

Terry Church Clinic July 2008 in Woodinville, WA

Day 1

*itchiness can be nervousness, like with a human

*horse accommodates you

*apply pressure not like you're trying to *get* something done- but keep a clear focus and intention (hard!!)

*hang time "see what she does"

*suppleness laterally often leads to longitudinally flexion, horse learns t *"USE it, try not to block it, let it go..."

*Let the horse come THROUGH the bridle rather than always sticking the bit right in his mouth. Rest it under his chin and then re-enter the mouth from there and proceed to put the bridle on.

*Time to be about dynamic of relationship, not just doing stuff

*New challenges develop skill

Notes from my First Ride

*Suppleness = energy and relaxation, suppleness + energy = relaxation

*Supple with: leg yield, circles/loops, flexions, turn on the FH

-Turn on the FH: lateral movement in back

Spiral in on circle, down to a tiny circle

Use either inside rein or both reins.

Just inside rein --> Africa had to break through her mechanical 'nose to toe'/one rein stop and keep her feet moving without getting 'stuck'

Both reins --> Restricts the mechanical movement from happening because with an active outside rein her nose couldn't reach my nose

KEEP the fwd with my leg ('don't get stuck, move your butt too!'), helps with leg aid in the hindlegs crossover too

-15m circle, leg yield to and from a 20 meter circle

ask her to be soft while doing this, hand back when nose comes up GIVE hand fwd (w/o throwing rein away) when she softens

Nose down even SLIGHT= give!!

*KEEP and ASK FOR forward during connection with reins (how many times have I heard 'riding fwd to the connection' but WHO would have thought FWD to the connection meant ASKING for FWD while I'm asking for connection with reins?!?)

*weight your seat bones: if you want to weight your right seat bone, twist your shoulders left and stand in your right stirrup (I was at a stand still, it worked minus the stirrup part while moving, but you could maybe probably do the stirrup part while moving too?) This worked awesome!

*If you are using a leg yield to maintain softness in a transition, make sure you can do the leg yield (or ____) softly and nicely on it's OWN (another duh)

*Keep straightness with the outside rein (for my inside rein-itus, I had to over compensate with thinking about MORE outside rein)

*FWD to the connection!!

Day 2

*"how do you know you don't have it together until you try something more difficult?"

*release provides a place of comfort WITHIN your desired parameters

If you can't get it for 2in, don't go for 6in- when build on tension? (referring to lateral flexion, but I think the concept applies to tons of stuff)

Day 3

*Terry didn't say this specifically, but it was kind of a thought I had from the discussion... if a horse is in front of the leg, the energy looks like it is coming out the front of the body. If the horse is behind the leg, you can see it leaking out the back. But energy always comes from BEHIND

*Release means "it's OK to respond!"

*"It was your idea, not it's mind, let's go for it!"

Day 4

Short day....

My Ride

was flipping awesome!!

Ground:

*drive her up TO the contact of the halter

*use flag so I'm not driving the energy into the ground

*start with a little, then a LOT (get it over with!!)

*When she reaches the end of the line, she will flex herself- I don't need to be perpetually flexing

*Stay on MY circle, make her go around me (back to who moves who).. think of a

'manhole' size circle in the middle that I'm kind of pivoting around. Lead on the circle with my inside foot, like she would do if she was cantering. Easier to direct energy/body language that way....

Ride:

*Pressure, release when she REALLY gave. If I'm not totally sure it probably wasn't a give. When she gave I REALLY felt it.

*Hands moving back to neutral after release: think of the release as throwing a ball and 'taking it back' as catching the ball again

***Easier in canter for her, not only did she 'get' it better, but she would go there when she was confused. Just keep contact so I'm not releasing when she breaks over, then when she gives in canter release.**