

# JAY DUKE

## Equestrian

Clinics & Course Design



### Back to School-ing with Jay Duke!



Photo by Forever Photography

School is back in session, but not just for students. It's the perfect time to brush up on your riding at home and raise your grade in the show ring! The best part? You don't have to go it alone.

Have you ever wished that a teacher was available whenever you needed them? Or are you an instructor who could use a little help planning your lessons? Jay Duke's Virtual Lesson Subscription Program is the answer!

#### Here's your cheat sheet to schooling in the digital age:

- What you get: One lesson per week delivered directly to your e-mail and ready to travel straight to the ring with you. The lesson can be used in the absence of a trainer on the ground or to supplement and inspire an existing training program.
- Subscribers pay \$33 per month for a year-long subscription, which works out to be... \$8 per weekly lesson!
- 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. This summer, subscribers received a lesson from reigning FEI World Cup champion Beezie Madden!
- Bonus Benefits: Phone and video support from Jay Duke, including horse evaluations, lesson questions, etc.

#### Click below to see what recent subscribers received!

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**EYE COUNT**  
Difficulty: Intermediate

100' - 30m

**Materials:**  
12 standards, 20 rails - Use ground lines on both sides of the jumps.

**Key Points**

**Horse:**  
- Jumps  
- Suppleness

**Rider:**  
- Distances  
- Counting  
- Eye level  
- Turns

**Jump Height:**  
0.8m - 1.2m

There are multiple tools to help the rider find the correct distance. One of those tools is using the count on a line to help determine when you are in relation to the next fence. This exercise is specifically designed to use the count and eye together.

I can use a bag of using the 1, 2 or the 1, 2, 3, 4 count between the jumps, though for some riders this works very well. People do not all see distances the same way, so it is important to not put riders in a box with their mental processes.

As they learn to have their eye counting through the turn, which would only do in competition with an advanced rider in a speed or jump off situation. The exercise is excellent for creating spatial awareness. Once you can do this test well, counting in a line is simple, which is the goal.

**Part #1**  
Center fences 1 - 4 putting one step between each jump. With this configuration of fences all three turns ride differently. The second turn is the tightest and the third corner is the shortest. This prevents the rider from "guessing" where the turn should be, and makes them use their eye along with the count to figure out where they are. Do this until the rider does 9 strides between all 4 fences. The adjustments should be done using track, not pace. For all the different numbers the pace should be exactly the same, quiet and comfortable.

**Part #2**  
Set 7 strides between each fence.

**Part #3** (Advanced level)  
Do 5 strides between each fence.

**Part #4**  
Do the exercise in reverse. Use whatever numbers you wish, minimum 9 strides and maximum 4 strides.

Make sure the rider is looking at the next fence in the air of the fence before.

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Subscribe Today!

### A Word From Jay



"In my experience, it's when the equestrian community operates as a whole rather than a group of individuals that magic happens. That is what inspired me to create a program where trainers, coaches, and riders who train themselves could work together to mold educated, well-rounded horses and riders at any level."

~ Jay Duke, Canadian Equestrian Team veteran, renowned clinician, and Equestrian Canada senior course designer

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



### What people are saying...

"Jay's method doesn't only teach you to ride, it teaches you to think. His exercises help the rider to feel and develop each individual skill. Jay's "philosophy" 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 don't know how I ever rode before I started in his program!" ~ Lana Smith, Rosenol Performance Horses, Prince George, BC

### What's next? A clinic with Jay Duke!

Jay is now accepting winter clinic bookings. Whether your riding needs a little polish before a competition or you have a specific problem you would like a professional's help with, Jay can help with extensive knowledge and more than three decades of experience in the horse sport industry. Single to four-day sessions for varying levels are available.



More Information on Booking your Jay Duke Clinic



View Jay Duke's Lesson Library



Find Out More About Jay Duke



Book A Clinic With Jay Duke

