

# Rider Skills

## Advanced 1 Groundwork

*"You must do the things you think you cannot do."  
Eleanor Roosevelt*

This level is about practicing higher level movements through in hand work.

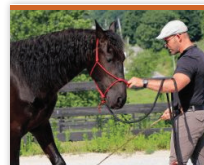
### Training Journals Examples

Lesson with Patrick King: Teaching Piaffe

### Short Courses or Q&As

Patrick King Lecture Series: The Dance of In Hand Work

### Related Premium Courses



Developing  
Balance In Hand

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