



# **The Scales of Training Workbook for Dressage and Jumping: Understanding the Scales of Training and Applying Them in Daily Schooling**

*Claire Lilley*

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The "scales of training" are the components of a progressive training system that has evolved from the teaching of the great riding masters of Italy, France, and Germany. The scales apply to the basic schooling of every horse, whether the rider wishes to concentrate on dressage, jumping, or eventing, and provide an essential foundation for the horse's physical and mental development. If the scales are not observed at novice level, then it is unlikely that horse and rider will progress to advanced levels or be able to maintain a consistent level of performance. In this illustrated workbook Claire Lilley explains how to use the scales when schooling and jumping at home. She describes the principles of each training scale and includes in each section a number of exercises designed to improve performance, with notes on what to look for, training tips, and solutions to common mistakes and misunderstandings.

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