

ODS Educational Opportunity Proposal Dressage Horse Simulator

We have an opportunity to bring a Racewood Dressage Simulator to Oklahoma. If you have ever seen flight simulators this is a similar concept except that you are sitting on a "horse" which has sensors in the saddle, on its sides, and on its head and neck. This horse is capable of performing all dressage movements from the walk to flying changes to piaffe and everything in between. In front of you is a screen that shows where you are riding, whether on the trail or in a dressage arena. You can see the horse's ears on the screen and the picture advancing as you progress through your ride. If you're not careful to guide your horse, you can crash right into the judge's stand!

These simulators are made in England, but there is one in California that is willing to hop into a horse trailer and tour TX and OK. Barbro Ask-Upmark is the owner and you can either have a lesson with her or bring your own instructor. You may even use your own dressage saddle. Lessons are 45 minutes long and will be about \$100-125.

We're not quite sure on a time frame yet. It will probably be mid October to November. We're looking into suitable locations between OKC and Tulsa that meet the requirements for the simulator. She does need a guarantee of at least 20 lessons in OK.

Barbro will also bring her GP horse to continue his training and to do a demo ride on him explaining her techniques. Arrangements could also be made to have a lesson on your horse with Barbro following your lesson on the simulator experiencing the improvements you've made.

A picture is worth 1,000 words so here are some links to Barbro's website, The Racewood Riding Simulator website, and a YouTube video.

<http://www.alwaysagoodride.com/>

<http://www.racewood.com/>

<http://www.youtube.com/watch?v=3a9yoqZwQs4>

Here are some comments from Barbro:

When the rider gets on, I first assess their seat as they would normally sit on their horse and I make adjustments if necessary. I then also ask them what horse they have, what level they ride and what they feel they really need to work on. I start the screen and sensors but not the "horse". This allows both the rider as well as me to see how the legs, hands and seat are used while doing different movements without having the motion. This is very valuable since we can make corrections before we start to actually ride. It also gives me a chance to explain how the sensors are working, in relation to each other. (Since it is a machine, it will do exactly what the rider tells it to do!) Then I start the

Simulator and the rider can choose what he/she wants to work on; seat, aids, balance, transitions, arena work, lateral work, changes etc. or all of it!

Normally I have the rider to ride outside the arena (on the simulator screen) for the first part of the lesson in order to get familiar with how it works before entering the arena. I am standing next to the rider so I can make necessary adjustments as they ride. The lessons are normally 1/2 h but can be longer if necessary. (It is quite intense since there are no walk breaks to let the horse rest!)

I will give a 15-20 minutes long presentation for the participants where they also can ask questions. We will then start the Simulator lessons one by one and if the rider allows, the other riders and auditors can watch.

Depending on what level the rider is on, different programs and training techniques will be used as well as accommodating wishes from the rider what he/she wants to work on specifically.

Please note; Weight limit to ride the Simulator is 230 lbs.

If you are interested in riding the simulator we need you to e-mail us NOW or we will have to pass on this opportunity.

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