

*Enjoy riding across country  
(and everywhere else)  
at Cheski Brown's  
"Yes I Can Do It Clinic"  
Taupo NEC 17th, 18th, 19th September.*

Cheski Brown has a wealth of practical experience with horses. Her clinics offer riders the benefit of her knowledge helping them understand the way horses think and react, so they are always thinking "How can I make it easier for me and my horse to travel smoothly?".

Cheski said: "With people finding it difficult and worrying to ride in open spaces, I am keen to help people arm themselves with the skills to have fun and feel safe while riding **across** country.

"Learning how your horse thinks, and being ready through your balance, for every unexpected eventuality, are two vital ingredients that are critical to the success of all levels of riding but particularly across-country riding. It's that understanding that I endeavour to develop in my clinics."

The clinic at the Taupo Equestrian Centre over the weekend of 17<sup>th</sup>, 18<sup>th</sup> 19<sup>th</sup> September will be tailored to suit riders of **all levels** of experience and confidence.


To take part both horse and rider should be fit and the horse should be in regular work or the rider must be confident that the horse is not going to be alarmingly exuberant when cantering in an open space. Each clinic will start with a session working in controlled circumstances with poles and stands before heading out onto the open areas of the cross-country course.

This clinic is another in the series of popular "I Can Do It Clinics". Cheski and Abderry are committed to helping horses and riders in happy and safe situations.

*Book yourself a spot & find out how to  
**JUST DO IT!**  
\$65 per session\* or \$180 for 3 sessions\*  
\* = Plus Ground, Yard & Camping Fees*

**WHEN:** 17th, 18th, 19th SEPTEMBER  
(Fri, Sat & Sun) 90 min sessions

**WHERE:** National Equestrian Centre TAUPO

*www.* [www.abderry.co.nz](http://www.abderry.co.nz)  
 09 23 63 867

# *Content for “Yes I Can Do It Clinic”*

## *Taupo NEC 17th, 18th, 19th September.*

**Positive training** - Cheski has three across country 'ons' to emphasise the priorities that need to be established before riding in the open. These are: "Get On", "Stick On" and "Kick On". By keeping things simple, we'll focus on across-country training and planning, to reduce the risks you take.

The sessions will progress at a pace to suit your individual needs. At first we will establish your personal comfort zone. You'll work on balance, rhythm position, steering and control in circumstances that reinforce your confidence levels before moving out onto the wonderful NEC Taupo wide open country.

Making it easy for you & your horse means that you will be jumping in the open when **YOU** are ready. Cheski is very aware of how fragile confidence can be so you won't move up a level until it's appropriate.

The clinic is being run over three days with "the degree of difficulty" naturally progressing through "Get On", "Stick On" and "Kick On". Ideally participants will be able to attend all three days but this is not essential. The height of the obstacles will be decided by you and can be from 10cm height upwards.

### **“Get On” (and Just Do It)**

- We'll discuss the importance of fitness for you (the rider athlete) and your horse so that you can get on again & again. Yesterday, today, tomorrow and the next day, rather than your horse and possibly your having to stay at home nursing stiffness, wounds or a loss of confidence.
- We'll talk about fear. There is no sane person who is totally fearless. Fear is a basic human mechanism designed to place safety limits on what we do, so there is no need to be embarrassed.
- We will work, so that at every stage, you practice good quality work until it feels natural & smooth.

### **“Stick On”**

- You'll work on riding in the jumping position (two point) to give you a strong and secure lower leg and increased confidence in your stability.
- There'll be work on some 'fifth-leg training' for your horse and 'second nature' safety positions for you to stay in the saddle. So both you and your horse are encouraged to develop a strong instinct for self preservation by re-balancing and calmly travelling through any inconsistent strides.

### **“Kick On”**

- We'll work on your paces to shorten and lengthen your horse's stride whenever you need to. This is essential for effective across-country riding.
- Practice giving your horse more freedom of rein. We spend lots of time trying to get our horses on the bit and then keeping them there. For across-country riding you need to let him go so you'll work on the importance of allowing him to travel, and not restricting him as a constantly coiled spring.

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