

Regarding the Catalogue of exercises:

As mentioned in other parts of the Blogs – the Vaulting Handbook dates from several decades ago and the determination of the degree of difficulty may have changed in the competition rules.

However it may still be helpful for beginner trainers, as at least it gives you an idea of the relative differences between various ways of building an exercise.

The degree of difficulty depends on the security of the hold, the height of the exercise, the demand on the stretch or strength for the vaulter, the speed of execution in dynamic exercises, the part of the horse on which it is executed (neck, croup or on the pad) and so on.

At the time, the names were partly made up by my club. What one may call a spider, the other may call a star – it totally does not matter, as long as you know what you are talking about while you are giving or receiving commands and when you have to write down a kur where everyone has to understand what is meant. The names are a means of communication, no more.

For computer reasons I have to break the catalogue up into sub-chapters, but they are logically grouped into:

- Mounts – single and partner mounts
- Dismounts – single and partner
- Transitions – single and partner
- Seats – single and combined
- Lying and hanging exercisesKneeling exercises, Benches and Flags
- Kick-ups, Supports and Wheelbarrows
- Standing exercises and arabesques
- Shoulderstands / hangs, Handstands
- Lifts

Catalogue of common vaulting exercises

This catalogue of vaulting exercises shows the most common combinations – to be performed singly or with partner(s) – grouped into mounts, dismounts, transitions and dynamic exercises and static exercises.

The possibility for combinations is virtually endless, as anybody foolish enough to try to draw them all will tell you! All exercises may be varied in terms of direction and height, with differing arm movements. Make full use of directional variations to add to the harmonious flow of your kur! Static exercises may be combined into dynamic ones by moving partners – for example by rotating a flyer. Mounts may be turned into dynamic exercises by repeating them; for example doing an assisted roll mount with touch-down and remount. Complex transitions between exercises will count as exercises themselves. Partners may be tilted, twisted, rotated, dropped or lifted into the next position. Exercises shown as triples can sometimes be performed as doubles and vice versa (for example an sw supported handstand can be done as double).

When combining exercises, keep in mind that for good choreography the arm movements, as well as the sequence and the choice of transitions, should make sense. It never looks good to do a transition onto the neck, if then no logical exercise follows using that achieved position. Arm movements seem all too often like mere fidgeting if they do not harmoniously lead to another grip, or express some theme (as given, for example, by the music). Arm movements in the Flamenco Style don't make sense to 'The little night music' by Mozart! A basic riding seat does not turn into an interesting exercise, just because the vaulter

waves the arms about...

The degree of difficulty will depend on the height and added or decreased security, as well as on variations in the complexity of move or combination. The degree of difficulty indicated in this catalogue mostly follows the rules of the 1993 FEI rule book. Exercises which were not listed in that book are assigned an appropriate degree by me, this being marked in brackets. Where two degrees are given, the one in brackets is assigned by me; often it depends on the variation of complexity. So please use them only as a guideline!

There are three degrees of difficulty:	s	superior
	M	medium
	E	easy
and a fourth one, added by me:	(x)	most difficult.

This is meant to point out a level of performance, which will be rewarded by a judge under 'composition' for performance, which exceeds the common S-category.

The choice of exercises and/or given variations for your vaulters will depend on their experience and strength, as well as the proportion of the of the size and weight of flyer and undermen.

The names given to the exercises are either commonly accepted ones, or, when given in inverted commas, are the ones we use in our club. Invent your own! Let me know if they are good ones! Short names are really useful for writing down shows.

For abbreviations used in the following pages, see Glossary.

In the dynamic exercises the sequence of the phasing will be indicated as follows:

	first phase		2nd phase		end phase
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Single mounts

- | | | | |
|------|-------------------------------|---------------------------------------|---|
| 1(a) | 'Flank-in mount | mount from INS into inward side seat | E |
| (b) | 'Flank-over MT' (illustrated) | mount from INS into outward side seat | M |

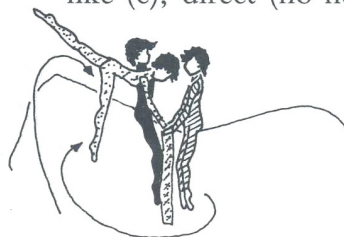


- | | | | |
|------|-------------------|-------------------|---|
| 2(a) | Outside Mounts: | into seat astride | E |
| (b) | | OUT side seat | M |
| (c) | | INS side seat | S |
| | (not illustrated) | | |

- | | | | |
|---|-----------------|-----------------------------------|-------|
| 3 | Free flank into | OUT side seat (depends on height) | (M) S |
|---|-----------------|-----------------------------------|-------|



- | | | | |
|------|---------------------------|--|-----|
| 4(a) | Turning mount to NK | via INS seat from INS | M |
| (b) | | same from OUT | S |
| (c) | | via flank-over into OUT side seat
w/immediate swing onto NK | (M) |
| (d) | 'Special' (illustrated a) | like (c), direct (no fleeting seat) | (S) |



5 Direct turning MT to Neck

S



6(a) Scissor MT to BK

w/left turn from INS

M

(b)

w/right turn from INS

S

(c)

from OUT

S

(illustrated a and b)



7 Diep mount

from INS

S



8(a) Mount to belly lie

FW or SW from INS

E

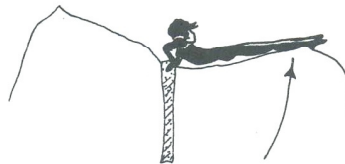
(b)

FW or SW from OUT

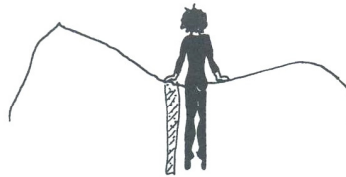
M



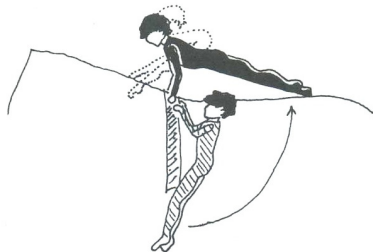
- 9(a) Mount into back lie with legs together S
 (b) with legs in straddle M
 (illustrated a)



- 10(a) Mount to 'lean-to' from INS to INS lean M
 (b) from INS to OUT lean S
 (illustrated a)



- 11(a) Mount to 'push-up' from INS to FW support M
 (b) from OUT to FW support S
 (c) from INS w/immediate squat-through S
 (illustrated a)



- 12(a) Mount into FW kneel from INS E
 (b) from OUT M
 (not illustrated)

- 13(a) Mount into sw kneel facing IN E
 (b) Same, facing OUT M
 (c) From OUT S
 (not illustrated)

- | | | | |
|-------|-----------------|----------|---|
| 14(a) | Mount into flag | from INS | M |
| (b) | | from OUT | S |



- | | | | |
|-------|-------------------|----------|---|
| 15(a) | Mount into crouch | from INS | M |
| (b) | | from OUT | S |
| | (not illustrated) | | |

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|-------|---|--|-----|
| 16(a) | Mount direct into stand (slight time lag) | | S |
| (b) | w/immediate stand | | (X) |

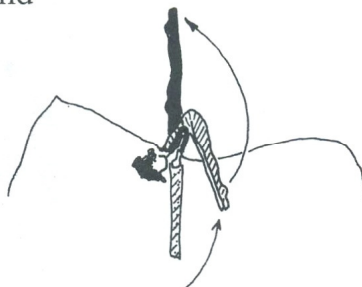


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|----|--|--|---|
| 17 | Mount direct into arabesque (leg above horizontal) | | S |
|----|--|--|---|



18 Mount into shoulderstand

S



19 Mount into shoulderhang FW/BW/SW

S

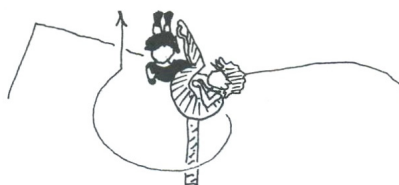


20(a) Roll mount into
(b)
(illustrated a)

belly lie on NK or BK
back lie on NK or BK

S

S



21 Roll mount to

riding seat

S



22 'Cartwheel mount'

to BW seat on NK

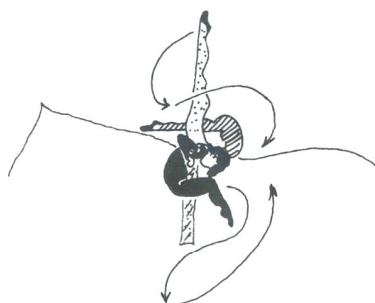
S



23 'Rollmops'

roll-down from shoulderstand with
touch-down and immediate roll mount

(S)



Partner mounts

24(a) Double mount

from INS

M

(b)

from OUT

S

(illustrated a)

