



KDEA E Newsletter –Late March 2025

KDEA Mission Statement

KDEA serves the South Central Kansas dressage and eventing community by providing educational, social, and competitive opportunities that promote a harmonious partnership between horse and rider



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Nominating: Marty Foster-Dennett, Valarie Bowlby

If I forgot to list someone who is on a committee...please let me (Susan) know for the newsletter, and let the Committee Chair know. If you are interested in learning more about what these committees do, and how you could contribute, please contact the committee chair or and Officer/Board Member.

In This Newsletter

President's Message

KDEA Meeting April 1, 2025

Membership Update –By Charlotte Pinkall

Microchip Rule – 12/1/25 effective date for all United States Equestrian Federation shows

KDEA Schooling Shows 2025

KDEA Schooling Show – April 12, 2025 at Eagleview. Entries open!

KDEA USEF Lite Western Dressage Show – June 14-15 at Kansas State Fairgrounds

Ingrid Klimke Masterclass – by Charlotte Pinkall

Circles, Circles Circles – Summary of USDF Educational Session via Zoom

President's Message: I just finished watching the USDF webinar called Circles, Circles, Circles, Why always Circles. Both presenters Gwen Ka'awaloa, and Sarah Geikie are USEF 'S' judges and discussed the value of correct training for the rider to be able to execute the correct figures in a Dressage test at a show. (see write up at end of newsletter).

What struck me about this webinar was how positive they both were in their approach to rider and horse training. They both expect a lot of the riders, and several times both presenters commented about how riding in an "inside job" We riders must feel and work on our own awareness, but at one point Sarah Geikie said that **anyone** can do this! Even if you have been riding one way for a long time. I love the positivity that learning offers and feel like KDEA has many chances to help our member riders find the positive changes that riding can offer.

KDEA offered two educational opportunities early this year to give riders a chance to develop the awareness that is so crucial to Dressage, Western Dressage, Eventing, and Working Equitation. We offered a Geometry clinic that gave riders a chance to get a feel off the horse what correct geometry in a test should be. And the next weekend we had a Ride A Test to allow riders to try tests that they wanted to learn more about. We are very lucky to have Susan Lang (USDF 'L' graduate, and USEF " 'R' Western Dressage) and Marie Maloney (USEF 'R' Western Dressage, USEF "R" Dressage, USA Working Equitation "r") locally available to assist with both of these. I also helped out and instructed at the Ride a Test clinic this year.

We are looking forward to the first Dressage schooling show to get our horses out and start, or continue our education . Each journey is different and has its own adventures. We are looking forward to seeing everyone on April 12th at Eagleview Equestrian either on horseback, volunteering, or cheering on our friends.

Thank you again for the chance to serve as President of your KDEA and as always please feel free to reach out and ask questions or offer suggestions. Cassie Black - **KDEA President**

KDEA Meeting April 1st at 6pm (note earlier start time) at Legacy Equine Management, 7532 N Broadway Ave. Park City, KS 67219. Bailey Jo Jeffries will explain the services she offers: equine insurance, PEMF/MagnaWave, ESM Swim Gym, Broodmare Management, and Rehabilitation. Dan Baum with Countryside Feed will be providing snacks and refreshments! Meeting will follow at 7pm. If you would like to contact Bailey at some point after the presentation, she can be reached at baileyojeffries@gmail.com.

Membership Update from Charlotte Pinkall, Membership Chair: As of Mid March 2025, we have 40 Primary and 10 Supporting members. Of those 40 members, 11 are Juniors and 3 are new members. If for some reason you have not renewed for 2025, please go to the KDEA website at www.kdea.org to download and send in a membership application.

KDEA Biomechanics Clinic with Alejandra Gonzalez – April 24(eve lecture), 25-26-27 riding clinic. Back by popular demand is Alejandra Gonzalez, who will inspire you and your horse to be better partners ---- all by better understanding of biomechanics! Come out for a fun an energetic lesson from Alejandra and go home with "lasting effects" of your body awareness! There is a lecture on Thursday eve that is free, and auditing is also free Fri/Sat/Sun. Rides are \$100 for 45 minute semi private (2 people of like riding ability) or \$150 for a 45 minute private. See KDEA Website for entry blank.

Microchip Rule – Effective 12/1/25 – from USEF information guide

Rule Overview. As a reminder, this rule will require all horses to have a microchip to be eligible to compete at a USEF licensed competition. This microchip number must be on file with USEF and, once recorded, will remain with the horse's record. Microchip numbers do not need to be collected by the competition. It is the participant's responsibility to report the microchip to USEF, but we will ask competitions to verify that a chip number is on file before accepting the entry.

Note: This microchip rule applies to all breeds and disciplines and expands upon the existing microchipping rules in the Hunter/Jumper/Equitation sections of our rulebook.

Reporting Tool

We have an online [microchip reporting tool](#) which can be used to report a microchip for a horse by anyone (i.e. owner, trainer, barn manager, secretary). Once reported, the microchip will be instantly added to the horse's account and the records will update to show the horse is compliant.

Microchip Resources

USEF has developed a [microchip resource webpage](#) which has many useful resources, including

- [Frequently Asked Questions](#)
- [Microchip 101](#)
- [Microchip Mythbusters](#)

USEF has also recently published the following four infographics that will help answer general questions:

- [How Do Microchips Work?](#)
- [Benefits of Microchips](#)
- [Horse Eligibility](#)
- [Checklist for Implantation](#)

USEF has produced two video resources that can help further explain microchips.

- [Webinar](#) Presented by USEF's Equine Health and Biosecurity Veterinarian Dr. Flynn and Merck's Dr. Lacolla, this webinar provides a more detailed background on microchips, how they work, and how USEF's rule will be implemented. This video clip is about an hour long but is full of great information regarding microchips.
- [Learning Center Video](#): In this video, Rood and Riddle Equine Hospital's Dr. Metcalfe along with USEF's Dr. Flynn provide a short tutorial on microchips, how they work, how a microchip is implanted and how horse health can be monitored, specifically with the use of a biothermal microchip, which can monitor a horse's temperature through its built-in temperature biosensor.

Questions? We are here to help

- Recording of microchips and horse records - horseservices@usef.org
- Microchip types and/or how microchips work to protect equine health - equinehealth@usef.org.

USEF encourages everyone to share these resources within their spheres of influence. Thank you for helping us in this important initiative for the welfare of the horse!

KDEA Dressage Schooling Shows – 2025

April 12th - Eagle View Equestrian – Judge: Jane Fucinaro, Nebraska L Graduate.
May 17th - Three Wooden Crosses – Judge: Holly Luke, Oklahoma L Graduate
July 12th - Three Wooden Crosses – Judge: Rebecca O'Bea, Kansas L Graduate
Sept 13 - Eagle View Equestrian – Judge: Sherry Guess, Oklahoma L Graduate

KDEA Schooling Show – April 12th at Eagle View with judge Jane Fucinario from Nebraska. Put your training plans in place to get ready for the KDEA schooling show on April 12th. Hopefully, you availed yourself of the Geometry Session on Feb 20th and are signed up for the Ride a Test to see where you are and learn what you can do between now and April 12th to improve your test riding skills! Check the KDEA website for the entry form.

KDEA USEF Recognized Show

June 14-15 Kansas State Fairgrounds – Judge: Dolly Hannon “R” Western Dressage
Entry form posted on KDEA website and Horse Show Consulting.com

We are soliciting class sponsors for this show, as well as donations for our Raffle and Silent Auction. For more information, see flyer below.

A big thank you to those who have provided their support in the form of sponsorship – Michelle Stein, The Decarsky Foundation, and others who have or will provide raffle and silent auction items for this year’s show.

We have a **host hotel** (Fairfield Inn and Suites by Marriott) that is blocking rooms until May 13th...so get your reservations made early for the \$109 plus tax rate. You can contact Cassie for the reservation link sent to her by the hotel manager, Sandy Klingenberg. The hotel’s direct number is 620-259-8787. Thanks to Cassie for working with the hotel to get us a good rate!

Ingrid Klimke Master Class - in Tyler, TX -- by Charlotte Pinkall

Five time Olympic medalist, Ingrid Klimke, traveled to Tyler Texas in February to give a masterclass for both dressage and eventing enthusiasts and riders. The event took place on February 22 and 23rd at Texas Rose Horse Park. I attended with my high school friend, Edie Nielsen, and her good friend and barn mate, Katy. Here are a few of my notes from the event:

As many of you will know, Ingrid wrote a book with her father, Reiner Klimke, on using cavalletti for training and development of the dressage and eventing horse. This book is 25 years old now (although an updated edition was released in 2018), but she uses many of the principles described in it for her current clinics. Those principles are timeless and classic. I won’t go into the different exercises she used, as they are well documented and detailed in her books, but instead talk about some of the comments she made consistently during the clinic.

The clinic riders were generally excellent. If you are interested, you can find their bios at these two links: <https://www.myequestrian.events/riderssaturday> and <https://www.myequestrian.events/riderssaturday>. I was especially impressed with John Mason from Tex-Over Farms, who rode For My Heart, a ten-year-old Hanoverian gelding by Finest, imported in 2022 by Dinah Babcock.

The morning rides were dressage riders and included both young horses and more advanced ones, up to those working on Prix St George. In all of these she used cavalletti in the warm up for getting the horses relaxed, stretching down and forward, and lifting their legs. Those that were not used to bright orange striped cavalletti, got to start with one cavalletti and work up to four. She encouraged the riders to let them look at the cavalletti as they went over them at walk, trot and canter, cantering in jump seat or two point. She liked to say that the rider is responsible for directing the horse to the middle of the cavaletti and the horse is responsible

for his feet (not kicking the cavalletti). She frequently told the riders to close their fists and to keep their hands only one fist length apart. Each group of riders worked with her on movements appropriate for where they were in their training. The Prix St George group worked a little bit on passage and piaffe, but mostly on good pirouettes and tempi changes. On the second day, John Mason was asked to remove his stirrups and do tempi changes without them. He was a good sport and did amazingly well.

The afternoon rides were focused on eventing. The cavalletti were again used for warm up, but then also stacked to create gymnastics. Riders were asked to count their strides on a gymnastic and then either add a stride or subtract a stride the next time through. In addition, the different jump patterns were designed to work on getting correct lead changes over the jump. For example and clover pattern would have the rider working on getting the left lead constantly and then they would be asked to reverse it and get the right lead consistently. Or a figure eight pattern would have the rider changing leads each time. Some patterns could create opportunities for "speed" rounds like you might see in a jump off, with very tight turns and changes of direction.

Ingrid herself was demanding with high expectations, while still being kind and compassionate. She could be blunt, but she was never mean. The event included a barbecue dinner and book signing, which we didn't participate in (\$70 for barbecue), but we did get to say hello when we happened to run into them (Ingrid and the organizers) at the local bakery for breakfast. Here's a couple of saying Ingrid used frequently:

- "hands together"
- "rubber fist"
- "refresh your canter aid"
- "refresh with your leg"
- "in the rhythm"
- "half halt, refresh, half halt, refresh"

Overall it was an excellent masterclass, and in spite of having travel issues both ways (incoming flight 4 hours late and outgoing flight canceled), plus freezing as we watched in the cold, I'm very glad we went. Plus, I was happy to spend time with good friends and meet new ones.

USDF Educational Session – March 19, 2025
Sarah Geike “S” and Gwen Ka’awaloa “S”
Summary Notes by Susan Lang

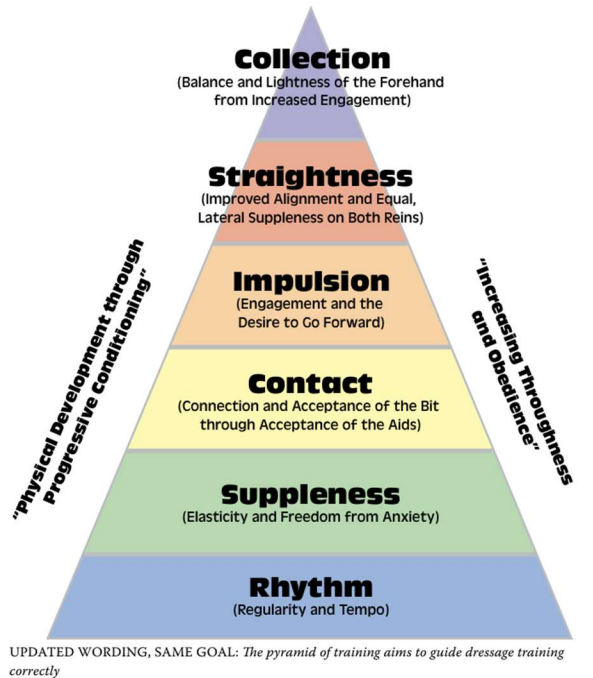
The overall goal of this educational session was to explain how correct riding and execution of correct figures AT HOME will allow the horse and rider to easily perform the figures in a dressage test at a show. The session focused on using the **New Pyramid of Training** to guide the rider on their journey to the show ring or in their progression in daily training.

As a history, riding in an enclosed arena (called a menage at that time) started in the 1500s and competitions were a sort of jousting event. Later, this morphed into riding and training in an arena, and

the advent of the Spanish Riding School also strengthened the discipline of riding in a ring to develop and train both horse and rider.

Why is it important to be accurate when riding circles and why should the rider consider circles to be their friend?

The answer starts with the “New Pyramid of Training,” which can be found on the USDF website in an article written by Marilyn Heath, long-time L-Program chair.



https://www.usdf.org/EduDocs/Competition/The_New_Pyramid_of_Training_Marilyn_Heath.pdf

Rhythm = Regularity and Tempo. Tempo = rate of repetition of the footfalls, where as regularity is the correct sequence of footfalls (i.e. walk is 4 beat, trot is 2 beat and canter is 3 beat, with beats all occurring in a correct, even sequence)

Suppleness = Elasticity of horse and freedom from anxiety. Horse needs positive tension to maintain suppleness, not negative tension (anxiety) which inhibits suppleness.

Contact = Acceptance – of both the bit and the aids of the rider

Impulsion = Engagement and Desire to go Forward (forward is not speed/tempo)

Straightness = Improved alignment (both lateral and longitudinal) which includes equal suppleness to both reins/directions

Collection/Balance = Lightness of forehand, horse pushes from behind rather than pull with front legs. Engagement increases and forehand lightens.

All of the pieces of the **Pyramid of Training** must be in place to perform balanced corners, circles, movements and figures. The Training Level horse and the Grand Prix horse are at different levels of ability within the Pyramid, but the Pyramid is still the basis for the dressage test, whether Training Level or Grand Prix. Every time the horse and rider steps up a level, they must go back and satisfy

each of the Steps of the Pyramid within their new level. Judges evaluate the horse and rider, and their performance in the ring, based on the **Pyramid of Training**.

It is important for the rider to assess the training at home against the **Pyramid of Training**, and ensure that each **Step** is considered in daily training. If the Pyramid is used as a guide for training toward a level, when the rider goes to a show the movements and figures should be relatively easy. The rider can go to the show feel confident that they can do their best.

It is sometimes easy for a rider to overemphasize **Impulsion** before they have worked sufficiently on **Rhythm, Suppleness and Contact**. If the rider does not have **Rhythm, Suppleness and Contact**, the impulsion is just a fast tempo without the basis of support which comes from the first 3 Steps of the Pyramid. Just like making a cake, the rider must possess the right amount of each ingredient for the level being ridden, but each level requires a different level of these same **Pyramid** steps.

Training Progression:

1. Baby – familiarize the young horse with the fields, with taking the weight of the rider, and being strong enough to carry the rider and work.
2. Developing Pushing Power – Horse must learn to utilize energy of hind legs to push, rather than use the forelegs to pull into the gait. Training, First and the beginning of Second level is where the push is developed.
3. Carrying Power – collection of 2nd level through Grand Prix develops the degree of collection based on the horse's age and training and the rider's influence.

Suppleness (see Step on Pyramid) relates to accuracy, as the horse must have the elasticity to lengthen and contract with relaxation, but with a degree of positive tension. Negative tension creates anxiety; positive tension with relaxation is the goal.

- Longitudinal Balance – From Hindquarters, through body, to neck, to contact. The ability to reach forward to contact and come back.
- Lateral Balance – Balance from right to left, side to side.

Lateral Suppleness on a corner or circle – how is it developed?

- Inside hind should step to under and toward the midline (toward rider's heel), and the horse should bend the hock to step across the body with the inside hind toward the outside rein. The horse's rib cage/barrel should yield and soften to the rider's inside leg.
- Ribcage moves away from rider's leg to let the hind quarter come "through" and take weight. Ribcage that is locked or pushing against leg does not allow energy to come from hindquarters through body to contact.
- Horse should yield (flex) to contact, softening the jaw and poll, showing a soft, firm and confident feel on the bit.

The result of lateral suppleness (bend) is that the horse feels curved, feels soft in contact, with soft back that swings. The horse steps toward the outside rein, is better balanced, and finds the movements easier. The rider frequently feels that the horse "gives them a place to sit."

When working on a circle or in a corner, the rider wants the horse's body on a curved line, with both side stretching onto the same curved line. The horse should maintain steady and even feel along the line of travel.

A balanced horse is a relaxed and soft horse.

Longitudinal Suppleness – how is it developed?

- a. Horse should move from hindquarters, through body, through neck to the contact.
- b. Created through many transitions and half halts.

Both **Lateral and Longitudinal** balance are important and every day the rider should train both longitudinal and lateral balance. Exercises should work the horse each direction, right and left, and the goal should be that the horse feels the same (both lateral and longitudinal) both ways.

Rider Considerations

- The rider must also be in balance to be able to align the horse.
- Position in saddle so that ear to hip to heel line is seen.
- Bit to hand to elbow should be a straight line.
- Rider must also be centered and not lean right or left, have level shoulders, and equal weight in seat bones.
- The rider who can accomplish this will be in the position where they are best able to balance and influence the horse.
- The rider must become aware of things such as:
 - That the rider collapses right
 - That the horse carries their hips to the inside of the circle or corner
 - That the horse does not bend equally right and left...and then the rider must work on realigning their own balance or that of the horse to create better suppleness and balance.
- If the rider is not balanced, then the horse cannot accomplish a round circle because of the lack of horse/rider balance.
- If the rider leans in on a circle, then horse will also fall in as it is a horse's natural tendency to stay under the rider's weight.
- The **Submission Score** on a test can be thought of as the "Happy Horse and Rider" score. If the horse is supple, balanced and obedient then the rider can show accuracy of circles, corners and figures.

Circles and Corners – Accurate and Balanced Lines of Travel – Both at Home and at a Show

- So there are circles of various sizes, and corners to navigate in the ring. Riding a good corner will help the horse and rider find their balance for not only the circle, and for other figures.
- **The horse can only perform well that which the rider asks correctly.** This is where a ground person can help the rider by commenting on imbalances and assisting the rider with maintaining alignment.
- The rider must also sit/ride over the horse's center of gravity, as the horse will be much better able to balance equally both side to side and front to back. As the horse/rider moves up the levels, the balance shifts, but still must be within the rider's control. A crooked rider cannot create a balanced horse, and a crooked rider on a crooked horse cannot bend properly.
- There is a corner before a movement in a test (or in the daily school)
- The corner helps improve suppleness before the movement (such as shoulder in)
- Prepare the horse in the corner, then flow into the shoulder in
- The corner is the place to test the horse to see if they are listening to the rider's leg, and whether the rider can correctly balance and control the horse's footfalls.

- Know ring geometry for a circle – where does the circle touch the rail in a 20 meter circle starting at A? Where does the circle cross center line when riding a 20 meter circle between B and E?

Daily Riding/Training

- Create suppleness by riding correct corners and circles.
- The circle is the cornerstone – as correct bend assists with all training.
- Change direction frequently
- Change gaits frequently
- Be mindful of balance of both horse and rider in these transitions and changes of direction.
- The rider should “learn the feel of a 20 meter circle” so that even if the rider shuts their eyes, they could ride a correct 20 meter circle by feel.
- Riding a 10 meter circle is easy if the training is correct. If the rider allows the horse to turn a 10 meter circle into a 12 meter circle, the judge clearly sees that the horse does not have the correct training/balance in the daily schooling to be able to create the correct size circle in the show ring. The 10 meter circle, ridden as a 12 meter circle, avoids the difficulty of the movement, and fails to meet the test requirement.
- The rider frequently has a false conception of what say, a shoulder in should feel like and the rider may over-ride to try to accomplish the movement.
- As the rider moves up the levels, a shoulder in is just the shoulders on the first stride of the circle while the hindquarters move down the rail.
- The haunches in is just the haunches remaining on the circle while the shoulders travel down the rail.

Rider Fitness – The rider conditions the horse for the daily training and for competition, but the rider should also “do something” other than ride to develop their own fitness. Whether that be yoga, pilates, or some other fitness routine in/out of a gym, the rider must also train to be an athlete who can assist the horse.

Coordination and Timing of the Aids

- The rider must learn the correct coordination of the aids in corner/circle and also needs the correct timing of the aids to help the horse bend and balance.
 - Inner seatbone weight
 - Slight inside rein for flexion
 - Outside rein stabilizes the neck
 - Outside leg guides hindquarters and keeps them from falling out
- Most riders have better balance and alignment one way than the other, and so does the horse. The goal is to make both the rider and the horse symmetrical – the rider must train themselves and the horse to go equally both right and left.

Big Hints:

- Judges can tell the education level of a rider by how they ride a corner, whether the test being ridden is Training Level or Grand Prix.
- Ride correct circles and corners in everyday schooling and it will be easy to ride circles of any size in a test.



BIOMECHANICS CLINIC: ALEJANDRA GONZALEZ

KDEA is so excited to be bringing Alejandra Gonzalez back to Wichita for another Rider Biomechanics Clinic!

Alejandra Gonzalez born and raised, in Costa Rica, is a passionate horse lover and PRE breeder with a deep connection to the equestrian world. Alejandra has proudly represented Costa Rica as a part of the national dressage team at the Pan American Games in Santo Domingo, Dominican Republic. She also excels as an international clinician, sharing her expertise globally. She is a 4-star Train Your Seat rider biomechanics coach, specializing in improving the connection between horse and rider.

APRIL 25-27, 2025

Lecture Thursday Evening 4/24 at 6:30PM - Free to Everyone
***Riders are strongly encouraged to attend!**

\$150/Ride for Private or \$100/Ride for Semi-Private & Auditing is FREE!
Open to both English and Western Riders!

All clinic entries must be received by 4/17/2025. First come, first serve. For more information, please contact:

Marie Maloney
(316) 259-9791
marie.maloney@hotmail.com

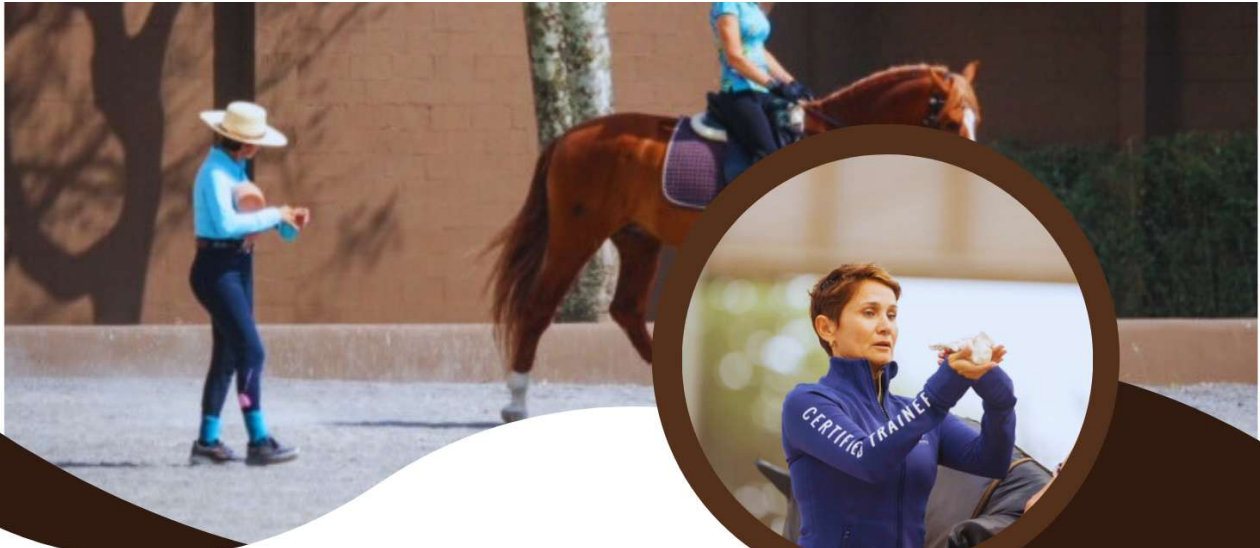
Jessica Ptak-Hooker
(913) 706-6320
jessica.ptak1993@gmail.com



Capall Baile Stables
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Wichita, KS 67232



Entry Form on the KDEA Website
www.kdea.org



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Entry Form on the KDEA Website
www.kdea.org