## The trot vs the pace.

When showing your dog it is important they move at a trot.

Please disregard this if showing an Old English Sheepdog, they are often asked to "amble" or "pace" in the ring.

The Trot. Faster gaits than the walk are the Trot and the Pace. The Trot is basically a direct extension of the Walk, used for greater speed, while the Pace is what a tired dog might use heading home after a long day on the range. The Trot is a 2-time gait, LR+RF alternating with RR+LF. Like the Walk, the Trot gets its stability by using alternating "diagonal bracing" under the torso, but here the legs work more closely in unison, the strides are longer and the forward lean is greater. In practice, the phase of the front feet is slightly ahead of the rear - which keeps the feet on the same side from banging each other. Quite obviously, the length of the stride with respect to the length of the torso and legs, as well as the precise phase relationship between front and rear legs on the same side, distinquish a successful trot from a bang, stagger and stumble. Dogs with longer legs, compared to torso length, do not trot well. The Trot is an example of dynamic stability.

The Pace. In the Pace, the dog uses "lateral" support, where both legs on each side work together, and the sides alternate. In the Trot, the COG of the torso is not directly over the legs, but is centered within the diagonals. With the Pacing gait, the COG will be offset from the supporting side unless the animal significantly leans its body sideways and angles its legs inward - an obvious stability problem.

