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## JAY DUKE Equestrian

Clinics & Course Design



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Photo courtesy of Karin Dolan



their show-ring position at a two-day clinic hosted by Tinder Ranch in Billings, MT. Jay utilized an upcoming exercise from his Virtual Lesson Subscription Program to focus on body control and the perfect canter over fences with horses and riders that ranged from the .80m to 1.20m level. The Lesson: "L Line"

Jay Duke clinic participants perfected





an "L" and designed to practice an open stride to the fences with impulsion, a controlled turn, and precise body control. A skinny (no wings) fence at the

beginning requires a steady stride

before a turn in four or five strides to an oxer combination. Accuracy of track is key, while maintaining enough impulsion to handle the forward oxeroxer distance. Understanding how to keep impulsion in a short turn is an important skill. Riding the exercise in the other direction requires a more open stride into the combination. The rider must land in a secure position off the oxers in order to

make an accurate turn to the skinny. A Tip From Jay: Practice regaining position after a forward effort.



and ride the first stride. So many riders land and, mentally, they are thinking about something else or, physically, they are out of position. When the rider takes a few steps to recover and continue their track, the exercise is quite difficult, but when they land in position it is rather easy. When we utilized that skill in course work, the horses' rhythm was excellent,

"The 'L Line' exercise challenges the riders to land in position off the jump

result was excellent. Everyone at Tinder Ranch was very supportive of one another and the camaraderie was really nice to see!"

the riders were comfortable, and the

"L Line" is slated as an upcoming offering from <u>Jay's Duke's Virtual Lesson</u>

~ Jay Duke

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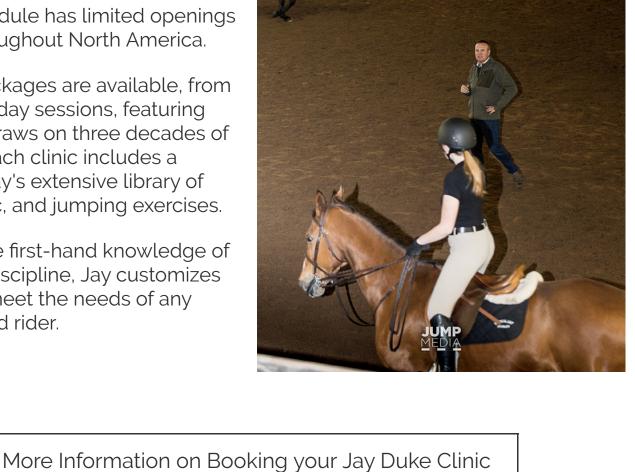
## Jay's Fall schedule has limited openings for clinics throughout North America. A range of packages are available, from

Fall 2019 clinic dates

now available!

single to four-day sessions, featuring training that draws on three decades of

experience. Each clinic includes a sampling of Jay's extensive library of flat, gymnastic, and jumping exercises. With extensive first-hand knowledge of the jumping discipline, Jay customizes his clinics to meet the needs of any





level horse and rider.

