

SECURE SEAT (sm)

A Teaching Method for All Disciplines of Horsemanship

A method that anyone can learn - Not just for the experienced instructor but a true technical advance for the instructor just starting out. It can also be used for self-teaching.

The basis for a skill-driven program - The instructor will always know when the student can safely canter, jump, or go out on the trail

Reduce the length of time that the beginner is so vulnerable to a fall - One of the goals of Secure Seat(sm) is to teach a deep, balanced seat as quickly as possible. Although it initially appears that the method is slow, the students will have a correct, secure, harmonious seat much more quickly than with traditional methods which involve telling the student where to put his/her body parts in space, which always results in stiffness. Stiffness means the student is at risk of a fall. "Put your heels down" usually results in an incorrectly placed leg as well.

Teach riding by teaching exercises - Each exercise represents a particular skill. When the exercise is learned the skill is learned.

Skills are taught in the necessary order - Eliminate the student plateaus that slow down teaching/learning.

Eliminate the guesswork - Because the skills must be learned in a certain order, the exercises are taught in a certain order. The instructor will know when the student is sufficiently prepared to progress, or not. Now the instructor will have an answer for, "When can I go on the trail. Why isn't my child jumping? May I canter today?"

Eliminate many accidents due to falls from horses - Secure Seat(sm) will eliminate a substantial amount of riding accidents, greatly reducing the instructor's and facility owner's exposure to liability.

Students will retain what they have learned - Because the students have learned a series of exercises, they can recreate their lessons and start up quickly where they left off last year. They won't have to start over every time they change instructors at the stable or camp.

A defensible method in the unfortunate event of an accident - No longer will the instructor have to depend on the history or good nature of the school horse. The instructor will have a written procedure that will reliably demonstrate why the student was prepared to attempt the current activity