

SCHOLARSHIP ARTICLE

Thank you all so much for my scholarship! It truly was a blessing to be in the clinic at Hampton Green Farms! I learned so much in those three days. Kerrigan Gulch taught me several great key points. Lendon Gray also taught me great things! I am so glad I had a lesson from both of them because they are both great, knowledgeable horse instructors, and know a ton about dressage.

My first day of clinic I was fortunate to have a lesson with Kerrigan Gulch. She taught me several things. She taught me how to bend a horse. How you bend your horse is you keep the outside rein sturdy, and then you extend your inside arm slightly and squeeze the rein. While you are squeezing the rein you have to keep your horse stable by supporting her with your inside leg so she doesn't veer off the rail. There are several other things that she taught me but this one is important because I was going to use this advice for the dressage festival on Sunday. Kerrigan told me that for warming up you would have to walk on the outside of the ring, and once you heard a bell ring you could walk a little bit more and then pick up your trot. Then at "A" you would go down the centerline and make sure you're exactly on it, then halt at "B" and "E."

The second day of the clinic I had a one-on-one lesson with the infamous Lendon Gray. Lendon first taught me that when you get in the saddle instead of plopping down as soon as you get mounted, you get up gradually and instead of putting your second foot in the stirrup you squeeze the saddle with your leg, then sit softly, and put your foot in the stirrup. She then taught me the ball of my foot is supposed to be where my foot is while in the stirrup. During my lesson we worked on sitting the trot. To do this, you roughly just need to sit in the saddle and let your body go with the horse's movement. The last thing she taught me was how to have good leg position when trotting and cantering. What you do is you have your leg in the correct position and every canter stride your leg should be going down. A thing she kept saying while I was cantering is "down, down, down, down, down". What she meant by that is every stride of the canter your leg should push down on the stirrup.

I was able to watch many other riders during their lessons too. I took many notes on the advice Lendon was giving the riders. Two things really stuck out to me. Lendon made a point of correcting many students on their 20 meter circles. In a number of lessons she kept emphasizing "circles don't have straight lines." You must keep a roundedness to every circle you perform in a routine. The other thing that stuck out is how Lendon likes a fast trot. She said she gets tired of

repeating, “speed up.” I won’t forget all the lessons I learned at the clinic and at Festival. This was such an incredible experience and I am so grateful to Dressage4Kids for the opportunity! Again, thank you all so much for this scholarship!

Sincerely,
Daisy Karsen

(3 pictures follow)



