

2018 - New Year training scale still applies for Sovereign Equestrian.

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In any walk of life a strong and robust foundation is the key to success, and this steadfast principle also applies to the world of Equestrian. Germany have led the way for a number of years when it comes to this approach and it's something that we've also adopted at Sovereign Equestrian.

More commonly known as "The Scales of Training", the plan emphasises the importance of structuring your horse's education from the very beginning and has been fundamental in producing Olympic Champions and hundreds of other well trained horses.

At Sovereign Equestrian, Nicola and Charlotte Barry have worked tirelessly to implement this philosophy and apply it to their own training methods. The results

have been impressive, with a continuous flow of well rounded horses ready for competition. Their attitude towards this process at an early age has not only helped with competition results, but it's also ensured that Sovereign Equestrian now has an established reputation for precision, detail and ultimately success.

As mentioned in last month's article, attention to detail is imperative in the Equestrian world and the commitment shown by Nicola and Charlotte to "The Scales of Training" underlines Sovereign's dedication to leave no stone unturned when it comes to producing quality horses.

The scale is built like a pyramid so each block is designed to be strong and established before moving onto the next. As you



▲ Horse: Tonica - Rider: Charlotte Barry - Venue: Aintree Equestrian Centre

progress up the pyramid it is always important to keep in mind the previous steps on the scale to ensure consistent development. The scale comprises of points 1 to 6 opposite.

Of course there are many other factors that help ensure success

in the Equestrian field, and our Sovereign Equestrian articles will continue to assess all the ingredients that go into producing quality horses.

The Sovereign Scales of Training:

06 - Collection

As soon as all those steps have been mastered the horse will be able to balance themselves better and better. Allowing them to take more of their weight over their hind leg to create power through collection.

05 - Straightness

Once the horse becomes more supple, balanced and energetic this will improve their alignment and they will find it easier to work in straight lines.

04 - Impulsion

The energy the horse steps forward with whilst maintaining their balance. At this stage the horses hind legs are further under the body enabling the horse to generate additional power.

03 - Connection

Does the horse and rider have an equal connection down both reins and respond lightly and softly to the rider's requests?

02 - Suppleness

From both side to side, left and right and longitudinally. To allow the horse to begin working in a round shape, without resisting a rider's aids.

01 - Rhythm

Until a horse can trot or canter in a regular rhythm is it nearly impossible to improve or alter their mechanisms of movement.



About Sovereign Equestrian

At Sovereign Equestrian, we train, maintain, and care for our horses so that they become exceptional performers across all disciplines. We know that a fit and healthy horse is a happy horse, and a happy horse is a successful horse. We want to share some of our techniques with you because, with the right care your horse can reach its true potential.

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