

# JAY DUKE Equestrian

Clinics & Course Design



## Show Ring Refresh with Jay Duke!

The hunter and jumper riders of Elder Stable in Winnipeg, MB, got a double serving of Jay Duke's show jumping boot camp during their recent five-day clinic. Elder Stable is a competitive show barn run by trainer Judy Elder and rider/trainer Pamela Elder, and their riders and horses are in the midst of a busy fall competition season. So they turned to Jay to help add some polish to their winning ways. Riders from the junior to the professional ranks participated with 25 horses in total.

### Some highlights from Elder Stable's Jay Duke Clinic courtesy of Judy Elder:

- We had a beginner amateur hunter rider having trouble maintaining a consistent canter. Jay quickly explained, "You can have your foot on the brake, and you can have your foot on the gas, but you can't have it on both at the same time." He had her balancing the two and producing an under-control and consistent canter in no time.
- Pamela was riding a young hunter that is a very big type and was having trouble jumping from deep distances. Jay used his "Circle of Death" exercise to help the horse sit on his hocks and pick up his knees and got him jumping beautifully. *Click below to try this exercise at home!*

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**CIRCLE OF DEATH PART 1**  
Difficulty: Intermediate

**Materials:**  
8 standards, 12-15 rails, No BS.

**KEY POINTS**

**Horse:**  
-Suppleness  
-Land the correct lead  
-Use both hands  
-Strengthen hind end  
-Square front and rear

**Rider:**  
-Controlling track of the horse  
-Using track to adjust distance  
-Stops  
-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 force build, younger horses should have 2 rails. This exercise can be used in any size arena, a minimum of 3-4 strides to a maximum of 4-6 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 all times, 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/rate from lesson #2, alternate the count between each jump. This makes the rider use pace and track to be successful.

**Lesson #4:**  
For lessons 2 and 3, go around the circle a minimum of 4 times and have 10-15 jumps in any order and avoid your circle. This exercise is excellent for creating spatial awareness. Once you can do this level well, counting in a line is a bonus with their mental processes.

**Lesson #5:**  
Once you have established the rhythm/rate from lesson #2, alternate the count between each jump. This makes the rider use pace and track to be successful.

**Lesson #6:**  
For lessons 2 and 3, go around the circle a minimum of 4 times and have 10-15 jumps in any order and avoid your circle. This exercise is excellent for creating spatial awareness. Once you can do this level well, counting in a line is a bonus with their mental processes.

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### In Review



"One of my biggest fears when bringing in a clinician is that they will ask something of my horses and riders that they may not understand or are not capable of. From the start, this was never an issue with Jay.

I was very impressed with how welcoming and not intimidating his style was. He genuinely cares about seeing each horse and rider improve and quickly zeroes in on how to make that happen. Jay is a gifted clinician and we can't wait to have him back!"

~ Judy Elder  
Clinic Organizer and Elder Stable Trainer

### Winter clinic dates now available!

Jay has extensive firsthand 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](#)

### Have you heard about Jay Duke Equestrian's Virtual Lesson Subscription Program?

**It's 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.
- 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. In May, subscribers received a lesson from reigning FEI World Cup champion Bezie 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

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

**KEY POINTS**

**Horse:**  
-Suppleness  
-Disinclination  
-Clearance  
-Eye level  
-Turn

**Rider:**  
-Controlling track of the horse  
-Using track to adjust distance  
-Stops  
-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 force build, younger horses should have 2 rails. This exercise can be used in any size arena, a minimum of 3-4 strides to a maximum of 4-6 strides between each jump.

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



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