

Corie Bannon Scholarship Report Clinic with Lilo Fore

Thanks to the Dressage4Kids Scholarship, I was able to ride with Lilo Fore. The riding experience I had with Lilo was fantastic and will be carried throughout my riding career. The horse that I ride regularly and show became hurt a few days before the clinic. I was very fortunate that my trainer, Alice Petersen, let me borrow her horse for the day. I was familiar with her horse, Rooster, but I only get to ride him every so often.

During the lesson we worked on my position, getting Rooster to listen to my legs and making him really sit down and step under himself in the canter. Lilo helped me correct my extremely bad habits. I found it very difficult to keep my legs closer to the girth. For some reason Lilo would tell me to move them closer to the girth then a few minutes later I would find my legs traveling back again! Another bad habit I was working on fixing was keeping my right hand up. My right arm had a mind of its own and wanted to stay down. In the beginning of the lesson Lilo had to keep reminding me about my legs and hand but by the end it had gotten much better and I was able to correct it before she had to say anything.

Rooster is very lazy and was behind my leg, which is very similar to the horse I ride regularly, May. When May recovers from whatever is hindering his performance I am going to use the same techniques I learned with Lilo. In the lesson whenever Rooster would become sluggish, I would bump him once with my legs and then leave him alone.

The bump had to be good enough to make an impression. When he listened, I would tell him he was good and repeat the process. I found this to be very helpful because I tend, on lazy horses, to constantly want to keep nagging them with my legs. The constant nagging does not work because then they just ignore my leg aid and I have nothing left to make them go forward.

In the canter we worked on getting Rooster to really sit down on his hind end and have more jump. The first canter I had Rooster was very flat and his hind legs were way out behind him but by the end he felt fabulous. I believe it was the best canter I have ever ridden on this horse. Lilo had a very interesting way of describing how to get the good canter. One way that stands out in my mind is that you should feel like you are going underneath him and scooping him up with your hands and sit up very tall and still.

This worked for me because when I “scooped” him up with my hands I actually put my hands in the correct position instead of letting them migrate south! We ended the lesson with a stretchy chewy circle. Rooster wanted to stick his nose straight out. Lilo explained to me how his frame should look in a very amusing way. She said he shouldn't stick his nose out and look like a stick but he should be shaped more like a banana.

I just want to thank Dressage4Kids for all you have done for me. Also Lilo Fore for a wonderful lesson. Everything I learned during this lesson helped me so much, and I can't wait to use all of my new techniques on the other horses I ride.

Thank you,
Corie Bannon