



Dressage Solutions: A Rider's Guide

By Arthur Kottas-Heldenberg

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Following the highly acclaimed *Kottas on Dressage*, this book by one of the foremost exponents of Classical dressage offers advice on the correct way to introduce work on the paces, exercises, and movements, together with in-depth analysis of common problems and the ways to correct them.

Dressage Solutions takes the reader through many stages of training, from ensuring that the basic paces are correct, through introducing the lateral exercises, developing the canter, rein-back, piaffe, and passage, to a final chapter that explains some of the long-established movements of the High School. This is a journey that will provide much food for thought, and a great deal of invaluable advice, for all riders who have progress and their horse's well-being at heart.

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Editorial Review

Review

“Simple, clear, and unfussy, *Dressage Solutions* is the reference I’ll be turning to for advice in tackling all those little (or not-so-little) training quandaries.”—*USDF Connection*

“Riders of all levels can use the information in this book to improve their skills in the saddle. ... These principles are applicable across disciplines and provide motivation for any rider looking to improve his or her equitation.”—*Practical Horseman*

“*Dressage Solutions* is an invaluable guide for both intermediate and advanced riders.”—*Dressage Today*

“[O]ffers advice on day-to-day training problems within the framework of classical training, sound principles which always have the horse’s welfare and comfort as a priority.”—*Mid-South Horse Review*

From the Inside Flap

Following on from the highly acclaimed *Kottas on Dressage*, this new book by one of the foremost exponents of Classical dressage offers advice on the correct way to introduce work on the paces, exercises and movements, together with in-depth analysis of common problems and the ways to correct them.

The author makes the point that many errors, so easily attributed to the horse, are rooted in faulty posture or aiding on the rider’s part, and emphasizes throughout the importance of focusing on these issues at all stages of training. Constant emphasis is also placed on the need to be mindful of the horse’s mental and physical ability to cope with what is being asked of him—there are reminders throughout that, often, the best way to achieve progress is to take a step back and ensure that the building blocks are in place that will facilitate the next step forward. The need to consider various aspects of conformation is also stressed—horses are not perfect, and the overall training of any horse will be enhanced if due consideration is given to individual characteristics.

Dressage Solutions takes the reader through many stages of training, from ensuring that the basic paces are correct, through introducing the lateral exercises, developing the canter, rein-back, piaffe and passage, to a final chapter that explains some of the long-established movements of the High School. This is a journey that will provide much food for thought, and a great deal of invaluable advice, for all riders who have progress and their horse’s well-being at heart.

About the Author

Arthur Kottas-Heldenberg was accepted as an Eleve (trainee) in the Spanish Riding School of Vienna in 1960, he rose rapidly under the tutelage of Colonel Alois Podhajsky to become the youngest ever First Chief Rider in the history of the School. He became an Assistant Rider in 1964, a Rider in 1969, Chief Rider in 1981, and in 1983 Riding Master. From 1995 until retiring from the School in 2002, he was First Chief Rider. Arthur Kottas is a rider and trainer of the highest international repute, and has successfully trained many horses and riders up to Olympic standard.

Andrew Fitzpatrick has ridden and trained for over 30 years worldwide. He was both a BSJA course

builder and joint organizer of horse trials. He became involved with Training the Teachers of Tomorrow Trust (TTT) in 1988, and through the Trust began training with Arthur Kottas. Since then he has worked with Arthur Kottas regularly, including on the text of *Kottas on Dressage*. He is a firm believer in the benefits of classical training for both horse and rider. As a freelance trainer, he has worked both in the UK and internationally, including the USA, New Zealand, and Ireland.

Users Review

From reader reviews:

Rosemarie Sanders:

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James Chavez:

Reading can called brain hangout, why? Because when you are reading a book specially book entitled *Dressage Solutions: A Rider's Guide* your head will drift away trough every dimension, wandering in most aspect that maybe not known for but surely will become your mind friends. Imaging every single word written in a book then become one application form conclusion and explanation in which maybe you never get ahead of. The *Dressage Solutions: A Rider's Guide* giving you one more experience more than blown away your thoughts but also giving you useful data for your better life within this era. So now let us explain to you the relaxing pattern the following is your body and mind will be pleased when you are finished reading it, like winning an activity. Do you want to try this extraordinary spending spare time activity?

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