

## Scholarship report from Nicole Nowak for a clinic with Lilo Fore, 2011

Saturday was my first ride with Lilo. She was very nice and liked Gismo. After she saw our warm-up, she had me work on my lateral balance. She made me make sure my hands with vertical, and in doing so my core became stronger which allowed Gismo to lift his shoulders more. After working on that, we practiced half pass and changes. Gismo's changes are very nice, so we got lots of compliments on those. In the half pass, I was told to sit straighter. Lilo said, "You must still sit on your horse straight, he is just going sideways." Riding the half pass straighter made it easier to ride and created more crossover in Gismo's legs. Overall, on Saturday I learned a lot and was very excited for my ride on Sunday.

Sunday was my second ride with Lilo. I rode my warm-up and she was already impressed from the improvement on Saturday. We then rode some half pass and practiced turn on the haunches. Both movements felt lovely and improved from yesterday. Having more lateral balance really helped Gismo and me out! Sometimes, in the walk Gismo tries to get behind my leg, to fix this Lilo said, " You need to turn that negative tension into positive tension. So if he throws his haunches out then do a turn on the haunches, and if he wants to go sideways, then leg yield." This was wonderful advice and really helped to show Gismo who was boss. After that, we worked on allowing our collected trot to have more power. When we created this power, Gismo's shoulders and his back became higher which allowed for more thoroughness and he felt SUPER!!! This trot improved all of our movements!! And Lilo complimented us by saying we were a great team, it looked picture perfect and that I was riding very well!! I was very happy and proud of Gismo's performance!!! He was superstar!!! I learned so much during this clinic which helped Gismo and me improve a lot!!