

# Dressage Fun and Fundamentals with Kimberly Cox

Saturday, October 15, 2022

9am to 4pm

*(A benefit Clinic for MRAS)*

## Introduction to Western or English Dressage

This is a full day clinic where participants will be divided into two groups and will ride once in the morning and again in the afternoon.

Morning Session – working on:

- Rhythm – Regularity and Tempo
- Suppleness
- Contact – connection and working over the back into softness
- Acceptance of aids

Participants will also work through exercises and transitions suited to individual horse and rider pairs.

Afternoon Session will provide an opportunity to ride a Western or English Dressage test pattern. This test will be called out for you as you ride the pattern. No need to memorize.

Noon hour lunch and learn will be an opportunity to discuss the scale of training and how Dressage training can improve any horse. There will be a hand out for you on some of the basic patterns dressage riders work toward riding. Q and A discussion will be open and welcoming. Please pack your own lunch, snacks, and beverages.

In order for riders to gain the best experience, groups will be arranged based on rider level. Basics of dressage remain the same no matter which style (English, western) saddle you choose to ride in.

Once all registrations have been received participants will be notified of their ride time.

With your registration, please describe your level of perceived competence as:

(A) Introductory (no Lope)

(B) Intermediate (Walk, Jog, Lope with confidence)

(C) Advanced (experience with patterns and transitions at all three gaits, looking for more finesse and polish)

Cost:	Current MRAS Riding Members	\$90
	Non-Members	\$115
	Audit	\$20

All pricing includes GST

Maximum number of riders 12 (6 participants per group)

If interested, please email [MRAS.equine@gmail.com](mailto:MRAS.equine@gmail.com) to reserve your spot. Once your registration is confirmed, you will receive payment instructions and any other pertinent details.

Current MRAS Riding Members have Priority to register until Sept 20<sup>th</sup>.

Millarville Racing & AG Society  
Western /English Dressage Clinic  
with

# **Kimberly Cox**



*To be held at MRAS*

*Date: TBD*

*MRAS members have priority*

**Register at:**

**MRAS.equine@gmail.com**

**Dressage Fun & Fundamentals  
Clinic**

*Kim is a professional dressage  
coach, trainer, educator with  
B.P.E. and B.Ed., EC licensed  
Competition Coach Specialist,  
Dressage judge and Western  
Style Dressage Assoc. Canada  
Judge*



**Sign up early to  
confirm your  
spot**



Kimberly Cox

# Dressage Fun and Fundamentals Clinic

Kimberly (Kim) Cox Bio



National Dressage Committee appointee  
Equestrian Canada Competition Coach Specialist Licensed  
Active competitor, trainer and coach  
Active Dressage Judge EC/WSDAC (Western Style Dressage Assoc. Canada)  
Alberta Dressage Association Director  
Alberta Equestrian Federation Long Term Equestrian Development Committee

## **Introduction to Dressage for any horse and rider**

### **Ask what Dressage training can do for you and your horse**

Fine tuning of aids

Rhythm, balance through suppleness

Connection and softness through transitions

Dressage tests and how to ride them

*The longest journeys begin with a single step*