

# Dressage in the Ozarks

Dressage is the art or method of the training a horse in precision of movement as a response to the rider's body signals. Dressage is a French word that can be loosely translated to mean "to train" or "to prepare". This "training" and "preparing" can benefit all types of horses working in any discipline.

The earliest record of horse training, "Kikkuli" was written in Sanskrit and addressed the physical conditioning of the horse. This account, which included interval training, electrolyte supplementation, and stabling the horse for closer monitoring, was written around 1400 BC.

Principles of classical dressage were recorded in the writings of Greek general Xenophon (ca. 350 B.C.). His book, On Horsemanship, details the selection, care, and training of horses in a manner that is non-abusive for both military and general use. Although styles of and purposes for dressage have changed over the centuries, the fundamental principles Xenophon outlined remain intact.

Ozark Dressage Society (ODS) was formed in 1988 for the purpose of uniting dressage enthusiasts. Our mission is to aid and encourage the training, use, and exhibition of the dressage horse; to promote, educate and stimulate interest in dressage; to foster sportsmanship; and to establish an organization through which people with common interest can socialize.

ODS hosts bi monthly meetings, schooling shows, "out-of-state" clinicians, and other educational opportunities each year, and is a United States Dressage Federation (USDF) group member. The USDF provides educational programs to encourage high standards of performance for horses, riders, and instructors. The USDF statement on Animal Welfare defines dressage as a method of training horse and rider in a gradual manner. It is based on the natural and athletic ability of the horse. Check out USDF online, [www.USDF.org](http://www.USDF.org), for more information.

Ozark Dressage Society is a non-profit corporation that is member run.

All officers, the board of directors, committee members, workers, and event coordinators are volunteers.

This omnibus has been compiled by a committee of members. Every effort has been made to ensure that it is accurate.

Ozark Dressage Society, ODS officers and members, will not be held responsible for errors or omissions.

