

Los Alamos - Train and Ride Holiday

A week's fantastic riding coupled with top class training on classically trained Spanish PRE Stallions and Geldings in one of the most beautiful areas of Southern Spain.

Itinerary – 2010

- Sunday – Arrival
- Monday – Morning 1 hr lesson. Afternoon/evening 2½ hr ride
 - Leave yard at 8.30 am return at 1pm
 - 1hr lessons in pairs
 - Lunch 1.30 to 2.30
 - Ride 3.30 pm to 6pm
 - Dinner at 8pm
- Tuesday – Riding day
- Wednesday – Morning 1 hr lesson – Free afternoon
- Thursday – Riding day
- Friday - Morning 1 hr lesson. Afternoon/evening 2½ hr ride
- Saturday – Riding day



Training

In Vejer de la Frontera is the stud owned by the Corales family who specialise in breeding and training Andalusian horses for Doma Vaquera. The current Spanish Doma Vaquero champion is eldest son Gonzalo Corales who won the national championship for the second time in October 2008.



Gonzalo's brother Antonio Corales is a top Doma Vaquero and Doma Classical teacher, having trained with the Royal Equestrian school of Art in Jerez.

Modern Doma Vaquera competitions provide a challenging test for both the horse and rider. At advanced level, they are performed in a 60mx20m arena, with explosive gallops from a standing start, skid stops, canter pirouettes and spins. There are also the traditional moves of piaffe, passage and the famous Spanish walk.

Antonio will take each student through three, 1 hour sessions concentrating on;

- **Collection in trot and canter** – Bringing together a number of elements in order to store up the horses energy, so the rider can control when the horse should use its energy rather than the horse deciding for its self.
- **Leg yield** – Forms the basis for learning shoulder-ins and half pass. This is a basic movement to encourage your horse to move forward and sideways away from the leg. The horses body remains in a straight line at all times while his inside legs are passing and crossing in front of the outside leg.
- **Shoulder in** – Moving forward at a 30 degree angle to the outside track.
- **Travers** - this movement is the stepping stone to half pass. You need to keep the horse flexed and bent in the direction of travel. You should aim to keep the forehand on the outside track while the quarters stay on the inside.
- **Half pass** – a forward/sideways movement where the horse moves away from the leg with his head slightly bent and flexed in the direction of travel.
- **Walk to Canter – Canter to walk**
- **Piaffe, Passage, Spanish walk**

By the end of the week, riders will have increased their understanding of the classical riding moves, leading to improved balance and making a more competent and confident rider.

For dates and prices; email andrew@losalamosriding.co.uk

Or call Andrew on 0034 956 431 047 (English spoken)

