



**ODS SYMPOSIUM- March 27-28, 2010
JEFF ASHTON MOORE BIOMECHANICS II
FAQ's**

Who is Jeff Ashton Moore? Jeff Ashton Moore is a judge ("S", vaulting, breeding sport-horse) from California. He is a faculty member of both the Learner Judge ("L") program and the USDF University programs. He is an author and editor for many USDF publications. Jeff is also a lecturer, clinician and Grand Prix rider. For a complete list see "Jeff Ashton Moore-bio" on the ODS website.

Biomechanics? What is that? Put simply, *rider biomechanics* is how the rider moves on the horse. This can either influence the horse in a positive way, which will improve the horse's ability, or negatively. How often do riders get frustrated because their horse doesn't respond the way they would like? Often, the problem lies within our riding, because we are giving the horse mixed signals. No one does this intentionally, but because we don't understand how our body is moving. How many people realize that their hands/hips should move oppositely in the walk than in the canter? Lack of understanding is why so many horses get banged in their mouths at the canter, while the reins go slack-loose-slack-loose at the walk. *Horse biomechanics* is about how the horse moves its body. Again, we often get upset with our horses because they don't seem to be able to do what we want. How much kinder for the horse if we understood things like "bend." Most people don't understand that much of the horse's spine has a very limited ability to bend, and what we really need the horse to do is to place its feet more under (away) from its body to give the appearance of a bent spine, as is often discussed in dressage.

Sounds pretty technical, will I be able to understand? Not only is he one of the best communicators in the dressage world, he has a wonderful ability to make a "dry" subject interesting light enough to be fun. He's one of the funniest men I've ever met; his humor will keep us from ever being the least bit bored. –Lyn Francik.

How will this help me in my riding? Because riding is a sport where two very different living beings are interacting together, the study of biomechanics of each is essential to understanding how they can physically interact and influence each other. Rider biomechanics addresses psychological (empathy) and physical (body control) issues. Learning about horse biomechanics helps us with training the gaits, the horse's physique, and how we can influence the horse. With an understanding of biomechanics we can learn to recognize quality riding versus just riding tricks.

Wow, that sounds pretty cool! What is the symposium schedule? Rider biomechanics will be covered on Saturday and horse biomechanics will be on Sunday. Both days start with lecture in the mornings approximately 8:30-noon (a light breakfast and box lunch is included). Lunch is noon -1:00 and demo riders will ride in three groups from 1:00-4:00 p.m.

Where will the symposium be held? The Heart of Oklahoma Exposition Center in Shawnee, Oklahoma, just a few miles south of I-40 on Hwy 177 where it intersects with West Independence Street. The lectures will be held upstairs in the main building in the northeast area of the Expo grounds. The demo riders will be riding in the large arena. Jeff will use a sound system and bleacher seating is provided for auditors, or you may bring a chair if that is more comfortable for you.

How will auditors be involved? Auditors not only hear the full lectures but have opportunity to watch all riders in the afternoons. Also, each person (auditors and riders) have been asked to bring a dressage whip, reins (or baling string is fine), empty water bottles or soda cans. We also need mini trampolines and exercise balls to borrow for the weekend-contact Anne if you can bring one or both!

Should I be a demo rider? We need 9-12 demo riders. This is an integral part of the symposium for everyone. Your riding level is not important, being able to walk, trot, and canter is sufficient. You will be riding with a few other people of similar level at the same time. Being a demo rider offers you the opportunity to gain a personal insight as to your way of moving with your own horse right away. What better way to enhance your partnership with your horse?

Who is sponsoring this symposium? ODS with the assistance of a grant through The Violet M. Hopkins Fund at The Dressage Foundation is sponsoring this symposium. The grant is helping ODS keep the cost to members very affordable for a speaker of this caliber.

What does the symposium cost? Auditors pay \$50 per day or \$85 for both days. Demo riders pay \$120 per day or \$175 for both days. The rider price includes a stall with two bags of shavings and security at night. Breakfast and lunch are included in all prices☺. Non-ODS member prices are slightly more.

How do I sign up? Applications will be available at the AGM on January 23, 2010, on the ODS website, or from Anne Kuhns at akuhns@atlasok.com. Demo rider applications are due February 26, 2010, and auditor applications are due March 19, 2010, in order to get the appropriate number of meals ordered.

I see that I can get USDF University Credit, what is that? Through the USDF University Program, USDF recognizes members who strive to continue their education in dressage and related sports. Based on number of credits earned, educational recognition will be given by USDF annually. Visit the USDF website: www.usdf.org or see page 65 of the 2009 USDF Directory for more details.

Wasn't Jeff Moore already here for a symposium in March of 2008? Yes, he was. Because of the enthusiastic response from riders and auditors we had no option but to bring him back. He has a lot of knowledge and will explore rider and horse biomechanics further. He is an entertaining speaker and maybe we've forgotten some of what we learned. Here is an opportunity to refresh what he presented in 2008 and learn more or, if you didn't attend, to see what everyone was raving about.