



## Joan Bolton Clinic

November 2008

Notes from: Jennifer Truett, Dancing Horse Farm

### *Instructor*

- Take inventory before each lesson. What “Ah-ha” moments did rider have last time?
- Check rider’s thigh engagement by pulling knees away from saddle
- Make riders stand in stirrups with my fingers under foot-tell them to imagine riding with an egg between their foot and stirrup
- The rider’s body should be as stable as a carousel/merry-go-round pole
- Leave thighs against stomach muscles
- Make stomach into a pike or C-curve
- Chest down/chin down – feels like compressing abs more than leaning forward
- Sitting trot feels like a bouncing ball
- Sticky butt means take the saddle with you
- Bungee cord contact, not pulling back
- Always keep medicine ball back, under/behind saddle
- Medicine ball back with bouncing ball seat – narrow seat bones makes for more expressive and uphill gaits
- Imagine carrying a tray of drinks between knees and make sure not to dump it
- Rider creates the perimeters the horse has to work within, not other way around
- Rider’s foot should be level and move slightly, heels down through the vertical dynamic and then back to level

### *Lydia*

- Leaver my thighs against my stomach muscles
- My left thigh/seat bone wants to slide down/back
- Need to be VERY narrow at top between thighs to ride Lydia
- In half-pass, outside seat bone on midline, inside seat bone up, in and forward to make room for horse to bring inside shoulder forward and up & keep medicine ball back
- Passage from walk less frantic for Lydia than from trot
- My right seat bone is too down/back in canter – especially to left
- For canter/walk transitions use pike stomach, lever thigh and medicine ball back; don’t let her bounce me out of saddle
- Always use the lightest corrections on Lydia, she is so sensitive that she can’t handle anything strong
- Talk to her more to reassure her in her work
- Tempis will continue to improve as canter and transitions improve
- My knees should not drop/move in any gait-they should stay in a fixed position as if attached to glass rod through the horse
- My right knee has a tendency to drop/dump - that’s why my right lower leg sticks too far back. Fix lower leg problems with thigh, not lower leg
- Use rein back thighs in canter departs for stability