## Circles for Suppleness

Will help with co-ordination and balance at all levels


Walk over the first pole and circle left then walk over the second pole and circle right.

Alternate left and right circles.
Walking the exercise first, then progress to trotting, initially over two poles in a circle.

More advanced may canter, but can be quite difficult.

This exercise although very simple looking when done correctly proves to help extreme stiffness on either rein, has to require forward rhythm, straightening and bending the circles need to be kept uniform from start to finish.

The rider must maintain the forwardness and assess a suitable speed to ensure enough impulsion to maintain good balance. The rider has to allow the horse to turn without losing it through the outside shoulder, but without crossing over the withers and blocking the forward flow. The rider also has to think and plan and feel how the horse is working.

