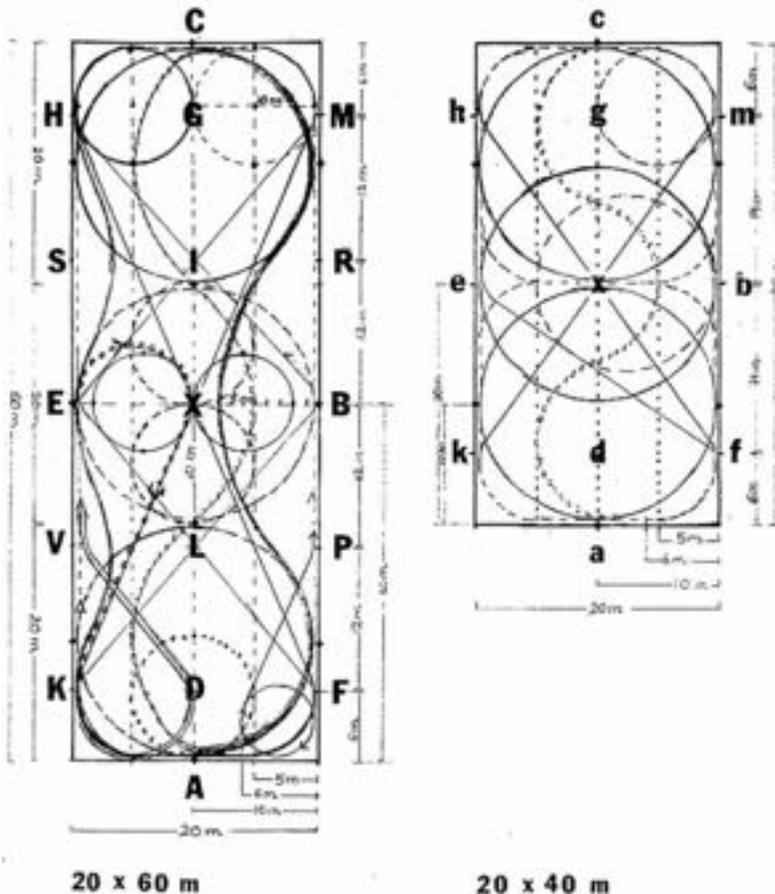
The practice of school figures is only effective if ridden correctly on their established curved and straight lines. These consist of circles of various sizes through all levels, half circles, serpentines, changes through the circle, changes out of the circle, and the figure eight, which is a very good suppling exercise, particularly when ridden in 10 meter circles.

The single and double loop, or "broken line" along the long side or over the centerline demand frequent changes of position and bend. They usually precede the schooling on a serpentine (loops in the width of the arena, while broken lines are very shallow curves), but in my opinion, they are not necessarily easier to ride, as they need good coordination of aids, quick, smooth changes of position and bend and very good control of the outside of the horse to balance him from one direction into the next.

Every corner of the arena constitutes a quarter circle. If ridden as such, it becomes a schooling figure of great importance which demands precise aids to position, bend, balance and straighten the horse. The depth of a corner has to correspond with the horse's stage of training. Consider this to avoid possible loss of balance, tempo and rhythm by allowing the horse to drift either in or out of it.

Straight lines alternate frequently with circular work to check impulsion into even contact, regular rhythm, straightness and balance. Straight lines consist of; centerline, quarter lines, long (across the whole arena) and short (across half the arena) diagonals, the turns and changes across the school (lines parallel to short sides), and, of course, the lines of the long and short sides of the arena.

It is important to have a clear concept of the purpose of each school figure. All lines in the



# "School Figures: Their Meaning, Purpose and Use"

... *continued*

dressage arena with their exact measurements and shape have in themselves a training effect, if ridden correctly. They can therefore truly be called "school figures," as the gymnastic results will be evident.

All school figures can be ridden in walk, trot and canter; some of them provide the lines for exercises on two tracks. Besides improved flexibility and balance, the gymnastic training expected of all curved lines is the strengthening of the inside hind leg, which due to the lateral bend throughout the horse's body, has a shorter distance to travel and consequently needs to bend and carry more weight than the outside hind leg. To make this possible, the rider must use seat, weight, leg and rein aids harmoniously in their correct places in order to achieve an even bend from rear to front throughout the horse's body. The whole spine, from tail to poll, is over the line traveled on. It is important that the outside leg is put well behind the girth early enough to help bend the horse around the inside driving leg positioned near the girth. The outside leg and rein are supportive, balancing aids important in all bending work.

There are three degrees of bending. Circles and curved lines of 20 meters in diameter develop a horse's body in the first degree bend, which is quite shallow, but still demand enough for the green horse to make an effort and build strength in the hindquarters and back. The demand is gradually increased until we reach the second degree bending on a 10 and 8 meter circles and their derivatives. Second degree bending requires increased bend and carrying ability of the hindquarters and therefore collection. This culminates in the "volte" of 6 meters, which manifests third degree bending and even more collection. A ridden horse cannot bend beyond this degree. "Bend" refers to the lateral bend throughout the horse, as well as the bending of the hind legs, resulting in the lowering of the hindquarters. It is very important not to demand a greater degree of bending from a horse than his

stage of training and the consequent development of carrying power of his hindquarters permit.

At all levels of training each school figure strives towards improvement of:

1. Obedience to both legs in their respective places.
2. Even acceptance of both hands, in all their effects of positioning, yielding, limiting and holding.
3. Impulsion: Even thrust, and later on, even carriage of both hind legs. Maintenance of tempo and rhythm.
4. Straightness on straight and curved lines. The hind legs must follow the corresponding front legs on all lines (horse's spine over line of travel) to achieve and maintain straightness. Without it, there is no development of impulsion, nor will the horse be on the bit.
5. Even acceptance of position and bend in both directions.
6. Even use and suppleness of shoulders.
7. Stability at withers and base of neck to let the movement come through without falling out laterally at the shoulder.
8. A relaxed and swinging back that permits suppleness - "throughness."
9. Improved carrying power of the hind legs.
10. Improved balance.

The geometric definition of school figures and points of the school enforce precise riding and produce a more obedient horse. They enable the rider to think and feel ahead, permitting timely preparation through correct application of the aids, thus balancing the horse into the required movement/exercise.

# "School Figures: Their Meaning, Purpose and Use"

*... concluded*

School figures help in the design of a freestyle, pas de deux, quadrille and drill; since dressage tests are comprised of combinations of school figures they most positively improve a test.

In order to achieve any desired training effect from the use of a single school figure or a combination thereof the rider needs experience, skill and imagination. To be successful, the rider must be totally clear about cause and effect of the training exercises (school figures). Cause and effect are quite complex and can easily be confused with one another. At the same time, they can accomplish several things together.

For example:

- Curved lines in effect, improve agility and flexibility as well as strengthen and gymnasticize each inside hind leg (flexing in all joints) as it steps more under the center of gravity, caused by the shorter distance of the inside stride due to longitudinal bending of the body. Consequently, to become effective training, the correct bend has to be carefully prepared and executed in order to indeed cause a shorter, more carrying stride with inside hind actually flexing in all joints to fulfill the demand.
- The effect of transitions improves overall suppleness and thereby improves attentiveness, response and balance caused by increased bend in the hindquarters, carrying in down transitions alternating with increased thrust in upward transitions.

Never approach training with only its effect in mind. Nothing is done for its own sake, but aims towards correct gymnastic training of the horse based on absolute and established classical principles.

Ride your horse with conscientious consideration of the interrelation of cause and effect while using the established school figures in your daily work. Your performance will be proof of successful timing.

## ABOUT THE ARTICLE

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Renate Lansburgh was a native of Germany and brought the German standards of dressage to our infant dressage community in the United States. She served on the USDF councils for judges and instructors. As an R judge, she held the high German standard for our sport, helping to build a classical image for our country.

The article excerpt comes to us courtesy of The Dressage Foundation's excellent "Op-Ed" newsletter. Sign up for free at [www.dressagefoundation.org/op-ed](http://www.dressagefoundation.org/op-ed) Read the full article with greater detail and more illustrations on The Dressage Foundation's [website](http://www.dressagefoundation.org). The mission of The Dressage Foundation is "to cultivate and provide financial support for the advancement of dressage." Learn more: [dressagefoundation.org](http://dressagefoundation.org)

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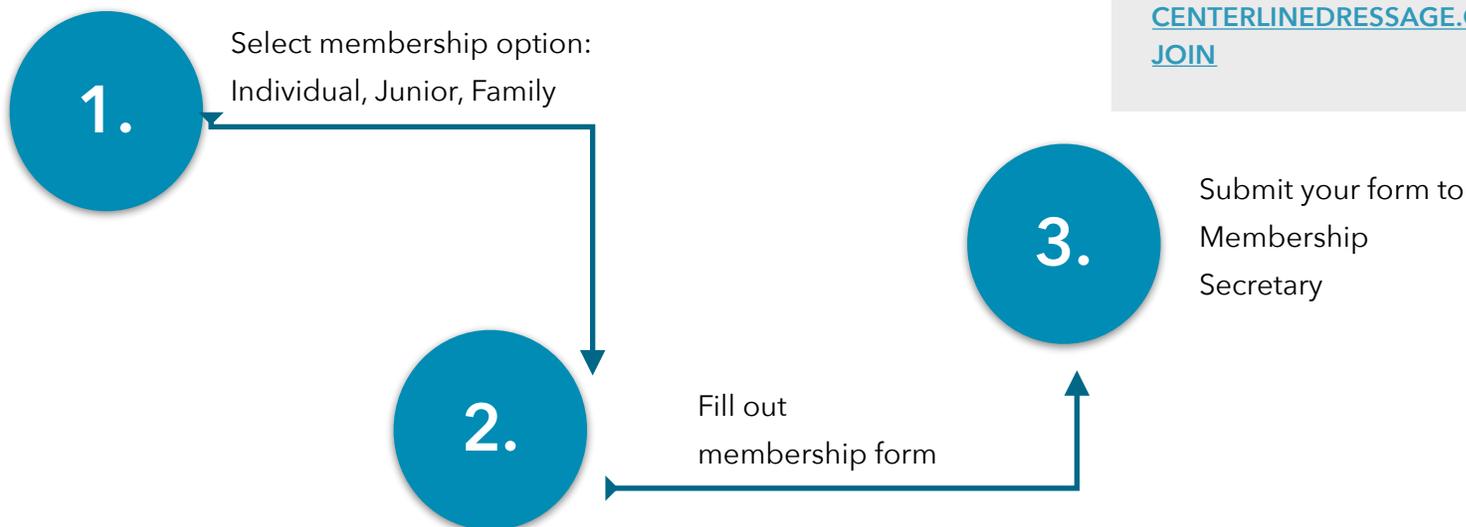
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CenterLine Dressage

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