

# JAY DUKE

## Equestrian

Clinics & Course Design



## Tinder Ranch Riders Perfect Position at Jay Duke Clinic!

Learn the "L Line" Exercise!



Photo courtesy of Karin Dolan



Photos courtesy of Karin Dolan

Jay Duke clinic participants perfected 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"

**The Goals:** This exercise is shaped like 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 oxer-oxer 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.



"The 'L Line' exercise challenges the riders to land in position off the jump 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 riders were comfortable, and the result was excellent.

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

~ Jay Duke

"L Line" is slated as an upcoming offering from **Jay's Duke's Virtual Lesson Subscription Program**. Sign up today and don't miss out!

Sign Up

## Fall 2019 clinic dates now available!

Jay's Fall schedule has limited openings for clinics throughout North America.

A range of packages are available, from 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.



More Information on Booking your Jay Duke Clinic



View Jay Duke's Lesson Library



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