

Long-lining Demonstration w/ 4\* International Judge Bo Jena  
April 18<sup>th</sup>, 2018: 5pm – 8pm  
Hosted by White Fences Equestrian Center  
10908 Jones Rd, Manor, TX 78653



**International 4\* Judge & Swedish Dressage Team Chef d'equipe, Bo Jena** will conduct a longlining demonstration with both a young horse, and then with an older horse trained to a higher level of dressage. This demonstration will emphasize the benefits that longline training can have for the Dressage horse and rider, starting with the setup and necessities, and then demonstrating how to teach the horse balance and the necessary skills to progress through the Dressage levels.

Long lining—or long reining—is a training technique used since the beginning of dressage. The trainers at the Spanish Riding School in Vienna, Austria, still use it to teach their horses many of the high school movements with before adding the additional complication of a rider's weight. Although horses are born with a highly developed tactile perception, the touch of the whip and rein increases their awareness of their own body areas, especially the hind legs. As a ground-person, you get the opportunity to watch how your horse moves, both his musculature as well as how balanced he is. Over time, correct long-reining procedures will contribute to the development and strengthening of your horse's muscle ring.

Long lining can be an effective warm-up and a helpful training tool. With practice, anyone can develop this skill. To be a good long liner, a person needs to be able to balance his horse on the bit at walk, trot and canter when long lining, "read" the horse to know when he needs to improve his balance, know when to give and have a feel for the energy flowing through his hands. These prerequisites, along with the desire to see the horse balanced, are the start to effective long lining.

Demonstration fee (2 hours): FREE to ADU Members, \$15 for Non-ADU Members (pay to ADU)  
A Potluck Dinner will begin at 5pm with the demonstration to follow.  
Please bring a potluck dish to share!

For more information on the demonstration event, please contact Shannon Strank, 512-417-8435 or [icchicka@gmail.com](mailto:icchicka@gmail.com)