

A
Systematic Development
Guideline for Voltigeurs

Voltigeur will Develop
Progressively:

Physically
Mentally
Emotionally

Before teaching, instructor must be:

- **completely familiar with all moves**
- **sure that both the horse and the voltigeur are sufficiently prepared to attempt a new or more advanced exercise**

Each voltigeur must be allowed to progress at her/his own rate

Age

Height

Muscle Development

Physical Condition

Mental Attitude

*are all
deciding
factors
in the
progression
rate of
the voltigeur*

Benefits of the Programme

- ☞ a *structured* learning and teaching programme for voltigeurs and instructors
- ☞ gives voltigeurs and instructors a *record of individual progress*
- ☞ the levels are designed so that the voltigeurs can *progress systematically*
- ☞ the *physical, mental, and emotional development* of the voltigeur are being challenged, strengthened, and enriched
- ☞ once all levels have been successfully completed, the voltigeurs are *ready for advanced training*

Level One:

- **body and spatial awareness**
- **introduction to all six compulsory exercises**
- **co-ordination**
- **exercises in all directions on the horse**
- **confidence and balance**

Level Two:

- **flexibility**
- **stamina**
- **overall muscle development**
- **variations of compulsories leading to kür exercises** (walk)
- **segmenting and building-up of compulsories** (canter)

Level Three:

- **greater flexibility**
- **upper body development**
- **cardio-vascular and stamina development**
- **lower back and leg development**
- **introduction of body tension**
(control of muscles to hold
body firm)

Level Four:

- **introduction to strength and extension**
during more difficult exercises
- **combining strength and flexibility,**
stamina and conditioning
- **combining co-ordination and body tension**
to develop greater balance

Level Five:

- **elevation** (height of legs and body away from the horse)
- **scope** (height, width, and stretch of extremities)
- **transitions** (connections between exercises)
- **strength and balance**
- **stamina in more powerful movements**
- **body tension and extension**

Level Six:

- **use of space** (optimum utilization of all three dimensions in the space on and around the horse)
- **polish** (extra smoothness and style)
- **variety**
- **flight** (dynamic passage through the air as a result of a vigorous kick or swing)
- **continuity**
- **amplitude** (extent to which a movement can be performed)