





Kimiko Kobayashi
MARE EXECUTIVE DIRECTOR

About Me

- Nearly 40 years of English riding in 5-day, Dressage, & Hunter/Jumper
- In 2006 I opened up my own H/J Training stables and Sales barn.
- In the Fall of 2006 I was injured from a horse falling on me- TBI, broken neck and 7 other broken bones.
- Attended a workshop at Crystal Peaks Youth Ranch in 2007 that taught the in's & out's of running a nonprofit for Equine Therapeutic activities.
- Over the past 17 years I've worked and consulted for several therapeutic adaptive horsemanship programs throughout California.

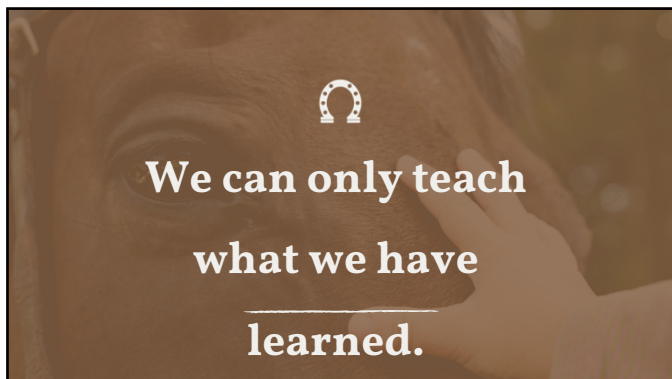
Memberships:

- PATH Intl. member
- Professional member of the United States Equestrian Federation & United States Hunter/Jumper Association



WHAT YOU'LL LEARN

- Understand how YOU teach .
- Apply what you have learned to communicate better to your rider or assistants (side-walkers).
- Analyze/Evaluate your riders progress and use their achievements or lack thereof as a benchmark for improvement on your teaching techniques.
- Create/Develop more effective teaching methods that can be adapted to therapeutic adaptive horsemanship.



UNDERSTAND HOW YOU TEACH .

- **YOUR teaching style is a culmination of all the instructors and mentors you have encountered and learned from.**
- **You will realize at some point that your teaching methods stem from what you understand, and what methods you believe are effective.**

APPLY WHAT YOU HAVE LEARNED TO COMMUNICATE BETTER TO YOUR RIDER OR ASSISTANTS (SIDE-WALKERS).

Application of what we have learned this weekend.

- **Functional Tasks**
- **Applied Behavior Analysis**
- **Visual aids**



COMMUNICATION

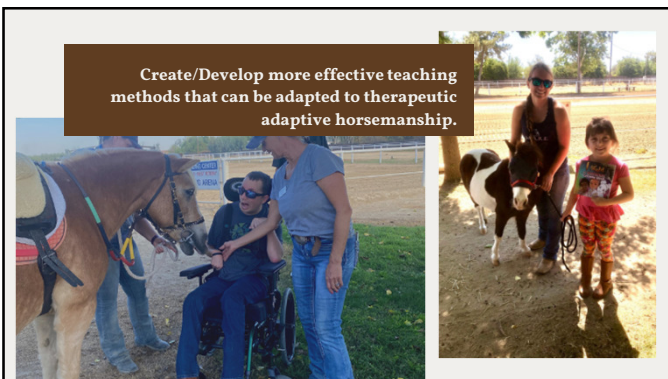
- Listen without interruption, negative body language or judgement
- Have regular honest conversations with your team members, (horse leaders, side-walkers, etc)
- Seek ways to give recognition for both accomplishments and efforts
- Respectfully address mistakes as opportunities to learn and grow
- Engage others to foster collaboration, set goals, and find solutions



Analyze/Evaluate your riders progress and use their achievements or lack thereof as a benchmark for improvement on your teaching techniques.

Evaluate:

- Aids
- Horses
- Environment
- Tack




Create/Develop more effective teaching methods that can be adapted to therapeutic adaptive horsemanship.

Develop your own Teaching Style

- Developing an effective teaching style requires time, effort, a willingness to experiment with different teaching strategies and an examination of what is effective in your teaching.
- Don't necessarily try to mimic favorite teachers from the past. Consider your strengths.
- Develop techniques that you are comfortable with that maximize rider outcomes.

RIDER'S BALANCE


To correctly understand the importance of a rider's balance...



kpahorse " Let us imagine that your horse is a ball placed on the surface of the water.
Let us imagine that a hand presses on the center of this ball.
The ball sinks straight into the water.
Now, let us imagine that a hand is pressed on the side of the ball. What happens?
The ball moves away in the opposite direction and slips over the water without sinking.
When a rider, usually due to the direction of his eyes, moves his center away from that of his horse, the horse will move to the opposite side... just like the ball on the water.
What happens in the arena?
Riders are often convinced that the horse won't turn.
In reality, it is the rider himself who, abandoning his initial position, leads the horse to abandon the planned route.
Generally, it is due to mistaken use of the eyes that the rider causes his own loss of balance. " - Michel Robert

BENDING AIDS

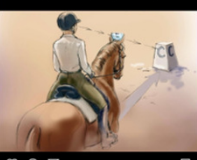
To get a feel for the aids that ask your horse to bend ...



253 likes
kpahorse " Imagine walking up a spiral staircase. To negotiate the stairs in balance, you must turn your shoulders on the precise path of the stairs and your seat and leg must be in the correct, stable position to ask for bend. " - Christine Furlley

RIDER POSITION

To keep your head up and your body aligned ...



250 likes
kpahorse " Imagine your horse's ears are the windshield of your car. Make sure you are looking out the windshield as you would when you are driving. Remember, you can't drive down the road looking out the passenger's or driver's side window. " - Stephany Fish

4

VARIED TRAINING


The importance and benefits of varied training...



"If you change the way you look at things, the things you look at change!"

RIDER POSITION

To help you understand what the horse feels when you are crookedly in the saddle.




510 likes

kapahere "Load a wheelbarrow heavily to one side as in the correct illustration. Now push the wheelbarrow, and feel how it pulls to the weighted side and how you are forced to lean in that direction to compensate. That's how your horse feels when you sit unsteady in the saddle, an uneven sit. When you sit evenly, the horse will be content and balanced as shown in the illustration on the right." - Sharon Sweet

AVOID OVERRIDING

How to avoid overriding your horse...




751 likes

kapahere "Use your aids only when you feel the horse is beginning to override itself. You can compare this to a kick sled—when it has picked up the desired speed, you stop pushing it and only push it again when it starts to slow down." - Kyra Kytkund

HAND POSITION

To stabilize your hand position...




327 likes

kapahere "Imagine that you are holding a coffee mug with two handles and direct your horse's energy through those handles. Holding the mug before your hands stay a reasonable distance from one another and work as a unit with your thumbs up. Be sure that you don't tip the mug or the coffee will spill!" - Michaels LaBare

HALF-HALT

To achieve an upright half halt...

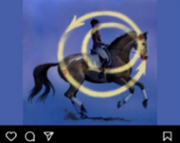


389 likes

kapahere "Remember that it's not just about clicking your legs and reins at the same time. You also need to rebalance the energy on your seat. Imagine you are on a bicycle and are about to pry a wheel. Engage your abdominal muscles, sit your chest, and hold your lower back still. These are all in the belly and all of the weight in the saddle. This will help hold the horse to level the shoulders and in this way you can see the front of the bicycle lift off the ground." - Carole Hoffmann

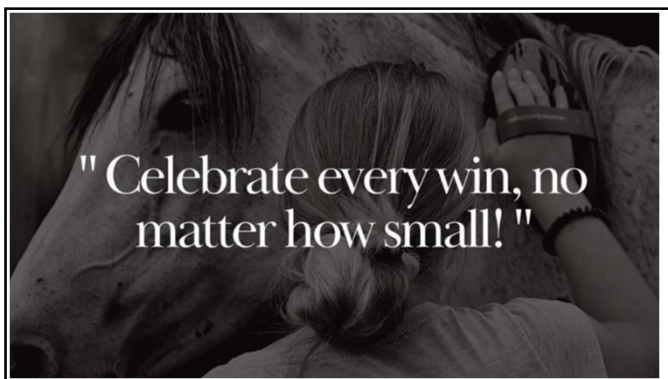
HALF HALTS

To help your horse stay round and forward through half halts...



264 likes

kapahere "Imagine a swirling ball of energy going through you like an electrical circuit. The circuit begins with the feet, it swings with it, that creates an impulse to the neck's base (C1), which produces energy in the fore leg (C3) that sends the current through the latches of the neck and over to the horse's mouth (C). The horse's understanding (back to the brain) of the contact causes the energy to remain within the horse, flowing back to the hind legs, which now always act at the will of the rider's willing seat." - Robert Dover

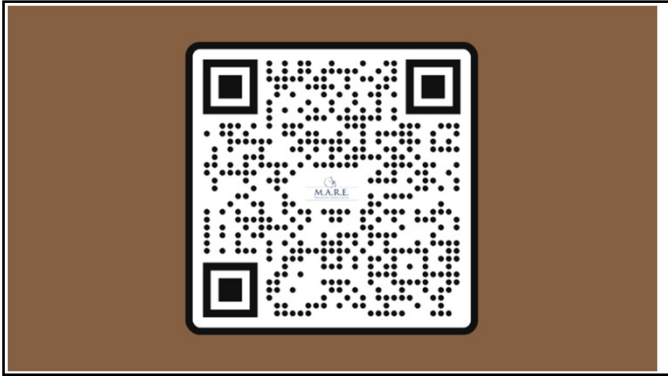


5 Benefits of Continuing Education for Career Advancement

1. Continuing Your Education Will Make You More Money*
2. Continuing Your Education Will Make You More Connections
3. Continuing Your Education Will Get You More Opportunities
4. Continuing Your Education Will Make You More Confident
5. Continuing Your Education Will Make You More Creative

Continuing Ed.

- Equestrian Coach- <http://www.equestriancoach.com>
- Hooffalls and Footfalls- <https://hooffallsandfootfalls.com>
- Teaching aids for EAS- <https://www.teachingaids.com>



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