An efficient and economical dressage training device and method that teaches dressage riders proper hip and elbow flexion and extension instinctively establishing muscle memory patterns in the rider.
Fig. 4
DRESSAGE FLEXION AND EXTENSION TRAINING DEVICE AND METHOD

FIELD OF THE INVENTION

[0001] The present invention relates to a device and method for training equestrian riders, and more particularly the present invention relates to a device and method for training an equestrian rider proper hip and elbow flexion and extension to remain more harmonious and influential while mounted in dressage style riding.

BACKGROUND

[0002] This invention relates to a training device and method for dressage equestrian riding. The dressage rider must learn to keep the seat on the horse's back in order to be more connected to the horse's back. This is accomplished by raising and dropping the thigh (hip flexion and extension), rather than gripping or squeezing the leg, in an attempt to hold on to the horse.

[0003] Along with the riders' hip action, the riders' arms must also be trained so the contact between the riders' hand and the horse's mouth through the reins remains steady and smooth.

[0004] The resulting effect leaves the leg and hand more independent from the riders' torso, enabling clearer and more harmonious communication with the horse. This, coupled with the horse's comfort and freedom, will enable the horse to do his job more efficiently. To summarize, the horse and rider become more connected and are working as one.

[0005] The invention provides the rider practical riding tools in an inexpensive, safe and time efficient manner. Prior products and methods are performed while the rider is mounted on horseback. These products and methods do not permit the trainer to physically place his hands on the rider to aid the rider in understanding necessary principals and concepts.

[0006] The invention is a time-efficient way for the rider to gain "time in the saddle" at home in a 20 minute period of time, rather than the 2 to 3 hours it takes to drive to the barn, tack and ride the horse, then the cool down and aftercare making the invention a very economical and valuable tool to supplement a rider's riding program.

OBJECTS OF THE INVENTION

[0007] Accordingly, the general object of the invention described herein, several objects and advantages of the present invention are:

[0008] a) The present invention is a device and program to teach dressage riders proper hip and elbow flexion and extension to remain in harmonious and influential motion while mounted.

[0009] b) The ball can be shaped in an oblong shape such that it possesses a shape that simulates a horse's back.

[0010] c) An embodiment of the present invention is an oblong inflatable ball with adjustable block attachments. The block attachments are placed on the ball in front of the rider's thigh, so that it simulates a dressage saddle.

[0011] d) The ball may be constructed in whole or in part of rubber or any other similar material known to those of ordinary skill in the art.

[0012] e) The ball may be inflatable or non-inflatable.

[0013] f) The adjustable blocks may be constructed in whole or in part of foam, rubber or plastic or any other similar material known to those of ordinary skill in the art.

[0014] g) The adjustable blocks may be attached to the ball by Velcro or any other similar connecting material known to those of ordinary skill in the art.

[0015] h) Another embodiment of the present invention contains reins. The reins are connected in such a fashion to simulate the reins that a rider will encounter on an actual horse.

[0016] i) Another embodiment of the present invention would be to include stirrups. The stirrups are connected in such a fashion as to simulate actual stirrups attached to the ball or simply be a block placed on the ground underneath the rider's foot.

[0017] Still further objects and advantages will become apparent from a consideration of the ensuing description and drawing.

SUMMARY

[0018] In accordance with the present invention, an efficient and economical dressage training device and method that teaches dressage riders proper hip and elbow flexion and extension instinctively establishing muscle memory patterns in the rider.

DRAWINGS

Figures

[0019] The above and other aspects of the present invention will be more apparent from the following more particular description thereof, presented in conjunction with the following drawings wherein:

[0020] FIG. 1 is a front view of an embodiment of the present invention with a rider utilizing block stirrups and thigh blocks;

[0021] FIG. 2 is a side view of an embodiment of the present invention with a rider utilizing reins and thigh blocks;

[0022] FIG. 3 is a rear view of an embodiment of the present invention with a rider;

[0023] FIG. 4 is a close up front view of an embodiment of the present invention utilizing the adjustable thigh blocks;

[0024] FIG. 5 is a top view of an embodiment of the present invention containing withers and placement for a saddle;

[0025] FIG. 6 is a front view of an embodiment of the invention displaying a shape suited for an advanced rider;

[0026] FIG. 7 is a front view of an embodiment of the invention displaying a shape suited for the beginner riders;

[0027] FIG. 8 is a front view of an embodiment of the invention displaying a shape suited for the intermediate riders;

DETAILED DESCRIPTION

[0028] The following detailed description is of the best mode presently contemplated for carrying out the invention. This description is not to be taken in a limiting sense, but is made merely for the purpose of describing the general principles of the invention.

[0029] FIG. 1 shows an equestrian training device (11) that resembles an oblong ball. In the preferred embodiment of the invention, the training device (11) is inflatable and my be
constructed in whole or in part of one of, or a combination of rubber, foam or any other material known to those of ordinary
skill in the art.

The embodiment of the invention includes a base
(12) and a rounded smooth surface on the upper outside
portion of the training device (11) so as to permit a rider (13)
to sit upon the top (14) of the training device (11).

To better simulate dressage riding equipment, the
training device (11) is fitted with adjustable thigh blocks (15).
The thigh blocks (15) may be constructed of foam or a similar
material and are adjustable utilizing a fastening mechanism
(16) such as Velcro.

Stirrup blocks (17) may also be added to better
simulate riding equipment.

FIG. 2 shows the side view of the training device
(11) with a rider (13) holding reins (18) and the adjustable
thigh blocks (15).

FIG. 3 is a rear view of the training device (10)
displaying the rounded bottom portion (12) and rider (13)
positioned on the top portion (14).

FIG. 4 displays a detailed view of the adjustable
thigh block (15) secured to the training device (11) by means
of a Velcro attachment strip (16) limiting the movement of the
thing of the rider (13).

FIG. 5 shows a top view of the embodiment of the
present invention (1) displaying the upper portion (14) with
an area to place a saddle (20). As further displayed in this
embodiment, the training device (11) may be further shaped
to emulate the shape of the back of a horse, including
the narrow area (20) with ears in front (21).

In FIGS. 6-8 it is contemplated that the training
device (11) can be purchased in varying shapes. The shape
of the training device (11) can be purchased for advanced riders
to allow the minimal amount of contact between the base (12)
and ground as displayed in FIG. 6.

The training device (11) can be purchased for begin-
ner riders by permitting a large area of the base (12) to contact
the ground as displayed in FIG. 7.

The training device (11) can be purchased for inter-
mediate riders by permitting an average area of the base (12)
to contact the ground as displayed in FIG. 8.

These altered shapes can assist the riders depending
on their level of ability, whether it be for an experienced rider
(FIG. 6), beginning rider (FIG. 7) or intermediate rider (FIG.
9).

It is also anticipated that the training device (11)
may be inflated with air which shape can be varied by adjusting air
pressure inside the device (11).

I claim:

1. A device for training a dressage rider or for a similar
harness or hip and elbow flexion and extension to
remain in harmonious and influential motion while mounted,
said device comprising:
A flexible ball,
said ball constructed in whole or in part of a rubber or
similar material or a combination thereof;
said ball shaped in a round or oblong shape or similar shape
emulating the back of a horse;
said ball be non-inflatable or inflatable;
said ball containing an upper portion for receiving a rider
and a lower portion for contacting the ground;
said ball containing an attachment means to receive blocks
located on opposing sides of said ball;
said attachment means constructed of Velcro or other similar
material;
said ball containing blocks to contact the upper portion of
the rider’s thighs to emulate a dressage saddle;
said blocks attached to said ball by an attachment means
such as Velcro or similar connecting material;
said blocks constructed in whole or in part of foam, rubber
or plastic or similar material.

2. The device of claim 1, further comprising reins;
Said reins simulating the reins encountered by the rider on
an actual horse.

3. The device of claim 1, further comprising stirrups;
Said stirrups simulating the reins encountered by the rider on an
actual horse;
Said stirrups constructed similar to stirrups found on an
actual riding saddle or, alternatively, constructed in the
form of blocks placed on the ground underneath the
rider’s foot.

4. The device of claim 1, designed for riders of varying
abilities, wherein the shape of the device is adjusted to permit
the maximum amount of contact between the bottom surface of
the ball with the ground for beginner riders, an average
amount of contact for average riders and a minimal amount of
contact for advanced riders.

5. A method of equestrian training for a rider to maintain
proper hip and elbow flexion and extension for dressage
racing having an rounded ball, stirrups, thigh blocks, and
reins, said method comprising the steps of:
Positioning the rider upon the top of the ball with the rider
properly holding the rein’s and the rider’s legs properly
positioned with the thigh blocks and stirrups;
observing the rider and ball;
adjusting the ball shape, thigh blocks, stirrups and reins to
allow for variations in proper rider position and varia-
tions between the rider and the device;

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