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Exercises Part One:

This article has appeared previously with Equestrian Life.

To see what is in our latest issue, please [click here](#). By Linda L Allen. Riding and jumping, like most other activities are best learned by doing. Practice is as essential for riders as ongoing training is for

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Jec Ballou is the author of 101 Western Dressage Exercises for Horse & Rider, 101 Dressage Exercises for Horse & Rider, and Equine Fitness. She is a

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national advisor to the Western Dressage Association of America and contributed to the current rules for the sport. She teaches clinics across the United States. She lives in Santa Cruz, California.

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