



TENNESSEE WALKING HORSE BREEDERS' AND EXHIBITORS' ASSOCIATION

**CERTIFIED INSTRUCTOR LEVEL I APPLICATION**

Clinic you wish to attend: \_\_\_\_\_

Miss/Ms./Mrs./Mr. \_\_\_\_\_  
First Name Initial Last Name

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Birthdate \_\_\_\_\_ Telephone \_\_\_\_\_  
Day Evening

Email address \_\_\_\_\_

**CERTIFICATION REQUIREMENTS:**

1. Must be 18 years of age and a member in good standing of TWHBEA.
2. You must have a current CPR Certificate (please attach copy of certificate). This can be obtained at [www.firstaidweb.com](http://www.firstaidweb.com).
3. Attach three (3) recommendation letters from current TWHBEA members.
4. You must have been actively involved either in a riding program or with a training barn within the last five years (list name of program/barn, location, contact person, and explain involvement).

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Do you require your students to wear protective headgear and footwear with a heel? \_\_\_\_\_

Do you, as a role model, wear protective headgear and footwear with a heel? \_\_\_\_\_

How did you learn about the TWHBEA Academy Program? \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

**\$50 Non-Refundable Application Fee must accompany application.**

Mail to: TWHBEA CRI Program; P.O. Box 286; Lewisburg, TN 37091



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## TWHBEA CERTIFIED INSTRUCTORS' PROGRAM INCOME POTENTIAL

<u>Lesson Length</u>	<u>Lessons/Day</u>	<u>Lessons/Week</u>	<u>Cost/Lesson</u>	<u>Income/Week</u>
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### Private Lessons

Cost of lessons will vary depending on your area, average is \$35-\$50 per ½ hour lesson.  
You might offer a package of lessons at 4 for \$100 instead of \$35 each.

½ hr. lessons	4	20	\$35	\$700
½ hr. lessons	4	20	\$50	\$1,000

### Group Lessons (calculations are for 4 riders per lesson)

Cost of lessons will vary depending on your area, average is \$25-\$35 per 1 hour lesson.  
Group rates are generally a little less than private lessons.

½ hr. lessons	8	40	\$25	\$1,000
½ hr. lessons	8	40	\$35	\$1,400

### Winter Tournaments

You might take 6 riders and 2 horses.

Depending on distance to Tournaments, each rider could be charged \$150/show, i.e.,  
6 riders x \$150 = \$900/Winter Tournament.



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## BENEFITS OF TWHBEA CERTIFICATION

Why is certification important to the riding instructor and to the horse industry?

1. TWHBEA will advertise and market only for those instructors who have been certified in the TWHBEA Certified Instructors' Program.
2. The experiences required for certification are more beneficial to the instructor than the certificate itself. The process of certification reflects the examination and evaluation of the teaching abilities of the candidate.
3. Only TWHBEA Certified Instructors will be allowed to participate in the TWHBEA Winter Tournaments.
4. Certification demonstrates to the public, to the employer, and to one's peers, the value that a riding instructor places on the profession. Most candidates pursue certification for job requirements, insurance coverage or to aid in their personal growth in the riding and teaching industry.
5. Certification represents personal pride, professional effort, and an expenditure of time and money ...just like acquiring a college degree in a shorter term.
6. There are many insurance companies who will only issue coverage to "certified" instructors.
7. A consumer survey documented that parents desired certification.
8. The value of certification to the instructor is a better edge in the job market, liability insurance availability, and a heightened concern for his/her student's safety.



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## TWHBEA INSTRUCTOR CERTIFICATION PROGRAM THREE LEVELS OF CERTIFICATION

Instructors must be able to pair the rider with a horse suitable to the rider's level of skill.

Instructors must be able to determine whether or not the rider and horse are working under control and safely together.

Instructor must be able to build on the riders' positive points and work to develop the weak points in a confidence-building manner.

The instructor should attire herself/himself appropriately.

Presentation should be clear and easily understood with a positive influence.



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Level I Certification

Safety

Safe handling, tacking, and riding of the horse must be promoted throughout the lesson.

Must encourage students to wear helmets.

Must require all students to sign a release.

Must have an environment suitable for riding lessons of all levels.

Handling of Horse

Haltering

Leading

Tying

Grooming

Tacking

Proper fit

Safety

Demonstrate How to Mount

Explain Stirrup Adjustment

Explain Vertical Posture

Demonstrate Rein Handling

How to hold the reins

Shortening and lengthening the rein

Starting

Stopping

Turning

Ride

Assessment of rider

Learning use of the riding aids

Explaining the gaits

Appropriate Exercises in Relation to Assessment (all exercises at stand still or dog walk)

Standing in stirrups

Dropping stirrups

Turn circles with toes

Four corners (pole, tail, riders' near toe, riders' far toe) with each arm

Arm circles (put reins in one hand and keep free arm straight)

Shoulder rolls

Other exercises as desired



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Level II Certification

Ride

Assessment of Rider

Appropriate Exercises in Relation to Assessment (Level I exercises can be performed at a dog walk or flat walk)

Level I Exercises

Riding without stirrups

Kicking exercise (see attached)

Pull your feet up and hook your toes behind the saddle with your hands in riding position

Knee bends (bend your knee while pulling your heel up and away from the horse)

Lay the reins down, put arms straight out from your body, and do windmills with both arms

Longe line exercises (above exercises can be done on the longe line)

Learning collection

Learning to canter

Increased awareness of the use of riding aids

Flexibility exercises for the horse

Circles

Figure Eights

Serpentines

Develop a "feel" for the horse

Further development of the hands



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*Level III Certification*

Assessment of horse and rider

Advancing the seat

    Elevation factor

    Three gaits without stirrups

    All of the above exercises at any gait, with or without stirrups

Advanced workouts with the horse at all three gaits

    Circle

    Figure Eights

    Serpentines

Knowledge of horse training

Anatomy



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## TWHBEA CERTIFIED INSTRUCTORS' PROGRAM LESSON HORSES

### Level I

- Babysitter
- Quiet
- Calm
- Smooth
- Unexcitable
- Lazy
- Willing to walk on a loose rein
- Will tolerate bad hands
- Introduce performance show horse in late stage of Level I

### Level II

- Three gaited
- More challenging than Level I
- More animation
- More spirit
- Good mouth

### Level III

- Unfinished horse
- Needs gait development
- Challenge
- Requires more aggressive rider
- Needs higher level of skill in use of riding aids



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## RECOMMENDED READING LIST

Echo of Hoofbeats	Dr. Bob Womack
Saddle Seat Equitation	Helen Crabtree
Saddle Seat Equitation Revised	Helen Crabtree
Teaching Safe Horsemanship	Jan Dawson
101 Arena Workouts	Cherry Hill
The Riding Teacher	Alois Podhajsky
Fit for Riding	Eckhart Meyners
A Matter of Pride	Nicole Carswell