

First of all I just wanted to say thank you very much for giving me a scholarship to take a lesson with trainer Marie Milliman. I learned a lot in that one lesson. Some specific things that I learned were how to back up, sit the trot, an activity that I can do to do a turn on the forehand, and also another activity that I can do to keep my legs in place. Some exercises I learned are to put my hand on the pommel and stand up. If I can't stand up, then I have to adjust my legs. If I can stand up then my legs are in the right position. Another exercise that I learned was to picture a square and in every corner do a turn on the forehand. Next, this other exercise that I learned is about backing up the horse. What I learned was you have to shorten your reins quite a bit. Also you have to squeeze with your legs and ask the horse nicely to back up. If the horse responds to you, then you don't have to shorten your reins much. That means your horse is probably experienced with backing up. But make sure you are soft on the horse's mouth at all times. Finally the last thing that I learned is how to sit the trot. Something Ms. Marie taught me that I need to wiggle my hips to get them relaxed and not stiff, because if you are stiff in your hips you're going to be bouncing up and down in the saddle and that's certainly not how you would sit the trot. Once you have wiggled your hips to get them relaxed you would ask the horse to go into the trot.

Those were some of the things that the trainer, Ms. Marie Milliman, taught me and they are very helpful skills! Once again thank you for the scholarship! I truly appreciate you allowing me to have this opportunity to train at this very educational clinic! Thank you!

