



# Classical Horse Training

*Combining Art with Science to achieve Balance, Lightness and Harmony*



## ONLINE VIDEO LESSONS

### INSTRUCTION MANUAL

Welcome to your online video lessons. The online lessons are designed to enhance your progress and receive one-on-one guidance as you would in a regular 'live' lesson.

Below you can find specified instructions on what and how to video your training sessions in order to get the most out of it. Please read through thoroughly. Video's that don't meet the requirements below will be returned to sender and cannot be reviewed.

**There are two options to enjoy the lessons:**

- **LIVE online lesson**
- **Pre- corded lesson**

As the name suggests, the **live online lesson** is one in which we have direction interaction. You have someone – or a good tripod – film you while we connect via skype, facetime or zoom. You will receive my instruction via a Bluetooth headset and voila: we have a lesson as if I was there with you.

If you do not have good internet access in your arena, you can also send in a **pre-recorded training session**. You can upload it on YouTube, sent in an application form and I will provide baked in audio feedback on your video back.

Please read this entire document carefully to make this all work in the best way.

## **LIVE ONLINE LESSONS**

As the name suggests, the **live online lesson** is one in which we have direction interaction. You have someone – or a good tripod – film you while we connect via skype, facetime or zoom. You will receive my instruction via a Bluetooth headset and voila: we have a lesson as if I was there with you.

## **FORMAT**

There is no script to follow. You just start warming up your horse, tell me what you have been working recently and we want to pick it up from there.

You can book a lesson aimed to receiving general tips to improve or to work on a specific issue / problem. Furthermore, you can also use live lessons for anatomical & biomechanical assessment of multiple horses as well as potential purchase prospects to get feedback

on suitability for your specific goal, selecting form to function.

Training sessions can be in hand, lungeing, long reigning, ridden, tackless or a combination of multiple [for example: you start in hand and then mount and show some exercises ridden].

## FREQUENCY

**The support membership includes 8 online lessons of 45 minutes each.** It is up to you when to spend those with a maximum of two lessons per month. So for example, you can decide to have two lessons in one month and then if you have enough to get going for 6-8 weeks only book a lesson again after a while etc. It is all up to you.

If you purchased an explorer membership and wish to send in online lessons you can do purchase these separately at a fee of €70 each within the online portal. Same goes for those who wish more additional lessons than the original 8 within a support membership.

The lessons are not interchangeable and cannot be refunded so it is up to you to spend them within the time frame of the course.

## WHAT DO YOU NEED?

1. **(Video) camera** → A good phone camera is also allowed. It is quite easy, you don't have to be a professional filmer. Don't have anyone to film? Set your camera on a standard close by!
2. **Internet connection** → to connect to a platform for livestreaming. The internet needs to be sufficient in your training area so please test this beforehand
3. **Bluetooth headset** → to hear my feedback directly in your ear. The Bluetooth headset needs to have a range of at least 15m.
4. **Zoom** → to set up the lesson. You do not have a zoom account, I will set up a meeting you can easily join. If Zoom somehow doesn't work for you than facetime or skype is also an option.

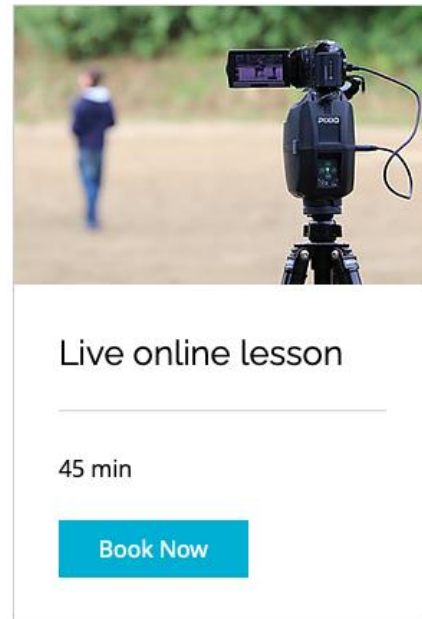


## HOW DOES IT WORK?

1. Go to my website and book and online lesson under members → meetings  
→ live online lesson

In the agenda you can find my regular work times. If you can't make these times, by means of an exception you could apply for a live session per email to [info@thirzahendriks.com](mailto:info@thirzahendriks.com)

If you are study buddies training together in a group, you can also request a whole / partial training day per email.



MAKE SURE TO USE THE TIME CONVERTER!

2. Fill in the platform of your choice → skype, facetime or zoom. If you choose skype or facetime, provide me with your details. If you choose zoom, I will set up a zoom meeting and provide you with the link at least 2 hrs prior.
3. Test and set up your equipment → If someone films for you, great. If you use a tripod, try to find the widest angle and film horizontally.

Position the tripod either in a corner or in the middle of the short side.

Do not film against sunlight and be aware of dark shadows / trees.

4. Get your horsey ready and shiny ☺

5. Connect to the chosen platform and we're all good to go.



## ARCHIVE

If you want to your lesson to be archived for a re-watch it will be recorded and automatically added to your online archive on the website.

It will then remain accessible under members → archive personal archive.

## ARCHIVES - ONLINE LESSONS



**ANGIE LACEY**

**New Zealand**

**Horse:** Em & Annie

[View archive](#)



**DONNA ANDERSON**

**New Zealand**

**Horse:** Kody

[View archive](#)

## SUMMARY

1. *Book a live online lesson*
2. *Connect to the internet*
3. *Connect Bluetooth headphone*
4. *Log in to the Zoom meeting*
5. *Ready --- Let's get it on!!*



## FINAL IMPORTANT NOTE:

If the connection somehow doesn't work we give it 10 min. If it still doesn't work after you can just film yourself for max 15 minutes and upload later as a pre-recorded lesson.

Because of time differences I sometimes wait at late hours so this rule is to make sure it works for both. In 98% of the times there we not issues at all 😊

## PRE-RECORDED LESSONS

## FORMAT

There is no vast script to follow, as long as the training incorporates some of the exercises assigned to you after the first intake, but you're welcome to complement them with any other you normally do yourself.

You can either upload a video of a regular training session aimed at receiving general tips to improve or ask for advice about a specific issue/problem. In case of the latter, please make sure that the issue is clearly demonstrated in the video.

Furthermore, you can also use your video lessons for anatomical & biomechanical assessment of multiple horses as well as potential purchase prospects to get feedback on suitability for your specific goal, selecting form to function.

Training sessions can be in hand, lungeing, long reigning, ridden, tackless or a combination of multiple [for example: you start in hand and then mount and show some exercises ridden].

## FREQUENCY

It is up to you how many videos you send in. There is no minimum number of videos required, only a maximum. **The support membership includes 8 online lessons of 20 minutes followed by 8 online meetings of 25 minutes.**

It is up to you how you spend those with a maximum of two per month. For example, you can decide to send in one video each month, or if you missed out on a certain month to send in two the next month. However, more than two videos per month is not allowed.

## WHAT DO YOU NEED?

1. **(Video) camera** → A good phone camera is also allowed. It is quite easy, you don't have to be a professional filmer. Don't have anyone to film? Set your camera on a standard close by!
2. **Youtube or Vimeo account** → to upload your videos and copy the link in your application form. Specific instructions on how to upload will can be found below
3. **Skype, Facetime, Zoom or Facebook Messenger account** → to have online meetings to discuss your videos, feedback and progress.



## HOW TO FILM AND EDIT?

1. Prepare yourself and your horse in the arena, field or any other space that you are training in.
2. Use any tack you are normally working on – whether that is a halter, bridle, cavesson, saddle, bareback etc.
3. **Position the camera and check whether it's working properly to avoid disappointment later on** and work within the following requirements:

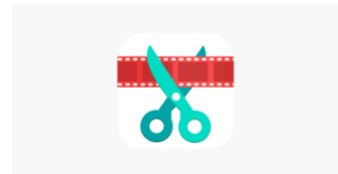
- *Make sure the footage is not blurry*

- *Make sure to zoom in as much as possible*
- *Film horizontal so the images fill up the entire screen*
- *Don't film too much against sunlight and be aware of dark shadows*
- *Try to include some warm-up or at least start with some walk first*
- *Train both on the left and right side to give a good idea of straightness*
- *Try to give us views from both front, back and side to get dynamic angles*
- *HAVE FUN AND ENJOY THE PROCESS. REMEMBER TO BREATHE AND SMILE 😊*

#### 4. Reward your horse and stop the camera

#### 5. You can edit your videos choosing one of the following edit programs:

- Phone: VidClips —> find in Appstore or similar program
- Apple: iMovie —> search for in programs or download in store
- Microsoft: Windows Movie Maker —> search for in programs or download in store



Use the instructions provided with the program of selection and try to put all video clips together so that you'll preferably end up with only one video link to submit. If the files are too big, you can cut them in pieces, but please provide as least links as possible with a maximum of 3 in total.

## HOW TO UPLOAD?

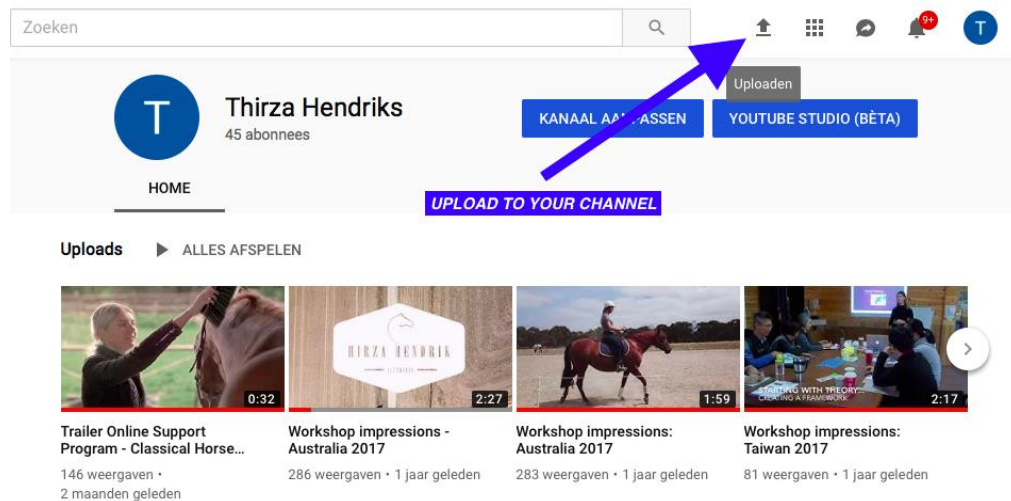
1. Put the video file on your computer or upload directly from your phone to either Youtube or Vimeo. See descriptions below.

**Check(!) whether it is working**

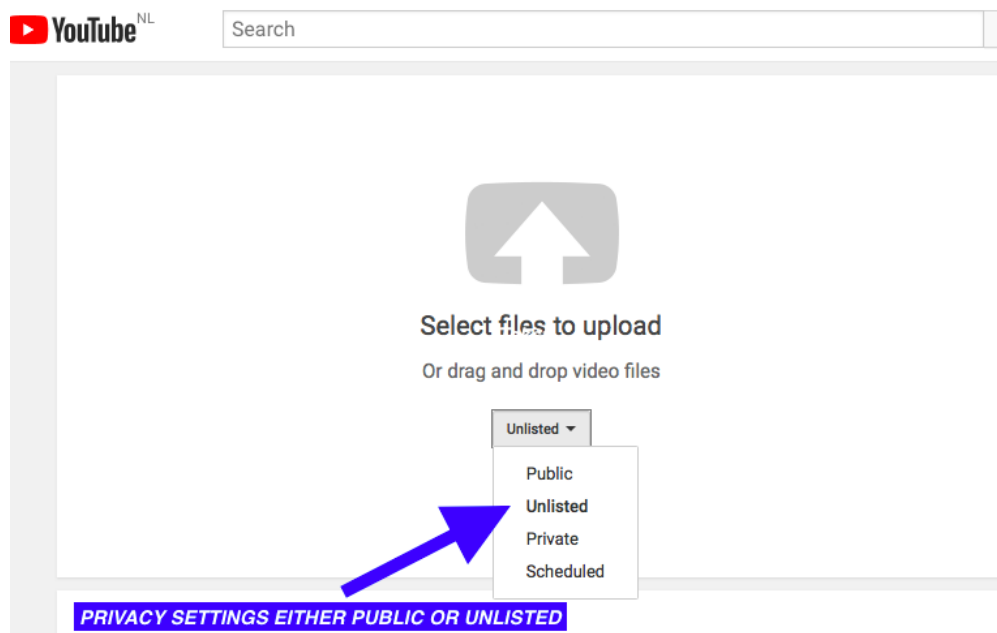


### For Youtube:

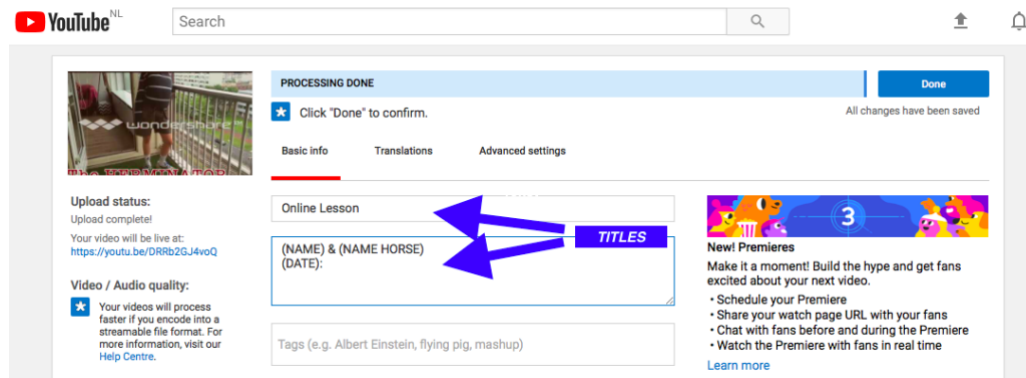
1. Log in to your account and click to 'upload'



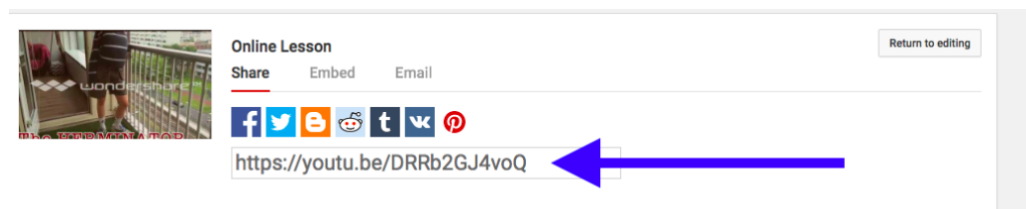
2. Select files and set privacy either as public or unlisted



3. Set as title 'Online Lesson' and fill in your name, your horse's name and the date of the video.



4. Publish and copy & paste the link to the application form! Double check if the link is working when you log out and click on the link as a 'guest'.



### For Vimeo:

1. Log in to your account & upload the video.
2. Select privacy settings to either 'Anyone can see this video' or 'Only people I choose can see this video'.
3. Set as title 'Online Lesson' and fill in your name, your horse's name and the date of the video.
4. Publish and copy & paste the link to the application form! Double check if the link is working when you log out and click on the link as a 'guest'.

Upload complete! Go to video.

My Video.mov / 5MB of 5MB

**Title**  
Online lesson My V

**Description**  
(NAME) & (NAME HOP (DATE)

**Privacy**  
Anyone can see this video

**Language**  
Select

**Content rating**  
☐ All Audiences ☐ Mature

☒ Enable video review page

<https://vimeo.com/user100118801/review/344313579/00fa38d393>

Open in new tab

**SHARE LINK**

**Save** **Edit settings**

## HOW TO SEND?

1. Fill in the application form and insert the correct video link
2. Email the application form to: [anne-roos@thirzahendriks.com](mailto:anne-roos@thirzahendriks.com)

You'll receive an email within 2 hours after sending the application

## FEEDBACK

You will receive baked in audio feedback via Loom. Feedback deadlines are set out in the 'Dates and Deadlines' manual available in the portal. The general feedback time is 3-5 working days, but this is NOT guaranteed as it depends upon workload. The deadlines set out in the document are guaranteed. In reality this means that 90% of the times feedback is processed within 3-5 day working days no matter the date of the application, but in the other case that the deadlines as set out in the document are adhered here.

You can access the intro video on how to consider deadlines here:

<https://youtu.be/doS0OelFzd4>

# DOWNLOAD MANUALS



## **Assignments & Application forms**

Dates & Deadlines - PDF

Video lessons instructions - PDF

Video lessons application form - Word

Video assessment instructions - PDF

## **Active Exercises**

Vertical balance

Opening of the jaw

Engaging Thoracic Sling

Lateral Bending

Shoulder-in

Haunches-in

Feedback on each video will include the following elements:

- Overall impression → does it look harmonious, balanced and light; is there a good relationship and dialogue with the horses visible; is there place for fun and relaxation?; mental and physical state of your horse: is your horse comfortable, focussed and healthy or are there any signs of discomfort, pain, miscommunication or resistance?
- Training build up / sequence → is it logical and well-structured ; does your horse move better after the end of the training session; is duration of the exercises well-balanced; Is it diverse enough?
- Execution of exercises → are they correct in essence and technical execution; do they improve biomechanics of your horse
- Your skills as a trainer → Mental and physical state of yourself; Do you have a good inner picture and intention; are you calm and clear enough to your horse; is there a true dialogue; do you apply aids correctly; how does your own posture and mental state relate to that of your horse; are you listening to your horse?
- Recommendations → if it is necessary, I will recommend to go over specific materials within the library that might assist you in your process at that give time.

Examples of completed feedback forms can be found within the archive in the online portal.

# ARCHIVES - ONLINE LESSONS



ANGIE LACEY  
New Zealand  
Horse: Em & Annie  
[View archive](#)



DONNA ANDERSON  
New Zealand  
Horse: Kody  
[View archive](#)

## MEETINGS

After you have received your feedback you can **book an online meeting with me** in which we will go over the videos TOGETHER so that we have real one-on-one time to learn and dive more into depth in which we can discuss the following:

- Clarification of feedback → If anything is unclear to you I can elaborate further.
- Additional trouble-shooting → How to improve both mental and physical aspects of your training to benefit your horse
- Continuation → Keep doing the same exercises, change them or incorporate new ones
- Training schedule → If you need additional help to build an appropriate training schedule



Online Meeting

25 min

BOOK NOW

The online meeting can be booked through members —> meetings —> converse time —> confirm! You will receive an automatic email confirmation and your booking will be put in your account diary under profile → my reservations.

## SUMMARY

- 1. Film your training session*
- 2. Upload to either Youtube or Vimeo*
- 3. Fill in the application form & send*
- 4. Await feedback*
- 5. Book an online meeting*

## HELPDESK

Any questions can be send to [anne-roos@thirzahendriks.com](mailto:anne-roos@thirzahendriks.com) or via the discussion section on the private Facebook group @ Classical Horse Training Online Support Program.

**GOOD LUCK😊**

