

# JAY DUKE Equestrian

Clinics & Course Design



## Lock and Load! Rosenol Performance Horses Build Scope in Jay Duke Clinic

Jay Duke clinic participants learned to "lock and load" at a two-day clinic hosted by Rosenol Performance Horses in Prince George, British Columbia. Jay put an upcoming exercise from his Virtual Lesson Subscription Program to the test with a range of different horse-and-rider combinations piloted by Rosenol Performance Horses owner Lana Smith.

**The Lesson:** "Build Scope"

**The Goals:** It's aptly named, because "Build Scope" is designed to put the horse in the very best position to use its body off the ground with proper balance, power, and elasticity through their back at the correct distance. It also takes away some of the risk of jumping big jumps with a tall cross-rail that acts as a marker, encourages straightness into the line, and significantly prevents a distance error.

**The Exercise:** A tall cross-rail into a five-stride bending line to a triple bar-to-oxer combination.

"The purpose of this exercise is to give the horse power off the ground and the ability to hold their shape into the combination and then rock back and balance with even more power out across the oxer on the out," said Jay. "I like to call this type of power 'lock and load!' and the general result is a horse that is jumping very well."

Smith experienced exactly that with her horses, saying, "I jumped three horses and I felt them come off the ground like never before. They were amazing! My stallion Leeto Z jumped the best I have seen him jump in seven years."

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



"The thing that sets Jay apart from other coaches is that he doesn't only teach you to ride, he teaches you to think. He comes up with exercises that, through repetition, help the rider to feel and develop the individual skill that which each exercise is designed to teach. The rider learns to react properly and ride effectively without harsh criticism.



Lana Smith and her 2005 Zangersheide stallion Leeto Z. Photo courtesy of Lana Smith

You know you have gotten the correct result when you have success in that exercise. Jay's 'philosophy,' as I call it, teaches his students to be logical, reasonable, and effective. Green horses develop skills and patience, without having to 'school,' and broke horses get sharper and more relaxed at the same time. I honestly don't know how I ever rode before I started in his program."

~ Lana Smith, Rosenol Performance Horses



## Spring & Summer clinic dates now available!

Jay has extensive first-hand knowledge of the jumping discipline and is available 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.



More Information on Booking your Jay Duke Clinic

## Jay Duke Equestrian's Virtual Lesson Subscription Program is 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. Or choose the bundle option and get 4-5 curated lessons with monthly topics delivered at once.
- 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.
- **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  
Clinics & Course Design

**TOP FORM GYMNASTIC**

Difficulty: Intermediate

**Materials:** 28 Standards, 28 poles, Groundlines are horse dependent No. 68

**KEY POINTS**

**Horse:** Focus

**Rider:** Position

**LESSONS**

**Jump Height Variable**  
 Intermediate: Fences #1 and #1. 3.7m Fence #3 1.20m/1.20m  
 Advanced: Fences #1 and #1 1.50m Fence #3 1.20m/1.20m

This is a wonderful exercise for working on the form of the horse over fences. Care and focus are essential for holding a horse in the correct position at the fence. It helps to relax the horse through the back and shoulder to the front end. The spin distance between the jumps will be 10m and 10m and 10m off the last fence.

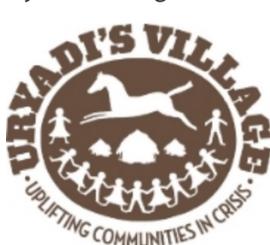
The focus is both the horse to walk at the fence and work on the front end form and up-overs through the back. The bending line will be to the left of the horse.

Also set this up mirror image or reverse it. Ensure the distances are also set when flipping direction.

© Jay Duke Design jaydukeclincs@gmail.com jayduke.com

Click to find out more!

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



View Jay Duke's Lesson Library

Find Out More About Jay Duke

Book A Clinic With Jay Duke

## JUMP MEDIA

Raising The Bar In Equestrian PR

