

Victoria Saanich CADORA  
DVD Collection for loan to Members

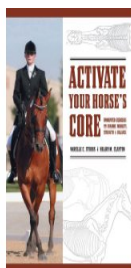
March 2009



**ABC's of Basic Dressage**

Hilda Gurney

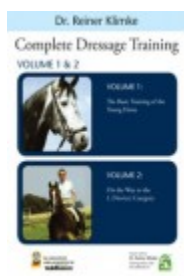
In her first video clinic, Hilda Gurney outlines and illustrates the ingredients for a successful dressage rider at any level.



**Activate Your Horse's Core**

Hilary Clayton, DVM  
Narelle Stubbs

A step-by-step manual and DVD showing exercises that mobilize the joints and engage the muscles used to round and stabilize the horse's neck, back and pelvis during athletic activities. The exercises are performed from the ground and do not require sophisticated equestrian skills or special equipment. They will improve your horse's posture, self-carriage and balance; they will help his flexibility, especially in the neck and back; and they will improve his ability to perform highly-collected movements.

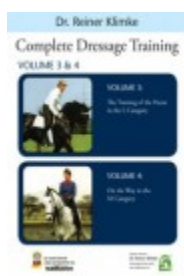


**Complete Dressage Training Volume 1 & 2**

Dr. Reiner Klimke

Vol. 1 - Basic training of the young horse. The horse should learn to cooperate with the rider and become obedient so it is able to be relaxed, purposeful, enthusiastic and straight.

Vol. 2 - After basic training for about one year, the four-year old horse starts the L category training. Among other aspects of training, the horse gets used to the curb bit and learns the lessons of this category.

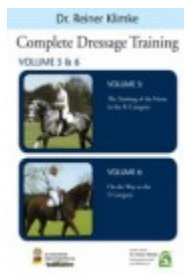


**Complete Dressage Training Volume 3 & 4**

Dr. Reiner Klimke

Vol. 3 - If the horse reaches the L category it is most important to reinforce the information. Single exercises must be done naturally: the horse becomes mature and prepares for collection

Vol. 4 - At the age of five to six the dressage horse learns the beginnings of the M category. We advance education through regular progression and learn the flying lead changes at canter.



**Complete Dressage Training Volume 5 & 6**

Dr. Reiner Klimke

Vol. 5 - After about one more year, the muscles are developed in a way that the expression of movement can be shown more beautifully. The aid of the rider is less obvious and necessary. The horse becomes more self-confident.

Vol. 6 - At the age of six to seven the correctly trained dressage horse reaches the S category. Step by step it is trained for the Prix St. George. The gymnastic ability of the horse is expressed through the expression of movements.

Victoria Saanich CADORA  
DVD Collection for loan to Members

March 2009



**Complete Dressage Training  
Volume 7 & 8**

Dr. Reiner Klimke

Vol. 7 - From Prix St. George to Intermediare 1. The walk and trot correspond to the level of PSG, in canter the demands are intensified up to full pirouettes and flying changes up to 2 tempis.

Vol. 8 - We develop the collection of the horse - up to half steps of piaffe. Canter changes every stride. Now it becomes definitely clear whether the horse will reach the goal of becoming a Grand Prix de Dressage horse.

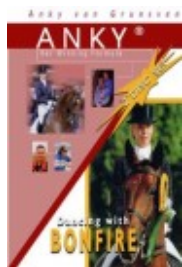


**Complete Dressage Training  
Volume 9 & 10**

Dr. Reiner Klimke

Vol. 9 - Training the Grand Prix horse. Piaffe and passage including the steps between. Shows that the horse has reached its full dressage ability trusting in the harmonic aid of the rider.

Vol. 10 - Study of the Grand Prix horse being prepared for the Grand Prix. The GP Special is very exacting for both the rider and the horse. Vitality, expression, ease, harmony and elegance are on the way to perfection. Dressage is an art.



**Dancing With Bonfire**

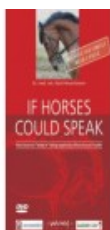
Anky van Grunsven

Her winning formula. Anky recalls how she turned a just broken 2 year old, with a penchant for bucking, into an outstanding champion. The video shows many of her unforgettable rides which illustrate the way their career has blossomed over the years. It is a wonderful insight in how an Olympic Champion prepares herself and her horses and what it takes to make it to the top.



**Head to Head:  
Gigolo versus Bonfire**

A unique record of two of the greatest performances ever seen in modern equestrian competition. Isabell Werth on Gigolo and Anky van Grunsven on Bonfire at the 1995 European Dressage Championships. Includes all three tests for both competitors in their quest for Gold.



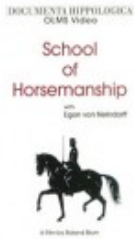
**If Horses Could Speak**

Gerd Heuschmann, DVM

Horses do not make a specific noise when they are in pain and yet with practice it is possible to read their state of health from their face and especially their eyes. One years work went into developing the unique 3-D animation which clearly demonstrates where false riding hurts and why.

Victoria Saanich CADORA  
DVD Collection for loan to Members

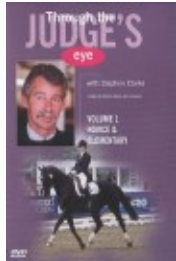
March 2009



**School of Horsemanship**

Egon von Neindorff

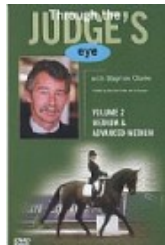
Considered one of the greatest riding instructors of all time this film shows Von Neindorff in action, teaching and training. Learning the art of classical horsemanship takes time and requires patience and even in this fast-moving age, Egon von Neindorff is not prepared to make compromises.



**Through the Judge's Eye  
Volume 1**

Stephen Clarke

Novice and Elementary. This video is a must for all competitors, judges and aspiring judges alike. A range of horses are used in many test situations performing specific movements from novice and elementary tests. Compare your own thoughts with the marks and comments given by Stephen Clarke.



**Through the Judge's Eye  
Volume 2**

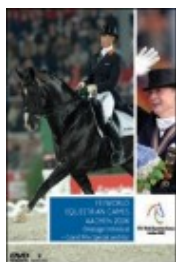
Stephen Clarke

Medium and Advanced Medium. This video is a must for all competitors, judges and aspiring judges alike. A range of horses are used in many test situations performing specific movements from medium and advanced medium tests. Compare your own thoughts with the marks and comments given by Stephen Clarke.



**World Cup Dressage Final  
Amsterdam 2006**

From the Rai Stadium in Amsterdam. All 12 tests are shown in full and all, except the first test of the programme, are without commentary.



**World Equestrian Games  
Aachen 2006**

Dressage Individual: Grand Prix Special and Kur. All the leading tests are shown in full. Expert commentary by Richard Davison.

**Guidelines for borrowing a DVD from Cadora**

- ✓ DVDs may only be borrowed by current club members. (*Membership has its privileges...*)
- ✓ As the collection is fairly small only 1 DVD may be borrowed at a time. Return 1 and pick up your next title.
- ✓ The loan period will be **1 WEEK** to ensure that as many members as possible get access to the collection.

# Victoria Saanich CADORA DVD Collection for loan to Members

March 2009

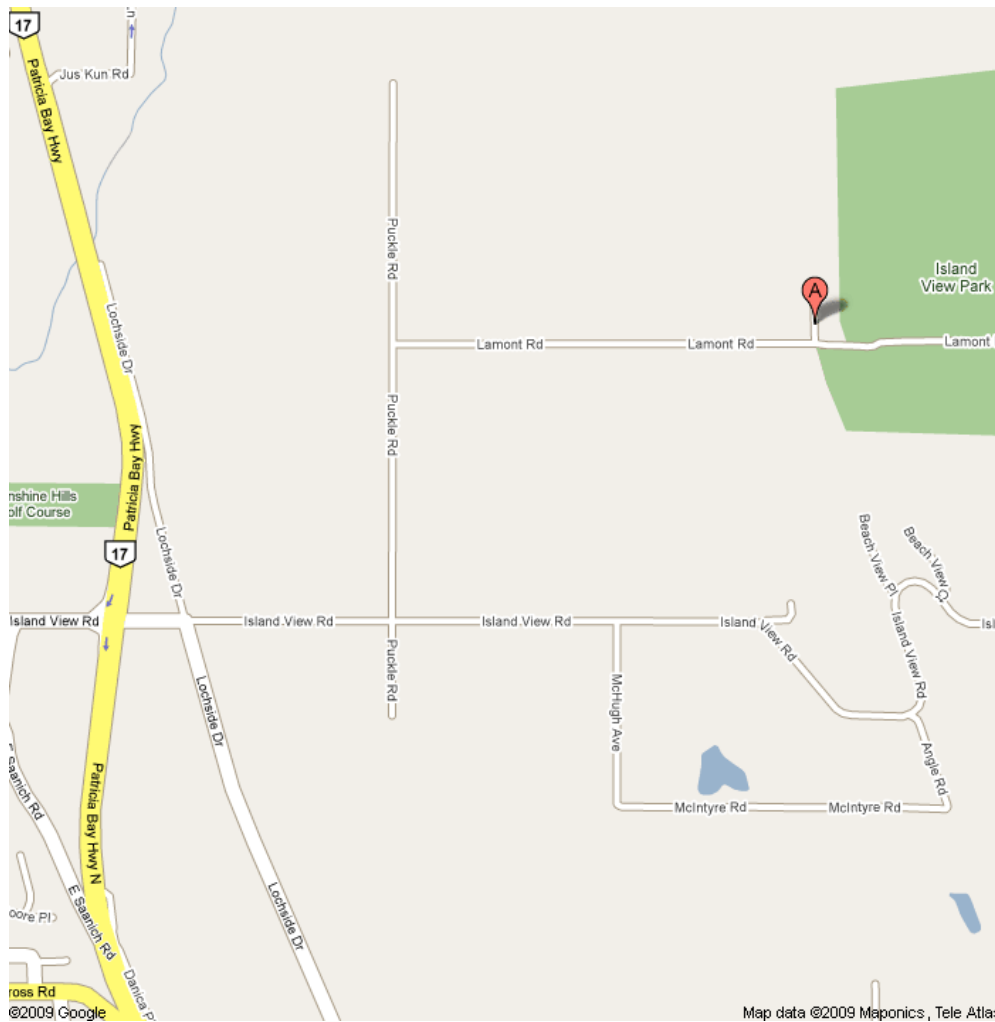
- ✓ A refundable deposit of \$20 (cash) will be required with your first loan. Your deposit will be returned when you return the DVD or you can keep the deposit on account if you anticipate borrowing more from the collection.
- ✓ Please – no 'loaning on' of the DVDs. If you borrowed it then you are responsible for returning it on time.
- ✓ DVDs can be picked up and returned to Ilona Rule's house – just like going to the library. (7228 Highcrest Terrace, Saanichton BC - See map below).

## How To Borrow a DVD

Contact Ilona Rule by email at [ilonarule@telus.net](mailto:ilonarule@telus.net) or phone 250-544-4399 and let her know which title you would like to borrow.

Set up a mutually convenient time to drop off your deposit and pick up your DVD.

Return the DVD at the end of the loan period. Repeat as needed.



Ilona Rule  
7228 Highcrest Terrace  
Saanichton, BC  
V8M 1W5

Email:  
[ilonarule@telus.net](mailto:ilonarule@telus.net)  
Phone: 250-544-4399