



## Detailed Course Description

This section contains detailed information about the lessons. The course structure is here based on 6 participants, but will be adapted to more or fewer participants as needed.

### Sunday

#### **Introductory meeting, 20.30-22.30**

The course starts off with a meeting where the teacher, the organizers and the participants discuss the upcoming week. This is a great chance for everyone to get to know one another and bring up any questions you might have. Each participant will be asked to introduce themselves and give a brief overview of their experience with Icelandic horses, as well as to discuss their expectations for the course and what results they want to achieve. This information will then be used to choose horses best fit for each participant's goals.

### Monday

#### **Lesson 1, Demonstration, 09.00-09.40**

In the first lesson all participants will be together in one group. In this lesson the teacher will demonstrate the main features and skills covered in the course, including leadership, aids and gaits.

Directly after this lesson participants will meet the horses they are to work with during the course.

#### **Lesson 2, Leadership, 10.00-12.40**

In the second lesson participants will be split up in pairs. This is a practical lesson on the leadership role, where participants begin connecting with their horses, getting to know them and learning to work their strenghts.

This lesson is carried out in three 40 minute sessions. Each pair has a 40 minute practical lesson, a short riding tour and another 40 minutes to review some written material and videos concerning the topics of todays lessons.

<b>Pair A</b>	<b>Pair B</b>	<b>Pair C</b>
practical lesson 10.00-10.40	riding tour 10.00-10.40	review extra material 10.00-10.40
riding tour 11.00-11.40	review extra material 11.00-11.40	practical lesson 11.00-11.40
review extra material 12.00-12.40	practical lesson 12.00-12.40	riding tour 12.00-12.40

Between each session there are 20 minute breaks, which are ment for preparation of men and horses for the practical lessons and riding tours. Participants are required to be fully ready at the beginning of next session.

#### **Allocation of horses, 14.00-17.00**

In the afternoon all participants will get the chance to further get to know the horses assigned to them this morning, trying them out indoors and outdoors. We want to ensure that everyone has a suitable horse for the week. If any changes need to be made, this is where they will be.

### Tuesday

### Lesson 3, Aids I, 09.00-11.40

In the third lesson the group will continue to work in pairs. This is a practical lesson on the application of aids, working first from the ground and then from horseback. This lesson will focus on the basics; teaching the horse to understand and respond to the most common aids.

This lesson is carried out in the same manner as the second lesson. Each pair spends 40 minutes in the practical lesson and 40 minutes reviewing extra material, but instead of the short riding tour participants will now have a second 40 minute lesson: A demonstration on the breaking in of a young horse. As before the 20 minute breaks are ment for preparation where needed.

Pair A	Pair B	Pair C
review extra material 09.00-09.40	practical lesson 09.00-09.40	break-in demonstration 09.00-09.40
practical lesson 10.00-10.40	break-in demonstration 10.00-10.40	review extra material 10.00-10.40
break-in demonstration 11.00-11.40	review extra material 11.00-11.40	practical lesson 11.00-11.40

### Lesson 4, Aids II, 13.00-17.30

The first private practical lesson, where work on aids continues with increased focus on the attributes of each rider and each horse. The riders' seat and influence on the horse will also be adressed.

For the private lessons participants will be split up in two groups, and the time into two sessions. In each session the members of one group take turns at the private lessons (using the extra time to review extra material) while the other group goes on a riding tour.

A	B	C	D	E	F
practical lesson 13.00-13.40	extra material 13.00-13.30	extra material 13.00-14.00	Riding tour 13.00-15.00	Riding tour 13.00-15.00	Riding tour 13.00-15.00
extra material 14.00-15.00	practical lesson 13.40-14.20	practical lesson 14.20-15.00			
Break 15.00-15.30	Break 15.00-15.30	Break 15.00-15.30	Break 15.00-15.30	Break 15.00-15.30	Break 15.00-15.30
Riding tour 15.30-17.30	Riding tour 15.30-17.30	Riding tour 15.30-17.30	practical lesson 15.30-16.10	extra material 15.30-16.00	extra material 15.30-16.30
			extra material 16.30-17.30	practical lesson 16.10-16.50	practical lesson 16.50-17.30
				extra material 17.00-17.30	

There will be a half an hour break between the two sessions. Before and after the practical lessons some time is reserved for preparation of the horse and tidy-up after the lesson.

## Wednesday

### Lesson 5, Gaits I, 08.30-12.45

A private practical lesson. This is the first out of two lessons on the gaits of the Icelandic horse, and will focus on the trot an the transition walk-tölt-walk.

As in the previous lesson there are two groups. While the members of one group take their private lessons the other group will either take a riding tour, or go visit an equestrian shop where you can check out (and purchase) Icelandic riding gear and equipment.

<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>E</b>	<b>F</b>
extra material 08.30-09.30	practical lesson 08.30-09.10	extra material 08.30-09.00	Riding tour 08.30-10.30	Riding tour 08.30-10.30	Riding tour 08.30-10.30
practical lesson 09.50-10.30	extra material 09.30-10.30	practical lesson 09.10-09.50			
		extra material 10.00-10.30			
Break 10.30-10.45	Break 10.30-10.45	Break 10.30-10.45	Break 10.30-10.45	Break 10.30-10.45	Break 10.30-10.45
Visit equestrian shop 10.45-12.45	Visit equestrian shop 10.45-12.45	Visit equestrian shop 10.45-12.45	extra material 10.45-11.45	practical lesson 10.45-11.25	extra material 10.45-11.15
			practical lesson 12.05-12.45	extra material 11.45-12.45	practical lesson 11.25-12.05
					extra material 12.15-12.45

### **Lesson 6, Gaits II, 14.30-18.45**

This lesson continues the work on gaits begun in the morning. Again this is a private practical lesson, now focusing on the tölt and the gallop.

The morning's extra activities are now repeated in reverse order, so each group will have taken both a riding tour and a visit to the equestrian shop at the end of the day.

<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>E</b>	<b>F</b>
extra material 14.30-15.00	extra material 14.30-15.30	practical lesson 14.30-15.10	Visit equestrian shop 14.30-16.30	Visit equestrian shop 14.30-16.30	Visit equestrian shop 14.30-16.30
practical lesson 15.10-15.50		extra material 15.30-16.30			
extra material 16.00-16.30	practical lesson 15.50-16.30				
Break 16.30-16.45	Break 16.30-16.45	Break 16.30-16.45	Break 16.30-16.45	Break 16.30-16.45	Break 16.30-16.45
Riding tour 16.45-18.45	Riding tour 16.45-18.45	Riding tour 16.45-18.45	extra material 16.45-17.15	extra material 16.45-17.45	practical lesson 16.45-17.25
			practical lesson 17.25-18.05	practical lesson 18.05-18.45	extra material 17.45-18.45
			extra material 18.15-18.45		

There is a short break between the sessions in both of these lessons. As before some time is reserved around the practical lessons for preparation and tidy-up.

## **Thursday**

Giving both men and horses a break, there are no lessons today. Instead we go on a sight-seeing tour, further detailed in "Other Activities".

## Friday

### **Lesson 7, Gait Transitions, 09.00-13.00**

Both of Friday's private practical lessons will take place in Hella, at the fields where Landsmót (the National Icelandic Horse Show) is regularly held. This lesson continues the previous work on the gaits, now covering gait transitions and the line-up of gaits in regard to shows, as well as the importance of a right location on the riding field.

The extra activities today will include a visit to a saddle maker. Participants will get a glimpse into the work of saddle makers and even have a chance to make their own bridle to take home.

For the time around the private lessons, no extra material is intended for this lesson. Instead the participants can take a look around at the riding fields and visit the Icelandic Handicraft Center, with beautiful Icelandic handicraft and artwork.

<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>E</b>	<b>F</b>
Visit saddle maker 09.00-11.00	Visit saddle maker 09.00-11.00	Visit saddle maker 09.00-11.00	practical lesson 09.00-09.40	handicraft center 09.00-09.30	handicraft center 09.00-10.00
			handicraft center 10.00-11.00	practical lesson 09.40-10.20	
practical lesson 11.00-11.40	handicraft center 11.00-11.30	handicraft center 11.00-12.00	Visit saddle maker 11.00-13.00	Visit saddle maker 11.00-13.00	Visit saddle maker 11.00-13.00
handicraft center 12.00-13.00	practical lesson 11.40-12.20				

### **Lesson 8, Shows, 14.30-18.30**

This is the course's last practical lesson. It focuses on warm-up and preparation for shows and competition. At the end of the lesson each participant will ride through a show routine which will be filmed and used as part of the assessment at the end of the course.

This afternoon there will also be a grouplesson for each group. The topics of this lesson are flexible, and will be decided based on the needs and interests of the participants in each course. The grouplesson will be based on a lecture, and on demonstration.

<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>E</b>	<b>F</b>
Grouplesson 14.30-16.30	Grouplesson 14.30-16.30	Grouplesson 14.30-16.30	extra material 14.30-15.30	practical lesson 14.30-15.10	extra material 14.30-15.00
			practical lesson 15.50-16.30	extra material 15.30-16.30	practical lesson 15.10-15.50
extra material 16.30-17.30	practical lesson 16.30-17.10	extra material 16.30-17.00	Grouplesson 16.30-18.30	Grouplesson 16.30-18.30	Grouplesson 16.30-18.30
practical lesson 17.50-18.30	extra material 17.30-18.30	practical lesson 17.10-17.50			

## **Saturday**

### **Lesson 9, Assessment, 09.00-10.30**

This is a group lesson where the videos from the previous day will be reviewed. Each participant will have approx. 15 minute individual assessment where the strengths and weaknesses of their performance are analysed, as well as the overall progress of the week.

### **Lesson 10, Lecture – The Importance of Diverse Training, 10.50-11.30**

The last lesson is a lecture which addresses the importance of diverse training methods, as the best way to enjoy the training, keep up the horse's spirit and reach the desired results.

### **Final Riding Tour, 13.00-15.00**

As the course's last activity, the participants will take their horses out on a final riding tour, together with the teacher and the organizers. Formal teaching and techniques will be set aside as we focus on enjoying the experience of riding a quality Icelandic horse in its primal surroundings.