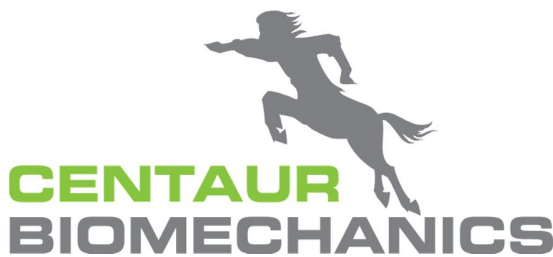


# Centaur Biomechanics

Spring Newsletter - 2015

Issue 6 – Spring 2015



## Spring is in the air....

Spring is certainly in the air at Centaur HQ – we have had a busy start to the year with the Christmas holiday period a distant memory. Over the past few months we have been working with riders all over the UK, improving their position and horse's way of going on our popular rider biomechanics sessions. Also we have continued our research trials and I am delighted to say the Fairfax Performance Bridle project has come to a conclusion and is awaiting publication. We have, of course, been running our popular biomechanics courses as well plus, working on an exciting new project, which will be opening later this year.

Keep up to date with news, courses, products and events on our website and social feeds.

[www.centaurbiomechanics.co.uk](http://www.centaurbiomechanics.co.uk)

[www.visualisesportsear.com](http://www.visualisesportsear.com)

# Rider Conference 2015

Improve your Riding and Confidence  
Conference V3

27<sup>th</sup> and 28<sup>th</sup> June 2015

Moulton College, Northampton,  
UK

**\*\* 20 Tickets Left \*\***

**BD, BE and BHS Registered Instructors - Members Discount**

Each year Centaur Biomechanics hosts its annual "Improve your Riding and Confidence Conference" and this year is set to be bigger and better than previous years. The conference is being held at Moulton College and is taking place on 27th and 28th June 2015. It is open to riders of all levels, trainers and coaches, and any one interested in improving their riding and confidence.

The conference will be inspirational, educational and motivational. It will be made up of interactive lectures and demonstrations from internationally renowned speakers, all primed to offer you tips and advice which you can implement within your own riding and training. Previous conferences' feedback has been excellent, with riders finding the event hugely beneficial in helping them to improve.

This year's speakers include: Adelinde Cornelissen's fitness and mental coaches doing their "up beat" presentation, and this time they bring their lecture demo to life with the use of horses and riders; human nutrition - looking at the effect of nutrition and hydration on riders' performance; Pilates for riders with Equi - Pilates; evaluation of horse crookedness and how to improve straightness with equine physiotherapy; sports psychology with a former top 100 tennis player now Dr in Psychology; rider biomechanics and saddle fit; Yogi Breisner doing a lecture demo that will be geared to riders of all disciplines - "rhythm, suppleness, balance and confidence of both horse and rider;" plus Equi Science speaking on how horses learn and whether poor behaviour is related to the rider, training or horse.

We are delighted to be able to offer BD Members a discount for the conference - please look at <http://www.centaurbiomechanics.co.uk/rider-conference/> for booking and further information.

**www.centaurbiomechanics.co.uk - To Book**

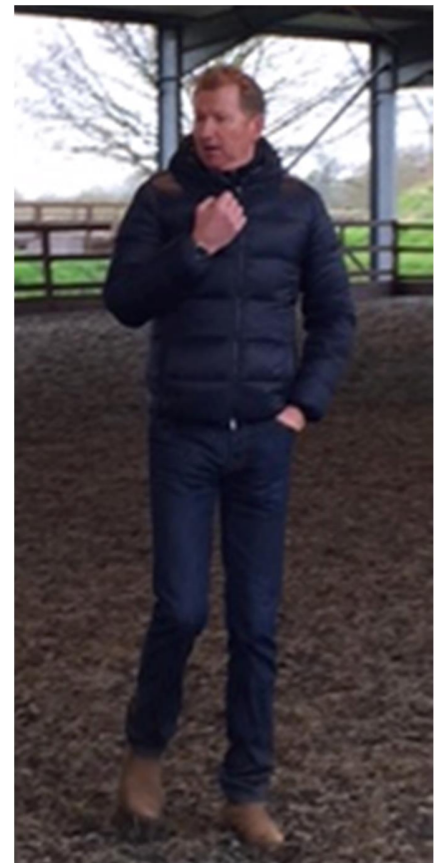
**14 Tickets Left**



## Great Start to our Courses and Dressage Camp

We have a busy course programme for 2015 – which started in March with the “One Day Introductory Biomechanics Course” these courses are always popular – it was a great group and it was an honour to showcase our new talks which highlight our latest research and completed projects. We also ran the same course in Toronto, Canada and had a full house of therapists, horse owners, trainers and coaches etc. Similar to the UK it was great discussing biomechanics and helping to improve our understanding in order to optimise welfare, soundness and performance in both the horse and the rider.

March also saw the first our Centaur Dressage Camps, and we were delighted to welcome 20 campers for a weekend of training with Gareth Hughes, Centaur Biomechanics and Richard Baldwin. The camp was a great success, campers enjoyed training and also had the chance to have one to one sessions with Katie Currall – Sports Therapist- and Flourish- who were doing Pilates as well as life coaching sessions – it was a jam packed weekend. Sadly the Autumn camp has been cancelled due to a clash with the Dressage European Championships. Therefore the next camp is in October and we are delighted to announce that we have FEI Judge and International Rider – Judy Harvey- as our camp trainer. For all courses and dressage camps please look at [www.centaurbiomechanics.co.uk](http://www.centaurbiomechanics.co.uk)



## Improve your Position with a Centaur Rider Analysis

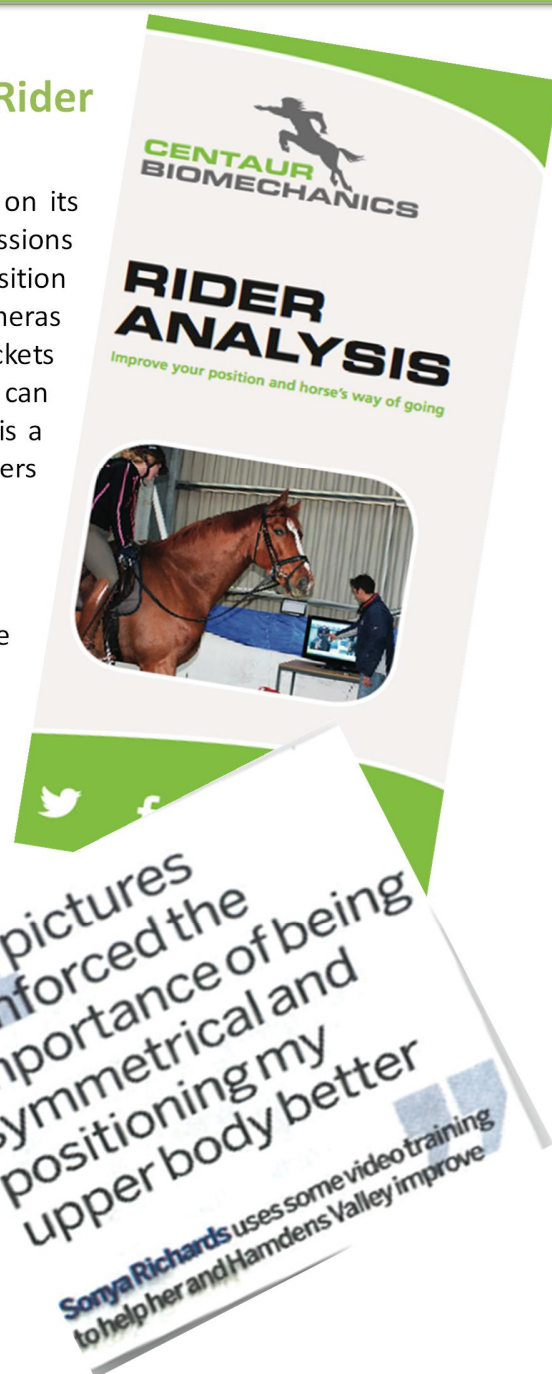
The way the rider sits on the horse will have a dramatic effect on its soundness, performance and development. Our rider analysis sessions are designed for riders of all levels to help improve the rider's position and horse's way of going. With the use of high speed video cameras (capturing 20 x faster than the human eye), Visualise training jackets and Quintic software the rider's position and horse's way of going can be constructively analysed. Russell, who carries out the analysis, is a keen rider himself and has worked all over the world helping riders improve their position and horse's performance.

### Benefits

- Instant visual feedback whilst mounted, riders can see immediate differences with the before and after footage
- Step by step process in evaluating position and horse's way of going
- Bite size exercises given to help improve position and understanding
- Professional and experienced interpretation of the rider's position and horse's way of going
- Detailed feedback forms given after the session
- Open to riders of all levels - riding club through to Grand Prix
- Will help improve your dressage marks and motivates the rider
- Complements current training plans

Dressage and Jumping Clinics running throughout the UK – please check website for more detail.

Alternatively you can organise a clinic and receive 10 % off your day



## SAVE THE DATE

### Centaur Biomechanics Charity Ball – Celebrating 10 Years

In 2016 we are celebrating 10 years of Centaur Biomechanics – to mark the occasion we are hosting a charity ball. The Centaur Charity Ball will be in September 2016 – Venue TBC.

We are planning a great night full of glitz and glamour. It will be a night to remember.

More details available in our summer newsletter.



## Research Corner – Studs, Rein Tension, Bridle Research and PhD

Research forms a large part of the Centaur work – on a monthly basis we are working on various projects – when carrying out studies we have 3 key objectives - how we can improve welfare, soundness and performance in both the horse and rider. We have carried out 56 different studies looking at the effect that saddles have on equine movement along with the effect that surfaces, studs, riders position, mounting and massage has on equine movement. Our better known projects would be our “Mounting Study” which we did in 2009, along with our girth project looking at girth design and the effect that the girth has on equine movement – the Fairfax Performance Girth. Over the past two years we have been working on a new project, which I am delighted to say is pending publication – we have been looking at the associated pressures of a bridle and looking at how the bridle can affect the horse’s movement – the results have been quite fascinating. Please see our website for primary findings as published in British Dressage, however, for the scientific study please keep an eye on our page as we await publication. We are also working on a project looking at the effect that studs has on the horse movement when turning – although still in its infancy the data has been quite interesting. In conjunction with Woolcroft Saddlery we are looking at the amount of rein pressure in a group of untouched horses and we are planning on tracking them to see how this pressure alters, or indeed if it stays the same. More details to follow as the trials progress.



We are very excited to announce that Russell has been offered a PhD place at the prestigious and internationally renowned, Structure and Motion lab at the Royal Veterinary College. Russell will be carrying out a 5-year study, which will impact horse welfare, soundness and performance on a global platform. We are all very excited by this opportunity. Please keep an eye on our website as we have a designated research page where you can read the latest articles and current projects.



## What's Next...

We have lots of exciting things happening this year – not least to say the starting of the PhD research at the RVC – Structure & Motion Lab, this will undoubtedly be hard work, however, we have implemented strategies to ensure that the smooth running of Centaur is maintained. We also look forward to releasing our 2 new papers, firstly on the Fairfax bridle and secondly on the jump rider's position. We also look forward to our rider conference, June 27 and 28<sup>th</sup> which - if last year's is anything to go by - is going to be full of energy, high octane and inspirational – just how we like it!!

September will be a busy travelling month starting with Burghley, followed by the Eventing Europeans and then the Dressage Nationals. Until then, we wish you a fabulous spring and summer and look forward to speaking soon.

### Forthcoming Events

Improve your Riding and Confidence Conference V3, 27<sup>th</sup>  
& 28<sup>th</sup> June 2015

ACPAT, 2-Day Equine Biomechanics Course, 4<sup>th</sup> & 5<sup>th</sup> July  
2015

2-Day Equine Biomechanics Course, 11<sup>th</sup> & 12<sup>th</sup> July 2015

SMS - 1-Day Introductory Course, 6<sup>th</sup> August 2015

1-Day Introductory Course, 27<sup>th</sup> September 2015

3-Day Equine Biomechanics Course, 26<sup>th</sup> – 28<sup>th</sup> October  
2015

### Opening Winter 2016

## Centaur Biomechanics Performance Centre

\*\*\*\*\*

### Next Dressage Camp

24<sup>th</sup> & 25<sup>th</sup> October

