



nadaad and dry shuning light

the wind me manure

- brett på krok
- häns tyglar
- zenna på sadel
- strumpor?

Feb 15
 [redacted] 2021

läsa

14.00

written

[redacted]

nästare vidskå - slide i hållet för

letters lining up i write this to be written and i will ride it myself it will bind these steps to the ground that i am
 writing i am bound to this ride as one that will have been written i will have been this ride the letters before
 was what it took to become the in between what writing what hand what line this hand holds no open to
 ewe will ride this are you with me being ridden bend they eye bend it on the line don't forget the being ridden
 a) i rode it out of itself b) and i ride it to see how it could be they eye that i bend again 1) you would have been
 here now if you had seen the line started earlier followed they eye to the circle

14.06

ta g på R & Maria när hon stannat 20 gånger

reinback

Kryp baklänges mot S. Stanna på gappret
 lämna [redacted]

14.07

attendant

sitt sitt kvar

14.08.30

O = när sybrig börjar läsa

[redacted]

Ta piska från R'

svarta ridbanan - rygg mot pelare "typ"

[redacted]

Lämna piska på sadel

ta häns black out text + bok
 enter vid [redacted]

09
19
14.

enter from ^Q ~~SD~~ ^{reflv} Maria
book and blackened text - M börjar
whip the Geraderichten. bara uttala orden
Leave book & text on floor under kroken

mot svarta volten

Q sybrög plutar till tavlan - VARNING
ta tyglar från krok
bitsandreins 1/4
med Maria

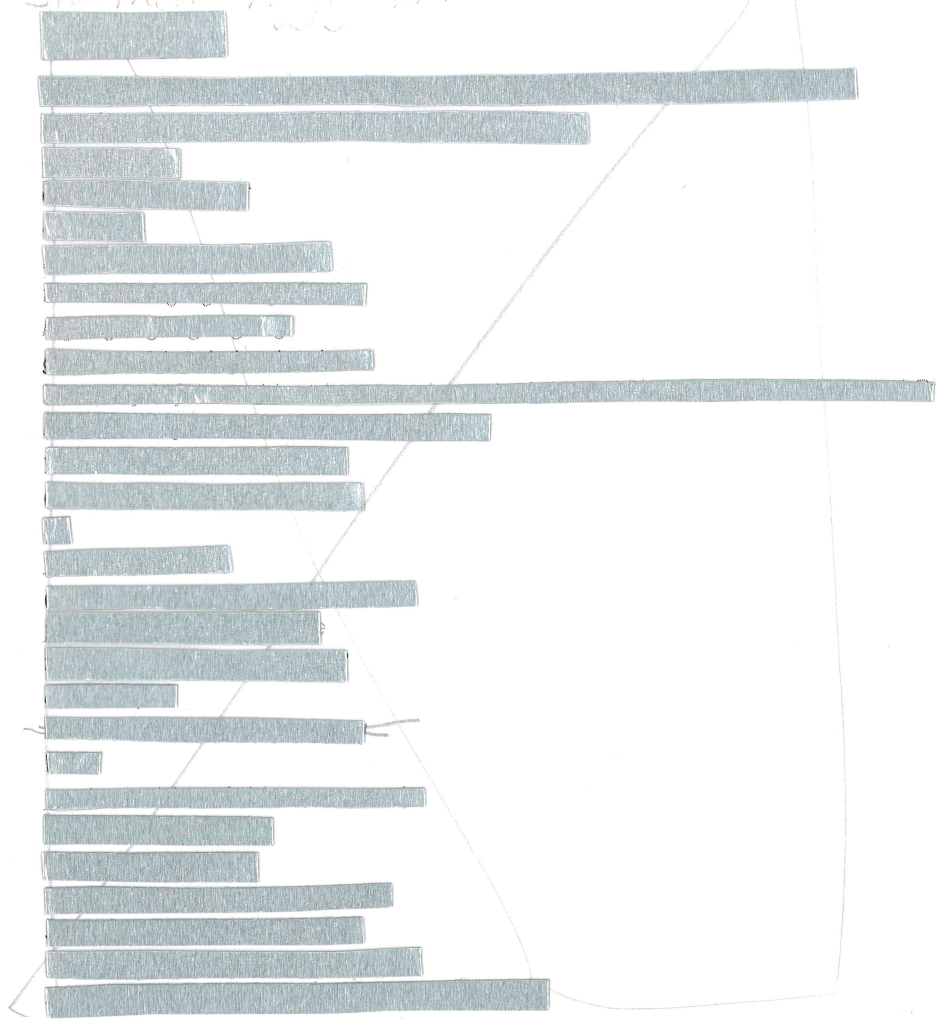
11
14.
14.

GE 7

klar När sybrög slutar läsa
- lägg på marken → Bett vid E

lägg tyglar på golv
sta med vägg mot

18
[redacted]



15
20
14.

betvid E

bitwalk

häst

mot

mot R



L Bett fil Rebs

Vänna bet vid pelare

Manus vid gerdens riktning

- högre aruföring
- tydligare styg

stängare valt R

14. 7

hairreins

~~Q till rebecka härryck när Maria tar upp lepp~~

twitch bit - vända sig

Gå till pelare (liksom "Nornor, öempatiska")

övergång till Twitch

14.

twitch - Sing die Losgelassenheit

Efter Maria - S-ljud och volcaler
slap-S

Dra upp rebecka

Gå till bala

Exhibitor 3: willingness eases sitting in these steps since tension intensifies slithering twitches, **listen:**

Exhibitor 2: ci ca ci ca, see saw, sawing is a bad substitute

Exhibitor 1: sit in these steps, twitching the attention, see side steps slipping, intensive exercising eases it

Exhibitor 2: sittings rise and sink synchronizes listening seats. Listen, intensely:

Exhibitor 3: **this song sits sideways** and stitches its sis 'silence' into seeing stepping lines slipping easily into this senseless singing

Exhibitor 2: steps in this listening seems to survive in silence, steps anticipate sittings rise and sing

Exhibitor 1: since sitting sisters, slipping into silence, exercises easy singing, stitching whispering lines like: this singing is seeing the lines of senseless side steps listening to these silly sisters whispers

Exhibitor 3: slips steps slip

Exhibitor 1: sis (to exhibitor 3), sense less, it takes feel, see: this easy: this stitch sings. was ist los? the exercise is slithering, feel see feel see feel see, it isn't: ea-sy

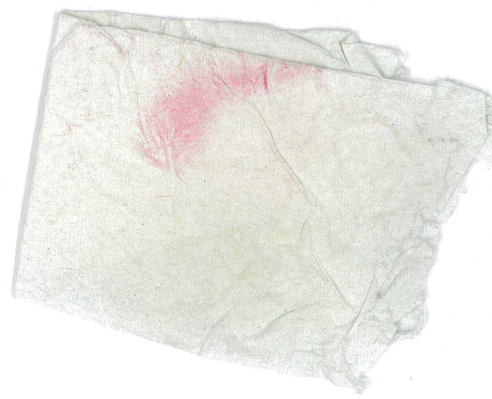
Exhibitor 2: sit (to exhibitor 3) stitch this bitch (to exhibitor 3 about exhibitor 1) willingness exercises sideways, it sees intensity slipping into singing

Exhibitor 3: lines sit, lines seems to twitch, seeing whispering as stitching thinking, whispering sees lines while lines sink and rise

Exhibitor 2: seeing is silencing willingness

Exhibitor 3: whispers twitches singings ci ca

Exhibitor 1: stitch this song it slips ea-sil(l)y



Jag går först vid bettjudet

Q - inspelning startar kur
tyd

23

la handskar vid H

14. ~~28~~

handinglove ~~variant~~ gå till svart manegen

14. ~~24~~
24

1 minut

und m. handskar

sta på handskorr medans

14. ~~25~~

hit ~~håll~~

syning fettskålar

glovesandgrease

med raka armar

Sitt längre bakt på svarta manegen

attendede

~~håll~~

Q på ~~14.27.30~~ (14.27.30)

diagonalt in i det rummet

plöcka upp rep och punna vid B

14. ~~28~~

live dividers

A + under tygnen u. h. gaed

inlämning S. 14.28.30

→ 2/3 var syning börjar läsa 14.30

14. ~~31~~

Wrists and twists

Lilla dansen - ~~upprepa~~

riktningar
br

(vid sadelpoare (som))

Gör 2 ggr. ~~om~~

33

14. ~~33~~

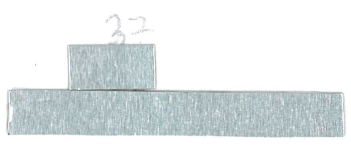
bitsandreins 2/4

Lämnat tyglar på

KROKEN!

Q på Sykning

putt på tavlan
dags att läsa av sig



gå till pelare och läs mot Maria

Manus?
vid pelare
eller
kroki

...ben upp?
(åskning mot M,

14. 
37

writing riding

the spur dances
at any time it can pinch you for one or other misconduct
such as mindlessness
inattentiveness
forgetfulness
of our roles
listen to me
push away to come closer
the close up
comes closer
come closer
I push you away closer
to come closer
I insert
the protrusion
(my heel is not a wing)
the thing
unhidden
on my heel
is not a wing
my heel is a golden twig
it shines
jewellery like
it doesn't go unnoticed
this invisible aid
I insert the mark
how deep does it go
does it leave a sign in you

→ stå kvar en liten stund

39
14.41 - manias hälar = dance spurs



14. 
40

a tail a hand a halt
öka tempo

(2 min)

14.42 Q på Sjöbrig ? för slut

12

12

I4.

wrid vid S.

läsa fyst för mig själv 7 min

fookjätt 7 min

ta bett vid ~~...~~ krook

bitinband writingriding

gå till

hitta en plats

kör över vänster

Q på sybrigg men ~~...~~ manus

fac diagonally groning

(manus vid pelone)

litta plats längre bakt i rummet.

dig the sit bones into the leather
turn take aim
at the letter
for Carry, Cranium, Canter, Cadaver, Correctness
take aim
at the letter
for Cross

C

look straight look look look look look look
it all depends on this straightest straight
take aim at C
straight up to straight line towards
no
straight
she slides
back on the line, straighten her
she has to be straight
you have to be straight to be straight is the most difficult thing
you have to frame her

14.45 läst färdig - LÄGG MANUS PÅ GOLV

Q: efter volt
hämta sadel

I4.
46

moving support
A LETTER

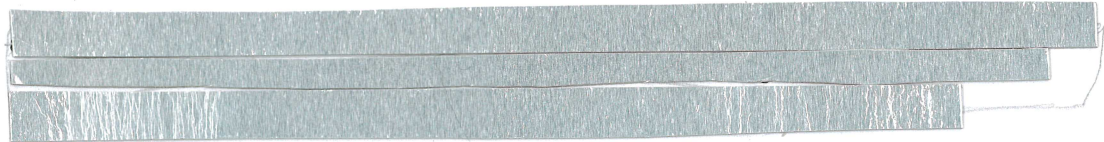
SISTA
=> BITS & REINS
UTAN TIGGARE

lämna sadel? accelerera lösning
- mindre -

(4 min)

14.49.

Q ->



50
14. 3/4

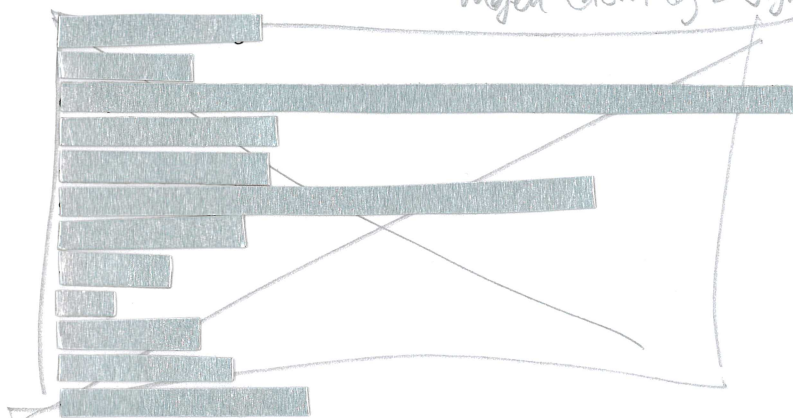


bitsandreins 3/4
writingriding

UTAN

Ingen läshing & Sybring läser

utan
tyglar



→ stå kvar efter att Sybring har läst

→ När Sybring börjar läsa igen ▷ gå ur

PENNA I HÅRET

- sit light on her back -

to
manus

H. 52
02/4



galoppombyte i ultrarapid
tygelhänder lite i luften

vid upp till MANUS

15. 04 Läsning m. vrid & hoofbowl

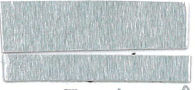
close her together
wider with the contact
open the tunnel
let her go in there
push her in push her in
slowly collect her back

keeping her round and down
in the neck



53

14.01



Wind m. hoof bowls och (läsning) av writing riding

Mot P

V I S K A !!!

close her together
 wider with the contact
 open the tunnel
 let her go in there
 push her in push her in
 slowly collect her back
 keeping her round and down in the neck so the back comes up
 come back in neck stays down
 now down and now walk
 come back
 and change and look
 bring the neck up

Riktning mellan X & polare

placering vid kör

RA på vagn
→ gå med Axlar, ställ ner

Lämna Maus

14.54

hanging necks

14.56

attunda R



→ gå tillbaka till sadeln

penna under fram uppe på sadeln

14.58

Collaboration - sitt på sadel



med penna i mannen



SLUT

That's a good exercise

~~Handwritten scribble~~

~~_____~~ m. Maria

mellan vit häst
och pelarshöv
jag skriver

~~_____~~

vid P.

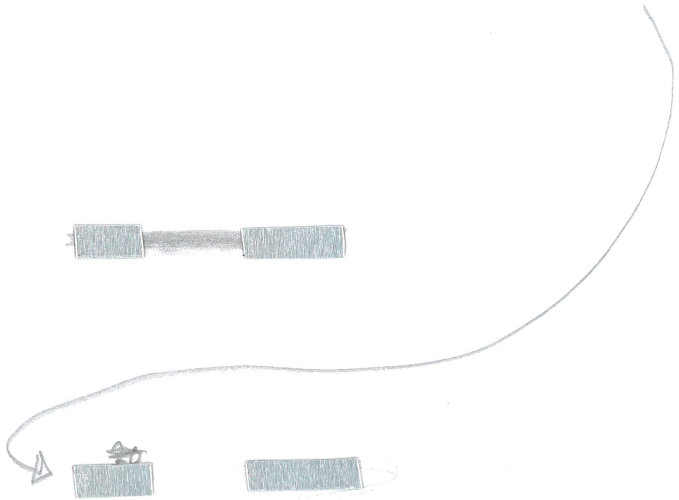
~~Handwritten scribble~~ - kända på de spår
cutting stroke 1 min

~~Handwritten scribble~~

~~_____~~
~~_____~~

~~_____~~

~~_____~~



~~_____~~
~~_____~~

~~Handwritten scribble~~



ONE
leave the rest