

## **ABSTRACT**

**Title:** Preparation of rider on horse from performance level Z to S in dressage

**Objectives:** Compilation of helpful methodologic material, awareness of fundamental value, correct position of the riders sed, choice of good horse, gaits of horses, characteristic performance levels, characteristics and preparation for the degree Z, characterization and preparation for the degree L, characterization and preparation for the degree S.

**Methods:** Analysis of the literature, comparing information targeted in the content of the work of literature, analysis of my own experiences from my riding praxis, analysis of independent observations of horse riders, analysis of experiences from lessons with my riding students, compilation of information into a complete whole and methodological manual.

**Results:** Preparation of methodological material, which may a rider or trainer of horse riding (dressage) use in their training hours.

**Keywords:** dressage, rider, performance stage, horse, gaits of horses, walk, trot, canter, scale of training, exercises in dressage