



## New Instructors Join the T.E.S. Family

T.E.S. and Van Dahn International are proud to announce the addition of two new trainers to their staff. They are both highly qualified dressage riders and trainers and have studied under Bo Tibblin and other instructors at the Swedish riding academy, Stromsholm.

**Nina Malmgren** began riding at the age of four. She focused mainly on 3-day eventing, but during the last ten years she has concentrated on dressage. Between 1985 and 1989, she attended Stromsholm, where she refined her riding skills under the tutelage of Bo Tibblin and Mette Rosengrantz and was one of Bo Tibblin's top students. Nina has trained seven of her own horses during her twenty-year riding career, many of them to the FEI level, and she is a recognized FEI rider and dressage judge. She has also managed two riding schools in Sweden, where she worked with all levels of horses and students. She is quite proud that some of her horses have progressed "from nothing to Prix St. George level and above," and that her students have successfully competed in the national Swedish dressage competitions. Nina takes her riding seriously, and she expects the same dedication and effort from her own students.

**Carita Wikström** also started riding at the age of four. She has competed in jumping, dressage, eventing and "everything else" since she was eleven, but likes dressage the best. Carita has trained many of her own horses and likes working with the younger stock. She truly enjoys teaching people to ride, from beginning through advanced, and likes to talk to many different people

about her primary interest — horses. Carita is an avid reader, and is especially interested in history and geology. While she is with us, her main goals are to hone her dressage skills, work on her English, go to Disneyland, the beach, Hollywood and maybe even to Hawaii.

T.E.S. has also added some very talented instructors to its staff over the last few months to enhance the Western, English and Dressage programs.

**Andrea Caplan** began riding at the Rock Creek Riding School in Washington. When she decided that she was serious about pursuing a career with horses, she completed the nine month British Horse Society's Assistant Instructor's course at the Yorkshire Riding Centre in England, where she trained with Christopher Bartle and Jane Bartle-Wilson, members of the 1984 British Olympic Team.

**Sherri Doyle-Murphy** began riding in High School at the Junior Equitation School in Vienna, Virginia. She studied Horsemanship and rode at Virginia Intermont College for a year and then returned to JES, where she taught for 5 five years before coming to L.A. She taught at Woodlawn Stables for two year before joining T.E.S. Although her background is in Hunter/Jumpers, she has been focusing on dressage for the last few years.

**Angie Kissner** came down from Washington to be our Barn Manager and to teach in the Western program. She began riding at age 2 and started showing in Western pleasure shows at 5. When she was 8, she began riding English and showing in equitation classes. Angie has owned horses all of her life and began

breaking and training horses at 14. She worked at a thoroughbred farm for two years where she broke, trained and conditioned horses for the track. She was also very active in the 4-H Club for 10 years, where she taught both English and Western equitation and showmanship classes. Angie has also judged Western and English shows for the 4-H Club and for local schooling shows.

**Steve Loch** began riding at 4 when he got his first pony, Tony the Pony. He got his first horse at 8 and began western riding lessons in his home town of Sacramento. He trained under Sandy Collier for reining and cutting horse, Danny Gerardi for working cow horse and Tony Nicholson for barrels and has competed in ETI and AQHA shows. While he was in college he ran an amateur barn, the Bar-W Ranch in Thousand Oaks, with Bill Colburn, where he trained horses and gave lessons.

**Debbie Overman** learned to ride when she was seven. She started showing in Western equitation and barrel classes when she was 11. For three years, she trained under Rita Devlin and, at 15, she began showing in English equitation classes. Debbie was very active in the 4-H Club in Idaho and she established the English division in the 4-H Club shows, which only had a Western division. She also attended many clinics and workshops which helped her train her own horses and prepared her for Schooling, Open and Quarter Horse shows.









## Point To Point

### Dressage Basics: The Correct Seat by Carita Wikström

One of the most important aspects of classical dressage is to teach the horse to move in a balanced manner. When this occurs, the horse will relax, move forward from behind, bend correctly and go on the bit. It is the rider's job to help the horse balance properly, but this cannot be achieved from a poor, unbalanced position. Thus, the rider must have a correct seat in order to use the aids to influence the horse properly.

The correct seat is obtained by aligning the body so that a vertical line could be drawn from the ear through the shoulder, hip and heel. The thighs and knees should be kept flat and steady against the saddle with the knee caps pointing forward. The lower leg (inside of the leg, not the back of the calf) should be

stretched downward without tension and with as much contact as the position of the knee permits. This contact should be light. The feet should be almost parallel to the horse—the toes should not point

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the weight of the rider at the sitting trot. (The length of the leathers is correct if you can pick up the stirrups by lifting the toes.) The upper part of the body should be relaxed. The head and neck should be carried in a natural way, and the eyes

ward. The part of the must be the part of the By lower-heel, the also low-The stir-can be used posting t h e y never carry

should be looking forward. The shoulders should be lowered and pulled slightly backward, and the back should be straight. You should sit on both seat bones in the deepest part of the saddle. Your hands should be a little above the withers, with thumbs on top, about four inches apart. Close your fists around the reins without cramping them. The hand must be steady, soft, sensitive and flexible.

The best way to develop a correct, balanced seat is on the lunge line. It will also help you to attain independence of the seat, legs and hands and allow you to learn the correct way to use the aids.



Traditional Equitation



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