

# DOD NOTES

**FEI SEMINAR  
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- ⊛ This work product is not meant to contradict the FEI Guidelines and not to replace it.
- ⊛ **NO exercises in the currently published “Descriptions of Exercises” will or can be changed here.**
- ⊛ This work product is meant to be the beginning of a **living document**. We can change it and add to it every year.
- ⊛ This work product includes only individual freestyle exercises.

# DOD NOTES

## DISCUSSION EXERCISES - DYNAMICS

DYNAMICS	R	D	M	E	Comments
Jump - Tuck Jump (center of gravity <i>rises at least 30 cm</i> )		X			
Jump - all other jumps frontways (center of gravity <i>rises at least 30 cm</i> )	X				split, stag, pike, etc. Tuck jump: legs and hips must reach at least a 90 degree angle.
Jump - two in a row (center of gravity <i>rises at least 30 cm</i> )	X				
Jump - all leaps facing rearways (center of gravity <i>rises at least 30 cm</i> )	X				
Jump - all leaps facing sideways (center of gravity <i>rises at least 30 cm</i> )	X				
Jump - change in direction (center of gravity <i>rises at least 30 cm</i> )	X				Must be at least 90 degree change in direction
Jumps: ALL others (center of gravity <i>rises LESS THAN 30 cm</i> )				X	
Knees to Feet (frontways)			X		
Knees to Feet (rearways)		X			
Knees to feet (180 degrees turn)		X			In book
Hop Turn Combo (frontways stand-sideways stand-outside prince)		X			If Prince position is held 3 strides it receives additional D
Arcade (backward/forward from back to neck or neck to back)		X			in book page 22
Arcade (holding backbend and then going back to starting position)	X	XX			
Roll around on back, changing directions			X		

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## DISCUSSION EXERCISES - VARIOUS

DISMOUNTS	R	D	M	E	Comments
Any Somersault (in the air) dismount performed around two axis	X				
Back Somersault (in the air) layout		X			
KNEELING EXERCISES					
Kneel free (all directions) with 1 leg stretched down				X	in the book pg 25
Kneel holding with 1 straddled up			X		In the book pg 25
Kneel free - 1 leg stretched on back or neck			X		
Kneel on one knee with other leg free (all directions)	X				In book
Sideways Kneel on neck (foot fixed or not in handle are the same)		X			
Sideways Kneel on back (not fixed in handle)			X		
Sideways Kneel on back (foot in handle)				X	
PRINCE VARIATIONS					
Frontways/Sideways Prince on neck		X			
Sideways Prince - on back (foot fixed in handle)			X		
Rearways Prince - on back (foot in handle)				X	

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<b>STANDING EXERCISES</b>	<b>R</b>	<b>D</b>	<b>M</b>	<b>E</b>	<b>Comments</b>
Cross legged stand – frontways or rearways (feet fixed in grips)			X		
Cross legged stand - (any direction, not fixed in grips)		X			
One legged stand on back (any variation of leg position)	X				In book pg 33
Rearways stand on surcingle (both feet fixed in handles)			X		
Rearways stand on neck (feet not fixed in handles)		X			
Rearways stand on surcingle (one foot fixed in handle/one foot on back)			X		
Frontways stand on surcingle (both feet in grip)				X	
Frontways stand (1 foot on back/1 foot on surcingle)				X	
Frontways stand on croup			X		
Sideways stand (non weight-bearing leg extended on croup)		X			
Standing Arch – (one hand holding)		X			
<b>MISCELLANEOUS</b>					
Frontways Arabesque (foot on croup, hands on pad)			X		
Rearways Arabesque (foot in or on surcingle, hands on croup or pad)			X		

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## DISCUSSION EXERCISES - VARIOUS

<b>ONE-LEGGED STANDS</b> (fixed in the grips)	<b>R</b>	<b>D</b>	<b>M</b>	<b>E</b>	<b>Comments</b>
Arabesque free frontways		X			
All One legged stands in grips (except arabesque) with leg raised horizontal or higher)	X				For 2011 the group suggests these exercises all become <b>D</b> level.
All one legged stand in grips: leg raised less than horizontal		X			
<b>SITTING EXERCISES</b>					
Splits (no hands holding)	X				
Splits (one hand holding)		X			in book page 28
<b>LYING EXERCISES</b>					
Lying across the horse (in any direction) - both hands free (longitudinal axis of body must be 180 degrees)		X			in book page 26