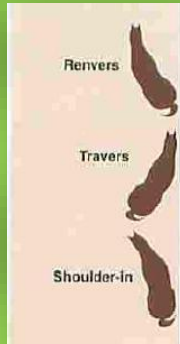




# INTRODUCTION TO LATERAL WORK



Click on icons below to read articles:

[A LESSON IN LEG-YIELDING](#)

[LESSONS IN LEG-YIELDING](#)

[TRAINING FOR FIRST LEVEL](#)

[KYRA KYRKLUND ON LATERAL MOVEMENTS](#)

[STEPPING UP TO SECOND LEVEL](#)

Click these buttons to see animations of each lateral exercise:

[TURN ON THE FOREHAND](#)

[LEG YIELDING](#)

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[TRAVERS](#)

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Watch videos:

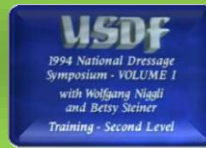
Turn on the Forehand



Leg Yielding



Shoulder-in



Travers



Test your knowledge by taking this quiz:

[LATERAL WORK QUIZ](#)

Search "lateral work" in e-TRAK to learn more.