Thank you so much for giving me the amazing opportunity to ride with Jeremy Steinberg. After riding with him once in April, I was excited to see what he had to say with almost a half a year's difference. He said I had made a lot of improvements on my horse Lottie. The major thing we focused on in both of my lessons was the "push" needed from your hips. He said I should always try to improve the gaits slightly each ride and if everything is going well, "push" to make the trot have more reach and lift. On the same horse, the canter gait could also be improved. For this, he said we want more "jump" in the gait. The emphasis in the lesson was really how to improve my horse's gait and he explained what is needed in an amazing way.
The next day I rode my green horse who had never been to a clinic before. He started off very nervous, but determined. Jeremy said a very similar thing with this horse. He (Alfie) already has a nice gait but he likes to shrink, hide, and slow down. Jeremy wanted to get the same "push" from my hips to get the reach and lift of the gait. We also spent some time doing a very large trot, which was hard for him this day. Usually he has a lovely extended trot, but this day he wanted to hide. However at the end of the lesson he was way calmer because he could finally do this soft extended trot comfortably. For this horse, cantering under-saddle is a new development. We worked on getting the poll higher and for him to relax in this gait.

Overall it was a great experience and I learned a lot.

Thank you so much,
Kate Smith