

JAY DUKE

Equestrian

Clinics & Course Design

ROLL, ROLL, ROLLBACKS

Difficulty: Intermediate

Materials:

12 standards, 12 rails, no ground lines, fill optional.

KEY POINTS

Horse:

- Turns
- Suppleness
- Using the hind end, balance
- Landing the lead

Rider:

- Finding the distance off the turn
- Square corners
- Eyes
- Balancing the body through a turn
- Turning with 2 reins

LESSONS

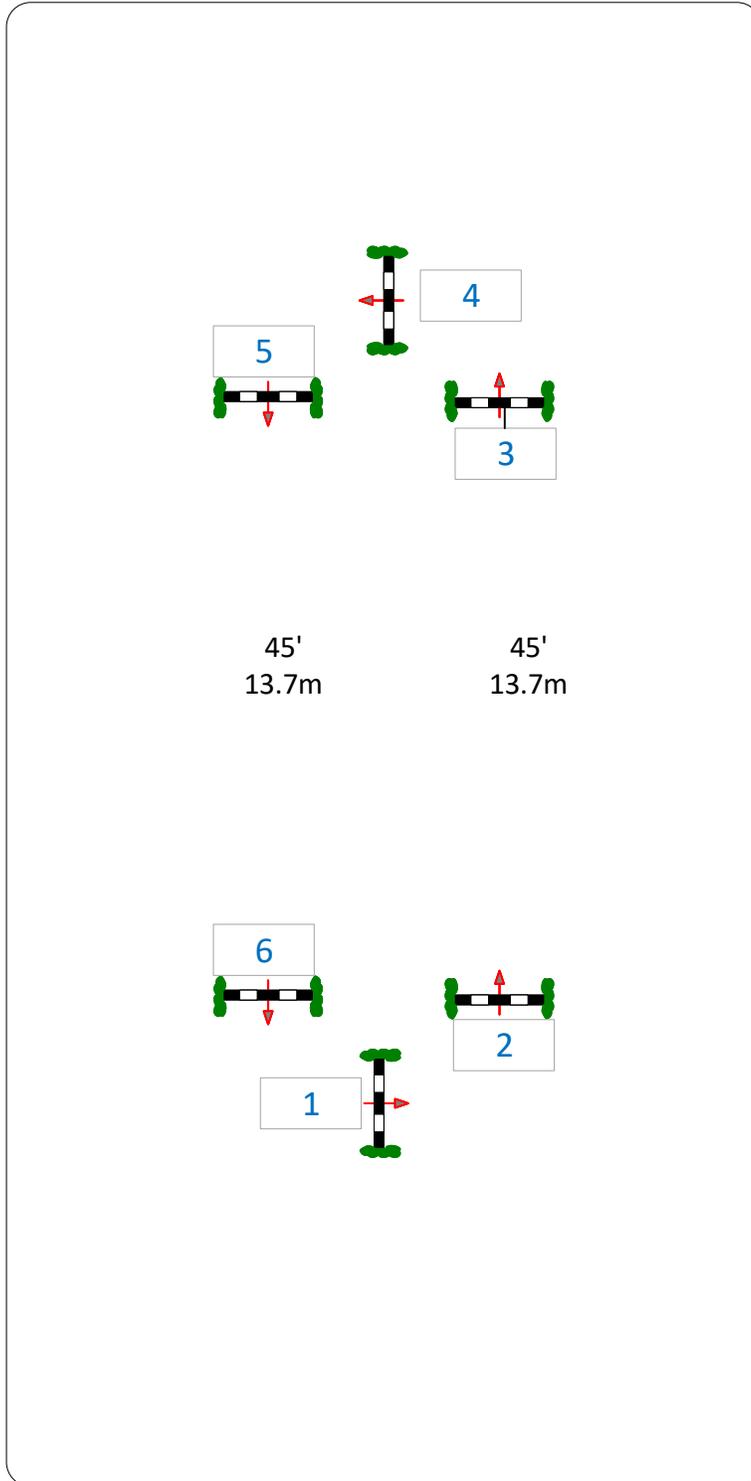
Jump Height - Poles to 1.30m

Directions:

Begin the lesson at the walk or trot, then progress to the canter. I recommend no stirrups when the fences are poles or low, for added difficulty and better feel of the horse's body. Use the entire ring for this exercise; the focus is on correct corners. This involves getting to the corner after the jump, coming out of the corner on a straight track to the jump, and doing all this with the correct shape on the horse's bend and frame.

Begin on the right canter lead to fence #1. Land on the right lead and shape your horse out to the rail to create a good approach to #2. Take 3 canter strides from fence #2 to fence #3, holding the right canter lead. Land the right lead and create a correct rollback turn to fence #4. Using all the space available, rollback to fence #5 and take 3 canter strides to fence #6 holding the right lead. Optional to continue with a right lead rollback to fence #1 and start again. Practice both leads equally.

200'
61m



100' - 30m