

Two Day Horseman's Workshop With Lew Sterrett

“Training that Wins the Heart!”



Day 1 Training the trainer

Experience 1 9:00am-12:00pm – Ground Work Level I

Goals:

- Develop specific and consistent body language and cueing foundational to excellent performance on the ground and under saddle
- Develop attentiveness and relaxation
- Gain softness and responsiveness to cues
- Cross small obstacles
- Start to learn inside/ outside turns

Exercises to include shoulder yielding turns on the forehand & haunches

Experience 2 - 1:00pm-3:30pm - Riding work Level I

Goals:

- Develop rider posture essential for consistent and specific cues under saddle at the Walk, Trot and Canter
- Emphasis will be put on using rein, leg, and seat aides for improving response, impulsion and softness.

Day 2 –Training the Horse

Experience 3 - 9:00am-12:00pm - Ground work level II

Goals:

- Develop confident and relaxed forward motion
- Immediate and balanced stops
- Improve inside and out side turns training
- Precise forehand turn
- Smooth even diagonal work
- Methods to get a horse to lay down

Experience 4 1:00am-3:30pm - Riding work level II

Goals:

- How to rate your horse at a walk, trot and canter
- How to increase balance, collection, and roundness
- Developing light and quick responses to rein aids
- Improving balance in stops and backing
- Positioning for correct leads and lead changes
- Balanced canter work and round smooth circles and serpentines
- Laying a foundation for liberty work

Horseman's Workshop Qualifications

Horse Qualifications: Must be sound possessing a positive Coggins and health certificate, able to be ridden or worked without jeopardizing the safety of other participants. Questionable horses (Stallions, aggressive or severe misbehavers) need to be pre-approved by Lew Sterrett. In like manner handlers/ riders must be of sufficient experience that they can work their equine partner in a group setting without putting themselves and others in danger. If safety is compromised the Sermon on the Mount staff reserves the right to dismiss participants.

Horses that don't already lead cannot be used in the ground work session. Only horses already under saddle (20+ rides) and have ridden at a walk, trot, and canter, should be considered for the riding part of the workshop. However anything from a healthy yearling and up could be used in the ground work session on both mornings or for a possible break out session in the afternoon.

Rider Qualifications: The minimum age is 12. Minimum experience for ground work—only enough to handle and lead your horse. Riders, at a minimum, must be secure at the walk, trot, and canter and possess sufficient confidence to focus on the horse needs while riding.

Day two qualifications mandate either participation in day one or former Lew Sterrett workshop or audited day 1 at an experience level sufficient to enter day 2. You are in the best position to judge both your readiness and your ability to complete the group lesson and get the most from your investment.

Other Recommendations:

- Helmets are strongly suggested
- Appropriate riding boots and attire
- Horse can be ridden under any seat (Western, English, Dressage), But should be accompanied by a snaffle bit and bridle
- Split reins should be available and easily attached
- Other aids (whip, spurs) normally used should be on hand, but used with permission only
- 9' lead
- Visit the Sermon on the Mount website www.SermonOnTheMount.org

Cost:

2 Day Horseman's Workshop **\$250.00** if you register 10 days in advance (After that point registration is **\$300.00**) Each participant receives 1 - 2 day Audit Pass, Q-stik, 2 Principle Based Training videos and Handouts - **\$90.00 value** (This payment is not refundable, however is transferable to another participant under special situations. Children under 12 audit for free)

Audit fee \$25.00 per day