

EQUESTRIAN EDUCATION SYSTEMS, Inc.
For Instructors, for Riders, for Horses

The
*Balimo*TM
Program

FOR RIDERS

Including products and services from

BALIMO
BALANCE IN MOTION

Curriculum Catalog—January 2009

EQUESTRIAN EDUCATION SYSTEMS, INC.

*EES is dedicated to improving the lives of horses
through rider education.*

Executive Co-directors:

Vicky Busch
Alison End

Curriculum Director:

Dawn Jensen

Founder

Jill Hassler-Scoop (1943-2006)

Advisors

Tanya Boyd
Beth Beukema
Sophie Clifton
Lendon Gray
Eric Horgan
Lazelle Knocke
Jochen Schleese

Directors

Vicky Busch
Dana Butler
Alison End

**Program
Developers**

Eckart Meyners
Hannes Müller
Jill Hassler-Scoop

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Program Developers

Eckart Meyners

Eckart Meyners, a professor of sports physiology and movement at the University of Lüneburg, Germany, conducts research on improving athletic performance. He has worked with the German National Equestrian Federation for twenty-five years, and has been instrumental in developing the methodology of equestrian instruction and rider training in Germany. Over the years, he has developed a unique performance improvement approach based on regaining balance. Through a series of simple, easy movements that address “blockages” in the rider’s body that may interfere with the horse’s motion or impede proper communication between horse and rider, balance, seat and performance are improved. Mr. Meyners has published numerous articles and books in Germany, and to date has published several books in English.

Hannes Müller

Hannes Müller has worked with Eckart Meyners for over twenty years. Hannes is a Master Trainer and Judge in Germany and is currently the Director and Chief Trainer of the German Academy for Professional Riders. The Academy is renowned for its intensive program to prepare professional trainers for certification exams. He supports the Balimo™ Program by providing the theory and practice for technical riding skills, as well as by effectively applying the theory of teaching in the arena. Mr. Müller is considered one of the best trainers in Germany and is widely published there as well.

Jill Hassler-Scoop (1943-2006)

Jill Hassler-Scoop was an instructor, coach and clinician with over 45 years of teaching experience. From 1963 to 1991, Jill owned, managed, and taught from Hidden Acres Farm in Quarryville, Pennsylvania. From 1991-2001, she managed and taught from Hilltop Farm in Colora, Maryland. She then devoted herself full time to instruction and instructor education through Equestrian Education Systems. She published numerous books and articles, available through EES.

*The Balimo™ Program is a service of
Equestrian Education Systems, Inc.*

The Balimo™ Program

EQUESTRIAN EDUCATION SYSTEMS, Inc.
For Instructors, for Riders, for Horses

The Balimo™ Program is a comprehensive approach to the training of riders and riding instructors. Participants can sign up for individual courses for personal enrichment or they can have their courses tracked towards a diploma as students in the Balimo™ Instructor Program or certificates as students in the Balimo™ Rider Program.

The curriculum was developed to enhance the instructor's roles as both an **educator** and as a **motion mediator**. As an educator, there are a number of principles that the instructor must understand from communication techniques and the methods of instruction, to the psychology of the people involved and the motivation and learning style of the rider. An instructor must also become a skilled motion mediator, which is defined as an individual who has first studied the science of motion, particularly as it relates to the human form in combination with the horse; then, through practical experience, has acquired a trained eye to assess the principles of movement and to select appropriate exercises to address any deviations from an individual's movement potential. By enhancing an instructor's competence in both of these roles, this program strives to strengthen the effectiveness of the instructor and, therefore, the relationship between instructors and riders.

Riders have the opportunity to become better students and to take charge of their education by learning about the factors that go into effective instruction. They will learn to better prepare themselves and get the most out of each lesson and they will be more informed to make decisions about the right type of instruction for them.

The Balimo™ Program is designed to provide instructors the information that they need to teach successfully and that riders need in order to reach their full potential, therefore developing strong and healthy instructor—rider relationships.

Balimo™ Rider Program

This program is intended for riders who are interested in learning and applying Eckart Meyners' principles of motion and education to their own riding. Five certificates are available in the Balimo™ Rider Program. Each was developed around a particular theme. The certificates available are as follows: "Getting the Most Out of Your Education", "Basics for Every Rider", "Getting to Know Your Horse and His Attire", "Rider Body and Fitness", and "Developing Your Inner and Outer Eye". A rider in the Certificate Program may complete as many or as few certificates as they wish. Certain courses may need to be taken before others within a certificate, but certificates may be completed in any order. We are happy to advise riders on an appropriate choice and order based upon their experience and interest. Riders who complete all five certificates will also receive a Balimo™ Rider Program Diploma.

Riders in the Certificate Programs are also encouraged to ride in and observe Balimo™ Clinics with Graduate Balimo™ Instructors. Through these clinics they will become familiar with the six-point structure, with general and specific warm-up routines, and with the many unique exercises that are important components of the Balimo™ Program. Another great way to observe these Balimo™ Program Principles is to attend symposiums with Eckart Meyners that are offered in a few different locations each year.

Further, those riders who exhibit strong skills, particularly those riding at or above 3rd level dressage (or the equivalent), may be invited to take part in at least one instructors' workshop as a rider. At these workshops they will also have the opportunity to complete more advanced theoretical courses in a workshop setting.

Rider Course Descriptions

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Riders receive a certificate after completing all appropriate coursework for the included courses. Riders may enroll to complete each certificate separately and though certain courses may need to be taken before others within a certificate, certificates themselves may be completed in any order. Riders who complete all five certificates are eligible to receive the Balimo™ Rider Program Diploma.

All rider courses are offered through distance learning unless otherwise specified.

CERTIFICATE 1: GETTING THE MOST OUT OF YOUR EDUCATION

These courses explore the rider's role as a learner through studying knowledge from the field of education and pedagogy. Riders can become more successful and gain the highest levels of satisfaction with their riding when they understand how they learn, and when they take an active role in the learning process.

Riding involves some general principles of learning, such as appropriate uses of task and command instruction, as well as more specific learning skills specific to learning feel and motion. Personal philosophy, personality and learning styles are included, as well as brain function. Riders can make both their daily rides and their lesson/clinic experiences more effective through an understanding of information taught in these courses.

Task versus Command Methods of Learning

Riders can participate in their learning process more effectively by understanding the difference between task and command oriented instruction. This course is the introductory course on task versus command oriented instruction, introducing the concepts and giving the rider practice at identifying each, as well as a chance to begin developing their own philosophy of how to interact with their instructor during each of these two instructional methods.

Rider Course Descriptions

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Personality and Learning Styles

This course covers four basic personality types along with the strengths and challenges of each. Riders will assess their own personality type and discuss challenges that may arise as they interact with instructors (and horses) of the same or different personality types. Several common learning styles are also introduced and discussed

Philosophy and Motivation

Your riding is influenced by both your riding and life philosophies, which set the framework for your decisions related to how you organize your life, the choices you make, the money you spend and the value you place on the activities of life. Your motivation is linked to your philosophy and understanding. It helps you gain a “big picture” for the role that horses play in your life and how you should approach riding and learning. This course provides a space and structure to examine these fundamental aspects of who you are in order to help you be clearer as a person and as an equestrian.

Principles of Learning

This course addresses methods of learning that lead riders to become independent movers, showing them how to make good, quick decisions in every situation. The use of task versus command oriented instruction that was introduced in the pre-requisite course is expanded regarding its role in developing muscle memory in riders. Also included are the stages of human physical development which will give riders a deeper understanding of learning motion at different stages in life.

Pre-requisite: Task vs. Command Oriented Instruction

Rider Course Descriptions

EQUESTRIAN EDUCATION SYSTEMS, Inc.
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CERTIFICATE 2: BASICS FOR EVERY RIDER

The technical skills of riding are an important aspect of any equestrian endeavor. This is also the area that is the most difficult to find agreement on; various disciplines, and even various approaches within each discipline, have different beliefs about what are correct technical skills. This module offers courses that we consider foundational to any discipline, that we believe will complement any specific technical requirements of a rider's approach.

It is not uncommon for riding programs to talk about the Scale of Education for the horse. It is less often that riders and instructors discuss what a rider should learn at each step of the way throughout their education. This set of courses ventures to give the rider an understanding of what they skills they need at each stage of their rider education. Simultaneously, it is important to know how to systematically evaluate and develop a horse's education. Finally, with this knowledge comes a need to set and keep appropriate goals.

Introduction to the Stages of Rider Education

Effective riding begins with a system. Riders must have an in-depth knowledge of the system of education of horses and riders. This course provides a solid foundation in the 5 stages of rider education, as well as offering beginning practice at using the stages to evaluate one's own level of training as a step in goal setting and planning.

Introduction to the Scale of Education

A solid understanding of the Scale of Education and related theories is essential for any equestrian, whether rider, trainer, or instructor. This course provides a solid foundation in the 3 phases and 6 steps of the Scale of Education, as well as offering beginning practice at using the Scale of Education to evaluate a horse's level of training as a step in planning each ride.

Rider Course Descriptions

EQUESTRIAN EDUCATION SYSTEMS, Inc.
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Goal Setting for Riders

Setting goals is an essential step in making progress in one's riding. This course teaches riders why goal setting is important, what it is, and how to integrate it into everyday riding.

CERTIFICATE 3: GETTING TO KNOW YOUR HORSE AND HIS ATTIRE

Understanding our equine partner is essential to riding. This certificate is designed for riders who want to understand the basics about a horse's mind and body and the tack that is required to ride him. For those who need a foundation in saddle and bit fitting, this is a great way to help both you and your horse move towards a more comfortable partnership.

The Horse Inside and Out

Paramount to effective riding is a thorough knowledge of the horse; how his body and mind work, and the effects of conformation, breed and age on performance.

Saddle, Bridle, and Bit Fitting

Without a correctly fitting saddle and bridle, any training of horse and/or rider is useless. A horse who is in pain or who is encumbered by his tack will not be able to work properly. Similarly, a rider who is sitting in an ill-fitting saddle will not come into the proper balance needed to follow and influence the horse's motion. This course includes basic principles of saddle and bit fitting essential for every rider.

Rider Course Descriptions

EQUESTRIAN EDUCATION SYSTEMS, Inc.
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CERTIFICATE 4: RIDER BODY AND FITNESS

Horseback riding is more complicated than any other sport simply because the rider has to deal with two moving, breathing, living creatures which are both very unique, him/herself and the horse. This individuality must be acknowledged and accepted in order to make the riding experience an enjoyable and progressive one. Riders must learn to be *motion mediators*, both for themselves and for their horses.

The rider initially learns to follow the horse's motions, but as the rider develops in ability and skills, she learns how to use her body to *influence* the horse's body and motion. Horse and rider should not be separated since one's weakness can be compensated by the other's strength throughout the learning process.

Riding is about movement and motion. Riders who are able to understand the functioning system of human and horse become better able to learn 'feel'.

Basic Human Anatomy for Riders

Does your body present a hindrance to your riding? Do you strive for a position that keeps you moving with rather than against the horse? One piece of the puzzle to help accomplish this goal is an understanding of the tools – the bones and muscles – within your body that can help you achieve a balanced and supple position on horseback. This course will cover some basics of the anatomy of the bones and muscles of the human trunk, hips, and shoulders that are important to riding

Fitness/Coordination

While strength, quickness, and adequate endurance are necessary, they are not the only requirements for riders. Riders also need coordination and agility. In this course, students will learn the definitions of fitness and coordination, how they apply to riding, and how they can be developed, including what to do if one lacks natural fitness or coordination.

Rider Course Descriptions

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Human as a Functioning System

- This course covers the factors that affect the individuality of each human, including the mental and physical make-up of the individual plus the current muscle memory. The individual is approached from an emotional, mental, and physical perspective.

Pre-requisite: Fitness/Coordination



Rider Course Descriptions

EQUESTRIAN EDUCATION SYSTEMS, Inc.
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CERTIFICATE 5: DEVELOPING YOUR INNER AND OUTER EYE

In order to get the most out of the Balimo™ Program, one must have a good “outer eye” for the movement of both horses and riders. This outer eye is used to observe the physical attributes that one sees when watching a horse and rider together. Development of what we call the “inner eye” is just as important. The inner eye is used to observe the things that we notice with our intuitive skills – those things that we “know” but can’t necessarily put our finger on how we know them. This skill is especially important for developing muscle memory, which is imperative for improving “feel”. The following courses are designed to help develop and improve both the inner and outer eye.

Observation Fundamentals

Developing your eye cannot be taught only from a book. It takes many hours of observing accomplished riders and instructors assess themselves and other riders to develop one’s own sense for how to do this. However, there are some key principles that will help you improve your observation skills, and thus, gain the maximum benefit from observing the experts. This course helps riders to evaluate and develop their own observation skills.

Introduction to the Inner Eye

To ride effectively, a student must be able to use information gathered from lessons, clinics and their own studies. Another part of this process is the development of the inner eye which is invaluable to all riders. This course defines the inner eye and explores its uses in effective riding, as well as offering techniques to develop this valuable skill further.

Rider Course Descriptions

EQUESTRIAN EDUCATION SYSTEMS, Inc.
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Feel, Motion, and Muscle Memory

It takes time to learn how to feel and use each body part independently, and it takes even more time to practice it. While riding, you do not have time to think about what part of your body needs to do what; the feeling must come from your muscle memory. In order for your muscles to learn what to do, they need to be trained. The first step in this training is to become aware of each part separately. Once you can do this, you can train your muscles to remain appropriately relaxed or toned as the situation requires. This course defines muscle memory and gives the student practice becoming aware of each body part.



Rider Course Descriptions

EQUESTRIAN EDUCATION SYSTEMS, Inc.
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COURSES AVAILABLE AS PART OF BALIMO™ CLINICS OR WORKSHOPS

General and Specific Warm-up

These experiential courses are required to be taken in workshop format. Every rider warms her horse up before she begins to ride him in a lesson. However, riders seldom do a personal warm-up or physically prepare for a ride at all, even though preparation is one of the most important elements of sport activity. You will learn methods to warm-up as you move about in your day to day life that will have a positive effect on your riding and teaching. This course is divided up into two parts: 1) General warm-up, including the different kinds of stretching, and 2) Specific warm-up, with exercises that focus on specific parts of the body

Six Point Structure for Improving Riders

These six courses will take you through the 6-Point Structure improving riders, including the ideal, common deviations in each area, and exercises specific to each area. Riders need to experience the structure and combine the experience with the use of the “inner eye” to get to the root of their needs.

Balimo™ Rider Program Certificates

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RIDER PROGRAM CERTIFICATES		
GETTING THE MOST OUT OF YOUR EDUCATION		
Task versus Command Methods of Learning (Prerequisite for Principles of Learning)	Distance Learning	\$200
Personality and Learning Styles	Distance Learning	\$200
Philosophy and Motivation	Distance Learning	\$200
Principles of Learning	Distance Learning	\$200
BASICS FOR EVERY RIDER		
Introduction to Stages of Rider Education	Distance Learning	\$200
Introduction to the Scale of Education	Distance Learning	\$200
Goal Setting for Riders	Distance Learning	\$200
GETTING TO KNOW YOUR HORSE AND HIS ATTIRE		
The Horse: Inside and Out	Distance Learning	\$200
Saddle, Bridle, and Bit Fitting	Distance Learning	\$200
RIDER BODY AND FITNESS		
Basic Human Anatomy for Riders	Distance Learning	\$200
Fitness/Coordination (Prerequisite for Human as a Functioning System)	Distance Learning	\$200
Human as a Functioning System	Distance Learning	\$200
DEVELOPING YOUR INNER AND OUTER EYE		
Observation Fundamentals	Distance Learning	\$200
Introduction to the Inner Eye	Distance Learning	\$200
Feel, Motion, and Muscle Memory	Distance Learning	\$200

Tuition and Fees

Rider Program

Rider Diploma Requirements

The cost for each certificate ranges from \$400-\$800. Each certificate may be completed separately and the fees are payable as the rider signs up for each individual course (courses cost \$200 each). If all five certificates are completed, the 15 Distance Learning Courses will cost a total of \$3,000.

The cost of participating as a rider in a Balimo™ Clinic varies as a function of location and clinician. Riders are also encouraged to host Balimo™ Clinics whenever possible. This can be a great way to solidify a relationship with an effective clinician and often can reduce the costs of one's own lesson by encouraging auditors to attend.

Most of the courses require the purchase of several text books. However, many of the books will be used for more than one course. Books can be purchased through EES and/or other booksellers.

If riders are invited to participate in a workshop, based on experience and skill level, workshop fees are approximately \$850 plus an additional \$325-600 to ride. If you need to lease a horse, there will be an additional fee. Workshop fees include tuition for courses taken as part of the workshop, hotel (double occupancy), and a few meals.

Financial Planning

Riders will purchase individual distance learning courses for \$200 each and will receive a Certificate at the completion of all appropriate courses. If they complete all 5 Certificates, they will receive a Balimo™ Rider Program Diploma.

Balimo™ Clinics

What Is a Balimo™ Clinic?

A Balimo™ Clinic has a unique structure that includes theory lectures/discussions, an exercise class, and riding sessions that incorporate the principles of the Balimo™ Program. These riding sessions include an initial evaluation of the rider's seat, followed by unmounted exercises selected by the Graduate Balimo™ Instructor from the Balimo™ "Six Point Structure", to specifically address each participant's physical issues related to riding. In the first evening lectures/discussions, the Graduate Instructor will cover one topic from the "Six Point Structure", on which the Balimo™ Program is based. She will also draw upon information from other courses within the Balimo™ Program curriculum. The host can discuss this choice with the instructor to select a suitable topic for the Saturday evening lecture.

The information gleaned at a Balimo Clinic is supplementary to the information in the distance learning and workshop courses, and is not meant as a substitute for attending workshops or for course credit. Instructor participants can, however, gain valuable Developing Your Eye Observation hours from Clinic participation.

Balimo™ Clinics

Example Structure for a 2-day clinic (1 day clinics are also available)

This is considered two days because Sunday usually ends a bit earlier than Saturday and Friday only involves a lecture. Also, please note that this is just an example outline. Each individual clinic's schedule is left up to the clinic organizer, in collaboration with the Graduate Instructor.

Friday Evening: Lecture

Saturday Morning: Un-mounted Exercise Class

Saturday: Riding Sessions including Un-mounted Exercises*

Saturday Evening: Lecture and/or Question/Answer Session

Sunday Morning: Un-mounted Exercise Class

Sunday: Riding Sessions incorporating changes from Saturday's sessions

*Suggest 1-hour sessions on Saturday and 45 minutes sessions on Sunday so that things finish up earlier on Sunday...

Frequency: Recommend 2 or 3 per year.

Why host a Balimo™ Clinic?

- ♦ Advance your Balimo™ education
- ♦ Receive 6 Developing Your Eye Observation credit hours for each full day
- ♦ Onsite Graduate Balimo™ Instructor to guide you
- ♦ Receive promotional help for the Clinic

*For more details on Balimo™ Clinics, please visit
www.equestrianeducation.org.*

Improve your riding with The Balimo™ Chair



Poor posture and the restrictions on our movement from conventional chairs can, over time, cause a reduction in general flexibility, balance, and ease of movement. Through frequent use of the Balimo™ Chair you can regain many of your body's natural abilities and improve the communication between horse and rider.

BALIMO™
BALANCE IN MOTION

Endorsed by
Heike Kemmer

For complete information, visit www.equestrianeducation.org

We welcome your questions!

Equestrian Education Systems, Inc
www.equestrianeducation.org

Dawn Jensen
Curriculum Director
Dasjensen@web.de

Shannon Chrisman
Office Manager
Equestrianedu2@aol.com

P.O. Box 4482
Missoula, MT 59806
Phone: 406-493-1272
Fax: 406-493-1273