

Bd Novice 24 Dressage Test

Over thirty years after the first publication of Reiner Klimke's classic work comes this new fourth edition, with completely new photos and updated by his daughter, Ingrid. Based on sound practical and theoretical advice, this instructional handbook gives advice on establishing a specific training plan for recreational riders as well as competition riders to enable them to train their young horses successfully. Every aspect of the education of a young horse is covered, including: basic education and handling from foalhood; lungeing and free-schooling; backing and training under saddle; developing impulsion from suppleness; assessing and improving basic gaits; cavalletti work; jumping training; cross-country training and, finally, preparing for the first competition.

A clear and concise guide to a unique training system for riders of all levels, written by one of the world's most respected dressage riders.

Discover how to learn more effectively, how to develop a better relationship with your horse and how to successfully compete at dressage. Foreword by Mary Wanless BHSI BSc.

Equestrians.

A collection of short, easy-to-read articles to help make the complexities of dressage easier to understand. HowToDressage.com has worked with a team of British Dressage judges and Grand Prix riders to outline the principles of dressage, illustrate correct training, and break down dressage movements. Learn how to: - Ride dressage movements - Avoid costly mistakes - Fix common problems - Improve your riding - Increase your scores - Move up the levels One size does not fit all When it comes to dressage, or any equestrian sport for that

Read Free Bd Novice 24 Dressage Test

matter, there is no such thing as one size fits all. We all know that every horse is an individual; some can be described as "hot horses" whereas others have a far more laid-back attitude. For those reasons, not every horse can be ridden in the same "text-book" way. To make matters even more complex, there are very few riders who have the luxury of riding and training a horse from a completely blank canvas. Usually, we are having to battle against unwanted learned behaviors and bad habits that have resulted from previous poor training. That is why, within this book, we aim to not only outline the principles of dressage, illustrate correct training and break down basic dressage movements, but also help you to avoid costly mistakes and fix common problems that are frequently seen in the dressage arena. In a nutshell, we want to answer the questions that other dressage books do not. Build your own adventure Depending on the current training level of you and your horse, along with each of your individual strengths and weaknesses, how you use this book will be unique to you. Think of it as a "build your own adventure" and move through the contents linking together the articles that are the most useful to your current situation. Nothing in dressage in a quick fix - horses and riders do not get to Grand Prix overnight - so you'll most likely find that articles which are not relevant to you today, may come in handy in the future as you and your horse improve and move through the levels. Where to start This book was not designed to be read from cover to cover (although you can do that if you prefer). As you glance your eyes over the contents of this book, you'll notice that some articles will be more relevant to you than others, depending on where you and your horse are at in your dressage education. However, before you do anything else, we recommend that you read the whole of Section One: Dressage Theory (starting on page 5) as these articles will give you the foundations that will underpin all of your dressage training. Once

Read Free Bd Novice 24 Dressage Test

you have read an article, you can tick it off in the contents to help keep track of your progress. Where did this book come from? In February 2018, we created a new dressage website. The idea was simple; we wanted to create short, easy-to-read articles to help make the complexities of dressage easier to understand. With most of the article titles beginning with the phrase "How To", it seemed only fitting to call the website HowToDressage.com. Shortly after launching, we were given the opportunity of publishing our best articles into a book. Needless to say, we took it. We hope that this is going to be the first of many in the How To Dressage Book Series. Example articles that are in the book - How to keep a consistent rein contact - How to ride sitting trot - How to ride a give and retake of the reins - How to ride a walk pirouette - How to ride a half-halt - How to stop your horse coming behind the vertical - How to encourage your horse to be more forward, but not faster - What is the difference between bend and flexion HowToDressage.com

Recounts the origin and history of the first American breed of horse.

This book will tell all you need to know about British English spelling. It's a reference work intended for anyone interested in the English language, especially those who teach it, whatever the age or mother tongue of their students. It will be particularly useful to those wishing to produce well-designed materials for teaching initial literacy via phonics, for teaching English as a foreign or second language, and for teacher training. English spelling is notoriously complicated and difficult to learn; it is correctly described as much less regular and predictable than any other alphabetic orthography. However, there is more regularity in the English spelling system than is generally appreciated. This book provides, for the first time, a thorough account of the whole complex system. It does so by describing how phonemes relate

Read Free Bd Novice 24 Dressage Test

to graphemes and vice versa. It enables searches for particular words, so that one can easily find, not the meanings or pronunciations of words, but the other words with which those with unusual phoneme-grapheme/grapheme-phoneme correspondences keep company. Other unique features of this book include teacher-friendly lists of correspondences and various regularities not described by previous authorities, for example the strong tendency for the letter-name vowel phonemes (the names of the letters) to be spelt with those single letters in non-final syllables.

"First published in two volumes: Cross-train your horse and More cross-training in 1998"--T.p. verso.

Rider Biomechanics begins by explaining fascia -- the 'cinderella of body tissues'. Until recently, this was ignored by science, consigned to its apparent role as the body's packing material. However, research shows that, in reality, this biological fabric links muscles into functional chains, rather like strings of sausages. Recent research has shown that the horse's fascial system is remarkably similar to our own, with equivalent 'lines of pull' that affect posture, movement, stability and mobility. Inevitably, the problems inherent in sitting and riding well are magnified when there is imbalance within and between the fascial 'guy-ropes' of rider and/or horse. We should realise that imbalance in either partner can send the other 'out of true', whilst the 'equipoise' of one partner helps the other to regain that poise. By working through this book, you will learn to access and rebalance your own fascial net to significantly improve your stability, skill and 'feel'. Practical exercises, enhanced with copious photographs and diagrams, show how to balance your front and back, left and right -- yielding skills that simultaneously address the equivalent imbalances in your horse. Mary explains how effective force

Read Free Bd Novice 24 Dressage Test

transmission within the fascial system enables riders to push their hands forward, taking away the temptation to pull on the reins. Later chapters show how twists and distortions in both human and horse can be addressed through accessing the fascial lines that wrap diagonally around the body. Lastly, a look at the core of both partners shows just how profound their connection can be.

Traumatic brain injury (TBI) in sports has become an important international public health issue over the past two decades. However, until recently, return to play decisions following a sports-related traumatic brain injury have been based on anecdotal evidence and have not been based on scientifically validated clinical protocols. Over the past decade, the field of Neuropsychology has become an increasingly important component of the return to play decision making process following TBI. Neuropsychological assessment instruments are increasingly being adapted for use with athletes throughout the world and the field of sports neuropsychology appears to be a rapidly evolving subspecialty. This book provides a comprehensive overview of the application of neuropsychological assessment instruments in sports, and it is structured to present a global perspective on contemporary research. In addition to a review of current research, *Traumatic Brain Injury in Sports: An International Neuropsychological Perspective*, presents a thorough review of current clinical models that are being implemented internationally within American and Australian rules football, soccer, boxing, ice hockey, rugby and equestrian sports.

A classic by a world-renowned teacher and master equestrian--the definitive work on the art of teaching and riding the hunter seat, now updated to include refinements in Morris's insightful program of riding instruction. B & W photographs throughout

Read Free Bd Novice 24 Dressage Test

'The aim of this book is not to describe ideal training scenarios but to look at what we can do, to the best of our ability, with the horses we have. Difficult horses can become good horses?'

Carl Hester

The Cheltenham Festival is nowadays the biggest event in the racing year – in visitor numbers eclipsing Royal Ascot, the Grand National or the Derby. In 2011 it is a hundred years since the 1911 running of the National Hunt Chase marked the birth of the Festival, providing the perfect occasion for Robin Oakley's new history. This is a work of both history and celebration – telling the story of how three days of jump racing beneath Cleeve Hill in Cheltenham became a vast sporting event attracting an average of 50,000 spectators per day. Before the War it saw legendary horses like Golden Miller; after the War the Irish invasion began – both horses and spectators; in the Sixties, Arkle, the greatest jumps horse of all time duelling with Mill House in the Gold Cup. In recent years there have been Cheltenham favourites like Desert Orchid, winning a gruelling Gold Cup in the mud, Dawn Run, Best Mate (2 Gold Cups), hurdlers like Istabraq and Persian War, and the grey hero One Man. But also it is a story of the craic and the characters, like the Irishman who won enough on Istabraq to pay off his mortgage, then lost it again on the Champion Chase, and reflected, "Ach, it was only a small house anyway!" This is a book for both the committed Festival-goer, Guinness in hand, and every armchair racing fan.

Loch demonstrates her keen insight into the relationship of horse and rider in this concise, easy to understand guide to classical riding. Written for riders across the spectrum of skill and experience, this book is an invaluable tool for those who wish to improve their own and their horses' performance and experience.

Read Free Bd Novice 24 Dressage Test

In *Advanced Dressage Training*, Grand Prix rider/trainer Angela Niemeyer Eastwood outlines the hows and whys of advanced training in a practical, logical fashion, with the aim of helping you to create harmonious partnerships with your horses. Dressage has moved beyond the basics of just riding and training a horse, and now encompasses many complementary disciplines, including psychology. This has always been part of the most successful athletes' repertoires and is now acknowledged as being one of the main contributory factors to excellence in any sport. Technical skills need to go hand in hand with mental commitment, discipline, dedication and resilience. Mindsets can be changed - what is needed is knowledge, support, imagination and perseverance. This book introduces the idea that aids are just that: they let the horse know what the rider wants. When this is understood, the horse should be allowed to do whatever has been asked of him - alone and unaided - until something else is required or the horse needs a reminder. The pursuit of excellence - not perfection - is what dressage is all about. *Advanced Dressage Training* offers advice and encouragement towards the improvement and development of you and your horse as an advanced partnership, taking you towards excellence in the process. This book will be of great interest to dressage riders and trainers and dressage professionals, and is superbly illustrated with 300 colour photographs.

Inspired by the connection that breathing techniques can bring, this follow-up to *Ride From the Heart* is written to empower trainers, teachers, and riders of all disciplines to connect with the horse and build a relationship founded on trust and understanding. Breathing techniques facilitate self-control, calmness of mind, stability, and energy, thus enhancing balance and harmony within your riding. Jenny Rolfe looks at the rider from top to toe and discusses where

Read Free Bd Novice 24 Dressage Test

tension may be carried. She provides exercises to release restrictions caused by tension. These help the rider not only to ride in good posture and balance but also to cultivate a deep sense of connection and feel. Her training methods are designed to advance the athletic ability of the horse whilst cultivating a feeling of confidence, trust, and enjoyment for both horse and rider.

This book is a must for anyone who would like to improve the health, wellbeing or performance of their horse. Practical, educational and easy to follow, the author shares with you the knowledge and skills you need to massage your own horse. Learn about equine anatomy, massage techniques, and how to combine the moves to develop a complete massage routine. With the emphasis on how you can work with your own horse, Sue offers an insight into how to reduce pain and stiffness in your horse as well as improve performance. Massaging your horse gives something back in return for all he does for you, and will help you and your horse to truly enjoy the time that you spend together.

In this long-awaited follow-up to the highly praised *Cobs Can!* Omar Rabia introduces the idea of a systematic, progressive series of exercises designed to develop suppleness, collection, obedience and ride-ability in cobs. He discusses the prerequisites of starting this journey and the reasoning behind working cobs in-hand before ridden work is commenced. While the exercises are set out in a progressive order, each exercise offers particular benefits and works on 'target areas', so you can choose exercises that will most benefit your cob before moving onto others in the series. Progression within each exercise is explained so that riders know when to move onto the next step within the exercise. This follow-up to *Cobs Can!* gives a more progressive, step-by-step guide for those riders who have not previously had access to more

Read Free Bd Novice 24 Dressage Test

comprehensive schooling or classical equitation. Superbly illustrated with 250 colour photographs and 20 diagrams throughout.

"Animal genetics is a central topic in upper-level animal science programs. Filling a void in existing literature on animal science, Animal Genetics introduces genetic principles and presents their application in production and companion animals. The book details population and quantitative genetics, epigenetics, biotechnology, and breeding among other topics. Useful in upper-level studies, Animal Genetics is an irreplaceable educational resource"--Provided by publisher.

14th edition. Covers all aspects of horsemastership in a single volume, revised and brought up to date by members of the Training Committee of The Pony Club.

Dressage is the ultimate achievement of oneness between horse and rider. Featuring a full arena diagram and step-by-step instructions for each exercise, this sturdy book is designed to allow the rider to hang it on a hook and refer to it from the saddle. You'll learn how to improve your riding position; master looseness, balance, and suspension; and perfect flying changes as you work toward dressage success.

Over 40 floorplans and 190 dressage exercises (including pole exercises) Never get stuck riding around the edge of the arena again! All floorplans have both 20x40 and 20x60 diagrams Space to take notes and keep track of your progress Directives and tips sharing what judges are looking for Exercises to suit a variety of levels with space to modify and make your own THE TRUTH ABOUT THIS BOOK... When it comes to creating dressage floorplans, there's actually not that much you can do. Think about it; a dressage floorplan is no more than a series of straight lines and circles. That's it! The level of difficulty is increased by riding these straight

Read Free Bd Novice 24 Dressage Test

lines and circles in different places, including transitions, and riding lateral exercises. But ultimately, when it comes to navigating your 20x40 or 20x60 arena, you will either be following a straight line or riding around a circle. Even when riding lateral exercises such as half-pass and leg-yield, you're still following a straight line. The only difference is that you are following the line in two or three tracks, rather than on one track only. So technically, we lied to you a little bit! This guide isn't a book of dressage exercises. It's really a book of dressage floorplans. BUT each floorplan can be modified to include different combinations of paces, transitions, and lateral work, giving you an almost infinite amount of dressage exercise combinations. We've created some of the exercises for you (over 190!), but there's also space for you to modify them and create your own. After working through this book, you'll never look at straight lines and circles in the same way again! Created by How To Dressage HowToDressage.com

This new volume in the Encyclopaedia of Sports Medicine series, published under the auspices of the International Olympic Committee, provides a state-of-the-art account of the epidemiology of injury across a broad spectrum of Olympic sports. The book uses the public health model in describing the scope of the injury problem, the associated risk factors, and in evaluating the current research on injury prevention strategies described in the literature. Epidemiology of Injury in Olympic Sports comprehensively covers what is known about the distribution and determinants of injury and injury rates in each sport. The editors and contributors have taken an evidence-based approach and adopted a uniform methodology to assess the data available. Each chapter is illustrated with tables which make it easy to examine injury factors between studies within a sport and between sports. With contributions from internationally renowned experts, this is an invaluable reference book for medical doctors,

Read Free Bd Novice 24 Dressage Test

physical therapists and athletic trainers who serve athletes and sports teams, and for sports medicine scientists and healthcare professionals who are interested in the epidemiological study of injury in sports.

This Gardening journal is perfect for those who want to write down their everyday goals or writers, students, poets, musicians, note-takers, journalists, etc. This Garden notebook is the great gift for Gardener or any plants lovers. 6 x 9 in (15.24 x 22.86 cm) 110 pages.

Equido(R) has been developed to educate people, from basic to advanced horsemanship, in a method that is sympathetic to the needs of the horse. Equido(R) has been accredited by LANTRA, and over 500 students so far have studied the system and discovered the path of least resistance.

ALL-IN-ONE EQUESTRIAN PERFORMANCE DIARY The only diary you need to help you take care of your horse, achieve your training goals, and be successful in the competition arena. Suitable for All Disciplines Do you do dressage, showjumping or eventing? What about vaulting or carriage driving? Or do you do a bit of everything? No worries, whatever you do you'll be able to record it in this equestrian diary. Designed for up to 2 Horses Have more than one horse? No problem at all. There's no need to buy two diaries because this one will hold the details, care records, competition records, and more of up to two horses. Manage Your Horse's Care Everything you need to help you keep your horse in tip-top condition. Including farrier, working, vet visits, vaccinations, feeding plan, dentist visits, saddle fitting, and more! Document Lessons Keep a record of your riding lessons to review and evaluate when needed. There's space to detail who you had your lessons with along with what you learned and what you need to practice. Competition Results Regardless of what discipline you do, there's space for you to

Read Free Bd Novice 24 Dressage Test

record your competition results and other horsey achievements throughout the year. There's even space for you to record the details of competition venues and to make any notes.

Undated 52-Week Diary A full 52 week diary, with one week per double page. Because it's undated, you can start using this diary at any time of the year and still get full use out of it. And if your horse has some time off, no problem, just pick up where you left off. Performance Goals Evaluate you and your horse's current performance and note what you both need to work on.

As you work through the diary you'll be prompted to set targets for the weeks and months ahead and also reflect on the previous week and month's performance. Motivational Quotes It's not always going to be plain sailing, and in times when things get particularly difficult, you'll find some motivational quotes to help get you through. These quote pages are decorated with large patterns that you can also color should you need a calming activity. For more information and for photos of the diary, please visit <https://equestriandiary.howtodressage.com> Created by How To Dressage - <https://howtodressage.com>

The first edition of Equine Locomotion has established itself as the book in the equine literature that discusses all aspects of equine locomotion and gait analysis, written by an international team of editors and contributors. The new edition continues this trend and gives the reader a complete picture of the horse in motion, at the same time including many recent findings in this area. The book begins with a history of man's association with the horse and then continues to discuss with comprehensive descriptions of the present state of knowledge beginning with the initiation of gait and ending with the more scientific area of computer modeling. In the new edition, the list of contributors continues to comprise of authors who are acknowledged experts in their subject areas and includes many new illustrations. • international team of editors and

Read Free Bd Novice 24 Dressage Test

contributors, with leading experts from the USA, the Netherlands, Sweden and France (all centres of excellence for the study of equine locomotion) • editors are from two of the worlds leading locomotion centres – Utrecht and Michigan • highly illustrated with nearly 500 detailed line drawings and illustrations • covers all you will ever need to know about equine locomotion, gait analysis and much more • international team of editors and contributors, with leading experts from the USA, the Netherlands, Sweden and France (all centres of excellence for the study of equine locomotion) • editors are from two of the worlds leading locomotion centres – Utrecht and Michigan • highly illustrated with nearly 500 detailed line drawings and illustrations • covers all you will ever need to know about equine locomotion, gait analysis and much more

Did you know there is an area of your brain known as the “Lizard Brain” that thinks only about the immediate moment and your means of survival? Yes, in certain circumstances, your “Rational Brain” can effectively “shut down” and you are at the mercy of a reptile ... dry-mouthed, sweating, queasy, unable to think clearly—even though you know better. When does the Lizard Brain run the show? It can happen in any number of unfamiliar, uncomfortable, challenging, or “stressful” riding situations. But here’s the thing: with the right kind of training, you can learn to manage the reptile within, which leads to greater confidence with horses, better riding performance, and ultimately, happiness at the barn, at shows, and everywhere in between. Andrea Monsarrat Waldo teaches you how to: handle uncomfortable emotions, such as fear, anger, anxiety, and embarrassment; hone your mental game and focus your riding time to get the most out of your hours in the saddle; care for your emotional injuries the same way you would care for an injured horse; and produce a state of “Focused Calm” and tap into the skills you have (whether you know it or not!) to ensure an outstanding ride.

Read Free Bd Novice 24 Dressage Test

This fully comprehensive book guides the reader through the process of acquiring and subsequently re-training a racehorse. It provides an in-depth look at what life was like for the horse at the racing yard and how through correct training and education you can train your horse to become a happy adjusted athlete ready for everyday equestrian activities. Contents include: What to consider when re-homing a racehorse out of training; Under New Management; how to ensure a smooth transition; Feeding and Nutrition; how diet affects performance; Working from the ground; a detailed look at the importance of groundwork training; Re-schooling; what is required of you and your horse. A practical book that guides the reader through the process of acquiring and re-training a racehorse and gives advice on how you can train a horse to achieve a number of different levels depending on how advanced you wish to go. Superbly illustrated with 158 colour photographs. Fred Cook and Rowena Simmonds are experienced trainers and handlers of difficult, temperamental and sensitive horses.

Riding instructors have two main roles: motion mediator and educator. Most equestrian education books focus solely on the technical aspects of training the horse or the rider. "Effective Teaching and Riding" takes into account the individuality of each horse and rider while integrating the unique facets of riding in a new, practical approach to teaching riding and to riding itself. Meyners has developed a series of simple, easy movements to relax the rider's body and improve communication between horse and rider. Meyners also teaches concrete exercises to use on and off the horse to increase the effectiveness of both riders and instructors.

German rider and equine veterinarian Dr. Gerd Heuschmann is well-known in dressage circles

Read Free Bd Novice 24 Dressage Test

- admired for his plain speaking regarding what he deems the incorrect and damaging training methods commonly employed by riders and trainers involved in competition today. Here, he presents an intelligent and thought-provoking exploration of both classical and 'modern' training methods, including 'hyperflexion' (also known as Rollkur), against a practical backdrop of the horse's basic anatomy and physiology. This book is his appeal to: Riders - to use only gentle, progressive training methods in accordance with the time-tested principles of classical riding. To: Judges - to sharpen their eyes and recognize unnatural postures or forced movements and evaluate them accordingly in competition, while rewarding classically trained, correctly gymnasticized horses. To: Governing organizations - to review their regulations and uphold stipulated "ideals" on both national and international levels. To: Spectators - to reject sensational performances and flashy tests when the methods used to obtain them have not had the health and welfare of the horse in mind. Dr Heuschmann provides readers with a thorough discussion of the correct physiological training of the horse, walking through the elements of contact, lateral movement, and other important aspects of a classical training foundation. He explains how impulsion and correct collection can indeed be developed safely and to the horse's benefit - and tested at the highest levels in the show ring - if only we use care for our equine partners and allow time to achieve their physical best.

The aim of this guide is to show riders wishing to improve their competition performance how to avoid throwing away marks through common errors. It demonstrates how, with careful preparation, newcomers to dressage can learn to perform well, right from the first dressage test. The text covers training and preparation, mental rehearsal of the test, paces and rhythm, riding the test movements, arriving at a show, riding the test and analyzing the judge's

Read Free Bd Novice 24 Dressage Test

comments.

Geared at achieving a healthier experience for both rider and horse, this guide to the rider's position focuses on the back and its importance in riding techniques. *Horses in Company* is an in-depth study of the social interaction and hierarchy of horses in the wild. The book discusses how the characteristic behaviour of the herd has developed in response to the natural selection pressures in their evolution, namely that horses are prey animals and not predators, and how this governs the behaviour of domestic horses living together. Through these studies, the book aims to help the reader understand the difficulties that arise between people and horses due to misunderstanding equine behaviour and motivation. Of great interest to all horse owners and riders and illustrated with 60 colour photographs.

This book is the first in a series on the Welfare of Animals, and it is appropriate that it addresses horses, whose welfare in modern management systems are a subject of major concern. Keeping horses is increasingly popular in the Western world and is of major importance in many developing countries. However, the conditions in which horses are kept are very different from the environment of wild horses, which leads to many adverse effects on their welfare and behaviour. This book describes the development of horse behaviour, and the way in which

Read Free Bd Novice 24 Dressage Test

the management of horses today affects their welfare. Horses for sport, companionship and work are considered and ways of improving their welfare by better training and management is described. The authors include internationally-recognised scientists from Britain, Ireland, USA and Australia. The book will be of interest to all involved in the equine industry, animal welfare, academics, students and practical horsemen.

The Color Atlas of Veterinary Anatomy volume 2 presents a unique photographic record of dissections showing the topographical anatomy of the horse. With this book you will be able to see the position and relationships of the bones, muscles, nerves, blood vessels and viscera that go to make up each region of the body and each organ system. Each book in this 3 volume series is packed with full-color photographs and drawings of dissections prepared specifically for these texts. Key features

- Accessibly and systematically structured with each chapter devoted to a specific body region
- Important features of regional and topographical anatomy presented using full color photos of detailed dissections
- Dissections presented in the standing position
- Detailed color line drawings clarify the relationships of relevant structures
- Presents anatomy in a clinical context

This new edition second edition offers important new features, including: Accompanying website presents over 100 interactive quizzes and self-

Read Free Bd Novice 24 Dressage Test

assessment questions Many more radiographs throughout Additional CT and MRI images Clinical notes highlight areas of particular clinical significance The official, illustrated biography of Valegro, the record-breaking horse ridden by Charlotte Dujardin to Olympic, World and European glory.

Improving basic riding technique is all about perfecting it over time. There is no quick fix; it takes months or even years to develop. You have to learn to work as a team with every horse you ride, whether you are a novice rider just starting out, or an advanced rider wanting to improve. This book will give you a greater insight as to how three aspects of riding - stopping, moving and turning - are used both separately and interlinked to enable you to establish a correct training regime, whether you are starting a young horse, or retraining an older individual. The outcome of being able to stop, go and turn with ease is a horse that is well balanced, attentive to the rider's aids and able to work through his back, and this can only be achieved under a ride with a correct position and clear aids. This book shows you how.

The BIG Book of Dressage Exercises 190+ Flatwork, Schooling, Dressage and Pole Exercises and Training Workbook

[Copyright: e2b99f552589d21b6d75055be488cfea](https://www.amazon.com/dp/B000APR000)