



Training DAY

EQUESTRIAN JESSICA VON BREDOU-WERNDL ON THE UNWRITTEN RULES OF DRESSAGE.

Dressage, arguably the most beautiful of the equestrian sports, has its roots in ancient Greece. The philosopher Xenophon (a protégé of Socrates) penned *On Horsemanship* in 350 BC, becoming the founding father of equestrian pursuits—the first horse whisperer, if you will. In the centuries since, dressage has taken on numerous forms, from cavalry training drill to Olympic sport, without ever losing the lyricism and artistry outlined in Xenophon's text. Though the word *dressage* is French for "training," champion Jessica von Bredow-Werndl compares the sport more to dancing. The animal performs a series of painstakingly refined technical moves with cues from its rider; the more skilled the rider, the less obvious the cues. Intense training is a given in any Olympic sport, but the secret to dressage success lies in the relationship, she says. "The most important thing is love. You need to be willing to understand your horse's character." «

HORSE Play

The season's top events for equine aficionados.

CHIO AACHEN WORLD EQUESTRIAN FESTIVAL
Aachen, Germany
(July 14–23)

FEI EUROPEAN CHAMPIONSHIPS
Gothenburg, Sweden
(August 21–27)



HAMPTON CLASSIC
Bridgehampton, New York
(August 27–September 3)

IN PARTNERSHIP WITH RICHARD MILLE

BEAUTY & BEAST
Clockwise from above: Jessica von Bredow-Werndl at the 2015 CHIO Aachen tournament in Germany; at the 2016 FEI World Cup finals in Gothenburg, Sweden, where she placed third; wearing Richard Mille's RM 007 watch. Above left: T&C's October 1962 cover.



IN TEMPO
Richard Mille's RM 07-01, which features the kind of precision that is crucial to von Bredow-Werndl's sport. \$96,000. RICHARDMILLE.COM