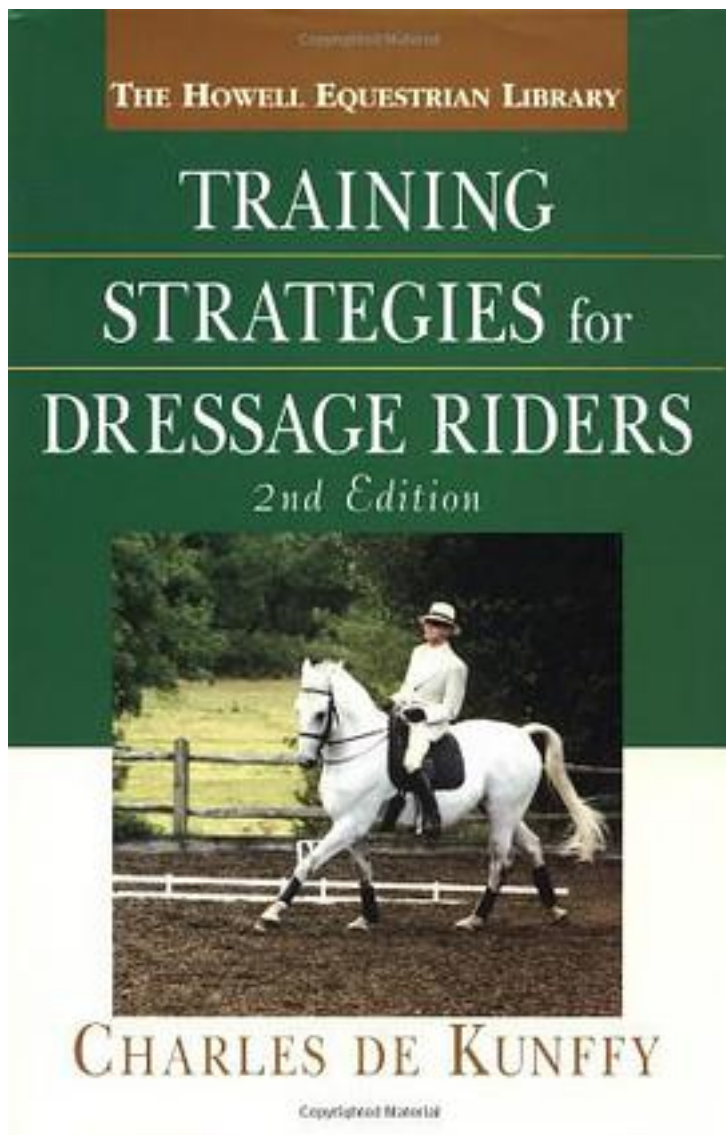# Training Strategies for Dressage Riders

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著者:Kunffy, Charles De

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This is the classic guide to dressage training, now revised and updated. Dressage the art of making horse and rider move gracefully as one has become an increasingly popular competitive sport at horse shows and the Olympics. This book, first published in 1994, is a unique guide to the art and technique of dressage, written by one of the most renowned equestrian trainers in the world today. Now revised, "Training Strategies for the Dressage Rider" offers a complete training system for both horse and rider, paying special attention to how a rider's actions can influence a mount.The book provides practical, in-the-saddle advice on the whole range of dressage topics classical equitation, a rider's seat and aids, basic gaits, gymnastic improvement, horse insubordination, clinics and competitions, and more. Whether readers want to prepare for dressage competitions or simply to improve their riding skills, this book is a matchless guide. Charles de Kunffy (Northern California) is one of the most prominent dressage experts in the world. A Hungarian-born lecturer, coach, and judge at American Horse Show Association (AHSA) and Federation Equestre Internationale (FEI) events, he is the author of several books on classical riding, including "The Athletic Development of the Dressage Horse" (0-87605-896-9).

作者介绍:

目录:

Training Strategies for Dressage Riders_下载链接1_

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