

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