

YOUR RIDING SUCCESS

ADVANCED TSMG

MODULE 1:

LEG YIELD





What is TSMG?

This is **T**rainning **S**cale, **M**otion and **G**ravity, and it refers to the training scale, when a horse has rhythm, suppleness, connection (i.e. a dressage horse) - and how motion and gravity affects the way the horse's body works.

For example if you are trying to achieve bend in a half pass, you understand that where you sit makes a difference to the success of the half pass. If you are sitting in the wrong spot, gravity is working against you.

We also look at how motion can help you control your horse - just like riding a bicycle very slowly makes it very wobbly, you add more speed or motion, and it becomes more upright - the motion helps you to stay upright. This can also be applied to motion on a horse. It's looking at how the body is affected by these things, and how they can actually hinder your success and maybe even stop your progression.

Understand TSMG and you will understand not only how to succeed, but also why you are not.

Starting at the Beginning - Leg Yield

One thing I really, really want to reiterate in the beginning is the understanding of how your basics get you to the end point. You are only as successful as your basics. If your basics aren't there, there's only a certain limit you can get to with the higher stuff.

What is Leg Yield?

The leg yield is the only sideways movement in dressage. Everything is a steep diagonal line in a nutshell.

In your own words, write down how you would ride a leg yield.

When you sit on a horse, where do you sit for a leg yield?

Where do your shoulders go?

What is one 'ah ha' moment that you have realised from this first part of advanced TSMG? Get in the Facebook group and share this revelation!

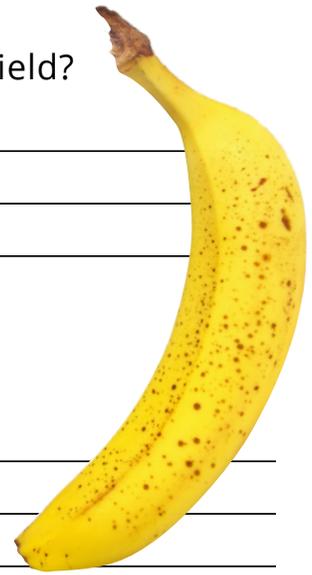


Make sure you also jump into the Facebook group and write down one thing that you didn't know before this episode - if everyone does that, some people might pick up on things that you didn't and vice versa, which is going to accelerate your learning even more!

The Banana

Where do you sit in the banana when you are doing leg yield?

What is leg yield used for?



Checklist for the basics of leg yield:

- ✓ Are my horse's feet all in the right spot?
- ✓ Is my body sitting in the right spot?
- ✓ Am I straddling?
- ✓ Is the backbone of the horse in the middle of my crotch, between my legs?
- ✓ Are my feet 80/20?
- ✓ Is the weight even in each of my feet?
- ✓ Where am I telling the shoulders to go? What is my line? Where precisely am I landing?

