

LATERAL MOVEMENTS

	Flexed around the leg you are yielding from AKA Bends in opposite direction of movement (Easier)	Flexed away from the leg you are yielding from AKA Bends in direction of movement (Harder)
Straight Track (Easier)	Shoulder-in, Shoulder-out (aka counter shoulder in) (also can be described as shoulder left, shoulder right)	Haunches-in (aka Travers) Haunches-out (aka Renvers) (also can be described as haunches left, haunches right)
Diagonal Track (More Difficult)	Leg Yield	Half Pass
Stationary (Most Difficult)	Turn on the forehand	Turn on the haunch

Aids in Lateral Movements

Inside rein maintains bend
 Outside rein regulates bend

Note: "inside rein" and "outside rein" is referring to the direction of flexion not necessarily direction of travel.

One leg is causing the yielding
 One leg is regulating the yielding

Hips match direction of flexion

Definition of "Yielding": Giving away under pressure, not hard or rigid.