

JAY DUKE

Equestrian

Clinics & Course Design



Lesson Planning Got You Stumped?

Let Jay Duke take care of that for you!

Jay Duke, Canadian Equestrian Team veteran, Equestrian Canada senior course designer, and a renowned clinician throughout North America, recently unveiled an innovative show jumping lesson program.

Jay Duke Equestrian's Virtual Lesson program is a subscription-based service that brings his extensive library of flat and jumping exercises to everyone. Subscriptions vary from à la carte options to weekly deliveries and cover lessons from gymnastics to lead changes to serpentine and everything in between.

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CIRCLE OF DEATH PART 1

Difficulty: Intermediate

Materials:
8 standards, 12-15 rails. No fill.

KEY POINTS

Horse:

- Suppleness
- Land the correct lead
- Use both leads
- Strengthens hind end
- Squares front end form

Rider:

- Eyes
- Controlling track of the horse
- Using track to adjust distance
- Transitions
- Opening rein

LESSONS

Jump height - variable
Start this exercise with poles only. Once they are jumps, recommend using ground lines. Use either 1 or 2 rails for the fence build, younger horses should have 2 rails. This exercise can be used in any size arena. It is effective if there is a minimum of 3-4 strides to a maximum of 5-6 strides between each jump.

Lesson #1
Flat work, poles only. Use the circle at the walk, trot, or canter. Emphasize the shape of the horse's body with a slight inside flexion.

Lesson #2
At the canter, have the horse take the same number of strides between each fence. There are 2 good options for this, one count will be slightly on the inside track, the other count will be slightly on the outside track. Both are ideal!

Lesson #3
Once you have established the rhythm ride from lesson #2, alternate the count between each jump. This makes the rider use pace and track to be successful.

For lessons 2 and 3, go around the circle a minimum of 4 times per turn. If there is an error, do not pull up or circle. This lesson teaches the rider to think forward about the next jump instead of the one behind them.

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Mobile-friendly lesson plans are delivered weekly via e-mail and ready to travel straight to the ring with you. A portion of all proceeds generated from the lesson subscriptions will be donated to [JustWorld International](#) and [Uryadi's Village](#) charities.

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