

I am so very grateful for the training scholarship I received from D4K that allowed me the opportunity to train with Jim Koford in Wellington!

My horse, Stu (a PRE Stallion) settled in great and we were ready to start our training which consisted of 4 day a week lessons. During the first few lessons Stu was understandably tight and stiff from the trip. I knew taking the time to do a proper warm-up was crucial and would ensure a better ride. We worked on suppling exercises such as serpentines, transitions, shoulder fore in counter canter to help Stu release in the ribcage so he was not holding through his body. The goal was to find the release and softness.

Throughout the training with Jim we worked on the PSG movements and primarily focused on refining the tempi changes. I learned that I can override the balance but under-ride the change so the softer your aids are the softer the change will become. We played with the rhythm and Tempo in search of the best canter that would work to achieve the tempis. Sometimes I rode him too collected or too forward but we found it was important to get Stu "Hot" and "Sitting" for the changes. Riding him uphill helped him not to drop his shoulders and doing the changes on a half-halt and not a "kick with the heel" was more effective.

I was fortunate enough to do the last show of the Wellington season at Global where we made our PSG Debut and I was able to earn my USDF Silver Medal!

