



Longeing for the Upper Levels

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Getting Down to Basics

**Longeing prepares the horse both mentally
and physically**

What to consider when looking at your training

- ▶ Frequency and duration of your longe session depends on:
 - Horse's level of training/age
 - Horse's attitude
 - Horse's fitness/soundness
 - Consider temperature



Getting Down to Basics

Why longe your horse?

- ▶ You can evaluate an unfamiliar horse
 - Assess level of schooling, acceptance of aids and potential training weakness/problems.
 - *How a horse longes is generally a good indicator of how they will perform under saddle.
- ▶ Allows the horse to expend excess energy
 - Plus – safety for beginning rider.
 - If your horse is unbalanced or cross cantering this is counter productive
 - Be Careful! – Risk of injury or loss of control.
 - * Good footing in controlled setting is a key to a successful longe session.



Getting Down to Basics

Why longe the rider?

- Become familiar with new mount
- Improve Base of Support (Core Muscles)
- Correct current position
- Teach a new skill



Longeing Equipment

- ▶ Surcingle (optional)
 - Should be well fitted, padded and/or have adequate wither clearance. (Watch for pressure points.)
 - Leather tends to be more durable but must be conditioned.
 - More rings provide more options for side rein placement.

- ▶ Side Reins
 - Solid, Donut, Elastic, Sliding, Vienna, Rubber.
 - Should be adjusted with consideration for horse's natural head carriage plus performance level, movement and training objectives.

- ▶ Longe Line and Whip
 - Should be cotton and flat and a minimum of 33 feet long to achieve a 20 meter circle. Chain line should be avoided

- ▶ Wraps, Tendon Boots, brushing boots, bell boots

- ▶ Rider Equipment
 - Helmet: Required
 - Gloves: Required
 - Watch



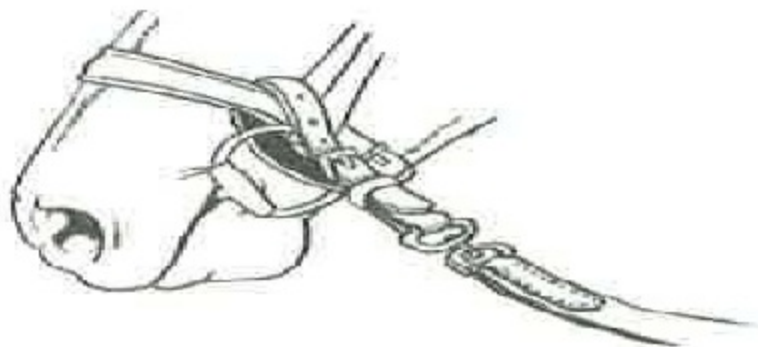
Surcingles and Side Reins (examples)



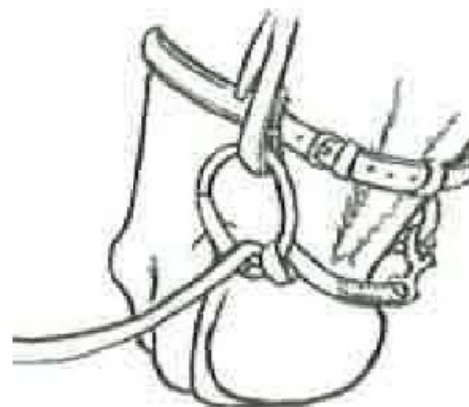
Longeing Equipment



Longe Line Attachments



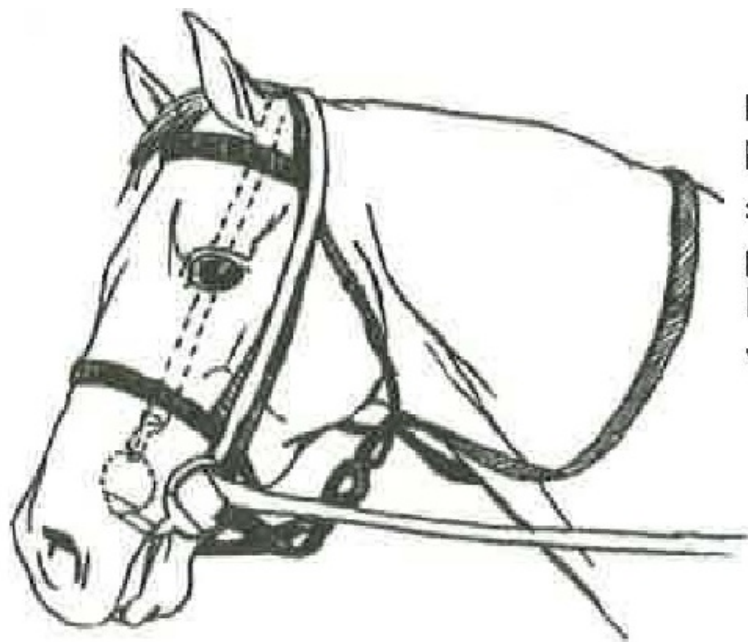
Longe is buckled around noseband and bit ring.



Longe is run through snaffle bit ring, wrapped once around inside bit ring, under chin, and attached to outside bit ring.



Longe Line Attachments

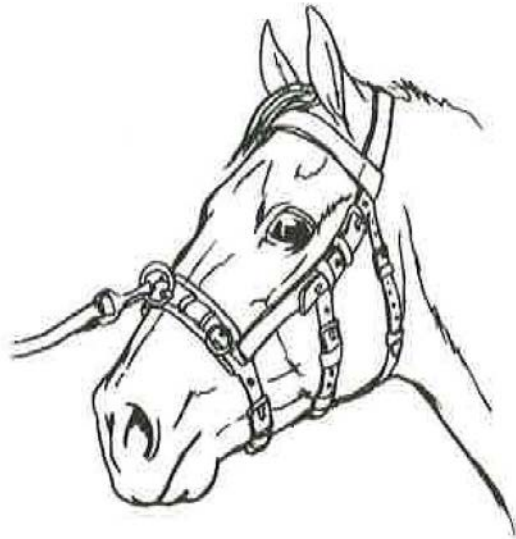


Reins are secured by twisting the reins several times, then placing reins over head and securing with throatlatch.

Longe is run through inside snaffle bit ring, over poll, and attached to outside bit ring. Caution: This acts like a gag bit and can be severe.

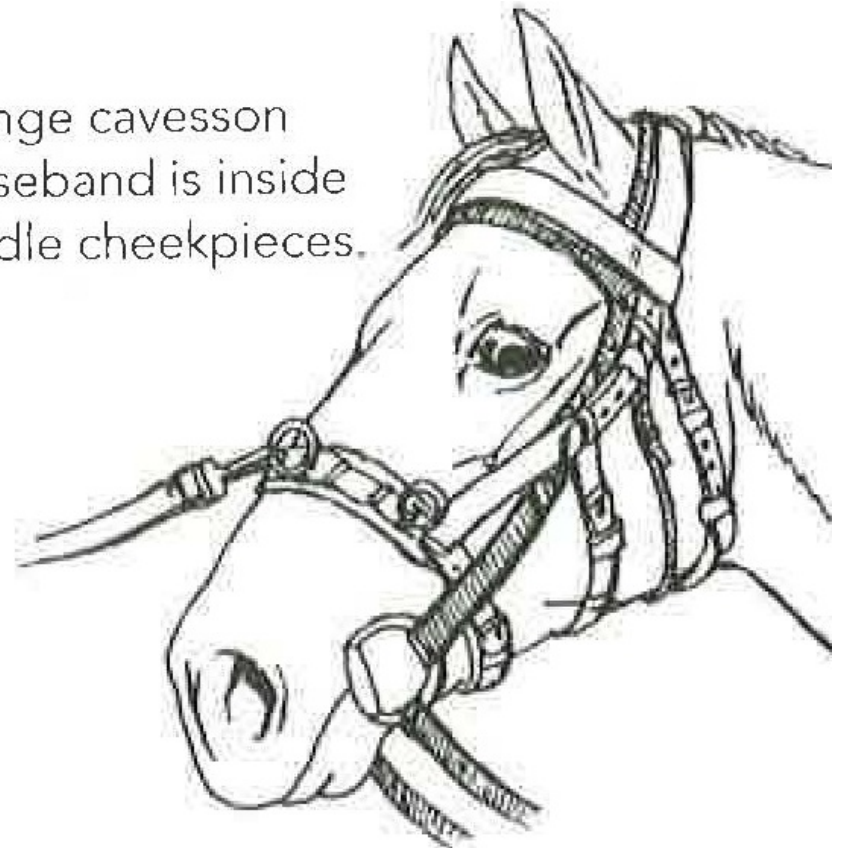


Cavesson



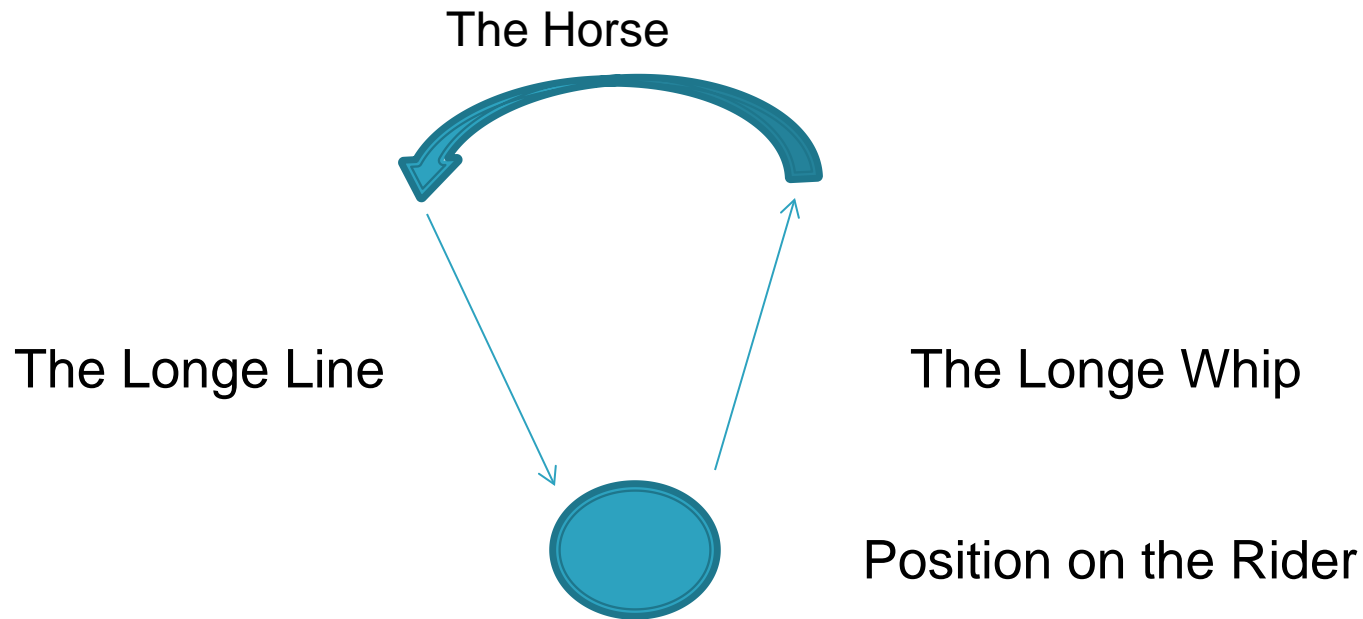
Longe cavesson.

Longe cavesson
noseband is inside
bridle cheekpieces.



On the ground

Creating the Triangle



Longeing Exercises

- ▶ Here are some suppling & engaging exercises that can be done under saddle and have equal value on the longe.
 - Spiral in / Spiral out
 - Leg Yield
 - Flex / counter flex
 - Transitions between gaits.
 - Transitions within the gait (i.e. shortening and lengthening).
 - Longeing over a pole/poles, cavalletti or small jump(s).
 - Traveling circles
 - Varying size circles (10m, 15m, 20m)



Traditional and Show Jumping Standards

C3 Longeing

- ▶ Demonstrate proper fit and use of equipment, including bridle or cavesson, saddle or surcingle.
- ▶ Longe own mount, demonstrating safe longeing techniques and proper use of aids (voice, body position, etc.) at the walk, trot and canter, while initiating free forward movement and smooth transitions making horse appropriate for the C-3 rider. Must use side reins.
- ▶ Supervision is required in the testing of longeing.



Dressage Standards C-3 Longeing

- ▶ Supervision is required in the testing of longeing.
- ▶ Demonstrate proper fit and use of equipment, including bridle or cavesson, saddle or surcingle and side reins or training equipment found in the manual.
- ▶ Longe own mount, demonstrating safe longeing techniques and proper use of aids (voice, body position etc.) at the walk, trot and/or canter, while maintaining rhythmic, energetic, freely forward movement and smooth transitions among and within the gaits (lengthenings and shortenings), making horse appropriate for the C-3 dressage level.
- ▶ A Specialty candidate who currently holds a certification at his /her same level on a different track must demonstrate longeing (lateral move).



Meeting the C3 Standard

- Should be comfortable and practiced with handling/use of the equipment, including side reins
- Should be able to send horse forward while maintaining balance, relaxation and obedience.
- Should be able to keep horse on consistent, appropriately sized circle (20 meters) at steady pace.
- Should be able to perform smooth transitions with horse obedient to the aids.
- Horse should be relaxed, supple and freely forward.
- Candidate should be able to discuss goals and evaluate performance including horse's balance, rhythm, and impulsion.



Longeing expectations correlate to the C3 riding test expectations.

▶ C3 Traditional and Show Jumping Riding Test Expectation

- Maintain a basic BBP with a secure base of support. Demonstrate the development of an independent seat coordinated use of aids.
- Initiate and maintain forward movement with smooth transitions and a steady, light feel of the mount's mouth.
- Discuss and evaluate the aids used.
- Show confidence and control at gaits.

▶ C3 Dressage Riding Text Expectation

- Maintain BBP that is appropriate for Dressage (supported by core muscle groups) developed through an independent seat , demonstrating coordinated use of aids.
- Initiate and maintain a clear and steady rhythm and tempo at all gaits, showing suppleness /relaxation and acceptance of the aids and lateral and longitudinal balance.
- Begin to develop impulsion, straightness and throughness.
- Be able to discuss and evaluate in the context of the training pyramid and demonstrate awareness of rider's biomechanics and how it affects the horse's way of going relative to the level of the test.



Traditional and Show Jumping Standards for B Longeing

- ▶ Discuss how to teach a mount to longe.
- ▶ Discuss benefits and dangers of longeing the mount.
- ▶ Discuss benefits and dangers of longeing the rider.
- ▶ Discuss and demonstrate proper fit and use of equipment, to include side reins.
- ▶ Demonstrate longeing techniques appropriate to mount's ability at the walk, trot and/or canter, at the discretion of the examiner; developing toward regular rhythm. Must demonstrate use of side reins.



Dressage Standards B Longeing

- ▶ Discuss how to teach a mount to longe.
 - ▶ Discuss benefits and dangers of longeing the mount.
 - ▶ Discuss benefits and dangers of longeing the rider.
 - ▶ Discuss and demonstrate proper fit and use of equipment, to include side reins or other training equipment described in the manual.
 - ▶ Longe own mount, at walk, trot, and canter, showing a regular rhythm demonstrating horses acceptance of aids and lateral and longitudinal suppleness. Candidate should show appropriate and effective use of body language and longeing equipment, making horse appropriate for B Level dressage.
- * A Specialty candidate who currently holds a certification at his /her same level on a different track must demonstrate longeing (lateral move)



Meeting the B Standard

- ▶ Be comfortable and competent in handling equipment
- ▶ Have a plan and goal for your session
- ▶ Be confident in coping with disobedience
- ▶ Have a variety of exercises on hand to achieve results
- ▶ Be able to explain the application and reasons for aids used.
- ▶ Discuss basic principles of dressage and the Training Pyramid.



Longeing expectations correlate to the B riding test expectations.

▶ B Traditional and Riding Test Expectation

- Demonstrate an independent seat and effective, tactful use of aids.
- Demonstrate the elements of the training pyramid to include riding the horse in balance with rhythm, relaxation and connection while developing impulsion and straightness.
- Be confident in coping with disobedience.
- Be able to explain the application and reasons for aids used.
- Trad only: Discuss basic principles of dressage and the Training Pyramid.

▶ B Dressage Riding Text Expectations

- Maintain a basic balance position that is appropriate for Dressage (supported by core muscle groups) developed through an independent seat, demonstrating coordinated use of aids.
- Be confident in assessing and addressing evasions.
- Initiate and maintain a clear and steady rhythm and tempo at all gaits, showing suppleness /relaxation and acceptance of the aids and lateral and longitudinal balance.
- Demonstrate impulsion, straightness, throughness, resulting in a degree of self carriage appropriate to the level.
- Discuss training pyramid and demonstrate biomechanics and how it affects the horse's way of going relative to the level of the test.



HA/H/HM Standards for Longeing

- ▶ Discuss and demonstrate proper fit and use of equipment, including side reins.
- ▶ Discuss and demonstrate safe, confident, effective longeing techniques.
- ▶ Demonstrate techniques for longeing appropriate to the mount's level for exercise, training, and/or warm-up to include free forward movement and to establish regular rhythm.
- ▶ Discuss additional safety precautions to be considered when longeing with a rider.
- ▶ Evaluate performance and level of mount before, during, and after longeing session.



HA Longeing: Goal

- ▶ The candidate should give the impression of having unlimited experience of longeing unfamiliar and new horses.
- ▶ Be able to evaluate an unfamiliar horse
- ▶ Put the horse to work at the A level, be familiar with the training pyramid.
- ▶ Make corrections to improve horse.
- ▶ Trainer to trainer discussion and evaluation with examiner.
- ▶ Candidate has the proper equipment and materials needed.



HA Longeing: Meets Standard

- ▶ Shows the authority and confidence associated with the A level.
- ▶ The candidate puts the horse to work, is willing to take a chance and try training techniques (bag of tricks).
- ▶ An accurate assessment of what the candidate wants to accomplish given the above ideas, with the assigned horse, within the time allowed.
- ▶ The candidate needs to make appropriate evaluations and corrections early on so they can work on improving the situation.
- ▶ The candidates need to be able to discuss what they produced, good and what could have been better.
- ▶ Have an idea of what the next logical training step would be, from what they discovered through their longeing.
- ▶ The successful candidate should be able to teach how to longe.

