

## Dressage Rider Position:

### The Masterclass!!!

The goal of this worksheet is to help you identify strengths and weaknesses in your riding position and to identify specific areas that you would like to improve. This serves as an opportunity for self-reflection on your riding and should give you an idea of where your weaknesses are and what to work on!!



**Categories: (1=Low Agreement, 10=I'm amazing!)**

#### Rider Position

When I ride I feel connected to my horses' movement and I am able to give effective aids.

1      2      3      4      5      6      7      8      9      10

When I ride, my upper body stays mostly vertical. I am not leaning forward, nor am I leaning too far back.

1      2      3      4      5      6      7      8      9      10

When I ride, I am able to keep the proper alignment of shoulder, hip, and heel in walk, trot, and canter.

1      2      3      4      5      6      7      8      9      10

I sit straight and even on my horse. I have equal weight in both seat bones and I am able to keep equal pressure in both reins when riding.

1      2      3      4      5      6      7      8      9      10

I am able to sit with and follow the motion of my horses' back at the walk, trot, and canter. I don't bounce in the saddle and my hips are connected to my horses' back when I ride.

1      2      3      4      5      6      7      8      9      10

I can use my aids independently when I ride. For example, I am able to kick or use my leg without changing or stiffening in my arms or hips.

1      2      3      4      5      6      7      8      9      10

My biggest weakness or problem with my riding position is....

This weakness or problem in my position negatively effects my horse by....

The one thing I hope to change or improve with my riding position is.....

Physically, the thing I struggle the most with my body is ..... (What physical problems/weaknesses/ or old injuries do you have?)

The things I do (or should do) to take care of my body so that I can ride are....

Think of a rider whom you admire. What is it about their position that you aspire to have?

By the end of this course I hope to have a better understanding of.....

By the end of this course, I hope to see an improvement in my riding position in the following ways.....

If you want to share your answers, e-mail them to me so I can be sure to address your issues. I will keep your answers confidential. [amelia.newcomb@colorado.edu](mailto:amelia.newcomb@colorado.edu)