

Welcome to Positive Riding!



We meet



We take lessons



We make progress



We celebrate



Available in other languages



This website is a valuable source of information and a meeting place for anyone interested in horses and riding, where you can:

- Read and study the theory which is the foundation of dressage.
- Develop a deeper understanding of the mechanics that make the horse function and respond as he does.
- Learn how to use a positive mental approach for improved results.
- Get help in setting goals.
- Learn how to test whether you and your horse are working correctly.
- Use online diagrams and forms to get an overview and develop a system for your training.
- Print out online forms for your own use to help plan your teaching and training – as often and as many as you'd like.
- Read educational and inspirational articles on many different subjects about horses and riding.
- Enjoy the Topic of the Month.
- Ask questions and discuss what you read with fellow members using our online Discussion Group forum.
- Get inspired!
- Find fresh ideas for training and teaching.
- Pick up good ideas from other trainers and share your own ideas.
- Network your facility or business by adding your contact information to our Members' List.

This website is a source of information, first and foremost about training, but it is also a place where dressage riders, trainers, instructors and horse lovers alike can find material on all kinds of subjects and participate in online discussions. With the help of you, our members, it will continue to develop and grow into the kind of resource center and networking tool you would like it to be.

We hope everyone with a good idea or suggestion will contribute to the website, whether it's a photo or drawing that can illustrate a point, a suggestion for an article, a question about a chapter in Henrik's book, or a request for a topic you would like Henrik to cover. If you have some good training ideas of your own and would like to submit an article, your input is very welcome. Everything you read about here can be a good topic for a discussion. We put priority on the learning process, not on how well-known the author is. We are grateful for your participation.

The Positive Riding System

This online book, written by Henrik Johansen, is the foundation of the website. It covers riding theory, from the all-important basics to advanced theory, as well as teaching theory for instructors, all in very easy to understand language. Drawings and diagrams are included, as well as printable forms for planning and organizing your training and teaching.

A Note from Henrik on the Positive Riding System:

The main purpose of this book is to give you all the information you need, and to help you develop this knowledge into a systematical approach so you and your horse can achieve better results. By increasing your knowledge, you can move forward with your goals, help your horse stay sound and avoid wasting time. Both of you will be able to develop to your fullest potential.

How will you get the most out of The Positive Riding System?

I suggest you start by reading the Foreword and Introduction to get a feeling for the philosophy of this book. Then read the chapters in the order they are listed in the table of contents, starting with the basics. When you come to the chapters on the movements, please read Purpose of the Movements first. You can read the miscellaneous subjects such as Longeing or Cavalettis whenever you want.

You will find many links from one chapter to another, throughout the book, which will take you directly to related subjects anytime you would like more information. - never more than a click away. If you are an instructor, you will also find chapters to help you plan your teaching, as well as set and prioritize your goals. In addition, there are diagrams and printable forms available for your use as often as you'd like.

Many of the subjects I cover were written with the goal of eliciting a good discussion, one in which I hope you will participate. I chose to publish this book online in order to get as wide a base for discussion as possible, and I hope many people will contribute good ideas and points of view. Pictures or illustrations that we can learn something from are very welcome.

I hope you enjoy the book and I wish you and your horse all the best.

Henrik