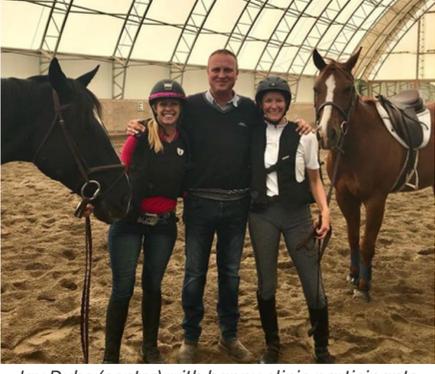


JAY DUKE Equestrian

Clinics & Course Design



Practice Makes Progress at Jay Duke Clinic!



Jay Duke (center) with happy clinic participants. Photo courtesy of Nicole Ross

Riders at Holloway's Pretty Good Horse Barn, run by Meggan and Jess Holloway out of Bozeman, MT, surprised even themselves at the latest Jay Duke Clinic!

Over just three days, Jay's focus for Holloway's Pretty Good Horse Barn riders included:

- Establishing a **connection** built on trust, engagement, and clear expectations.
- Perfecting the **distance** to the fence.
- Improving **seat and leg** effectiveness and stability.
- Boosting **confidence** in training and show environments.
- Rediscovering a **love for jumping** in a calm, yet challenging, environment.

In Review



Each rider checked all the boxes to accomplish new goals with Jay's guidance.

"This time last year, we were just starting cross-rails (and doing them pretty badly). So, it has been a journey to be able to do a real 2'6" course with Jay during the clinic! I look forward to seeing him back at Holloway's next year."

~ Nicole Ross
Clinic Participant

Limited fall clinic dates still available!

Jay has extensive firsthand knowledge of the show jumping discipline and is available for clinics throughout North America. A range of packages are available with single to four-day sessions, which feature training that draws on three decades of experience and includes a sampling of Jay's extensive library of flat, gymnastic, and jumping exercises.



[More Information on Booking your Jay Duke Clinic](#)

Have you heard about Jay Duke Equestrian's Virtual Lesson Subscription Program?

It's the next best thing to a Jay Duke clinic, and you can subscribe for just \$8 per lesson!

- Subscribers pay \$33 per month for a year-long subscription, which works out to be... yes, you guessed it: \$8 per weekly lesson!
- What you get: One lesson per week delivered directly to your e-mail ready to travel straight to the ring with you.
- Additionally, subscribers gain access to Jay's extensive library of exercises and tips, as well as guest lessons from contributing horse sport professionals at varying levels. In May, subscribers received a lesson from reigning FEI World Cup champion Beezie Madden!
- **Bonus Benefits:** Phone and video support from Jay Duke, including horse evaluations, lesson questions, etc.

Click below to see what recent subscribers received!

JAY DUKE Equestrian
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EYE COUNT
Difficulty: Intermediate

100' - 30m

Material:
12 Standards, 20 rails - Use ground lines on both sides of the jumps.

Key Points:
- Balance
- Suppleness

Rider:
- Distance
- Counting
- Eye level
- Turns

LESSONS

Jump Height:
2.5m - 3m

There are multiple tools to help the rider find the correct distance. One of those tools is using the count in a line to help determine when you are at in relation to the next fence. This exercise is specifically designed to use the count and eye together.

I present a single line of jumps (the 1, 2 or the 3, 4, 5) and between the jumps, though for some riders this works very well. People do not always distance in the same way, so it is important to not put riders in a line with their mental processes.

In this lesson, I have the rider counting through the turn, which I would only do in competition with an adjustment of their distance or jump-off distance. The exercise is excellent for timing, distance awareness. Once you can do this test well, counting in a line is simple, which is the goal.

Part #1
Center fences 1 - 4 putting nine steps between each jump. With this center line of fences all three turns are identical. The second turn is the left and the third count is the right. This prevents the rider from guessing where the turn should be, and makes them use their eye along with the count to figure out where they are. Do this until the rider does 9 strides between all 4 fences. The adjustments should be done using track, not pace. For all the different numbers the pace should be exactly the same, quiet and consistent.

Part #2
Do 7 strides between each fence.

Part #3 (Advanced level)
Do 5 strides between each fence.

Part #4
Do the exercise in reverse. Use whatever numbers you wish, maximum 9 strides and minimum 4 strides.

Make sure the rider is looking at the next fence in the air of the jump before.

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A portion of all proceeds are donated to JustWorld International and Uryadi's Village.



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