

# 2015 International Symposium

International Society of Rider Biomechanics International Teaching Symposium

Lexington, Kentucky USA • October 15-25, 2015

October 15-19	Teacher Training - L1
October 19	Ride to Music Night
October 20-22	Teacher Training - L2
October 23-25	Luis Lucio Dressage Mastery Lessons
October 24	Gala Supper & Formal Awards Ball

Co-Hosts:  
Asbury University &  
University of Kentucky  
Black Pearl Farm



## Contact:

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## WORLD CLASS VENUES

As soon as you step out at Blue Grass Airport in Lexington Kentucky, you will see it: horses everywhere!

From the magnificent statues, and photos, to horses placed throughout the city, fountains, paintings, everything that made the city famous for the World Equestrian Games in 2010.

Venues we will be visiting will be the world famous Kentucky Horse Park, home of the 2010 World Equestrian Games, and co-host of our Society's past 2 International Symposiums. This year we hope to take part in even further part of the park's many attractions.

Professor Camargo will again speak from the University of Kentucky, and we will be visiting the UK facilities, again a very kind co-host of past symposiums.

We are honored again, to be able to use Asbury University, and Asbury Students will be assisting us riding as demonstration riders for us during the training, especially the Level 1. Especially during the Level 1, the will be extremely long days as this year we are adding

The "Ride to Music" Night will be held at Colleen Kelly's Black Pearl Farm, and we have more venues to add so check back soon for a series of great announcements!

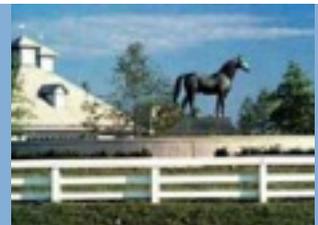
## Travel: Made Easy!

Visit [www.visitlex.com](http://www.visitlex.com) for all your flights, hotels, things to do, restaurants, idea guide, and everything about Lexington, the Horse Capital of the World!



## Clinic info & help

Contact Andrea McElroy [isrbinfo@gmail.com](mailto:isrbinfo@gmail.com) for all your questions on the Level 1 & 2 Teacher Training Courses, or the Luis Lucio Clinic, or the 2 evening events. We're here to help, don't hesitate to ask!



SEAT

POSITION

BALANCE

SAFETY

PERFORMANCE

# PROGRAM

LEXINGTON, KY OFFICIAL 2015 TEACHER TRAINING

*All welcome...*

## Teacher Training

Level 1 - October 15-19, 2015  
 Level 2 - October 20, 22, 2015  
 Level 1 & 2 training here in Kentucky gives you so much more: the world's most famous horse venues, equine surgeries, universities & breeding farms. With easy access, great hotels, world class cuisine & nightspots Lexington really is the famous "*Horse Capital of the World*".

### SPECTATORS WELCOME

No Exams! (*Done via internet/video later*),

## Gala Ball & Awards Night

Saturday October 24, 2015

This is our ultimate event of the year, and that's why we make it **FREE** for as many attendees as possible, so as many people as possible can come. Have you always wanted to dress up in that long, formal maxi dress or tuxedo. This is the night!

Dress to your absolute finest bling, and enjoy this wonderful dinner & gala awards night presented by celebrities and celebrate the end of the northern season & celebrate your success in your training!

## Ride to Music Night

Monday October 19, 2015  
 This fun & relaxed part supper and part training night celebrates the end of our Level 1 and welcomes our Level 2 coaches. Learn about beats per minute, rhythm, tempo, regularity, and keeping in time to music in extension & collection

**FREE** for examinees.

**FREE** for military members, veterans and students enrolled in any University equine program.

## Luis Lucio - Master Dressage

October 23-25, 2015

To make it to the Olympics is the ultimate accolade, but to make it twice, & then be selected to be the **Head of the Spanish Dressage Federation** & voted to the FEI Board, you obviously have the world's best credentials, but then when you see it's combined with true lightness, kindness and harmony, you know you have a true **master!**

Additional special "lower level" day so all welcome.

Program & presenters may change without notice, especially with a view to safety, weather etc. **We ask you to take travel insurance to cover any changes.**



Breathe easy....

# Celebrate the Savings

Supporting Education through the Deanne Mcrae Scholarships

## Level One

Bring a friend  
for FREE!

Save up to  
**\$1845**

## Level One

can watch ALL  
of Level Two  
free!

Save **\$600**

## Level Two

Examinees  
come to the  
Level 1  
refresher  
**FREE!**

Plus behind the  
scenes individual  
sessions **FOR FREE!**

## Level 1 & 2

watch Luis  
Lucio Clinic  
free!

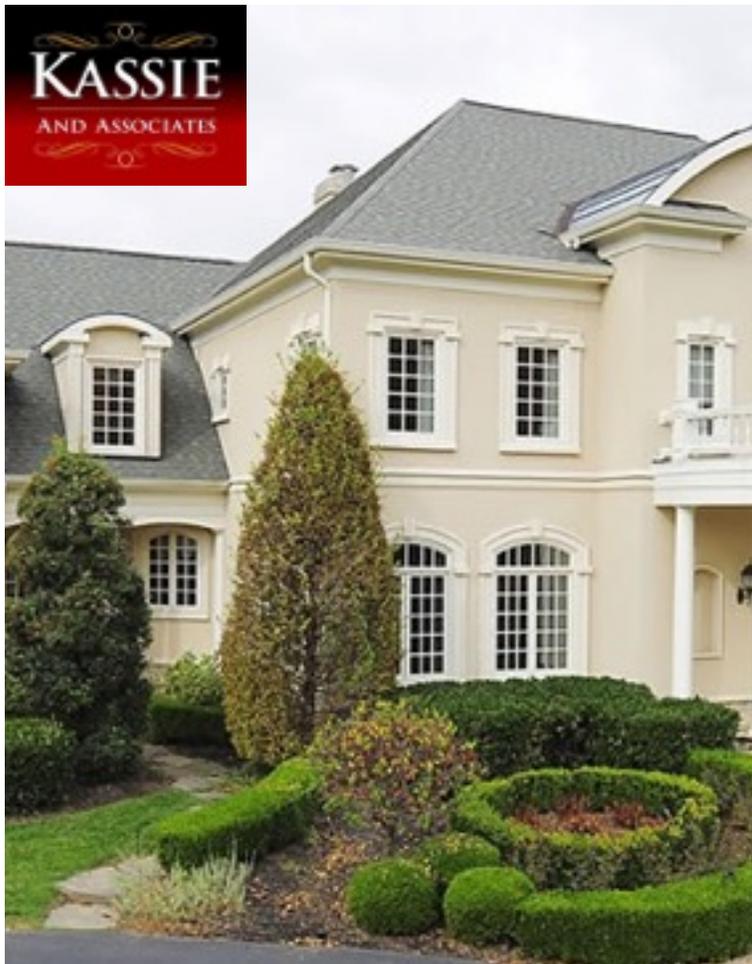


## Avoid the tragedy that killed the King

William III of England died in 1702 from injuries received after his horse tripped on a molehill, and still, to this day we have this nightmare in our paddocks with our horses...but did you think it could actually destroy your house and stable!

Moles undermining the foundations of a building have disastrous results. However with our professional service, you can relax knowing your farm, business & liability are protected from the tiny creature that killed the King himself!

All Lexington Areas Inspections by appointment  
Dave Moreland 859-620-0530 email:  
daveathome@fuse.net



## Move to the horse capital of the world!

Thinking of moving to the horse capital of the world? That's just what Colleen Kelly decided when she came from Australia to speak at the World Equestrian Games! One look at the Universities, the Equine Hospitals, the incredible farms and venues, and of course the world famous Kentucky Horse Park, and that was it! Colleen contacted Lexington's No. 1 Real Estate Professional [KASSIE BENNETT](#) who searched tirelessly until she found the perfect farm for Colleen's future: Black Pearl Farm!

Now is the time to consider your equine future. it's here in KY! The business is right here waiting. You can be like Colleen....Get lucky in Kentucky!

Kassie & Associates  
Phone: 859-559-5969

FREE\*

*join us for...*

# COFFEE OR COCKTAILS

CELEBRITY EVENING SPEAKER PROGRAM



Free for examinees. Funded by the Deanne Mcrae Memorial Scholarship

Stay at the host hotel so there's plenty of time to freshen up for our

## Guest Celebrity Speakers

6:00pm to 7:30pm. Coffee - Cocktails - Hearty Snacks

Most Evenings\*. October 15-23, 2015 (Not October 19)

**Free for examinees.** \$25 for spectators or outside guests.

\* Please check back as evening Celebrity Speaker Program to be added shortly.  
Program subject to change without notice.

Please take travel insurance to guard yourself against any loss or change.

# Symposium 2015

# Key Note Speakers



## Colleen Kelly

Everyone knows when Colleen is in the room! Her loud & rambunctious Aussie style covers the technical behind the fun. While her profession started in exercise physiology, her family owned farm also produced World Champion riders, known for their seat & position. Famous for receiving 100% in the Dressage Judge's Exam, vaulting training & presentations to the London Metropol Police (*Queen's Guards Escort*) she has presented at WEG & FEI-W events around the world.

## Luis Lucio

### Olympic Dressage Master

It is hard to get a more qualified expert in the field of dressage, international competition, becoming involved in the sports itself, and ultimately being asked by the FEI to contribute back to the sport that has given you so much.

Not once but TWICE at the Olympics, then the Head of Spanish Dressage and Board Member of the FEI. Plus, a master of kindness, lightness and true passion and love towards animals.



# Symposium 2015

## Celebrity Presenters

### Luann Overmyer

Undergrad studies in Pre-Med and a BA Degree in Psychology led Luann Overmyer to be a certified continuing ed provider for the State of Florida. Her revolutionary understanding of human movement led her book "OrthoBionomy Self Care" to become a best seller, and its innovative approach, backed by science, saw the Society adding to our prestigious Recommended Reading List for our Level 1 Course. Not to be missed!



Ortho-Bionomy

### Dr. Fernanda Carmargo

From the University of Kentucky, Dr. Camargo has always been one of our most popular speakers, this year broaching a very hot topic ***"I'm I too fat for my horse"?***

This heated debate among scientists is something we really need to hear from a world expert but tempered with a commonsense approach as a well-known & respected Lexington rider, horse & boarding facility owner.



University of Kentucky

### Letitia Glenn

You will certainly feel the passion of expert saddle designer and fitter Letitia Glenn.

Gain an incredible understanding of how horses move, and how we can easily block the horse's locomotion, or enhance it.

Find out how to fit the difficult horse, and give your horse comfort & high performance for years to come.



Muscle movement & saddles

Program may be subject to change. We recommend taking travel insurance against all major changes

# Symposium 2015

# Celebrity Presenters

## Jumping

We are now confirming our world-class jumping coach.

Check back here for more info shortly.

## Gear Checking

It starts at safety checking, when you're simply checking if the saddle will stay on, but by the time you get to compete the rules regarding gear check have seen hundreds of riders eliminated over the years.

Hear from an EXPERT on gear checking, and finally know what is correct and what is not, both for yourself, your riding, and protecting yourself against lawsuits!

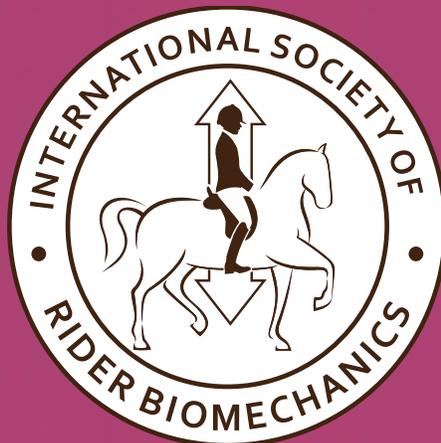
## Expert Witness

It's all very well to hear "what the locals think"...but what REALLY happens when these equine cases hit the courts.

Learn from the expert witness herself how to protect your coaching, protect your farm and career so you can relax and concentrate on your coaching.



Jumping



Gear Checking



Expert witness

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# Symposium 2015

# Celebrity Presenters

## Dr. Karen

Dr. Karen Hanks “Dr. Karen” as her beloved fans call her has a remarkable new approach to the treatment of both horse and rider.

Her chiropractic background gave way to an amazing leap forward in understanding of how humans move, and become injured, and how to fix it.

She is one of our most beloved speakers, and such a delightful true professional an honor to have her speak with us again



**The Hanks Technique**

## Western or Cowboy Dressage?

What's it all about?

If you're English, or from overseas you might not realize the HUGE boom in these two sports.

What's the difference? What do we need to get involved with this HIGHLY PROFITABLE sports group?



**Western or Cowboy Dressage**

## Vaulting

Vaulting is in every major training program in the world. The Spanish School, and it's subsidiary lunge dressage riders daily!

Although this is a “secret weapon” to winning in all sports, it can also be used for injured or nervous riders to build amazing confidence.

Learn what equipment you'd need, and how to start a vaulting club in your area if you don't have one.



**Vaulting**

Program may be subject to change. We recommend taking travel insurance against all major changes

*Symposium 2015*

# *Celebrity Presenters*

## The Insurance Nightmare

What a nightmare! Hear how to make it simple, what you need as a rider, coach, horse owner, and boarding facility.

Find some additional help to cover yourself (e.g. keeping special records), waivers.

Everything you need to know about insurance...from the experts

## Teaching Technique

We can all improve our coaching techniques, and this year we are delighted to have a coaching and teaching expert here to help us.

More information to come.

## Reining

This is one of the fastest growing, and CERTAINLY one of the most profitable horse sports to perhaps consider adding to your coaching resume!

You simply don't get "million dollar" competitions in most of the other sports, the prize money is astronomical!. Yet the biomechanics of the rider is identical, this is a break through sport. How to get into this profitable sport & teach even the highest level riders, *from a world expert themselves!*



Insurance Representative



Teaching Technique



Reining

Program may be subject to change. We recommend taking travel insurance against all major changes

# Symposium 2015

# Celebrity Presenters

## Eventing

The Olympic sport of eventing is highly specialized, it's "fast & furious" and should not be taught by lower level coaches without some very specialized training.

And, this is where we have one of the world's best for you.

Learn the dangers of the cross country, distances, timing, the different shapes of fences, and different position from the riders to attack the fences with ease.



Eventing

## Health Check

What are the basic things a coach needs to look for to know the horse is healthy and safe for a lesson.

A horse with laminitis might rear and be dangerous if you pick up one foot, and obese or skinny horses need to be assessed and changed by the coach! Go away with a real understanding of your requirements as a coach and how to handle resistant clients from one of the world's most prestigious vets.



Health Check

## PANEL

### DISCUSSION:

## Why join a club?

We will be having representatives from all the major organizations: USDF, USEF, Pony Club, ACTHA, Reining etc., (more details to come) in a panel discussion of what clubs to join, how to join, and take away a give-away bag with all their fliers on how to get your students signed up and on the first step to get out and "show



Panel Discussion

Program may be subject to change. We recommend taking travel insurance against all major changes

# Symposium 2015

## Celebrity Presenters

### Legal & Business

Most riders think when they first become a coach...it's all about riding and not the "other stuff".

Learn how a business plan can make you a better coach!

Find out if a "not-for-profit" status, or joining a group such as Pony Club is a "business smart" thing to do.

Great question time with the expert!

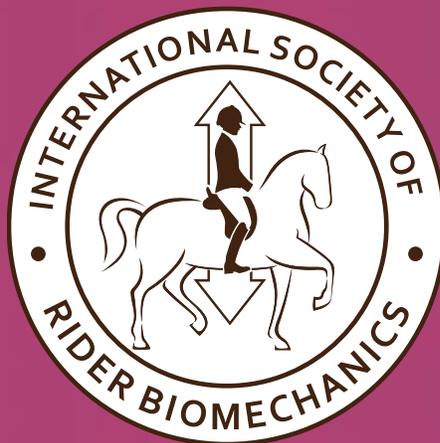


Legal & Business

### Police

Not only are we going to benefit from the amazing experience of our Police Officer, but this is where the Society "gives back" every year hundreds of hours of helping Police Officers, Army & Sheriff's Departments STAY SAFE.

Learn some of the obstacles you will come across as a coach of the Officers in the future. Lots of riders train their horses with obstacles such as pedestals & car washes to calm and quieten the horse. Now you can learn from the experts!



Police Training

### Virginia Stirnweiss

Sidesaddle is becoming more and more popular, especially in Europe/UK, so we need someone who **actually does side saddle** to speak on this topic.

Virginia Stirnweiss, long term Official Coach with the ISRB will show us the basics of how to get started, what kind of saddles to buy and how to add this amazing skill to your resume



Side Saddle

Program may be subject to change. We recommend taking travel insurance against all major changes

*Symposium 2015*

# *Celebrity Presenters*

## Acidosis

This is the “topic of the moment”. Our world expert will look at the Ph of the horse and rider, and what acidity in the system does, especially to the horse.

Acidosis causes lameness, bad behavior, erosions & ulcers.

With such a terrible outcome, it's something we all must know about as coaches.

How to care for a horse, and how to fix these resulting diseases.



Acidosis

## Laminitis/ Founder

Anyone who has tried to pick out the hoof of a laminitis horse and had it rear, panic & pull back will know how dangerous this can be to the rider/handler.

This is not just a deadly “end of career” horse situation, but could actually kill a rider.

We MUST be informed as coaches as to what laminitis rings & laminitis stance looks like, and how not to cause it in the first place!



Laminitis/Founder

## Fit the Bit

“A horse should smile but not grin” is a useless statement when you think of fitting the bit to the horse's TEETH.

Too low it will bump the bottom teeth. Too high it will bump the top teeth and be uncomfortable on the lips, face & jaw.

What types of bits, how they fit, what goes wrong and their different effect.

From a true world expert.



Fit the Bit

# Symposium 2015

# Celebrity Presenters

## Equine Movement

Footfall, tracking up, engagement are all things a coach and judge MUST know about, but let's look at the more complicated issues: tracking up in canter, how a RIDER can know if the horse is tracking up. What's the difference between engagement & tracking up and is "under behind" in collection what we really want?

From the only judge to get 100% in the judge's exam!



Colleen Kelly

## Gait Analysis & Improvement

We've heard it all through the Level 1 and Level 2 - the importance of the rider's feet on the balance of the upper body.

Our professional trainer, and gait improvement expert will show you exercises you can do yourself to improve your straightness, balance and affect on the horse.

One of the most important sessions to attend understand rider asymmetries.



Gait Improvement

## Getting 100%

How Colleen Kelly managed to get 100% in the judge's exam.

What were her "sneak techniques", how can you copy her example without hours of studying and pulling your hair out.

How to get the connections you will need to get the training for FREE!

If Colleen can do it...you can too!



Colleen Kelly

Program may be subject to change. We recommend taking travel insurance against all major changes



*Before you come*

Get the Level 1 & 2

# READING LIST

Greater understanding

Higher success rates

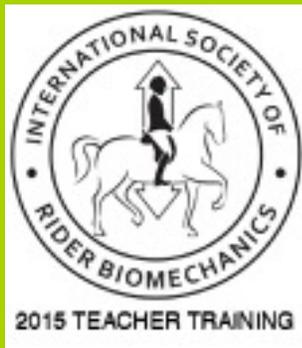
Great head start

FREE Downloads

Spectators are welcome at the Level 1 & 2 Teacher Training  
However, should you wish to do your exams, remember a coach is not just a rider! They need a superior knowledge to **guide students** The list has been compiled to give you your greatest chance of success at becoming an Official Coach .

Download the list at

<http://riderbiomechanics.net/recommended-reading-list-links/>



Teacher Training

# Level One

## Before you come...

- Go to the Society's [Website](#) and click on NEWS to see all the latest. It is there you will find the recommended reading list for Level 1. We highly recommend that you go through all the free DVDs, CDs and articles so you're well prepared for your course
- Where you stay is up to you, however we have secured the host hotel at a cheaper rate if that helps.
- It is FREE to spectate at Level 2 if you are Level 1 Examinee to encourage you into next year!
- **Get travel insurance.** Not only is medical a great risk in the USA, but insurance covers you if you have to cancel. **Travel Insurance is a must!**



## What to expect

- The Level 1 Program is designed for riders who want to know more, for coaches who would like to get a start coaching for the first time, or become specialized and go on to do exams later and become qualified & registered.
- Level 1 is **walk, trot, canter.** Get an in-depth understanding of rider biomechanics, step by step from the beginning. Get to know more about footfalls, paces, gaits, impulsion, submission and exercises such as loops and serpentine. For beginners it's the perfect start, for professionals you will really start to get those 8's and 9's we all dream of.
- Learn how to **test** the rider's seat and position and through testing find the areas where we can make the rider more stable, confident and riding pain-free.
- There is a **lot** of information in this course, so make sure you bring pen & paper, or your laptop to record it. Still photography is permitted, however as this is being filmed professionally videos are not permitted.

Examinees - Bring a friend for FREE!  
**Save \$1845**  
*places limited*

Spectators - Bring a friend for FREE!  
**Save \$1000**  
*places limited*

*All Welcome*

# Level 1: Day One - Thurs 15 Oct, 2015

## Morning - CLASSROOM

### Session 1: Legalities & Units of Measurement

We start out our morning at 9am with no horses. The legalities of coaching are vitally important: Insurance, teaching hazards & safe teaching techniques. Please ensure you have done your best to go through the recommended reading list on the Society website.

### Session 2: Gear Checking

You might have heard of the difference between gear & safety checking. Just its name tells you which is the most important: **safety!** Although the rider wearing the wrong colored outfit to a show might get them eliminated, it won't **kill them** like a faulty girth or reins that don't break for jumping downhill. Additional prior reading for this class is [www.fei.org](http://www.fei.org) with particular attention to legal equipment, side reins, draw reins, chambons etc. That's hundreds of years of military training in that book, and upon which our Olympic sports are based. You will also learn basic health checks & issues such as obesity (of horse or rider), laminitis rings, Henneke Scale and basic health tests to ensure the horse is fit, ready & safe for riding, and to protect you as a coach.

## ARENA

### Session 3: Turning

Turning is the very first thing we teach when the rider mounts. It does not matter if it's a child and it's the first time they're riding, or an Olympian improving the pirouette, or "million dollar" reiner speeding up the spin, the way the rider sits is incredibly important, both for safety and performance. Learn at least 8 major ways to turn a horse; each one explained in detail: what they are for, why we use them, what are the advantages and disadvantages of each method, and why we need ALL of them! Simple, safe ways to teach emergency stops - both to children first starting, or more adventurous riders going down the Grand Canyon. We will also tell you a little about Level 2 and how this affects the higher "turning" movements: pirouettes & reining spins.

### Session 4: Circles & Loops

We have all seen the famous "pyramid" of training, with the ultimate being collection right at the top of the pyramid. Not only is that important for training the Olympic horse, but even at the lower levels, the order of coaching is vital to keeping the rider safe. Allowing them to "skip levels" is a deadly dangerous mistake. Learn in what exact order all the movements should be taught, and *how* they're taught. Find out how circles are judged (*no it's not as easy as you think!*), and what will get a rider marked down. What are the anatomical and physiological benefits of circles, and some of the exercises (e.g. 10m circles off the center line), and why we use them. Learn about loops and why loops are a basic mainstay of training horses, and how they must be done very repetitively to build the muscle and balance to get the horse straight prior to even dreaming about engaging the horse and getting the weight off the forehand. Learn the dangers of NOT training loops, and how serpentines come from the loops and are with us right up until Olympic level. And, learn some great "cheats" for your competitive riders!

# Level 1: Day Two - Fri 16 Oct, 2015

## Morning - CLASSROOM

### Session 1: Testing - on the ground

One of the International Society's main principals is to TEST the rider, not TRUST & HOPE that their position is safe.

Learn the major position tests, how they are conducted, what results to expect, the safety protocols you will need to protect yourself and the pupil while testing, and how the tests themselves will improve even the highest level rider *instantly*.

## ARENA

### Session 2: Testing - on the horse

The tests we learned this morning we now take to the arena to practice with horse & rider. This is the most incredible work that the Society has developed. How to TEST if a Police Officer is stable. How to TEST if a child's heel will stop their upper body flopping dangerously forward. Not just constant nagging, telling them to sit up or get their heels down, but TESTING it and proving to the rider if they are unsafe, or indeed if they are safe to help build their confidence KNOWING they're OK up there.

Discover the tests to see if a beginner rider is stable during shying, bucking or rearing. Learn how beginners are more likely to fall forward, backwards or sideways. Find out how to test if the more advanced rider is likely to put the horse on the forehand, or make a horse crooked, or have problems such as quarters in. This is perhaps the Society's most remarkable, innovative and original work.

### Session 3: Straightness

The beginner rider is driven CRAZY by their horse just wandering everywhere, and the Olympian may ask for help with their horse's quarters-in during the extended canter, or the reiner whose slides are always quarters-left.

Straightness is *vital* to have under control before we overweight the back legs and quarters (engagement). If we are not dead straight in rider and horse, then we are twisting one stifle or hock, or overweighting one back leg more than the other, and we get either poor performance or uncomfortable gaits - or worse - in repetitive pirouettes or sliding stops, or landing constantly crooked time after time after big jumps will certainly result in injury and shortening the Olympic horse's professional career.

Instead of just riding into a mirror and hoping for the best, learn how to FIX quarters in that so readily wrecks our canters, learn how to KNOW if your horse is crooked, and the tests a judge uses to know if a horse is truly straight, and of course amazing techniques for riders to get them straighter, faster, than any other training method we know. And how any coach or parent can assess and fix straightness so easily!

# Level 1: Day Three - Sat 17 Oct, 2015

## Morning - CLASSROOM

### Session 1: Impulsion vs Submission

In the past, the page with the No. 1 most amount of hits consistently on the Society's website is, by far: **"how to get the world's laziest horse to go forward"**. This says a lot about what problems are generally in riding, and also what your clients are really after! Instead of just kick kick kick, learn fantastic ways to get horses forward, and at what stage the rider is ready for *advanced - full commitment - forward*.

See how Impulsion seems to be the opposite of submission! In other words, the more the race horse is on the bit, the slower they go. But, we need BOTH at the same time. How to fix *both* in one amazing exercise, and learn to get a horse on the bit in at least 5 or 6 new ways.

### Session 2: Advanced Exercises

You might be an older coach, or injured or retired from riding or competition yourself, but you would be surprised at how *easy* it is to learn very sophisticated and helpful exercises for your riders.

Or, you're a rider looking for the competitive edge - these are the exercises that really show what a biomechanics specialist can do for a rider - even an Olympic rider!

How to test your rider's balance using accelerated learning techniques - and all the while the rider having FUN! Learn how to fix some of the real age-old problems riders have such as leaning forward, looking down, heels down, bouncing in sitting trot. Learn amazing techniques to improve these problems *instantly*.

### Session 3: Engagement vs Impulsion

Although engagement is not required at this level, they must also not be on the forehand. The whole concept of engagement vs impulsion is on the forward/backward plane. The jockey leans forward, goes fast. The reiner 'slouches' or 'shortens' and sits their body down and the horse "sits" to the maximum. Understanding of the first engagement exercises that will lead to shoulder-in in Level 2.

### Session 4: Riding to Music

If regularity is the No. 1 thing the judge is judging both in dressage and jumping and indeed reining in the canter circles, then it should be the No. 1 thing we're coaching! Learn about rhythm - tempo - cadence - riding to music - testing the rider and horse's speed.

This is one of the FUN parts about coaching, because the answer to developing regularity is obviously ***ride to music!***

What beats per minute, where to find music for your clients, how to put together a freestyle. how to get horses in time in extension as well as working paces. We have already covered, on the ground the beats per minute, cadence, regularity, tempo & rhythm, but now see how to do it with the horses to music.

There is a different technique to getting horses in time in walk, trot & canter. And, if this is the No. 1 thing they're judging, this must be the No. 1 thing we're coaching!

# Level 1: Day Four - Sun 18 Oct, 2015

## Morning - CLASSROOM

### Session 1: Testing - on the ground

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Learn the major position tests, how they are conducted, what results to expect, the safety protocols you will need to protect yourself and the pupil while testing, and how the tests themselves will improve even the highest level rider *instantly*

## ARENA

### Session 2: Testing - on the horse

The tests we learned this morning we are now going to do with real pupils on the horses. This is the most incredible work that the Society has developed. How to TEST if a Police Officer is stable. How to TEST if a child's heel will stop their upper body flopping dangerously forward. Not just constant nagging, telling them to sit up or get their heels down, but TESTING it and proving to the rider if they are unsafe, or indeed if they are safe to help build their confidence KNOWING they're OK up there.

The beginner rider will discover why the horse is on the forehand, why they are unstable shying, why they are nervous of rearing. This is the true basis of the Society's work on stability and safety.

The more advanced rider will discover how even the twist of their thumb can put a horse on the forehand, this is, indeed, perhaps the Society's most remarkable, innovative and original work.

### Session 3: Straightness

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# Level 1: Day Five - 19 Oct, 2015

## Full Day in ARENA

### Practical Teaching Day

After short demonstration lessons, you will be divided into groups, which will swap throughout the day to teach particular topics to your riders.

Our senior coaches will work with you and Colleen Kelly will circulate throughout the groups assisting and helping throughout the day.

This is a FUN day, to relax and enjoy, and there is no pressure for you to "perform in public".

The only pre-requisite is that you are dressed for a proper lesson (i.e. proper riding boots and your hair up), or else you will be unable to complete the tasks.

At the end of the morning we will have a small discussion group to plan the afternoon with the things you are personally having difficulty with so you go away with a great understanding of the work you have been doing all week.

Examinees - Bring a  
friend for FREE!  
**Save \$1845**  
*places limited*

Spectators - Bring a  
friend for FREE!  
**Save \$1000**  
*places limited*

Level One  
**FinalDay**



**25%**  
Discount prior to  
Aug 15, 2015

### Afternoon Session 4. No Horses. Wrap Up with light snacks.

A complete review.

What have we have learned?

Where to go to from here, how to get registered, how to get your insurance. How to write articles and have them accepted by the ISRB.

Bring your business cards or fliers to share! Sharing the contacts you have met here and improving marketing of your business.

What the future holds for you as a rider or coach.

**Contact:**

Andrea McElroy  
[isrbinfo@gmail.com](mailto:isrbinfo@gmail.com)



# EDUCATION & SUPPER NIGHT

Monday October 19, 2015

6:30pm Snacks & Drinks 7:00pm Light Supper 7:30pm Presentation

The No. 1 thing the judge is judging is REGULARITY!

Learn what beats per minute your music should be, and what rhythm will work and what won't. It's not just rein-

ing & jumping that ride to music Also ideal for JUMPERS for maximum performance & impressing the judges!

This is a fun, **INFORMAL** "boots & jeans" night.

**\$30 including supper**

**FREE** for ISRB Members &



All attendees. **RSVP required for food numbers.**

460 Tarr Road  
Paris KY USA

RSVP Essential for Dinner Numbers. Contact us even if you are on the free list to ensure your ticket is available. Email [isrbinfo@gmail.com](mailto:isrbinfo@gmail.com)

# Relax...

**Exams not mandatory  
Spectators welcome**

**Exams done after  
you return home!**

**Safe travel destination  
We can meet you**

**Bring a friend for free\***

**Enjoy celebrity question  
& answer access**

**We're here to help!**

**Contact Andrea Mcelroy  
[isrbinfo@gmail.com](mailto:isrbinfo@gmail.com)**



Teacher Training

# Level Two

**Before you come...**

- It is HIGHLY recommended that you refresh your Level 1 before attempting Level 2 exams, which is why your Level 1 is **FREE** if you are doing Level 2 examinations, making it very inexpensive!
- **Get travel insurance.** We all know about medical in the USA, but what happens if you pay for your course, hotel and airfare, and then you can't come. **Insurance is a must!**

**25%**  
Discount prior to  
Aug 15, 2015

**Day One** - 20 Oct, 2015

## What is in Level Two?

- Level one is about walk-trot-canter. All the biomechanics, seat and posture you will need to coach the techniques that will keep Level 1 riders safe, secure and successful in the show ring if they chose. It's the level of a Bachelor's Degree, so it is a lot of study to pass, but it's so fascinating and easy, we make it FUN!
- Level 2, the Master's Level, is even more FUN! This is where the action starts to happen: the rider is starting to jump quite well, out there competing, and the real difference in the horse is **engagement**. For the first time the horse is starting to engage, to sit down, to carry more weight behind so they can jump higher, slide lower, spin faster, and pirouette with the correct number of steps, not just flop around on the forehand.
- Learn all the movements at this level: serpentines, rein-back, shoulder-in, travers, renvers, half pass, pirouettes, flying changes and jumping position, step by step, from the very beginning.

## Theory

- To teach at a high level, you need all the theory behind it. We have an enormous recommended reading list and free material to help you get started in advance.
- Today we will look at all the theory from shoulder in right through to flying changes and all the movements in between at this level before we prepare the horse and pupil for Level 3.
- You will soon become confident to ask questions and feel in a real TRAINING environment - helping you with any holes, and respecting your existing knowledge at this level.

*All Welcome!*

No pre-requisites, anyone welcome.

- No exams! If you chose to do exams (not mandatory) you can do them anytime within 1 year of the course.
- We welcome Level 2 candidates to come to other clinics as assistants, for free, to help with their training.

**Examinees: Bring a friend for FREE!**

**Save \$1365**  
*places limited*

# Level 2: Day Two - 21 Oct, 2015

## Morning CLASSROOM

### Session Two Loops & Serpentines

Loops & serpentines - the straightening exercises are so vital right now as we introduce tracers. Tracers can make horses go quarters in and STAY THERE! And loops & serpentines are the way to fix it!

What seems relatively easy, is certainly not, which is why serpentines are done at the very highest level. Learn some amazing tricks to get the walk into the middle of the canter *instantly* and without fuss, and learn the higher levels Loops and Serpentine and what can go right, and wrong in these amazing movements.

## Afternoon ARENA - with demo horses

### Session 3 Shoulder In

Shoulder-in is an ancient movement first documented by the French to ask the horse to "sit". Apart from riding down hill, this is the first time we're asking the horse to overweight the hind quarters. Find out why this movement is so important and could help the race horse, reiner or Pony Club rider alike. Learn the exact biomechanics, step by step for this vitally important movement. Find out why it is **not** done in walk and canter or working or extended trot.

### Session 4 Travers & Renvers

Renvers was taken out of the tests for many years, and for some pretty good reasons. But, we have seen the error of our ways omitting it from our training, only doing tracers. Renvers has some "special attributes" most people won't know about.

Learn about the order: why shoulder in before tracers, why tracers before renvers, and why all of this before the walk pirouette and then half pass and flying changes....why that order?

We will go through every single part of these movements, step by step so you know exactly what every part of the rider's body should do, and its affect on the horse when it goes wrong.

Learn how to literally "float" without force, without effort and the real REASONS why we do these movements in the first place!

**Spectators: Bring  
a friend for FREE!**

**Save \$600**

*places limited*

# Level 2: Day Three - 22 Oct, 2015

## Morning CLASSROOM

### Session One Pirouettes & Spins

Walk and canter pirouettes are one of the most sought-after movements from riders. Learn how to teach every aspect of both pirouette and the booming sport of reining with their spins.

Why the pirouette has bend, and why the spin doesn't, and how to teach BOTH to riders.

How pirouettes can improve the performance of all horse sports, and how spins can teach that lazy horse too FLY!

### Session Two Half Pass

Shoulder in, travers & pirouettes combine to create the magnificent half pass movement. Why is this movement in the test, what does it do for the horse? Learn every single part of the rider's position for this movement.

## Afternoon ARENA - with demo horses

### Session Three Flying Changes

Learn at least 10 ways to teach flying changes. And, why we would teach one method to an Andalusian, and perhaps something different to a Percheron.

Not just one way, but at least 10 fantastic ways to teach flying changes! And know every single little piece to the rider's seat & position, what the hands do, what the legs do, what the seat does, where the balance goes, and how to sit in a different position for each different way of training a change.

Flying changes, *finally*, made simple. Now you can finally give your pupils changes *in a flash!*

### Session Four Jumping Position

Although we do touch on poles, advanced exercises and some basic distances in the Level 1 course, the Level 2 course is where we really start to understand exact distances, course building, and teaching seat, position & balance for jumping. Different positions for jumping uphill, jumping downhill, jumps that "flatten", jumps that "shorten", and changing number of strides.

Go home really and truly CONFIDENT to really be able to teach jumping at this level.

*Final*Day

Help support the Deanne McRae Scholarships. Come to our....

# 2015 Gala Supper Ball

## & Awards Night

- Coach of the Year
- Rider of the Year
- Horse of the Year
- Scholarship Winners
- Junior & Community Awards
- Announcement of the 2016 Board

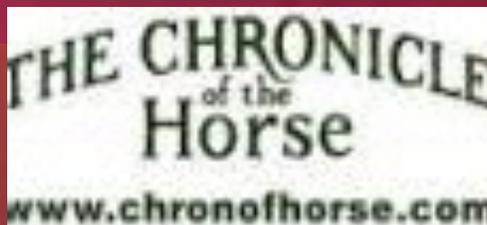
**SATURDAY OCTOBER 24, 2015**

**7:00PM**

**LEXINGTON, KENTUCKY**

**Formal Ball Gowns & Tuxedos**

*Thank you to...*



# Luis Lucio

Dressage Master

**Lightness**

**Balance**

**Piaffe/Passage Master**

**L1 & 2 Spectators  
& Coaches  
Spectate for FREE**

**October  
23-25, 2015**

Hosted by the  
International Society of Rider Biomechanics  
2015 Kentucky Symposium

**Lessons Available**  
All levels welcome!

**Two Time Olympian**

Two-time Olympian:  
Atlanta & Sydney

**Dressage Federation**

Dressage Director of the Official  
Spanish Equestrian Federation

**FEI Board Member**

A true world honor to be  
elected to the FEI Board



Throughout the event you will  
see the team from  
**RED EYE PRODUCTIONS**  
filming presentations & lessons

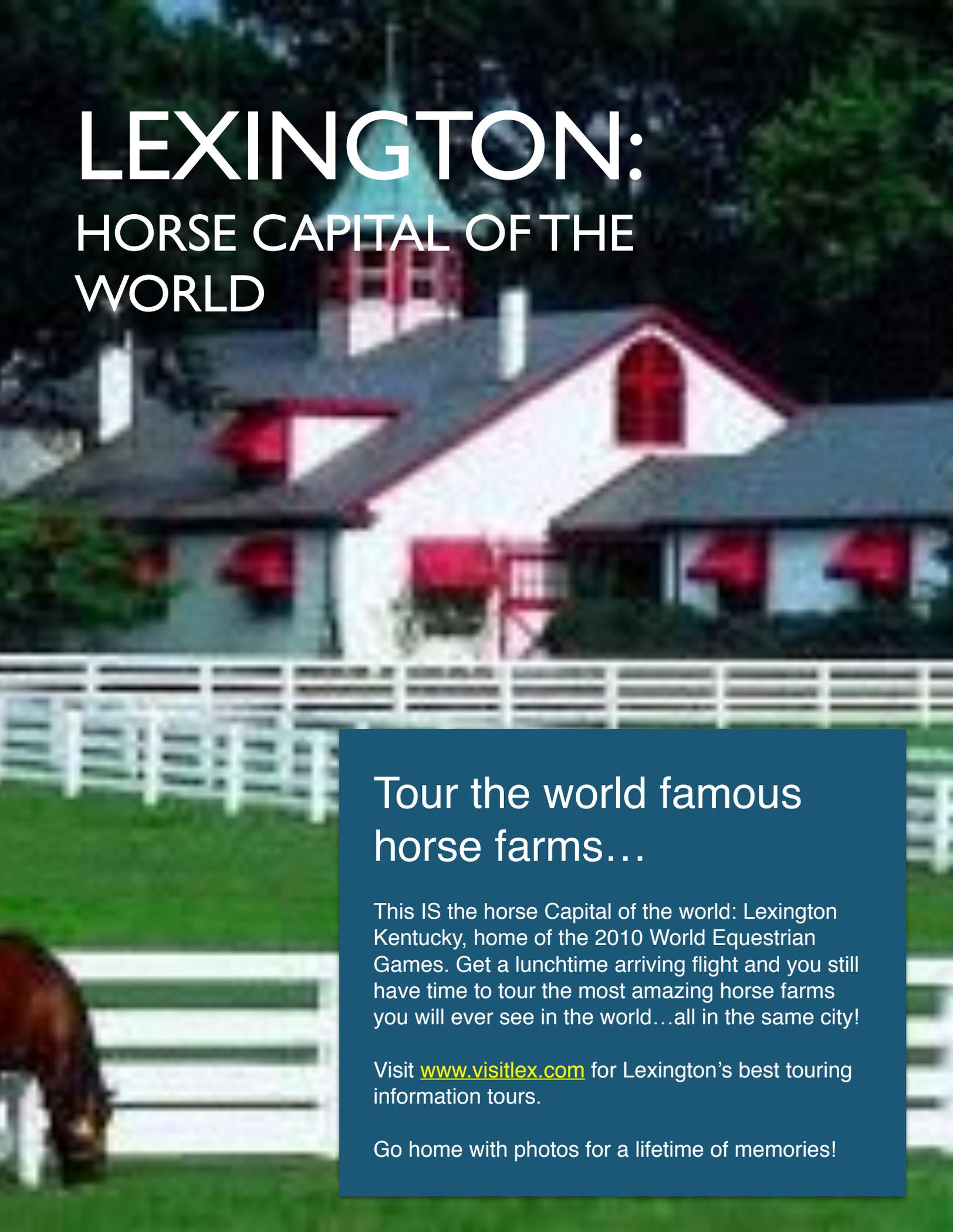
**Available for sale**

# *Video Production*

Entire Event \$225  
Luis Lucio Clinic Only \$75



**As this event is professionally filmed  
VIDEOS NOT PERMITTED  
However, still photography is  
highly encouraged**



# LEXINGTON: HORSE CAPITAL OF THE WORLD

Tour the world famous  
horse farms...

This IS the horse Capital of the world: Lexington Kentucky, home of the 2010 World Equestrian Games. Get a lunchtime arriving flight and you still have time to tour the most amazing horse farms you will ever see in the world...all in the same city!

Visit [www.visitlex.com](http://www.visitlex.com) for Lexington's best touring information tours.

Go home with photos for a lifetime of memories!

SEAT

POSITION

BALANCE

SAFETY

PERFORMANCE

# COSTS

OFFICIAL 2015 TEACHER TRAINING

**25%**  
Discount prior to  
Aug 15, 2015

DATE	ITINERARY	DISCOUNTS UNTIL AUGUST 15, 2015
Teacher Training Level One Oct 15 - 19	Examinees Auditor/Spectator Level 2 Examinees	Examinees - US \$1845 Auditor/Spectator-\$200/day Free to re-do & refresh your course
Ride to Music Mon Night Oct 19	Examinees & Normal Concessions Spectators, Guests, Friends	FREE \$30 Incl light supper & lecture/workshop
Teacher Training Level Two Oct 20 -22	Level 2 Examinees Auditor/Spectators Level 1 Examinees	\$1365 \$200/day FREE to spectate
	<b>SPECIAL</b> - Level 1 SPECTATORS: Spectate Level 2 for FREE - but due to HIGHLY LIMITED PLACES must register before August 15 2015 for a free place	
Luis Lucio Clinic Oct 23-25	Full Clinic Auditing/Spectating Stabling Light lunch , tea, coffee, snacks Pro- fessional Video - Red Eye Productions	\$550 \$45/day \$30/day \$20 /day \$75
	<b>SPECIAL</b> - Level 1 Spectators & Coaches. Spectate Luis Lucio Clinic for FREE - but due to HIGHLY LIMITED PLACES must register before August 15 2015 for a free place	
Gala Ball Sat Oct 24, 2015		L1 & L2 Examinees - Free Spectators/Guests - \$50 each

## Payment Plans Available

Prices WILL increase closer to booking times...so hurry and grab the best discounts. Payment plans are available. It is absolutely essential to get TRAVEL INSURANCE to protect yourself against cancellations, medical and any unforeseen loss of any kind, especially when traveling to the USA & high medical costs.



**Clarion Hotel**  
LEXINGTON

*Stay at the*

*Host Hotel*

The Clarion Hotel has again been chosen in Lexington, Kentucky as the host hotel.

There are many hotels in Lexington, however especially for the evening of the Gala Ball, we do ask that you try to stay at the host hotel if possible as it is very central, you will be able to join in every event held at the hotel, and we have negotiated the very best rates for you - and if you are right there with the rest of us, we can help you with everything you need!

All attendees wanting a room at Clarion will need to call USA +! (888) 390-4918 and ask for the \$89 International Society of Rider Biomechanics rate, or contact Scott Hait Email: [shait@clarionhotellx.com](mailto:shait@clarionhotellx.com)

*Share a room?*

SHARE A ROOM...Want to reduce cost, meet a great new contact and share a room together? Email Andrea McElroy [isrbinfo@gmail.com](mailto:isrbinfo@gmail.com) we will do our best to team you up with a room-mate

Free Hot Breakfast Buffet  
Indoor Pool - Whirlpool Spa - Fitness Center - Sauna  
Video Arcade - Indoor Basketball - Table Tennis - Horseshoes  
Sports Page Bourbon Bar & Grill plus Cortland's Southern Kitchen  
Pet-friendly Accommodations  
Complimentary Shuttle to LEX airport  
Complimentary for even the largest horse vehicles  
Business Center: Computers, Printers, Copier and Fax Machine  
Complimentary Newspaper  
Dry Cleaning & Laundry Service Plus Coin Operated Laundry  
ATM

#### **In-Room Amenities**

Flat Screen with Satellite  
Coffeemaker  
Complimentary Wi-Fi  
Iron and Ironing board  
Non-smoking Rooms  
Voicemail  
Wake-up Calls

<http://www.clarionhotellx.com/>

