

# THE CENTAUR

## Tai Chi For the Equestrian? Unique Clinic Links Equines & Far East Fitness

We all know that our horses mirror us – their riders. The degree to which they mirror us depends upon each horse's personality. Some are tolerant, stoic and forgiving. Others are hypersensitive, intolerant and unforgiving. Many horse's personalities come somewhere in the middle of this range. Still all horses appreciate us riding softly with body control, in balance without tension, and in motion with them while influencing their movement.

The weekend of June 30th and July 1st riders and auditors gathered at Liberty Farms in Larkspur, Colorado, for James Shaw's "Tai Chi for the Equestrian" Clinic. Some riders had studied with James for several years and knew that this clinic would help them polish their riding with subtle, effective Tai Chi principles put into practice. The rest of us arrived intrigued and ready for a new adventure in riding. We included dressage, western, event and trail riders. James' lessons applied to all of us.

This adventure focused on us – the riders – and showed us how we can make riding much more pleasant for our horses. And yes, in the afternoon mounted session horse after horse relaxed, stretched and lifted their backs in thanks.

Each morning auditors and riders assembled in the arena for a two (plus) hour session of ground work learning the principles of Tai Chi and some basic Tai Chi exercises. James is a "teacher" and often continues beyond scheduled times. His focus was on us, his students.

Since Tai Chi is an ancient martial art, the exercises are done while standing – a format that works very well in an arena floored with sand and rubber. First, James showed us how to align our bodies by aligning our bones and then we practiced the most basic principle of Tai Chi – and of living – breathing. By breathing deeply into our backs and bellies, we focused and released tension.

Since I have *(continued on page 2)*

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## Spurs – Aids or Weapons?

Many see spurs as a dangerous aid. Others see them as essential tools. In truth, they can be both: it all depends on why and how they are used. Let's look at the different uses of spurs, who should use them and how.

### **Are you ready to wear spurs?**

If you can keep your legs quiet and your heels down, you probably are. Your seat needs to be independent, which means you do not need to squeeze with your calves to keep yourself stable. If your horse bucks and you close your leg, you might be in trouble. Spurs tend to aggravate a bucking horse. You should be able to ride your horse in all gaits without spurs before considering using them.

### **Which spur is right for me and my horse?**

There is no universal rule, but generally a rider with a long leg and a small horse will need a longer spur, possibly a swan neck to reach his horse. Conversely a rider with a big horse and short legs might get away



*Spurs with interchangeable bits.*

with a smaller spur shank. If you have a long leg, a short spur can put you in danger of pulling up your heel and therefore compromising your position.

If you want to find out if you are touching your horse in the right spot consider the following ideas:

*Mark the end of your spurs with crayon,*

by Simone Windeler

*ride and check where you left colored marks on your horse.*

*Have a friend videotape your ride and review your use of the spur.*

Very sensitive horses often do better with a dull, rounded-end spur rather than a spur that has rowels.

### **How do I correctly fit spurs to my boots?**

The spur should be parallel to the sole of your boot and affixed with a nylon or leather strap about mid-heel.

### **What does the spur do?**

Ideally, a spur supports your leg aid and allows you to set a precise impulse. Spurs cause a horse to contract his muscles and are similar to the tickle of a fly. That in turn triggers the respective hind leg to lift. A spur therefore is a collecting - not a forward driving - aid.

In the words of Gustav Steinbrecht (1808 – 1885): "Without a spur a rider cannot change the *(continued on page 10)*

Tai Chi (cont. from pg. 1)

only two days exposure to Tai Chi, at this point I'd like to recommend James Shaw's book *Ride from Within: Use Tai Chi Principles to Awaken your Natural Balance and Rhythm* for an accurate explanation of Tai Chi principles and exercises. Articles on his website [www.shawtaichi.com](http://www.shawtaichi.com) also explain Tai Chi principles.

We practiced basic Tai Chi exercises incorporating breathing, stretching, releasing energy and focusing on our bodies. The exercises were appropriate for everyone regardless of age, athleticism or riding ability. I highly recommend the ground work sessions even if you cannot bring a horse with you.

After a quick lunch in the Liberty's breezy aisle, the morning's lessons continued on horseback. Again, the emphasis was on breathing deeply and rhythmically. Then each rider was asked to describe the size of their seat bones and then to balance their seat bones by breathing into their belly. Feeling the movement of the hind legs - the horse's engine - came next. Riders practiced using their breath to regulate rhythm and to halt their horses. They also practiced using their breath to influence the weight on their



*Practitioners of Tai Chi say the exercises aid in stress reduction, fitness and relaxation.*

seat bones.

Saturday James had each rider practice the Tai Chi principles and mounted exercises at the walk. With each rider, the progression was from the awareness of breath and position of the seat bones to rhythm of breath and finally using breathing as the

tool to make a change.

After Sunday morning's two-plus hours of ground exercises, James helped riders use their breath and seat bone alignment to improve the rhythm of the posting trot. He emphasized the subtle but correct weighting of the inside seat bone and the releasing of tension - especially in the lower back. Changes in the riders changed their horses' movement.

Both riders and auditors left with homework. Although I did not ride in the clinic, my persnickety little horse has approved my practice of the assigned homework exercises. Since this summer we've been exercising foxhounds, the breathing exercises have been especially effective in establishing rhythm cross country.

James Shaw's next Tai Chi for the Equestrian clinic is scheduled for September 8th and 9th at Liberty Farms, Larkspur (east of I-25). For information e-mail [Pammmarks6@aol.com](mailto:Pammmarks6@aol.com) or [laura\\_ackerman@hotmail.com](mailto:laura_ackerman@hotmail.com) or call Laura at (719) 487-8234.

*A member of RMDS since 1974, Karen Shipper was RMDS secretary and newsletter editor in the late '70's when RMDS had less than a 100 members and no chapters. She lives near Kiowa, Colorado.*

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# Andria Allen

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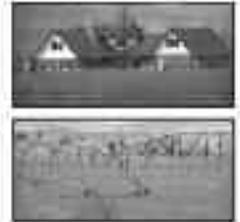
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Secretary.....	Alex Curnutte	303-663-0358	curnuttes@msn.com
Treasurer.....	Lisa Wiggins	303-598-3619	Lisawiggins1@aol.com

## PERMANENT COMMITTEES

Adult Amateur.....	Brenda Haley	719-275-0118	shininghorse@copper.net
Awards.....	Barb Goldman		boelandjarb@hotmail.com
Results.....	RMDS Central Office	720-890-7825	rmds@rmds.org
Championship Show.....	Debbie Wilke	303-646-8937	ddwilke@concentric.net
Communications.....	Nicole Bizzarro	303-939-0110	nicoleb@burkedes.com
Centaur Production.....	Gavin Ehringer	719-471-8764	gavinehringer@earthlink.net
Omnibus Production.....	Burke Design-Nicole Bizzarro	303-939-0110	nicoleb@burkedes.com
RMDS Central Office.....	Beth Geier	720-890-7825	rmds@rmds.org
Webmaster.....	Michael Petersen	719-683-8435	webmaster@rmds.org
Education.....	Heather Petersen	719-683-8435	slush@drgw.net
Junior/Young Rider.....	Susan Rudman	303-697-8528	sewrunred@msn.com
Junior Camp.....	Hollee Price	720-275-8311	Hollee24k@comcast.net
Membership.....	RMDS Central Office	720-890-7825	rmds@rmds.org
Registration Officials.....	RMDS Central Office	720-890-7825	rmds@rmds.org
& Show Standards			
Scheduling & Insurance.....	RMDS Central Office	720-890-7825	rmds@rmds.org
Scholarship.....	Kathy King Johnson	303-494-0905	kathykingjohnson@uswest.net

## CHAPTER PRESIDENTS

Arkansas Valley.....	Cat Siemiet	719-942-5311	catsbarn@piopec.net
Boulder Valley.....	Claudia Barkmeier	303-417-1675	cbarkmeier@rwbaird.com
Colorado Springs.....	Simone Windeler	719-540-2000	wjsimone@msn.com
Foothills.....	Kathy King Johnson	303-494-0905	kathykingjohnson@uswest.net
Grand Valley.....	Tiger Adams	970-523-7464	tiger@thehorseinsport.com
High Plains.....	Alex Curnutte	303-663-0358	curnuttes@msn.com
Northern Colorado.....	Laura Speer	970-378-7573	riversidestables_evans@yahoo.com
Penrose.....	Marlene Coonradt	719-372-3864	mrcoonradt@bresnan.net
Tri State.....	Tammy Fagan	307-856-5451	tfagan@wyoming.com
Western Colorado.....	Judith Family	970-923-8832	dns@rof.net

## GOVERNING BODIES

RMDS is a USDF Group Member Organization.

RMDS members are automatically USDF Group Members.

United States Dressage Federation (USDF)  
4051 Iron Works Pkwy. Lexington, KY 40511  
859-971-2277

RMDS Central Office: [rmds@rmds.org](mailto:rmds@rmds.org)  
2942 Park Lake Drive  
Boulder, CO 80301  
Phone: 720-890-7825

US Equestrian Federation (USEF)  
4047 Iron Works Pkwy. Lexington, KY 40511  
859-258-2472

USDF Region 5 Director  
Theresa L. Hunt  
[hunterry@mindspring.com](mailto:hunterry@mindspring.com)

Federation Equestre Internationale (FEI)  
Ave. Mon Repos 24, PO Box 157  
1000 Lausanne 5, Switzerland  
41 21 310 47 47

USDF YR Rep: Tammy Fitch, [tfitch@lcfsystems.com](mailto:tfitch@lcfsystems.com)

USDF Youth Coordinator: Julie Barringer-Richers, 720-341-5033 [jbarringerichers@comcast.net](mailto:jbarringerichers@comcast.net)

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### RMDS Meeting Schedules RMDS Executive Board

All RMDS Executive Board meetings occur on the second Thursday of every odd-numbered month. Steering committee meetings are held on the second Monday of every even-numbered month. Board of Governor's meeting is held the second Saturday of Nov. Contact the Central Office for precise dates.

#### RMDS CHAPTER MEETING SCHEDULE

**Arkansas Valley** TBD  
Cat Siemiet 719-942-5311  
catsbarn@aol.com

**Boulder Valley**, 2nd Mon., even months  
Claudia Barkmeier 303-417-1675  
cbarkmeier@rwbaird.com

**Colorado Springs**, 3rd Tues, location TBD. (Check CSDressage.org website).  
Simone Windeler 719-540-2000 wjsimone@msn.com

**Foothills**, 2nd Wed. each month.  
Kathy King Johnson 303-494-0905  
kathykingjohnson@uswest.net

**Grand Valley**, 1st Tues. each month, location TBD.  
Tiger Adams, 970-523-7464  
tiger@thehorseinsport.com

**High Plains**, 3rd Tues. each month, 7 pm, location TBD.  
Alex Curnutte 303-663-0358  
curnuttes@msn.com

**Northern Colo.**, 3rd Tues. each month, location TBD.  
Laura Speer 970-378-7573  
riversidestables\_evans@yahoo.com

**Penrose**, 1st Wed, each month, location TBD.  
Marlene Coonradt 719-372-3864  
mrcoonradt@bresnan.net

**Tri State**, TBA,  
Tammy Fagan 307-856-5451 tfa-  
gan@wyoming.com

**Western Colorado**, Judith Family,  
970-923-8832 dns@rof.net

### 2007 OMNIBUS CORRECTIONS

A-9 Correct zip for USDF is 40511

C-14 Junior Tests-Junior Individual can be used to qualify for 4th level Great American/USDF Regional Championships  
Young Rider Test-YR Team Test is equivalent to 4th level not Prix St Georges

C-29 Boulder Valley So Long to Summer **September 2**  
Judge: KC Parkins-Kyle "L"  
Cancel the September 1 schooling show

C-43 Foothills-Last Chance Show-Mail Entries to:  
Heather Petersen - 12395 Gull Lane - Peyton, CO 80831  
Email: slush@rgw.net

*Past issues of the Centaur may be found at our website: [www.rmids.org](http://www.rmids.org)*

#### Attention Competition Managers, Secretaries & Contacts:

Due to the addition of the Opportunity classes to the USEF Rule Book, the USEF Non-Member Statement was changed effective 04/01/2007. Please make sure you incorporate this change when you create your prize list. Life, senior active and junior active members shall be eligible to participate in all classes at Regular Competitions, Eventing Competitions at the Preliminary Level or above and Combined Driving Competitions at the Advanced Level, Dressage, Reining and Vaulting Competitions and Endurance Rides provided the respective breed/discipline dues or breed/discipline category fee has been paid. A nonmember may participate as a handler, rider, driver, owner, lessee, agent, coach or trainer at Regular Competitions, Eventing Competitions, Dressage Competitions, Reining Competitions and Combined Driving Competitions upon payment of a \$20 nonmember registration fee and a \$5 breed/discipline category fee for each breed/discipline. Participants in the following classes are exempted from the Requirements of this rule: 1) leadline; 2) exhibitions; 3) games and races; 4) classes for 4-H members; 5) walk trot and academy classes (academy classes are classes limited to horses used regularly in a lesson program); 6) USDF introductory level tests, pas de deux and quadrille classes; 7) NRHA Endorsed Reining Competitions; 8) Opportunity classes. 9) citizens of other nations who have proof, in English, of current membership in good standing of their own National Federation, 10) USEA beginner novice division; and 11) assistant handlers in Dressage Sport Horse Breeding classes.

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# Editor's Page

*From the desk of RMDS President Jane McBride...*

Dear Members,

I would like you to think about the Board of Governor's (BOG) meeting and the Awards Banquet coming up in November. The BOG is where we discuss and propose changes to the laws that govern RMDS. It is also where the new officers for the club are nominated and elected. So, each member has an interest in seeing that this meeting is productive and moves RMDS in the direction the members want it to go. Please consider being a delegate from your chapter. Just let your chapter president know that you are willing go and be a representative.

The Awards Banquet follows the BOG meeting and is a PARTY. Here we have the opportunity to get together to visit and cel-

brate member's accomplishments. The Banquet is hosted this year by the Northern Colorado chapter. I've heard about some of their party plans and I'm really looking forward to it.

The board met at a special meeting in August to discuss the accounting review. Just like everything else connected with our horses, RMDS's costs have increased. Expenses have gone up, from postage to necessary services. *The Centaur* and the *Omnibus* are our main concerns. A non-profit organization doesn't need to make money, but it shouldn't lose money either. An organization won't be around very long if it continually operates in the red. Your board is working hard to make sure RMDS gives its members a good value while re-

maining solvent. Please let us know your ideas. You can do this through your chapter president, attending the BOG in November, or by contacting any of the board members.

I hope to see everyone at Championships this year. To have a successful show we need your support through either volunteering or participating as a rider. The silent auction also needs donated items. Let us know when, where and how you would like to help.

Happy Riding.

Thanks,  
Jane McBride

## *Region 5 Message with Theresa Hunt*

I am very proud of our FEI Junior and Young Rider teams this year for their sportsmanship. Three of our young rider team horses had health issues and I congratulate these team members for making decisions in favor of their horses' well being. Although, we earned no medals this year at the North American Junior and Young Rider Championships held in Virginia this year, our riders are winners. As the saying goes, it's not if you win or lose, it's how you play the game, and our team members were great! Ellie Stine Masek, our Chef d'Equip, and Tammy Fitch, FEI Jr/Yr Coordinator, guided our Junior and Young Rider teams in this international competition. You can find complete results at [www.youngriders.org](http://www.youngriders.org), and I am hoping to have articles and pictures on the region 5 web site ([www.usdfregion5.org](http://www.usdfregion5.org)) as well as in GMO newsletters soon. It really has been a team effort from the shows that hosted NAYRC Qualifying classes, to all the effort of the riders, horse owners, parents, silent auction contributors, and supporters throughout our region. Thank you all! Next year the competition will be at Colorado Horse Park, so we will have the homefield advantage.

We received 25 applications and videos for the USDF Adult Clinic with Jane Savoie on October 13-14 in Fort Collins. Sarah Martin, Kay Lorenzen, and myself selected the horse and rider combinations for the clinic with the goal of having different levels and types of horses for the clinic. Jane Savoie is a wonderful motivational speaker and accomplished rider. I attended one of her symposiums and it was inspiring. She autographed her book, **That Winning Feeling**, with "If you can dream it, you can do it." For more information on the clinic, go to [www.usdf.org](http://www.usdf.org) or contact the RMDS office.

Our regional championships are also coming up September 27-30 at Colorado Horse Park. Contact Heather Petersen [slush@drwg.net](mailto:slush@drwg.net) for more information or go to the USDF web site.

Stay Cool and Happy Riding!  
Theresa Hunt  
Region 5 Director

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# Chapter News

## High Plains Chapter

Those of us at High Plains would like to thank all the great volunteers whom came out and helped at our High Plains Dressage Show and Clinic at the Colorado Horse Park in June. It was a great success and we got lots of positive feedback. This show would not have been possible without the wonderful effort of all the volunteers. Sharon Soos, our chapter VP and first time show secretary did a terrific job. Thank you Sharon! Also, a big thank you to Sharon's husband Pete for supporting Sharon and pitching in to help. The Sharon Schneidman clinic was a great success. Thank you,, Sharon, for participating. To ALL the scribes, ring stewards and scorers, THANK YOU! We absolutely could not have done it without you! One last thank you, to Linda Olsen Gross, for jumping in and judging at the last minute when the other judge had an emergency at home.

The September 21st meeting will be in Parker at Jocks and Jill's at 6:30 pm. The agenda is quite large. Items to be discussed are:

- High Plains Show for 2008 at CHP
- Rocky Mountain Horse Expo Booth
- Officer Elections for 2008

- By-Law review for chapter
- Delegates for BOG Nov. 08

Please try and attend this meeting. We need all your support and effort to continue to grow and solidify the chapter. As always, we would encourage others to step up to the officer positions in the chapter. The more support we have the better the officers are able to represent the entire membership. These meetings are a time to evaluate the current state of the chapter and how the members would like to see it proceed.

As always, feel free to contact the current officers with any concerns/wishes or what not at any time.

*Alexandra Curnutte, High Plains President, curnuttes@msn.com*

## Boulder Valley Chapter

September is here and many of us are gearing up for Championships. As we come into the last quarter of the year there are several things to keep in mind. In order to be eligible for Boulder Valley year end awards you must have logged four volunteer hours or attended two meetings. Our next meeting will be on Monday, October 8 at 6:30, check the website or the postcard

you will receive in the mail for the location. If you are looking for volunteer opportunities, please consider the following options:

Boulder Valley Dressage will have spaces for ten delegates to attend the annual RMDS Board of Governors meeting. This year the meeting will be held at the Greeley Country Club on Saturday, November 10. If you would like to attend please contact me for further details. It is an all day event (we will feed you lunch!) followed by the annual awards banquet.

Glenda Needles will be organizing the Boulder Valley Dressage Awards Banquet and Silent Auction again this year. She can be contacted at pinsand@aol.com.

In 2008 we will be looking for Show Managers for both of our shows. Barb Newman has graciously agreed to be the Show Secretary. The Show Manager position does require an all day commitment the day of the show, however please be assured that you will have experienced guidance along the way and many of the pre-planning details have already been taken care of. This is an excellent opportunity to see the inner workings of a show, get to know great people and hone some of those perhaps under-used organiza- (cont. on page 15).



## Ralf Schmitzer Clinic

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This 85-acre farm, located in NW Longmont, abuts a 400-acre Conservation Easement to the West and has adjudicated irrigation rights to the Highland Ditch, which runs through the property all year. A quaint 600 sq. ft. farmhouse adds charm to the locale but it is zoned for a 1600 sq. ft. above-grade residence, with a full basement.

\$599,000 | MLS# 537575



## LUXURY EXECUTIVE HOME

Magnificent 6 bed, 8 bath executive home on 8 acres, quietly located but central to cities and highways. Includes a horse barn and numerous family recreational facilities. High end finishes and private living spaces.

\$2,250,000 | MLS# 621676



## FAIRFIELD FARM

Enjoy town and country at this 36-acre parcel with a 7000 sq. ft., 6 bed, 7 bath home, off Baseline Road, just east of 75th. The house is privately set and well screened by evergreen trees. It also includes a 6-stall barn and fully fenced pastures.

\$3,250,000 | MLS# 627827

www.kirealty.net | 1531 Broadway, Boulder, CO 80302 | 303.444.3177

# The KL Team

# BOULDER'S INDEPENDENT REAL ESTATE BROKER



### 5 ACRE HORSE FACILITY

5 acres in Broomfield with a 76'x170' indoor arena, 10-stall barn, loafing sheds, turnout and arenas and a wonderful 1386 sq ft apartment above the barn. Ideal for a training/boarding facility in a populous location.

\$1,050,000 | MLS# 542386



### EQUESTRIAN ACADEMY

This 30-acre riding academy is conveniently located for a huge market and presents a rare opportunity for an investor. The equine facilities include two barns with eighteen stalls, loafing sheds, an apartment, 2 outdoor arenas and hay storage.

\$1,995,000 | MLS# 509254



### AUTHENTIC BOULDER VALLEY FARMHOUSE

Owners must sell! Beautifully sited, traditional farmhouse, conveniently located in Boulder Valley on 29 acres of sub-irrigated pastures. Includes 2 barns with 14 stalls and outdoor arena.

\$1,340,000 | MLS# 491764



### FANTASTIC LONGMONT LOCATION

Enjoy views of the Rockies and Gaynor Lake from this 5600 sq. ft., 4 bed, 4 bath home on 2 acres. Extensive landscaping, herb and flower gardens, and an inviting entryway with a large porch create an elegant and serene environment.

\$1,225,000 | MLS# 489438



### WELD COUNTY COUNTRY RANCH

Almost 20 acres in the Weld County Corridor! With 2 decks, mature trees, a pond, and water rights, this home also features extensive horse facilities with a 12-stall barn & office, 5 paddocks, and 2 arenas.

\$865,000 | MLS# 519829



### ECLECTIC MOUNTAIN HOME

Bordering Roosevelt National Forest, this amazing 5.38-acre property features a four level home, state-of-the-art horse barn, detached garage & apartment, access to mountain trails, and complete privacy.

\$775,000 | MLS# 529348



### PARADISE VALLEY

Custom home on 3+ acre landscaped lot with mountain and lake views, 5 bedrooms, 5 baths, office, and theater room. Equestrian facilities include a luxury 4-stall barn, arena and more.

\$199,000 | MLS# 528974



### UPSCALE RURAL NEIGHBORHOOD

The charming 5 bedroom, 2 bath, wood frame and brick house, features a remodeled kitchen, a living room with moss-rock fireplace, and gorgeous mountain and meadow views.

\$950,000 | MLS# 501247



### COUNTRY LIVING

Level 2.5 acre lot with plenty of space for animals. This 4 bed, 2 bath home comes with a beautiful year-round pond surrounded by trees, creating a tranquil and inviting environment to unwind.

\$470,000 | MLS# 531871



### MOUNTAIN ESCAPE

Panoramic views of the Continental Divide set the tone for this custom 5,036 sq. ft., 4 bed, 3 bath home with solar panels. Set on 122 acres of pine forests, aspen groves, trails, and peaceful meadows.

\$2,500,000 | MLS# 530669

www.klrealty.net | 1531 Broadway, Boulder, CO 80302 | 303.444.3177

## ...Spurs (continued from page 1)

posi

tion of his horse, the center of gravity, he can't give direction or dictate rhythm."

### The two big myths about spurs:

*Spurs are used to make a lazy horse go faster.*

*Dull spurs are gentle, rowel spurs are dangerous and can cut the horse.*

Let's look at both of these myths:

Myth No 1: Use spurs for a lazy horse: as mentioned earlier, a correctly-placed aid with the spur causes your horse to collect, not necessarily move forward faster. As a matter of fact, incorrect use of the spur can make a horse very dull and resistant to the aids.

A spur, like a whip, should be used if a horse does not respond to your leg aid alone and the correct response should receive a giving hand and praise. Use of the spur has to be trained in the young horse; they don't automatically move more because you decide to wear a spur. Correct and precise aids help your horse understand what the spur means.

It is imperative that the rider knows which hind leg is about to move forward and use the spur accordingly. A horse cannot respond to your leg and spur aid if his foot is currently on the ground or if he obliges you would have both hind legs in the air - yee haw.

Myth No 2: Dull spurs are more humane than rowel spurs. Let me clarify, I am talking about the rowel spurs that have blunt ends and are not the size of pizza cutters.

Dull spurs actually can do more damage for various reasons. Riders think they need to use them more forcefully because they are dull. This practice can cause tissue damage under the skin and since fur hopefully covers the area where you use them, you would not be able to see that. Rowels set a series of impulses as they roll over the fur, again assuming they don't have overly sharp ends.

Try it yourself - take a regular spur and dig around on the back of your hand or your arm, then roll across with a rowel - which do you like better?

If you bought rowel spurs and feel that the ends are too pointy here is a trick: roll them back and forth on asphalt or a wall and dull them that way.

One more comment on rowels: Make sure you keep them clean and freely turning, otherwise they can cause injury.

Spurs should never be used sharply because that makes them a punishment and no longer an aid.

And please - take your spurs off once you are done riding. Nothing is more embarrassing than getting tangled in one's own spurs and landing nose first in the dirt.

*Simone Windeler, a native of Germany, is a competitive dressage rider, trainer and instructor. She lives in Black Forest and trains*

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**staufer TEAM**  
 REAL ESTATE

**For Sale: Half Andalusian Sport Horses  
 The Wave of the FUTURE**

-Three year old, registered 16 hand gray mare, daughter of Grand Prix stallion Temerario VII and TB mare. Will mature taller. This is a beautiful, correct, feminine, balanced, sane filly with three lovely, easy-to-sit gaits, who has been pasture raised and very well cared for. Currently well started WTC under saddle, with excellent manners and a loving temperament. \$7500

-Dark bay two year old Half Andalusian gelding from Champion Andalusian Ciclon de Plata and out of a Kentucky TB mare. This is a big, (15h2 now) correct, handsome, easy-going colt that will make a wonderful all around riding /family horse, or a lovely show horse, with easy gaits and a sound mind. Excellent manners, has been very well raised. \$5000

-Absolutely spectacular registered Half Andalusian three month old gray colt from Imported Spanish Champion Fino and an American Warmblood registered mare who goes back to Grand Prix Trakehner Ibsen. This bold, sweet, gentle colt shows all the athletic abilities of both sides of his pedigree, and both parents possess exceptionally trainable temperament. He will mature 15h3-16h. \$4500 neg. to the right home

-Solid blood bay (no white) registered four year old Half Andalusian mare from Pure Spanish sire and very athletic Sioux Indian Registry dam. This mare is small-14h3-and looks dainty, but is quick and athletic, showing good potential for reining, but also loves to jump! Well started under saddle, not afraid of much, trail rides happily. FANCY! Feet and legs of iron, excellent conformation and a wonderful work ethic. Could sell with breeding to either of my stallions. \$5000 Price will increase with training.

Contact Frances Carbonnel 720-979-3120 or email francesdressage@aol.com for photos

**Synergistic Biomechanics Workshop I**  
 with Jill Cantor Lee

Beginners to FEI Welcome  
 Riding and Non-riding Participants Welcome

OCTOBER 6 and 7th  
 Meadow Creek Farm Equestrian Center, Boulder



Do you want to know why the ideal looking seat is ideal?  
 Do you want to understand how seat and connection are related?  
 Do you want to know why collection is as much about the rider's position, as it is about the horse's training?  
 Do you want to have FUN while learning in a kind, stimulating atmosphere? If so, please join us on  
 OCTOBER 7th and 8th, for what promises to be a transformative educational experience.

CONTACT: Jill Cantor Lee (970)209-8491  
 Cost: Riding Participants \$250 Saturday and Sunday  
 Non-riding Participants \$80 Saturday only, \$140 Saturday and Sunday

*USDF Certified Dressage Instructor, Jill Cantor Lee, has trained and ridden horses to the Grand Prix Level. Jill has trained in Germany and the United States and has repeatedly earned scores in the 70's at the FEI levels. She is known for having an exceptionally elegant and classical seat, and for her harmonious riding. Information presented in the workshop has been acquired from over 30 years experience studying, riding, teaching, and training dressage and other equestrian sports. For more information about Jill, you may go to jcldressage.com.*

PHOTO BY MARY CORNELIUS

*New Date & Location*

2007 SUCCEED<sup>®</sup> /USDF  
FEI-LEVEL

# TRAINERS' CONFERENCE

*featuring*  
*Jan Brink*

OCTOBER 27 - 28, 2007

OCTOBER 26 FRIDAY EVENING LECTURE

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**2007  
GREAT AMERICAN /  
USDF REGION V  
AND RMDS  
CHAMPIONSHIPS**

**September 26-30, 2007**



*Mark your calendars now and plan to join us for all the Activities!*

**Thursday, September 27<sup>th</sup>, 5:00 PM** – Competitor and Volunteer Fried Chicken Dinner – Held just outside the show office and sponsored by the Friends of Autumn Hill. Complimentary to all volunteers and competitors.

**Friday, September 28<sup>th</sup>, 5:00 PM** – Competitor and Volunteer Pizza Party – Held just outside the show office and sponsored by Castlewood Canyon Equine and Dr John Marion. Complimentary to all volunteers and competitors.

**Saturday September 29<sup>th</sup>, 6:00 PM** – Competitors Dinner – Held in the Ball Room at the Colorado Horse Park and Sponsored by the Friends of Autumn Hill International Equestrian Center, Hutchison Western, Wilderotter Vineyard and . Dinner, dancing, wine tasting, a special book signing, and the wrap-up of the Silent Auction to benefit the Douglas County Women's Crisis Center and the USDF Capital Campaign. This event is free to competitors and available to the public for a nominal price – tickets can be purchased in the horse show office.

**Sunday September 30<sup>th</sup>, 1:00 PM** – Coldstone Creamery Ice Cream Social! Free to competitors – tickets available for sale in the horse show office. What a wonderful treat while watching the USDF Freestyle Finals!

### **Many thanks to our Sponsors**

(Here are those we had at press time once again – thanks to those of you who've joined the group!)

Friends of Autumn Hill IEC

Legacy Communications

Equine Event Photos

The Aud Family

Equi-Imports

Campbell's Soup

Wilderotter Vineyard

David Myer Consulting

The Hutchisons

Castlewood Canyon Equine

Paddock Saddlery

Euro-American Saddlery

Equine Journal

Susan Mikula and the Western Courterier

Stephanie Busley and Endeavor Equestrian

Stephanie Brown-Beamer

OnSite EMTs

Karen Whitman

Madeline and Debi Smith

Alex Curnutte

Glenda Needles and Gemini Dressage

Jon and Julie Haugen

Happy Horse Tack

Tami George

8<sup>th</sup> Heaven Farms

Colorado Springs Dressage

Janet "Dolly" Hannon

Westmanton Stables and the Schneidmans

Colorado Arabian Horse Club

Namaste Farm and Sandra Rooks

Southwest Sport Horse

Cheval and Becky Moore

The Tack Collection

Janet Foy

The Hehr Family

Laura Speer and Riverside Stables

Adequan

Ariat

Ulcer Guard

Grand Meadows

Java Hill Farms and Shannon Dahmer

Additional Sponsorship opportunities are available – if you're interested, please email  
[veronicaholt@comcast.net](mailto:veronicaholt@comcast.net) or [slush@drwgw.net](mailto:slush@drwgw.net) or call 303.646.3829.

# 2007/2008 Shows & Events

## SEPTEMBER 2007

- 1 **Aspen Ridge Schooling Show**-Monument, CO Contact Heather Petersen 719-683-8435 slush@drwg.net
- 1 **Grand Valley Fall Show**-Grand Junction-USEF Contact Tiger Adams 970-523-7464 tiger@thehorseinsport.com
- 2 **Boulder Valley So Long To Summer Show** Somerset, Longmont (RMDS) Contact Jeanette Hillery 303-494-7718 jmhillery915@comcast.net
- 2 **Western Slope Championship & Open Show** RMDS Contact Tiger Adams 970-523-7464 tiger@thehorseinsport.com
- 2 **Aspen Ridge Dressage**-Monument, CO RMDS Contact Heather Petersen 719-683-8435 slush@drwg.net
- 8 **Pendragon Stud Dressage Show** Larkspur RMDS Contact Leslie Terry 303-688-4147
- 8-9 **Shannon Peters Clinic** Meadow Creek Farms Lafayette Contact Jan Goodrich-Spear 303-664-0152
- 7-9 **Fear Management Clinic** 8th Heaven Farm Contact Beverly Swanson, 303-6688-5727
- 11 **Janet Foy Clinic** - Reiterhoff Ranch Contact Jody 303-646-9520 www.geocities.com/ingolfin/ or reiterhoffranch@yahoo.com
- 13 **RMDS Executive Board Meeting**-6: 30 pm Perkins Restaurant I-25 & Buchtel-Denver Contact Central Office 720-890-7825
- 14 **RIHC All Breed Dressage Show** - Castle Rock RMDS Contact Heather Petersen 719-683-8435 slush@drwg.net
- 15 **The Urban Farm Schooling Show** Denver Contact Angel Hoskins 720-810-5466 ah@angelshorses.com
- 16 **Foothills Chapter Last Chance Show** Table Mountain - Golden RMDS Send Entries to Heather Petersen 719-683-8435, slush@drwg.net Contact Suzanne Koczon-Shipley 303-697-0552
- 25 **Janet Foy Clinic** - Reiterhoff Ranch Contact Jody 303-646-9520 www.geocities.com/ingolfin/ or reiterhoffranch@yahoo.com
- 26 **Rocky Mountain Sport Horse Breeding Chmp. & Qualifying Open Breed Show** Contact Heather Petersen 719-683-8435, slush@drwg.net
- 27-30 **Great American/USDF Region V & RMDS Dressage Championships & Open Show** - Parker-USEF Contact Heather Petersen 719-683-8435, slush@drwg.net

## OCTOBER 2007

- 4-7 **Ralf Schmitzer Clinic** Whispering Winds - Black Forest Contact TJ 303-941-9949
- 9 **Janet Foy Clinic** - Reiterhoff Ranch Contact Jody 303-646-9520 www.geocities.com/ingolfin/ or reiterhoffranch@yahoo.com
- 11-14 **Ralf Schmitzer Clinic** Cabin Gulch Farm Contact TJ 303-941-9949
- 13-14 **USDF Adult Jane Savoie Clinic**-Phantom Hill Farm-Ft Collins Contacts Heather Petersen 719-683-8435, slush@drwg.net RMDS Central Office 720-890-7825 rmds@rmds.org
- 19-21 **Fear Management Clinic** 8th Heaven Farm Contact Beverly Swanson, 303-6688-5727

- 20-21 **Paul Belasik Clinic**-Cottonwood Farm-Grand Junction Contact Lynea Schultz-Ela 970-872-3961 lynea@direcway.com
- 23 **Janet Foy Clinic** - Reiterhoff Ranch Contact Jody 303-646-9520 www.geocities.com/ingolfin/ or reiterhoffranch@yahoo.com
- 26-28 **USDF Succeed 2007 FEI-Level Trainers' Conference** Jan Brink Sacramento, California Contact USDF 859-971-2277

## NOVEMBER 2007

- 6 **Janet Foy Clinic** - Reiterhoff Ranch Contact Jody 303-646-9520 www.geocities.com/ingolfin/ or reiterhoffranch@yahoo.com
- 10 **RMDS Board of Governors Meeting & Awards Banquet** - Greeley Country Club, Greeley Contact: NCDA Chapter
- 20 **Janet Foy Clinic** - Reiterhoff Ranch Contact Jody 303-646-9520 www.geocities.com/ingolfin/ or reiterhoffranch@yahoo.com
- 28-12-2 **USDF Convention** - Orlando, Florida

## DECEMBER 2007

- 4 **Janet Foy Clinic** - Reiterhoff Ranch Contact Jody 303-646-9520 www.geocities.com/ingolfin/ or reiterhoffranch@yahoo.com
- 18 **Janet Foy Clinic** - Reiterhoff Ranch Contact Jody 303-646-9520 www.geocities.com/ingolfin/ or reiterhoffranch@yahoo.com

## JANUARY 2008

- 18-20 **USEF "r"** Autumn Hill and Radisson Hotel, Longmont - Contact Heather Petersen 719-683-8435 slush@drwg.net
- 19 **Boulder Valley Dressage Banquet** Spice of Life Event Center Boulder Contact Glenda Needles 303-619-8292 geminidr@geminidressage-llc.com
- 26 **Judges Continuing Education** - Kristi Wysocki Freedom Farms, Parker Contact Heather Petersen 719-683-8435 slush@drwg.net

## FEBRUARY 2008

- 9 **TD/SHOW MANAGER EDUCATION** Deeda Randle, Heather Petersen - Location TBA Contact Heather Petersen 719-683-8435 slush@drwg.net

## MARCH 2008

- 23 **RMDS Winter Wake Up Show/USEF Young Rider Qualifier/High Perf.** Norris-Penrose Events Center, Colo. Spgs. Contact Heather Petersen 719-683-8435 slush@drwg.net

## APRIL 2008

- 12-13 **Freestyle Clinic** - Terry Ciotto Gallo TBA Contact Heather Petersen 719-683-8435, slush@drwg.net

## JULY 2008

- 29-8/3 **CN American JR/YR Championship** Parker Contact USDF 859-971-2277

## AUGUST 2008

- 23-24 **USEF "r" - Paragon Dressage** - Parker Contact Heather Petersen 719-683-8435, slush@drwg.net

## SEPTEMBER 2008

- 25 **Rocky Mountain Sport Horse Breeding Championships & Qualifying Open Breed Show** USEF Colo. Horse Park, Parker Contact Heather Petersen 719-683-8435, slush@drwg.net
- 26-28 **RMDS Dressage Championships & Dressage Open Show** - Parker-USEF Contact Heather Petersen 719-683-8435 slush@drwg.net

**Chapter News ... cont. from pg. 7.**

tional skills. Please contact me if you are interested in learning more.

We also need the inner leader in you to emerge! In 2008 the positions of President and Vice President of the club will both be open. The President's primary responsibilities include running the meetings, writing the monthly article for the Centaur, attending the every other month RMDS meetings and facilitating the annual club activities. I would estimate that I spend about five hours a month on these activities. The Vice President is responsible for organizing the annual banquet and filling in when the President is unable to perform her duties. When I was Vice President I spent about two hours a month on club business. All officers and other members who are interested are also eligible to attend and vote at the RMDS annual Board of Governors' meeting.

Adult Amateur camp is scheduled for the evening of Thursday July 17 thru Sunday July 20, 2008 at Autumn Hill. Look to the website for further details!

And remember – when you are showing and you have entered the ring – before the bell rings – make sure you tell the scribe your name and number and what test you are riding! A big smile never hurts, and it may relax you and your horse. As always, please contact me with any questions, concerns or offers for help.

*Claudia Barkmeier, BVDS president, cbarkmeier@rwbaird.com*  
303-417-1675

**Secretary Change:  
Last Chance Show  
September 16, 2007  
Table Mountain Ranch**

**MAIL ENTRIES TO:  
Heather Petersen  
12395 Gull Lane  
Peyton, CO 80831**

**Show Info**

Always contact the individual to check show info, as dates, times and places may change. ALL COMPETITORS SHOULD DO A SCORE CHECK WITH THE CENTRAL OFFICE OR ON-LINE at [www.rmids.org](http://www.rmids.org).

Calendar Submissions: Submissions of events for the RMDS calendar need to be received no later than the 10th of the month prior to the date of the calendar listing. Please be sure to correctly spell all proper names (clinician/judge/location/contact) and include a phone number where you can be reached with questions. Send calendar items and events requiring RMDS sanction to Beth Geier, RMDS Central Office, 720-890-7825.

**RMDS SPONSORED EDUCATIONAL EVENTS**

All events are open to everyone to audit or participate unless otherwise stated. A great opportunity to continue your learning!

**2007**

- |            |  |
|------------|--|
| Sept 26    | Rocky Mountain Series-Sport Horse Breeding Finals – Colorado Horse Park  |
| Sept 27-30 | RMDS Open and Championship Show – Colorado Horse Park                    |
| Sept 27-30 | Region V Championships-Colorado – Colorado Horse Park                    |
| Oct 13-14  | USDF Adult Clinic featuring Jane Savoie – Phantom Hill Farm – Ft Collins |
| Nov 10     | Board of Governors Meeting & Awards Banquet-Ft. Collins                  |

**2008**

- |               |   |
|---------------|---|
| January 18-20 | USEF 'r' – Janet Foy – Autumn Hill & Radisson Hotel – Longmont          |
| January 20    | RMDS Show – Autumn Hill – Longmont                                      |
| January 26    | Judges Continuing Education – Kristi Wysocki – Freedom Farms-Parker     |
| February 9    | TD/Show Manager Education – Deeda Randle, Heather Petersen – TBA        |
| March 22-23   | RMDS Winter Wake Up Show- Penrose – USEF                                |
| April 12-13   | Terry Ciotti Gallo Freestyle Clinic – Autumn Hill – Longmont            |
| August 23-24  | USEF 'r' exam – Janet Foy & Lois Yukins – Parker                        |
| Sept 25       | Rocky Mountain Series-Sport Horse Breeding Finals – Colorado Horse Park |
| Sept 26-28    | RMDS Open and Championship Show – Colorado Horse Park                   |



For details on these and other RMDS events: Contact Heather Petersen 719-683-8435 [slush@drwg.net](mailto:slush@drwg.net) - Education Chairman OR Read the Centaur OR Go on the website - [www.rmids.org](http://www.rmids.org) OR Contact the RMDS Central Office 720-890-7825 or [rmids@rmids.com](mailto:rmids@rmids.com)

**THE CENTAUR NEWSLETTER**

The Centaur Newsletter is published monthly. To guarantee that ads and articles will run in a given month, they must be received by the 10th of the month prior to the month of publication, i.e. January 10 for the February edition. If not received by the deadline, articles and ads may be placed in the following issue, if not time sensitive.

**CONTACT INFORMATION**

For article suggestions, articles, columns, letters to the editor: Centaur editor Gavin Ehringer, PO Box 9, Colorado Springs, CO 80901 ph. 719-471-8764, e-mail gavinehringer@earthlink.net.

**ADVERTISING**

RMDS office, Beth Geier, 2942 Park Lake Dr., Boulder, CO 80301 ph. 720-890-7825, e-mail rmds@rmds.org.

**DISPLAY ADVERTISING**

For information about corporate advertising and/or sponsorship, please contact Beth Geier (contact info above).

Artwork (ads) must be provided in electronic format only. Acceptable forms include: JPG, PDF, TIFF, EPS, Quark XPress (include all fonts and image files). IF UNSURE ABOUT AD FORMATTING, please contact editor (contact info above) for consultation and advice. Microsoft Word IS NOT an acceptable form of advertisement submission, except in the case of classified ads.

No substitutions may be accepted. If your ad is submitted in a file format other than those listed above, you will be contacted regarding an additional charge for reformatting or redesign. Hourly charge for redesign/reformat is \$35, in minimal units of one hour.

Please be sure to include a printed version of your ad with your payment so that the ad may be proof-read against the electronic version. Printed ad copy cannot be used as final art.

**CLASSIFIED ADS**

Classified ads may be submitted via e-mail to the RMDS office, address above. You may also type or hand-write a classified ad and mail it to RMDS headquarters, attn. Beth Geier, The Centaur. Please, limit your classified ad copy to 50 words or less. Exceeding 50 words will result in additional charges per line.

**PAYMENT AND AD COPY DELIVERY**

E-mail ads to: RMDs@rmds.org, and cc the electronic copy to: gavinehringer@earthlink.net. Send payment and hard-copy to: RMDS Office, Beth Geier, 2942 Park Lake Dr., Boulder, CO 80301.

**AD RATES AND SIZE SPECIFICATIONS.**

Classified \$12 per item for sale. 50 words maximum.  
w/photo .....\$22 per item for sale.  
Full page .....\$125.....7.5" x 9.5"  
Half page .....\$85.....7.5" x 4.75"  
Outside back half.....\$100.....7.5" x 4.75"  
1/4 page.....\$50.....3.75" x 4.25"  
1/8 page (business card) .....\$25.....3.625" x 2.25"  
Ask about discounts for multi-month or annual ad contracts.

**EDITORIAL POLICY**

Articles submitted for publication will not be returned. Please contact the editor before submitting unsolicited articles or photos. Articles represent the work and views of their authors, not necessarily the RMDS, its officers or employees.

**TRAINERS AND INSTRUCTORS - Get on the World Wide Web and Build New Business.**

If you wish to increase business, you can place your information on the RMDS website at very low cost. Send information to: Michael Petersen, 12395 Gull Lane, Peyton, CO 80831, ph. 719-683-8435 or e-mail: webmaster@rmds.org (note on the subject line "trainer info").

Please include your name, phone number(s), postal addresses, e-mail, locations where you train and other pertinent info, i.e. awards, certifications, lesson types, schooling horses, etc.

The website averages 200 hits per month on the trainer page and RMDS receives 25-30 e-mails per month requesting names of trainers/instructors in the RMDS region. Don't miss the opportunity to expand your client base and gain recognition.

Cost is \$50 annually. Mail check to: RMDS Central Office, 2942 Park Lake Drive, Boulder, CO 80301.

**ADVERTISE EVENTS ON THE RMDS WEBSITE**

Website ads on the RMDS site provide your event with high visibility. Your ad will run for one month from the date it first appears. Unless the webmaster is notified in advance (webmaster@rmds.org), the ad will be removed from the website once the date of the event advertised has passed.

Please limit content of the ads to 20 words. E-mail and website addresses will be displayed as links.

Because of the implicit connection to the RMDS, we reserve the rights to:

- 1. Refuse any ad.
- 2. Edit ad content.
- 3. Limit the number of ads displayed at any one time.

**IMPORTANT INFO ON RMDS MEMBERSHIP**

Awards are based on the information on your membership card. Be sure to double-check everything very carefully.

Duplicate cards are available for \$2.00. If emailed to you, they are free. Request a new one by emailing the Central Office at rmds@rmds.org

Proof of adult amateur status must be sent to the Central Office every year. Showing proof at shows is not enough for the year-end awards.

Owner, rider, horse MUST be current members PRIOR to any ride for the score to count towards qualifying for RMDS Championships and for qualifying for any year-end award.

If PONY is not listed under breed and you have a pony, send a copy of the measurement form or the permanent pony card to the Central Office.

Remember, membership and its details are your responsibility. Be sure corrections are made.

**Beginning October 1, 2007 all horse registrations will be \$40 and corrections will be \$15 per correction.**



## RMDS Membership Form

RMDS is a USDF Group Member Organization. All members are automatically USDF Group Members.

Individual Membership - \$50.00 (prior & renewing members add \$5 after January 1)

Additional family members (same address) - \$35

Business Memberships- \$75.00 Centaur newsletter only - \$35.00 Life Membership - \$650.00

All business memberships include one individual membership.

Please include all information for person designated as individual member.

All individual members will receive Centaur newsletter & the Omnibus.

Indicate Local Chapter (only one):

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| <input type="radio"/> Boulder Valley                          | <input type="radio"/> Northern Colorado (Fort Collins)   | <input type="radio"/> Penrose (Canon City)          |
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USDF No. \_\_\_\_\_ Occupation \_\_\_\_\_

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I pledge \$ \_\_\_\_\_ to go towards the RMDS pledge to the USDF Capital Campaign. (Include amount with your membership check)

Type of Membership: (check one)  Individual  Business  Family  Centaur Only

\_\_\_\_\_ Please remove my name from lists sold by RMDS  Renewing member - Need another binder-include additional \$6.00

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### Horse Registration Form

→  Horses must be registered with RMDS to be eligible for year-end awards and for horse-of-the year award.

→  Eligibility starts on the date the envelope containing this form and check is postmarked.

→  The name on this registration must be the same as that used on horse show entry forms.

Lifetime Registration Fee - \$35.00 Changes (i.e., owner or horse's name) \$10.00

Horse Name \_\_\_\_\_ Sex \_\_\_\_\_

Breed (if known) \_\_\_\_\_ Registration No. (include copy of papers) \_\_\_\_\_  
(list grade if no registry papers available.)

Owner Name(s) (one owner must be an RMDS member) \_\_\_\_\_

Address of Owner \_\_\_\_\_

Owner's Phone (Home) \_\_\_\_\_ (E-Mail) \_\_\_\_\_

Name of Representative (If owner is a business) \_\_\_\_\_

**Membership & horse registration acknowledged via postcard. Mail completed form with check made payable to RMDS**

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## Trainer Talk: Why Culture Matters by Jill Cantor Lee

In April's issue of the Centaur, I gave an overview of what I call "Synergistic Biomechanics." Synergistic Biomechanics is the study of how each part of the rider's body affects each part of the horse's body. It teaches people not only how to sit on a horse, but why we sit the way we do.

In this article I want to explain why this approach and others like it are so important given the realities of American dressage riders today. The principles of classical dressage riding remain invaluable; it is the way in which they are taught in the United States today that deserves consideration.

The European (primarily German) model for learning dressage holds tremendous value and has been highly successful in international competition. It is, however outdated and culturally inappropriate to serve the majority of riders in America today. This is because of differences in American and European cultures, the demographic profile of American dressage riders (which is not compatible with a military tradition), and the fact that unlike in Europe, we have few, if any, real riding academies. Likewise, we have few school masters to learn upon. For the aspiring American professional and or competitive rider, learning how to ride in Europe, especially Germany, can be an invaluable experience, but in itself, does not necessarily make one a valuable instructor for American clients.

To understand more about why the German model of teaching dressage is inappropriate and outdated in America, we can look at the roots of dressage. More than two thousand years ago, the Greek commander Xenophon (born about 430 B.C.) wrote the first known treatise on what later became dressage. It was called "Hippike," translated as "The Art of Horsemanship."

"Hippike" outlined how to best develop the horse and create maximum harmony with the horse, in order to most effectively do battle. Ironically, the beauty of classical dressage has always had its roots in violence.

Dressage is the exquisite sport/art it is today because of the European military tradition from which it has grown. The same is true of our beautiful horses who's breeding was started in Europe over 400 years ago. According to Sylvia Lock, Germany was in political upheaval during the Thirty Year

War (1618-48), and the need for superior cavalry horses inspired the Germans to use more hot blood in their breeding program.

"By the end of the eighteenth century the Germans decided the

requirements of the cavalry horse were as follows: speed, for attacks at the gallop; obedience for collection and agility in face to face combat; and safety over cross country terrain. The culmination of this process resulted in the descendants of the modern day warmblood."

As American dressage riders, we are therefore indebted to Europe's amazing contribution to what has now become an international sport. However, given that 95% of American dressage riders are female, median age 42, mostly white-collar career woman, the male, military academy model for training horses and riders is neither culturally appropriate nor practical. Given the fact that American dressage riders, even professionals, tend to love their horses like pets, the cultural gap becomes even greater.

We no longer ride to protect our country. Most people in America ride dressage as a hobby. My experience in over thirty years of teaching is that people ride to have fun, and because of the bliss they experience when achieving fleeting moments of harmony with their horse. Their goal is to advance up the levels while capturing more and more moments of harmonic bliss. There is an almost magical quality to the quest. It is certainly not a matter of life and death. There is no real reason to "submit" oneself to the "riding master." Nor is it critical that the horse get "it" today, no matter what that "it" is. And most importantly, the average American dressage rider would much rather not get "it" at all than break her horse down.

Do not get me wrong though, the majority of dressage riders I know and teach are very serious about their learning. They are highly capable, bright, dedicated and caring. They absolutely want to excel at dressage, but not at the cost of their horse. This is because they care for their horses dearly, and also because good horses are expensive and hard to come by.

In a riding academy, the pupil's education takes precedence over the horse's well being. The academy student's education is not dependent on any one horse. Therefore, in an academy setting the instructor's job

and dedication is to teaching the student. Teaching in an academy situation, especially one with a military tradition, can therefore be intense. The academies are designed to train future professionals, not amateur women riding for the love of the sport. If the horse breaks down, there are many more to ride. The rider's education will not suffer. The horse is relatively expendable. Such is not the case in the United States.

Also in the United States, trainers are more likely to be blamed for horses breaking down, whereas many German trainers I have spoken to believe that if a horse breaks down, it was just not good enough to do the job. Therefore, when American trainers push a horse to German/European standards as in a clinic situation, they risk not only injuring that horse, but damaging their reputation as well.

Another significant difference between the American and European educational situations is that in European academies, students have the opportunity to ride schoolmasters. This is rarely the case in America. Consequently, the horse cannot teach riders how to sit.

According to Steinbrecht, in the old days riders would first be introduced to dressage by sitting on a horse held between two pillars. The rider would have no reins and no stirrups and the schooled horse would be asked to piaffe. It was the horse that taught the rider the right feel for true collection, not the other way around. In Steinbrecht's words, without this opportunity, horse and rider would become a "stiff caricature" of dressage. Finally, one can never underestimate how much one learns simply by sharing the arena with more accomplished riders. In a European riding academy this opportunity is much more abundant than it is in the United States.

Given all of the above, it is incumbent upon us as instructors to give riders a much more detailed intellectual road map leading to advanced riding and collection. We need a more sophisticated vocabulary to teach riders how to use their bodies to influence the horse in a kind and harmonious fashion. As the old riding adage says "where knowledge ends, violence begins."

*Jill Cantor Lee is a professional trainer & USDF-certified riding instructor. She has won USDF Silver and Bronze Medals. Lee has been a past contributor to The Centaur.*

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### Dressage Judges Ratings & Levels Qualified to Judge

Status "L" "r" "R" * May only judge at RMDS shows.	Status Learner* Recorded Registered	Levels Training-Second (RMDS only) Training-Second Training-Fourth	Status "S" "I" "O"	Status Senior International Olympic	Levels All Levels All Levels All Levels
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Any class ridden before a judge not qualified to judge at that level must ride "Hor's d'concours" (score does not count).

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**USEF 'S'**  
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Sandra Hotz .....303-817-2030  
Anita Owen.....303-953-9904

**USEF 'R'**  
Janet "Dolly" Hannon.....303-919-4112  
Kristi Wysocki .....303-648-9877

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Kathleen Donnelly\*.....970-310-8729  
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Dianne Stanley - r (MT) - 406-652-4061  
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Rusty Cook .....505-877-1456  
Jeannette Hillery .....303-494-7718  
Jane McBride.....719-598-4496  
Susan Selby.....970-227-9530  
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RaeAnn Cook.....970-225-1408  
Janet "Dolly" Hannon.....303-279-4546  
Sabine Kallas .....307-733-9497  
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Paul Belasik is a highly respected international rider, trainer, writer and teacher, and an avowed proponent of classical equestrian ideals. It has been said that his diversity of qualities and skills place him firmly in a lineage of riding masters that traces all the way down from the Renaissance, but also marks him out as exceptional in a modern era that places ever more emphasis on specialization. A graduate of Cornell University, Belasik has ridden and trained at every level in dressage, from young horses to beyond Grand Prix, and has successfully competed at the highest levels in international competition. Belasik has sought wisdom from great riding masters such as Dr. HLM van Schaik and Nuno Oliveira, and his wide-ranging studies include the concepts of Zen Buddhism and martial arts.

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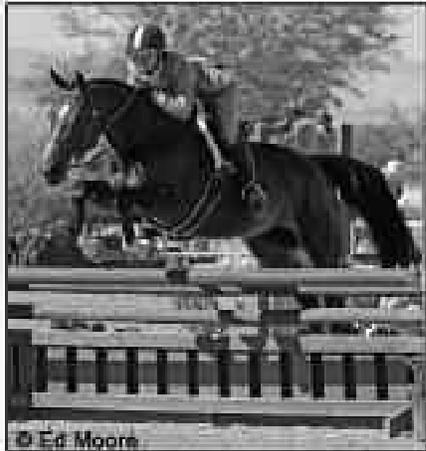


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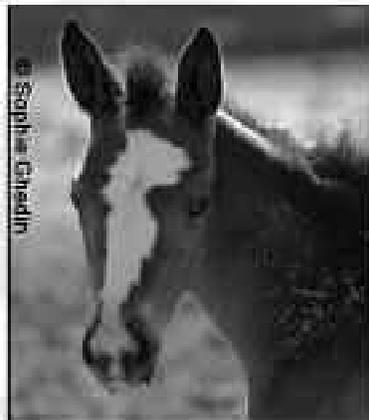
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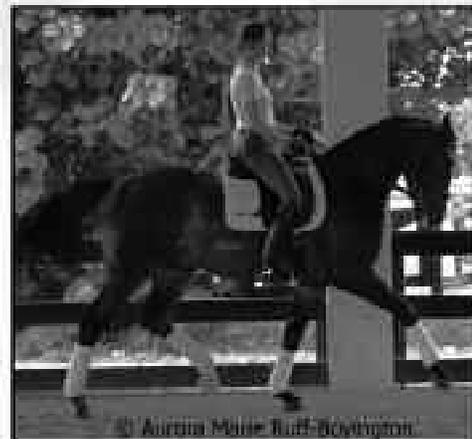


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