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DRESSAGE Q&A WITH JANET FOY

Hundreds of Your Questions Answered: How to Ride, Train, Compete—and Love It!

JANET FOY

Trafalgar Square Books is pleased to announce the release of *Dressage Q&A with Janet Foy* by Janet Foy.

USEF “S” and FEI 4* Dressage Judge Janet Foy issued an invitation to the dressage population: “Ask me your toughest dressage questions; ask me about the things about riding, training, and competing that you just don’t understand; or, just ask me the questions you’re always afraid to ask because you don’t want to look like you don’t know what you’re doing!” The result was an outpouring of queries, from riders at every level, and from both those who just ride for fun as well as those who show.

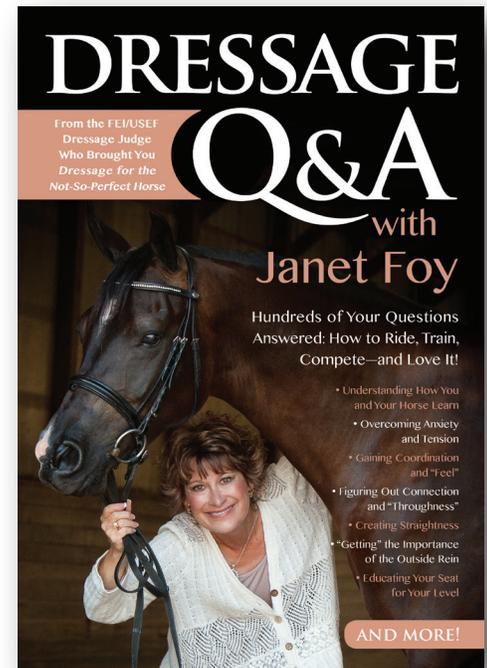
Foy has earned a dedicated following over many years teaching popular clinics alongside US Olympians Steffen Peters and Debbie McDonald, and her vast knowledge of the sport of dressage and trademark sense of humor propelled her first book *Dressage for the Not-So-Perfect Horse* (also available from Trafalgar Square Books) to bestseller status. Now, for her eagerly awaited follow-up, she’s responded to hundreds of dressage questions she’s received in an easy-to-engage-with Q-and-A format. Readers find no-nonsense answers to everything from understanding how horses learn the movements to really “getting” the importance of the outside rein to gaining coordination and achieving “throughness.” As always, Foy’s enthusiasm emanates from her words, and her drive to provide solid understanding is underscored by her insistence that riding dressage is, above all, fun.

JANET FOY’s interest in dressage started when she lived in Oxford, England, and she passed several British Horse Society Instructor Exams. She is currently an FEI 4* judge, USEF S Dressage Judge, and USEF Sporthorse R Breeding Judge. She has judged at all major shows in the United States, as well as national championships and CDI***/W in Guatemala, England, Colombia, Costa Rica, Barbados, Canada, Poland, Australia, and Mexico, and the FEI World Cup League Finals for the United States, Canada, and Australia. Janet is a former member of the USDF Executive Board and the USA Equestrian Board of Directors, and a current member of the Federation Dressage Committee and the International High Performance Dressage Committee. She is also on the USDF L Faculty and instructs federation judges training programs throughout the US for

dressage and sport horse breeding.

“Good riders, trainers, and judges all need to look at the big picture, notice the whole horse, then look at the small details. The horse is a living and breathing athlete, who has different mental moods, as well, and I am sure some days he wakes up tired and crabby and perhaps a bit stiff and sore from work the day before. What makes dressage so difficult is you don’t have a nice ‘owner’s manual’ to tell you which button to push in order to create the same reaction from the horse every day!”

—JANET FOY



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