

Sonoma County Clinic Series – Erika Jansson Clinic on Lengthenings and Mediums

It was a pleasure and so much fun to hold the fifth Sonoma County Clinic Series at SREC on October 17. We had a great group and it's always good to have such a central location.

It is always so much fun to work with new students, to make changes in their riding and thinking through how to approach a problem and solve it.

My clinic was on lengthenings/ medium gaits- something that a lot of people struggle to understand especially if the horse is not naturally talented at it.

First and foremost my goal is to help the horse and rider work as a team by creating a simple, clear method of communication between the two through a correct seat and clear aids. **Without this and the ability to collect the horse it's impossible to achieve the thrust required to lengthen the stride**

Next we used exercises that improved the balance of the horse and enhanced the gaits. This set up all the horses to achieve an uphill and light lengthening or medium.

We worked for the feeling that the horse should take the rider across and not the rider pushing the horse over :)

Our riders were Ursula Worthen, Marci McDaniel-Davis, Linda Miller, Tracy Ladd, Christina Johnston, Yvonna Zipperle, Carol Fricke and Alice Simpson.

A big thank you to my demo rider Jennifer McDonald and her beautiful horse Charlotte.

Please stay tuned for next year's Dressage Trainers and the dates.

By Erika Jansson





