

Centaur Biomechanics

Winter Newsletter - 2015



Centaur Newsletter Christmas 2015.

As we draw closer to Christmas, the Centaur wheels begin to slow down as we enjoy the festivities and the break. 2015 has been a busy but extremely exciting year for us at Centaur- the launch of Centaur HQ, the starting of Russell's PhD, the rider biomechanics clinics, trade show tour, Aachen, Blair, camps, competing at the Nationals and last, but not least, our Rider conference – it has been a jam packed year. This newsletter will give you an update on what we have been up to and what we have planned for 2016.

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

www.centaurbiomechanics.co.uk

www.visualisesportsear.com

pg. 3

Some Highlights of 2015

The UK's largest equestrian event

The British Horse Society

Actions...

Welfare... 200 Welfare... prevent the... of horses

Safety Campaigning

Fine-tune your schooling

Become more in tune with your horse - both in mind and body - and you'll soon be riding in harmony. Yogi Breisner tells us how

THE ART of training and schooling a horse is often misunderstood and with us being different training methods. It is an art that is not just about the horse, but also about the rider. At the 2015 Central Equestrian Show, Yogi Breisner, a professional rider and author of the book 'The Art of Schooling', shares his insights on how to become more in tune with your horse.

Yogi Breisner is a professional rider and author of the book 'The Art of Schooling'. He is a member of the British Equestrian Federation and has been a professional rider for over 20 years. He has written several books on horse training and has been a regular speaker at equestrian events.

Think... less
Yogi is adamant that getting the best from your horse starts with the rider. It is not about the horse, but about the rider. He believes that the rider should be in control and that the horse should be a partner, not a slave.

Control the pace
If you have trouble with the pace of your horse, Yogi suggests that you should focus on the rider's position. He believes that the rider's position is the key to controlling the horse's pace.

Perfect your bending
Yogi believes that the horse should be able to bend in the same way as the rider. He suggests that the rider should focus on their own bending and that the horse will follow suit.

Improve his coordination
Yogi suggests that the rider should focus on the horse's coordination. He believes that the horse should be able to move in a coordinated way and that the rider should be able to control the horse's movements.

Reap the benefits
Yogi believes that the benefits of schooling a horse are many. He suggests that the rider should focus on the horse's overall health and well-being and that the horse should be able to perform at its best.

SEPTEMBER 2015 EQUUS 438

Now create a 'rideable' horse

Help him understand contact

At the collection, the rider's position is the key to controlling the horse's movements. Yogi suggests that the rider should focus on their own bending and that the horse will follow suit.

Learn from his walk
Walk is often the easiest gait for a horse to learn. Yogi suggests that the rider should focus on the horse's walk and that the horse should be able to move in a coordinated way.

Control the pace
If you have trouble with the pace of your horse, Yogi suggests that you should focus on the rider's position. He believes that the rider's position is the key to controlling the horse's pace.

Perfect your bending
Yogi believes that the horse should be able to bend in the same way as the rider. He suggests that the rider should focus on their own bending and that the horse will follow suit.

Improve his coordination
Yogi suggests that the rider should focus on the horse's coordination. He believes that the horse should be able to move in a coordinated way and that the rider should be able to control the horse's movements.

Reap the benefits
Yogi believes that the benefits of schooling a horse are many. He suggests that the rider should focus on the horse's overall health and well-being and that the horse should be able to perform at its best.

SEPTEMBER 2015 EQUUS 438

JASON WEBB RUSSELL GUIRE

YOUR HORSE LIVE 14-15 November 2015 Stoneleigh Park, Warwickshire

EVERYTHING FOR YOU AND YOUR HORSE

#HORSEHOUR MONDAY NOVEMBER 9 8PM GMT



LEARNING ZONE

Sponsored by Animal

TE FP



Centaur Rider Conference, 25 and 26th June @ Moulton College, Northants:

Our rider conference is becoming a staple in the equestrian's diary- this year was spectacular. The atmosphere of our conference has been described as inspirational, motivational, educational and fun. We aim to delivery world class speakers all geared to inspiring the audience and providing sound information which people can use and implement. Please look at our website for reports from British Dressage and Your Horse Magazine. Next year's conference, 25th and 26th June, is set to be even bigger and better. We are delighted that we have Andrew Hoy - International eventer and 7 time Olympian, Judy Harvey - GBR Dressage and FEI List 1 Judge, Dr Rachel Murray - Researcher and veterinarian, Ben Benson - BEF Eventing Farrier, Russell Guire - Centaur Biomechanics, Helen Mathie - Chartered Veterinary Physiotherapist, Lindsay Wilcox Reid - Equi Pilates, Alex Jessett-Equine Dentist, Mark Fisher - Master Saddler and BEF consultant saddler.

On the Saturday we have lecture demos covering: Training the young/ advanced dressage horse, what judges look at- explained by Judy Harvey. Dressage training versus event training - Andrew Hoy, followed by in depth process for preparing for the Olympics- Andrew Hoy. Russell will also be showcasing his research and discussing Horse and rider interaction part 1- the science. In the afternoon Andrew Hoy will be giving three sessions all geared to progressions, starting with young horses through to advanced, Andrew will showcase exercises all designed to improve the rider's and horse's ability.

After a full-on practical day on Saturday, on the Sunday we have the science behind the performance- a key area allowing delegates to take away useful information which will undoubtedly help them keep their horses sound and optimize performance. We have leading vet and researcher Dr Rachel Murray talking about ways to optimize soundness and performance - warm up and cool down, travelling and much more. We also have leading farrier Ben Benson talking about shoeing for performance. Horse and rider interaction part 2 with Russell and Mark Fisher.

We have 6 Interactive workshops all designed to give you a hands on experience, providing you with useful tips and exercises which you can use straight away.

Farrier - How to work with your farrier and what to look for, Veterinary - Improve your horse's posture, Dentistry - Inside your horse's mouth, Physio - lungeing exercises to improve suppleness, Pilates - Equi Pilates, Saddlery - What's inside your saddle?

It's going to be a great two days- prices, information and tickets are available online.



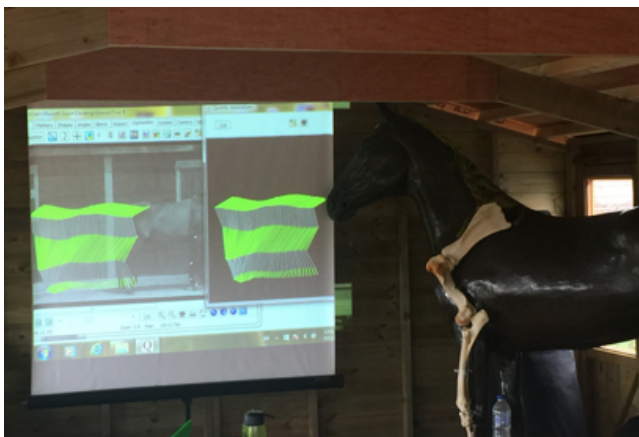
Charity Ball, 15th October 2016

2016 is Centaur's 10 year anniversary and to celebrate we are hosting a charity ball in aid of the Air Ambulance, the Injured Jockey Fund and Cancer Research. The ball will be a night to remember, with the usual Centaur panache we invite you to put on your tiara, dust off your glitter shoes and dance! The venue is Walton Hall, Warwickshire. Tickets will be available early February.



Centaur HQ

Centaur HQ has been busy this year hosting courses, camps, training days and outside courses. We now have a purpose built lecture room which overlooks the arena, providing a comfortable environment in which we can enhance the learning experience with easy access to horses, training areas and study areas. Centaur HQ has also been hosting outside bookings and recently welcomed international saddle fitter and author of "Suffering in Silence" Jochen Schlee with a very successful 2 day Introductory Saddlery Course. It was a huge honour to have Jochen and his team at Centaur. Centaur HQ has also hosted the first of a series of 1-day Massage Courses, provided by Equi Therapy, which have been extremely popular. Centaur HQ has a busy programme from 2016, with outside bookings as well as our dressage camps, monthly training days with Judy Harvey and Centaur, and our ever popular 1 day and 2 day biomechanics courses. Please check the website for dates and booking forms.



Some Highlights of 2015

TRAINING ACADEMY
Month 1 Position

Perfect your position in the saddle and your horse's way of going will improve too. Biomechanics expert Russell Guire shows you how!

OUR EXPERT
Russell Guire is a former international eventer and now a biomechanics expert at the Harlow Centre for Biomechanics. He has a PhD in equine biomechanics and has published numerous papers on the subject. He is also a regular contributor to EQUUS magazine.

WHAT YOU'LL LEARN
We've designed this year's Training Academy to help you improve your riding and your horse's way of going. Over the next six issues of Your Horse Live, you'll discover a range of tips and techniques that will help you overcome a number of key issues you've held on to for so long.

Part one covers the importance of a correct riding position, and why the back of the horse is the most important part of the horse's body. Part two covers the importance of a correct riding position, and why the back of the horse is the most important part of the horse's body. Part three covers the importance of a correct riding position, and why the back of the horse is the most important part of the horse's body.

See Russell Guire at Your Horse Live 14 and 15 November at Stoneleigh Park, Warwickshire. For more information visit www.yourhorsetoday.co.uk

YOUR HORSE LIVE
EVERYTHING HORSES AND FOR HORSES

TRAINING ACADEMY PLANNER
Here's what we'll be covering each month...

MONTH 1 Position
Biomechanics expert Russell Guire helps you perfect your riding position in walk, trot and canter.

MONTH 2 Understanding the aids
(On sale 24 July)
Communicate clearly to your horse by refining your aids with the help of former Gold Cup Hero.

MONTH 3 On the bit
(On sale 21 August)
Top technique rider Emily Pearce explains how to correct the ride and focus on the bit.

MONTH 4 Bend and flexion
(On sale 15 September)
If you get confused by the words 'flexion' or 'bend', trainer Alison Smart's guide will help to make it easy to understand.

MONTH 5 Improving your jumping
(On sale 22 October)
Barrington Horse Trust CEO's winner William Fox-Pitt shares his advice on how to jump clear every time.

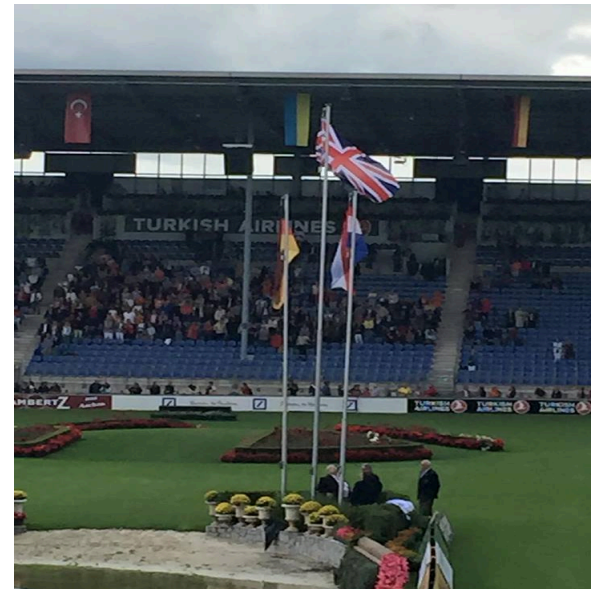
MONTH 6 Working with your horse's temperament
(On sale 19 November)
Whether your horse is lazy or fussy, trainer Sarah Hildt from Weymouth, Dorset, explains how you work with - not against - your horse's temperament.

Get more from your coaches online

Visit www.yourhorsetoday.co.uk to watch training videos and get the weekly advice when you see the TV.

As well as your regular weekly email news, special features are available to subscribers.

SEPTEMBER 2015 YOUR HORSE 55



Centaur Courses and Camps:

Centaur runs a busy biomechanics course programme and we are delighted as ever that every biomechanics course we have run has scored over 9.70. These courses are huge fun and provide a great “think tank” where like minded people get together and learn, inspire and take away skills which they can use to help optimise health, soundness and performance. This year we had delegates from Australia, Canada, America and Germany, as well as all corners of the UK. We have also run courses for ACAPT, IRVAP and SMS and are very pleased that we have been commissioned to run them in 2016 also. We have started preparing next year’s material which as always will combine theory and practical, all of which is supported by slow motion footage captured by Centaur, as well as our latest research. The courses are a great way to learn and understand further the influence of the rider and how best to manage horses. Our 2016 course dates are on the website.



Dressage National Championships

Those that follow us on Social Media will have seen that Russell is a keen competitor. Russell is trained by Judy Harvey and, riding Roux Bear, (owned by Rosie Bush,) has gone from strength to strength- qualifying for the Elementary final at the British Dressage National Championships where they came fifth. Roux, standing at 18hh, and therefore slow to develop, has just done his first medium. Although wobbly at times, he scored 67% and won the class. He obviously had lots of carrots that night! This winter they will be training in preparation for the BD regionals.





Research Update

We have been very busy with research projects, largely as Russell has started his PhD and has already carried out his first experiment which saw nearly 1000 files captured, all focusing on horse and rider interaction. Excitingly two abstracts have been submitted for the International Conference of Locomotion (ICEL), August 2016 @ RVC, London. It is a great honour to be able to submit these abstracts. We are pushing ahead with other projects which we are hoping to present at BEVA congress, Birmingham, September 2016. Delighted that our bridle project, the first bridle in the world to be scientifically tested, has been published and is available to buy via the scientific journal routes. Looking ahead to 2016 we have some great projects lined up- please keep an eye on our social feeds as we are always looking for riders and subjects etc.

Merry Christmas

2015 has been a great year and we have loved every second of it. We hope that you too have had a great year and want to take this opportunity to thank you for all of your help and support of Centaur, the social media comments, the great comments we received at trade shows, clinics etc, it means the world to us. We are committed to working hard in order to improve welfare, soundness and performance of our horses across the globe. We would like to wish you a fabulous Christmas and New Year and look forward to working with you in 2016.



testimonials

"I have used the Visualise Jacket with both able-bodied and disabled riders who have varying degrees of asymmetry. The jacket enables me to highlight areas of postural adaptation and potential weakness that may not be apparent initially when observing them."

Helen Mathie, Team GBR Physio to Para Equestrian Team

"The Visualise jacket provides the trainer with a clear picture of the rider's position enabling small corrections to be made."

Gill Watson, International Eventing Trainer

"A very useful, new tool that makes you even more aware of your straightness. An excellent tool for trainers to use on their riders during lessons to help evaluate straightness."

Pippa Funnell, International Event Rider

"The Visualise jackets are a superb training aid."

Judy Harvey, International Dressage Rider & Trainer



UK Distributor – Centaur Biomechanics

To enquire or order
01926 651657 / 07788 978627
visualisesportswear.com
info@visualisesportswear.com
All major cards accepted

f facebook.com/pages/Visualise-Sportswear
t @VisualiseSports
in linkedin.com/pub/russell-guire

Distributors in

Canada
Poland
New Zealand
Italy
Australia

Please see website for details.



Products Designed To Improve Your Position



visualise product range 2015/16

how visualise works

Scientifically Proven to Improve your Riding

Lightweight, Breathable Training Jacket

Black with green or pink lines
XS, S, M, L, XL
Prices start from £55.00



GB Lightweight Training Jacket

Navy with red and white lines
XS, S, M, L, XL
Prices start from £55.00



Visualise Winter Soft-shell Jacket Windproof, showerproof and breathable

Black with green or pink lines
Navy with cream lines
XS, S, M, L, XL
Prices start from £65.00



Visualise Training Gloves "Thumbs on Top"

Black with green or pink thumbs
Navy with cream thumbs
XXS, XS, S, M, L, XL
£20.00



Visualise Training Reins Designed to help stop the reins getting too long

Black or Brown
Full
Prices start from £65.00



Visualise Fly Bonnet

Black
Full
Prices start from £20.00

Visualise Multi-sport Shirt

White or black with green or pink lines
XS, S, M, L, XL
Prices start from £25.00

Visualise jacket worn by Jade Clarke with Adelinde Cornelissen, fitness and mental coach, at Centaur Biomechanics Rider Conference 2015.



Visualise training tops, are currently being used within the British Equestrian Federations World Class Programme, as a training tool to help improve riders position and performance.

Visualise Jackets

Research carried out by Hartpury College found that using Visualise jackets helped coaches to improve both their coaching and their ability to evaluate the rider's position. In addition to this, they found that the riders benefited from the use of the jackets by being able to see for themselves their postural weaknesses more quickly.

Visualise Training Reins

By the use of velcro and a special glove, Visualise Training Reins help the rider to maintain a more secure contact, as when the hand is opened - which results in the rein becoming too long - the rider will receive feedback from the rein and glove interface, thus helping to provide a signal for the rider to close their hand and hold the rein more securely.

Visualise "Thumbs on Top" Gloves

The Visualise "Thumbs on Top" Gloves allow riders and coaches to see at a glance the rider's hand position - with the use of different coloured thumbs the rider and coach can easily see a correct or incorrect hand position.

Visualise Multi – Sport T Shirts

Similar to the Visualise Training Jackets - we now have Visualise Multi Sport T Shirts which apply the same concept as our equestrian jackets. They can be used for Pilates, Golf, Running and Yoga.

Visualise Fly Bonnet

The Visualise Fly Bonnet helps riders to determine which way is "Left" and "Right". It is also useful to determine if the horse is crooked and has a head tilt - both of which can be determined more quickly with the use of the fly bonnet.

Research has shown that we are Visual learners – using Visualise Training Products will enhance your learning process.