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## Arizona Clinic : Lunging For Success:

### Get the most out of your lunging time and equipment!



A structured program to complement your horse's training, with European Sport Horse trainer Arnold Warmels.

#### Clinic Series:

30 minute sessions - Theory  
30 minute (per horse) sessions - Practice  
Group Question & Answer  
Open for any horse

**This clinic series is geared towards all Equine-breeds, no matter the discipline**

**Same effort, better results!**

**Since Arizona weather can get us indoors in the afternoon, we also offer a video presentation & Q/A.**

#### **NEXT CLINIC:**

**May 28, 2011**

*Phoenix, Arizona USA*

*Faustus Legacy Ranch*

*Host: Michele Bronson*

#### **Most of us longe our horses, but how often do we just "work the machine"?**

In our sport, we face the challenge that not only do we constantly strive for our horse to be a little better; we are also conditioning and educating ourselves. Lunging can be a vital part of training.

**Lunging provides the best start for a horse to establish communication and provides a physical training method that should continue throughout its sports career. Yes, it is a part of "the gym for horses". The beauty is, this gym is portable and can be used anytime, anywhere.**

#### **Correct lunging provides:**

- Foundation for training
- Physical development and contact without disturbance by riders
- Primary objective: Conditioning program for muscular development of the horse
- Teaches rhythm, relaxation, acceptance of aids, balance and impulsion
- Individual, progressive training method
- Better use of equipment: it is the use and the handling, not the price of it.
- Develops handler to have better and softer communication with the horse
- Teaches compliance with the horse and patience with the handler
- Good basis for introduction of new equipment and situations for the horse
- To be used in combination with riding training

## **Lunging Clinics: 4-6 hrs**

Practical clinics are held in a "hands-on" environment, where owners are invited to have their horses assessed and worked. **The owners of the horses in the clinic will have the opportunity to work directly with their horse.**

The clinic follows closely the 6 steps of the Dressage Training Scale.

Duration of the clinic is approximately 30 minutes of theory and 30 minutes per horse. Q/A sessions are usually 15 to 30 minutes.

### **Program Overview Lunging Clinic:**

- Introduction
- Purpose of lunging
- Assessment of clinic horse and its background and disciplines
- Overview of equipment, individual adjustment and use
- Skills for the handler/trainer
- Setting up the horse for lunge, basic training, environment and handling
- Lunging the horse through the gaits and directions
- Assessment of movement and transitions
- How to develop a structured, individual training program to enhance balance, impulsion & collection
- Questions

**Private riding and (ground-) driving lessons offered before and after the clinic. (\$65 per lesson)**

### **For attendees with horse:**

#### **What To Bring**

During the clinic, we will have all equipment necessary available.

Since we do realize that some equipment is "personal" to your horse, you are invited to bring any of these items:

- Their riding bridle with cavesson or noseband and a snaffle bit.
- Longing surginckle
- Back strap with crupper
- Leg protection
- Longe line
- Longe whip
- Gloves
- Clothing according to the weather