

# The Hitch 'N Post

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## BENEFITS OF DRESSAGE

*Two Orange-based equestrians discuss the multidisciplinary possibilities of classical riding*

Classically trained FEI Dressage Rider Haley Buckingham has recently assumed the role of dressage trainer at Peacock Hill. "Dressage is the French word for 'training' and it is for every horse and every rider," she says. "If you jump or ride western, dressage will give you more tools to do your own discipline properly. It's about your connection with the horse and understanding how your subtle movements affect every step of the ride."



Another OPA local has been exploring the benefits of dressage for western riding. Combining the principles of traditional dressage with the use of western tack, certified Trail Guide and Irvine Ranch Conservancy Docent Bob Torrez initially got into Western Dressage because he finds it helps train horses for trail by improving balance and obedience.

After only two years working with his Quarter Horse/Friesian mare Diva (aka Lady's Godiva), the pair won the Western Dressage State Championship and have qualified for the World Finals in Extreme Cowboy Racing.

"We're grooming Diva to be a five-tool western super horse," Bob says. And Dressage has been a beneficial part of this training process.

## BIG RED'S BOUNTY

Big Red's giving away a pair of **Roeckl Gloves** as his bounty for March. Enter to win each time you visit the store!



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# TACK HACKS

While dressage can be excellent training for horses, Haley emphasizes that it is equally beneficial training for riders. "Dressage is very complex and even the slightest shift of your seat bones will change the connection," she explains. "I enjoy helping to fine-tune riders so they can feel their horses moving and working at their best."

If you are interested in persuing dressage training for you and your horse, you can contact Haley at:

(562) 217-0981  
hbedressage@gmail.com

Two leather products you might find handy

## Sporty Haft-Spray

creates more friction resistance between your leg and the saddle. Spray onto the inner side of boot, saddle flaps, and seat prior to riding for a better seat, and improved coordination with your horse.



## PEPEDE Leather Wash

is an all natural detergent specially formulated to wash equestrian gear such as breeches, chaps, gloves, horse boots, saddle pads, and sun shirts. It can be used in any water temperature.



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Last month's answer: Oak Trail



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