

T4T Scholarship Report

Ali Perkins LaTorre-April and May 2023

This spring, I had the opportunity to audit two days and ride in three lessons with Jeremy Steinburg. The clinics took place at Felicity Farm in Hillsborough, NC, and Brookside Farm in Fuquay Varina, NC. My major goal from attending the two clinics was to bring homework back to my training horses focused on: strengthening exercises, teaching the changes, and building up the trot. For strength training, we worked on riding a big/extended trot into a quick halt on the hind legs. I got to ride this in one of my lessons, and I also watched it in many of the other lessons. An overriding theme of all of the lessons was quick transitions to engage the hindlegs. Jeremy also spoke a lot about making more "RPMs" in the gaits, so not making the stride longer, just making it quicker. He did this by a verbal cue to the horse or placing the whip on the rump. For the changes, Jeremy talked about his three change exercises, walk-canter-walk transitions, haunches in, and half steps. I saw these three exercises used in a lot of lessons. A big takeaway in the haunches-in was to ask for an extra degree to bend in the haunches every now and then for strengthening. I could see the horses find a better degree of looseness in this work as well. In the changes, he also focused on making less of an aid for the change, and letting the horse find its own rhythm with it. Building up the trot came from a lot of micro transitions within the trot, and getting a big fair reaction from the leg without during the horse. He had all of the horse's and riders hold themselves accountable for forward energy. It was so great to attend one clinic, get homework, practice, and then re attend and watch a second clinic a month later to get feedback on the changes made in between. By the second clinic, I was really able to understand what I was watching and already believed in the system. I really appreciate Dressage4Kid's Teaching4Training scholarship that helped me to be able to not only ride in some of both clinics, but also to be able to take the time off to audit both of them. I took so much more away from the clinics by being able to watch and observe. I learned so much and cannot wait until Jeremy comes to North Carolina again!