

2023

A woman wearing a black helmet, a patterned long-sleeved shirt, and black riding pants is riding a dark brown horse. The horse is in motion, possibly performing a dressage movement, in an outdoor arena with a wooden fence and green trees in the background. The text "Masterclass 2" is overlaid in blue on the lower part of the image.

Masterclass 2

APRIL 15-16 2023 – CHRISTCHURCH NZ
FUNCTIONAL HORSE TRAINING BY THIRZA HENDRIKS

Investment

€ 250 spectator

€ 495 participant

This includes:

- ✓ Full days tuition
- ✓ Asking questions all day(s)
- ✓ Extensive theory manuals

If you want to bring your own horse for the practical days, please contact **the venue** for stabling / paddock opportunities.

Venue details

Selwyn Equestrian Centre

126 Kivers Road

Burnham 7677

Please enquire with venue host Sarah Blackburn for stable / paddock availability if you intend to bring your own horse. Email: mail@blackburnequitation.nz

Coffee/tea will be available. Please bring your own lunches.

Course format

The horse is a fascinating being. We can build a lifelong partnership in true harmony with a creature that is so majestic and powerful. At the same time, the journey can be complex as a horse can't speak our human language and we often misread / don't understand the signs what horses are trying to tell us and. We often hit many bumps in road like injuries, trauma, fear, stress, disconnection etc.

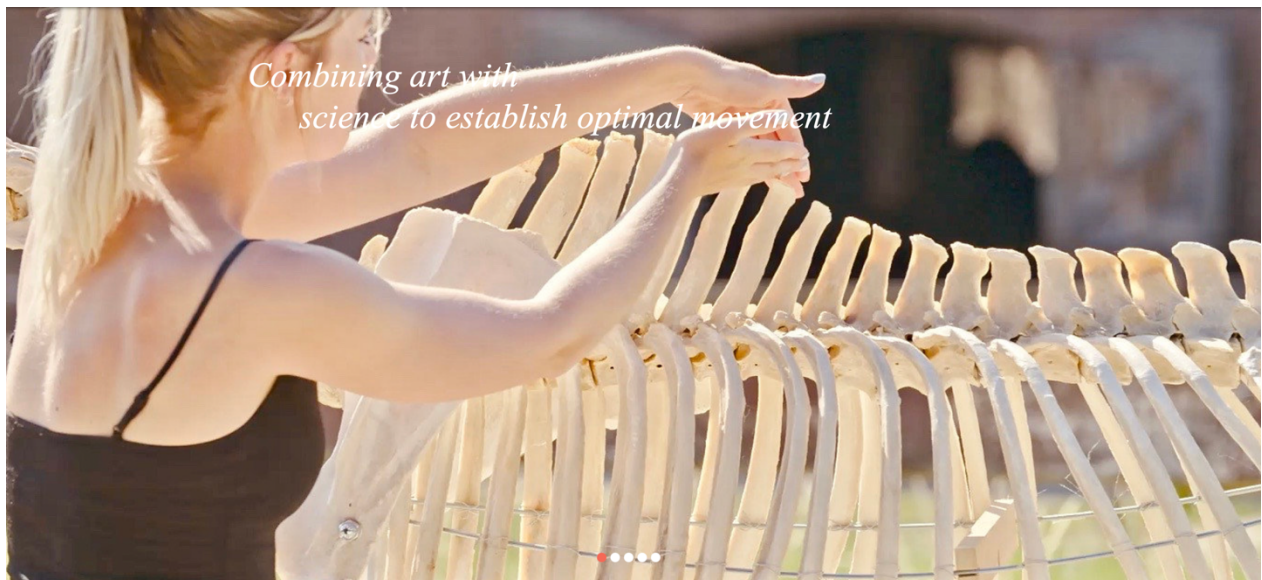
During this course, we'd like to help you to deeper your understanding of the horse "inside-out" as well as practical training considerations and exercise physiology. This way you will learn to recognize normal versus abnormal biomechanics, how to possibly manage any restrictions, as well as how to build a proper training / rehabilitation plan.

The course has a very interactive nature with the horse being our biggest teacher. We will be honoured to guide you.

Program and timetable

This masterclass will take place at:

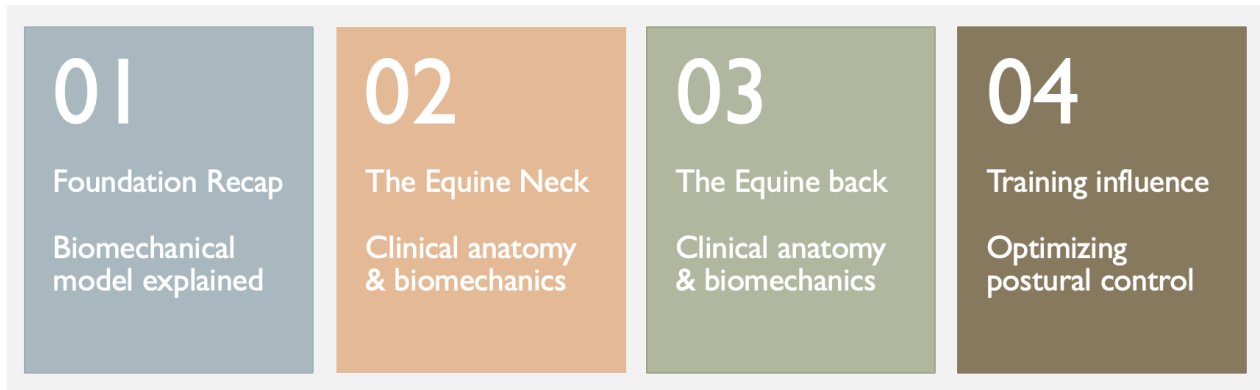
April 15-16 2023 09.00-17.00 local time



Preperation Seminar (online – BEFOREHAND)

Studying anatomy, biomechanics, and physiology as the key to enhance a deeper relationship, understanding and performance with your horse.

The seminar of this Masterclass 2 will be structured as follows:



During this advanced seminar you will learning everything you need to know about the horse's vertebral column. By using a lot of dissecting material, you get an understanding like never before. Back and neck pain is easily overlooked as a source of dysfunction in general equine veterinary practice. As a rehabilitation trainer, Thirza specialized in neck and back complaints initially and therefore will be able to presents these complex but fascinating subjects with great passion.

The first part of the seminar will focus on the equine neck. You will learn about:

- ✓ Clinical anatomy & biomechanics of the horse's neck
- ✓ The main functions of the horse's neck for posture and movement control
- ✓ The effect of head and neck positions on posture and locomotion
- ✓ Most common pathologies found in the neck
- ✓ Basic diagnostic material (X-ray) assessment & evaluation
- ✓ Optimizing the functioning of the horse's neck

MASTERCLASS 2

The second part of the seminar focusses on the equine back. “Ride your horse over the back” – who hasn't heard of this term that seems to have biblical proportions in the training world? But are these concepts valid and what are they based on? The equine back seems like a complex area for many horse enthusiasts and so it's time to shed some light on the subject based on the horse's "inside out" principle. In about three hours you will learn everything you need to know about the anatomy and biomechanics of the thoracolumbar spine and ribcage. We will unravel truths and myths Using extensive dissection material. You will learn about:

- ✓ Clinical anatomy & biomechanics of the thoracolumbar spine
- ✓ Ribcage rotations and dynamic function in locomotion
- ✓ Most common pathologies and implications
- ✓ How to optimize the integrity of the thoracolumbar spine

The last part of the seminar will focus on the influence training and cover:

- ✓ How to train the horse's core (stabilizer) muscles
- ✓ Exercises do's and don'ts for spinal alignment
- ✓ The (dis)advantages and lateral bending
- ✓ How to restore inverted rotation

The presentations will be very interactive using dissection case studies.

The seminar will be released 9 days before the course starts.

Duration: 6 hours!

Questions can be asked during the course!!



Day 1 – (Assessments) & Training sessions

We will start the day with a summary of the online seminar and questions regarding the theory and then continue with practical assessments and training sessions.

If you return with an existing horse that you have taken to training sessions with Thirza before, you will receive a total 3 private 30 min training sessions spread out over two days. If you join with a new horse or a horse that Thirza hasn't seen for +1 year, you will receive 1 assessment of the horse to establish current load capacity and 2 private training sessions.

During an assessment will consider genetics, pathology, symmetry, alignment, stress levels, compensation patterns and posture versus confirmation.

MASTERCLASS 2

Participants can present a horse for either rehabilitation purposes, starting a young horse correctly for functionality or to solidify an existing foundation into higher performance.

All levels and breeds welcome - horses need to be at least 4 years of age.



You will learn about alignment, vertical balance, horizontal balance, thoracic sling engagement, resiliency and coordination training, lateral softness, and collection. This masterclass really deepens foundation.

A heart rate monitor can be employed to determine suitable intervals of training when desired.

Lessons can be given in groundwork, work in hand, lunging, long reigning, and riding.

Questions can be asked all day by both participants and spectators.

Timetable:

08.30 – 10.00 Theory & Discussion

10.15 – 12.45 Training sessions

12.45 – 13.30 Lunch break

13.30 – 17.30 Training sessions

Day 2 – Training Sessions

Timetable

08.00 - 13.00 Private sessions

13.00 – 14.30 Joint lunch & closing

During the closing we will discuss the training homework of combinations and any additional theory that needs to be clarified. Everyone can ask their final questions before saying goodbye.

About Functional Horse Training

Functional Horse Training is an internationally oriented company with the mission to optimize or restore the movement functionality of the (modern) horse. This mission is embodied through an international training centre where Thirza translates knowledge of the horse 'from the inside out' into practical training considerations for optimal functionality of the horse's body to move the horse with optimal efficiency, but minimal effort.

Functional Horse Training is represented in: Australia, Europe, New Zealand, South Africa, Taiwan and the United States.



About Thirza Hendriks

Thirza Hendriks is an equine scientist and coach, specialized in Biomechanics, Functional Training and Postural Movement Therapy.

In the field of equine Anatomy & Biomechanics, Thirza is part of the Equinestudies Dissection team (trained by Sharon May-Davis) and performs about 10 whole horse dissections a year world-wide since 2018. This gives Thirza an unique insight on the horse 'inside-out' and she'll be able to present the latest research findings in Equine Science.



Besides her education in the field of Anatomy & Biomechanics, Thirza also studied Equine Exercise Physiology (higher education) to understand the physical adaptations necessary in response to training stimuli and how to use this knowledge to build an efficient training plan.

In the area of training, Thirza has studied with various classical training professionals, as well as rehabilitation specialist and/or institutions (such as Portuguese riding school, The Art of Horsemanship, Straightness Training, The School of Lightness and Dutch Institute of Classical Equitation). She has also successfully competed in the past in dressage (internationally).

All this knowledge combined has led Thirza to develop her own unique way of functional training and postural movement therapy for the horse. This way of training allows the horse to (re)find balance in self-carriage and lightness so that a horse can move with optimal efficiency and minimal effort.

Today, Thirza is a much sought-after international clinician and lecturer in the field of Biomechanics & Movement Analyses as well as Exercise Physiology, Rehabilitation and Functional Training for horses. By now, she travels to the UK, Sweden, USA, Taiwan, South Africa, Australia, and New-Zealand on a yearly basis, working together with other highly valued and renowned veterinarians, body workers, saddle fitters, and trimmers.



More information about Thirza can be found on: www.thirzahendriks.com

Thirza provides practical sessions in:

- Assessment (selecting form to function)
- Mobilisation techniques
- Groundwork
- Work in Hand
- Lunging
- Riding
- Long Reining

Sessions will always be adjusted to the mental/physical state of the horse and rider in that exact moment. The horse will always be the most important teacher. The coach is just the translator to help the owner to understand their horse's needs.

All breeds, age, sexes, levels & disciplines are welcome. However, if you own a gaited horse, please inquire beforehand, because certain breeds require specialist knowledge for proper biomechanical assessment.

Cancellation policy

Special corona policy:

If this event can't go ahead due to COVID regulations issued by the government the clinic will be rescheduled. Each participant will have the choice to opt for refund or to keep the spot for the next available date in 2023/2024.

General policy:

A 30% refund will be given upon cancellation of the participant up till 12 weeks prior the event. Any cancellation on behalf of the participant within 12 weeks prior to the event will not be refunded. However, if the participant can find a suitable replacement for taking over the spot the fee can be refunded.

Upon the unlikely cancellation of the event by the organizer, a full refund of the participation fee will be given within 14 days. Additional costs like flight tickets / overnight stay will not be refunded. You are strongly advised to close on a cancellation insurance.