

# **FOUR ELEMENTS OF EXCELLENT EQUITATION FOR THE GAITED HORSE**

**Presented by JULI REALY**

*The goal for this clinic presentation is to get the gaited horse lover to come to the festival for the weekend to learn, grow, get entertained and totally have fun! This clinic is designed to appeal to both participants bringing horses as well as to horse lovers visiting the festival without horses. It features true horsemanship through feel methods, focusing on gaited horse equitation, but also applies to good horsemanship of any discipline. Juli is an experienced, professional trainer, clinician, author, and equine science college instructor, offering quality education along with a bit of humor. Through discussion, visual aids, demonstrations and audience participation, this clinic breaks down the learning process into simple concepts. It will engage observers, and allow participants to experience immediate improvement and positive results.*

## **FRIDAY**

### **Session 1: Introduction and Demonstrations**

Introductions: Juli and participants meet, get to know each other, outline goals  
Introduce the Four Elements of Excellent Equitation: Seat, Legs, Hands Feel  
Present groundwork and mounted demonstrations

### **Section 2: Warm up Ride:**

Under Juli's guidance, participants will be invited to a brief, leisurely ride. This will allow the horses and riders to get familiar with the facility and unwind. Most important, it will give Juli an opportunity to watch each rider/horse team at work. Juli may direct participants to perform basic maneuvers or tasks to help her evaluation. This will allow Juli to assess each horse's and rider's abilities, training and skill levels. She will use her notes to help her plan her approach, enabling her to optimize the limited instruction/training time for each person during the clinic.

## **SATURDAY**

### **Session 3: Gaited Equitation: Seat**

How the riders posture/position influence horse's suppleness/ engagement of hindquarters.  
Use of seat to communicate with your horse through feel  
Developing core stability  
Developing a fluid seat that follows or guides

### **Session 4: Gaited Equitation: Legs**

Conditioning a horse to respond to the leg  
Leg position and usage for guidance  
Leg aids and cues defined, which to use when  
Creating impulsion and elevation

## **SUNDAY**

### **Session 5: Gaited Equitation: Rider's Hands and Horse's Response**

Effective hand-rein-mouth connection  
Biomechanics of adjusting horse's head position to enhance performance  
How to develop the horse's "Give" to the bit  
Develop softness and lightness through lateral flexion

### **Session 6: Gaited Equitation: Fusion and Feel, Putting it all Together**

Coaches riders on blending the four elements together while riding  
Coordinating cues with the horses feet and in rhythm with stride  
Incorporating seat movement  
Lateral work & Strength-building exercises