

Get started in freestyle dressage



Affiliated dressage to music competitions start from Prelim level. Making freestyle tests is great fun and can be done easily at home, or with the help of a professional rider or musician. Here's our guide to understanding freestyle dressage, let's bust some dancing dressage jargon!

1

"Floor plan"

For your competition level, design a test floor plan using the compulsory movements, find these on the BD website. If you need help, why not ask your trainer!

2

"Technical marks"

Dressage to music is marked differently to standard tests with two marked categories: technical marks critique your compulsory moves, just like a normal test.

3

"Artistic marks"

Like collective marks but disco! These are harmony, degree of difficulty, music and interpretation of the music – and are marked with a four times coefficient!

4

"Timing"

Freestyles have a maximum length, design your test to show your horse's best bits within the time allowed.

5

"Degree of difficulty"

Taking calculated risks! How you piece together the compulsory movements, and how often you show them, makes a difference to this key artistic mark.

6

"Downbeat"

Try to choose music where the downbeat matches your horse's footfall. The tempo of the music and horse is what will define how you match feet and beat!



The best thing about freestyle dressage is that you have the freedom to be creative with your test floor plan and music choices. Combine the two for a winning test! Remember to follow the compulsory movements, and use the music to represent your horse's type, character and your own personal tastes. Highlight your best bits, ride what you love, and be creative with compulsory elements.

Want more? Read the complete dressage to music guidelines on the British Dressage website : www.britishdressage.co.uk