



The Equine Touch

ANZET NEWS

The Equine Touch™ - Australia & New Zealand Newsletter

Volume 1 Issue 2

February, 2010

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Pilgrimage to Wagga Wagga for Level 3

"On the road again!" sang Willie Nelson and we headed off for a tour of Gippsland, Victoria for a couple of Level one courses. Arriving back in Charlton we had a few days to clean out and repack before shuffling off north to Wagga Wagga, NSW to prepare for all the other travelers arriving for their Level 3 course with Jock & Ivana who popped "across the creek" to put the students through their paces.

Janis, Ed

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Jock Ruddock, guides Level 3 student, Vanessa Wilhelm to adjust her intent & level of pressure for more success



Ivana Ruddock, demonstrates the sequences of the Level 3 sinus procedure on Day 4

Eleven "pilgrims" made the journey to Wagga Wagga, NSW, most of them from Victoria. For some it had been an impatient wait! *Will there ever be a Level 3 over here soon enough?* Others joined the group with their Level 2 moves not that long under their belt.

No matter, under the scrutiny of the founder of the work, Jock Ruddock, they all did very well reviewing work from previous levels and also taking on board the new Level 3 practical material.

As usual, Ivana Ruddock's theory lectures had the students in no doubt that they were in good hands as, time and again, she built a picture, fact after fact, finally drawing all threads of the topics together with nods & sighs of understanding forthcoming from her spellbound listeners. Just great!

What students say about Level 3 at Wagga Wagga, NSW

Wow! What an intensive 4 days at Wagga! And a lot of welcome rain. Learning L3 ET with Jock & Ivana:- Theory with Ivana in the mornings was very like the torrential rain! Incredible with lots of input & knowledge gathered. I certainly have a much deeper insight into teeth, feet and saddle-fit.

Practical sessions in the afternoons with Jock were at a different pace to Ivana's morning classes. New moves were learned and it is amazing how the jigsaw pieces from each level just slot into each other beautifully.

It was great to catch up with familiar faces from Janis's previous courses and meet and make friends with students from Susan Wyatt's courses. All in all it was an absolutely fantastic four days in every aspect. It was an honour and a privilege to work with Jock & Ivana who expressed what a great job their instructors (Janis & Susan) had done with this crop of eleven students. So thank you all for a wonderful Level 3 and Level 4 here I come! Bring it on!!!

PS Thank you to Charles Sturt University (Wagga Wagga) for allowing us the use of their excellent facilities and also a hug thank you to our beloved equine friends.

Samantha Barnard, Level 3
(Continued on page 4)

Nelson, New Zealand—Spots & Barrels ... and a Level 1 course

Nelson, NZ December, 2009 Instructor: Janice Clyma

Had a great Level 1, with four students. Do you know I took my camera down each time we worked with the horses, and I didn't take one single photo? Best I can offer is this shot of one of the students Mel Bollinger, who is an open barrel racer here. Our Saturday (middle day of the clinic) we started at 7am and finished at 12 so Mel and I could go to the local rodeo and run the barrels.

Mel would have come second but she hit a barrel and I won the local class on Spotty horse.

I fell in love with one of the ring crew's horses; apparently it was in the bucking string for 3 years, but didn't really want to buck, and he had rescued it about 6 months ago. It's the loveliest Appie ever, well over 16 hh with superb movement. I couldn't resist and bowled up and offered him a cash price. Managed to get a deal together. Needs lots of bodywork, we used him last day of the clinic and he just loved it. Attached a shot of him too. (See pic at right)

Haven't really got any miracle stories for your newsletter sorry, other than Heather, my friend and host of the clinic. She has had quite a few operations to do with heart valves and her aorta, and was not going to participate in the course because one arm gets tired very easily and she didn't think she would cope. After being the practice dummy for the human part she got such great relief from her sciatic pain that she made an effort to do the horse work, and coped really well.

She is now a very enthusiastic convert, and really wants Jock to do a VHT in Nelson so her osteopath can learn it and give her the same relief she got from the clinic.

We were so lucky to have a great house for venue, with massive TV screen for the power point presentation and watching DVD, and a nice shady shed to work horses in. Had some really good cases, mostly quarter horses plus my Appies, and Heather's Irish draught mare. Pretty near all cases presented with issues which came back to saddle fit. Western saddle makers need to start considering some form of spring trees to cater for the modern horse shape.

Cheers
JC



Mel Bollinger, Level 1 student, competing in the barrel racing at Nelson, NZ



Chief.
"It's the loveliest Appie ever, well over 16 hh with superb movement."



Janice's "Buddy", had a turn at barrel racing too, and "won the local class".

ET Top Tips

"ET Top Tips" will feature a tip every issue as something you can focus on to improve or maintain your ET skills. These will be reminders of items you probably heard and saw during a course.

Janis Hobbs

9 Here is one important point to remember whether you are a student just starting out or even a practitioner. Take charge of the ET session by instructing the horse handler.

For the safety of both humans & horse and in order for the horse to get the best possible result from the work, inform the handler where to stand (on the same side as you) and to refrain from touching the horse so as not to distract the horse from the ET work. Touching it, patting or disciplining, takes the horse's focus and awareness away from the work.

At Last! ET comes to East Gippsland! Level 1, 23-25 January, 2010

Instructor: Janis Hobbs

Margaret discovered Equine Touch at Equitana, November, 2008. Kym, venue owner, had found a brochure distributed by Margaret when we were attempting to get a course going at an earlier time. Kym & Julie connected through Western Pleasure. And so a very excited and inspired group gathered to begin their study of ET. It was meant to be.

Margaret was good at helping everyone to remember to look for the boney landmarks, Julie was delighted when it all “came together” when she remembered to breathe with “the move”. Kym’s passion for her animals was matched by her hospitality and enthusiasm to learn.

We were blessed with good weather (apart from some wind), lovely shady trees and some interesting and kind horses. A great time was had by all, new friendships forged and new horizons opened.



Kym & Caddie

Julie & Roany

Margaret & Angel

Kym, putting her horse, Keasta, to sleep with the basic body balance. Can you tell which move she is up to? (See page 5 for answer Q1)



Margaret palpating for the boney landmark of the shoulder



Julie performing the foreleg procedure

Dear Janis
Just a quick note to say thank you and let you know how much I enjoyed and learned completing my Level 1 of ET at Kym’s place last month. I’ve watched the DVD many times and am really glad to have it to refer back to. I’ve got quite a few friends’ horses to practise on in the future. I’ve only done a couple but am feeling better with each one I do.... See you at Level 2 and, yes, I still remember to “breathe”.
Julie

More Level 1 ET near Moe, Gippsland, Victoria 29-31 January, 2010

Instructor: Janis Hobbs



Good focus, good body position & movement, Barb! What procedure/move is she doing? (See page 5 for answer to Q2)



Camsin is tuned into Jennie as she completes the TMJ procedure

It’s Di’s turn to mind the horse & the manual as Shauleen does the work. Good focus, good body position!
Tip: Make sure you have good footing in your work area; remove sticks or other obstacles.



YOUR SAY:

Veronica Moore, Practitioner, North Island, NZ shares a story of a recent client, a horse with a bit of a DIY attitude! Veronica writes:-

I saw a horse yesterday for the second time. Unhandled, unbroken 6yr old TB that has pretty much sat in a field for a number of years. I had seen it a couple of weeks before I actually worked on it, and its neck was rigid. The owner had a chiro do an atlas adjustment and something down near its hips, and then my first session was a week or so later. The horse enjoyed the session, but it was one of those ones that was "unsatisfactory" in my mind. Somehow I just didn't get any feedback or bonding with her.

Saw her yesterday (about 10 days later) for the second time and WOW!!! She knew who I was immediately, and started processing deeply with every move. And then came the neat part - I started doing the L2 Brachiocephalic/Omotransverse moves up her neck and as I put my hands on for the third move, she actually leaned into me, moved her neck up slightly to take up the skin slack, then dropped her head and made a VERY deep move herself over the Brachiocephalic. She did this several times and then stopped and looked at me, so I moved my hands up, and she repeated the process. In each position she repeated the move several times, then paused for me to move my hands. It was just one section of one side of her neck - my job was simply to be a "fence post" and she was able to achieve a very much deeper and firmer move than I could have done by myself. After she had done the section of her neck that was bothering her she left me to finish to rest by myself.

Have to say that it impressed a pretty skeptical owner - don't know that they'll be rushing out to get a chiro again. I wonder if anyone else has experienced a horse doing its own moves???

Veronica Moore, Practitioner

Thanks for that story! It is a fantastic example of how the horse often needs to be "educated" about ET at the first session and the next session they are READY for it! A classic story of why we need to be able to have owners accept a second visit even if it seemed that "we didn't do much" or "nothing much happened" the first time. Janis, Ed.

YOUR SAY:

What is YOUR ET story?
Email your story & photo to
Janis by 15th of each month to
equinetouch@hotmail.net.au

Level 3 at Wagga Wagga

Continued
from page 1



What the students say of their Level 3 course experience:-

Wagga Wagga, Level 3, was an amazing adventure, where I met like minded horsey people! I've learned lots of new moves and techniques to address to a horse, which make it all come to a well rounded learning program, so again thanks to both Jock and Ivana for sharing it all with us!! Also my head is still processing all of Ivana's great theory lectures

A big thanks to all the assistants too, Janis, Sue, Bruce, and Julie. who have all contributed so much to help and improve our Equine Touch moves and knowledge! Vanessa Wilhelm, Level 3

We arrived at Wagga Wagga Wednesday 10 February, eagerly anticipating our course. Thursday day morning came complete with alternating feelings of excitement and nerves and we met Jock, Ivana and the other course participants. The course ran from Thursday through to Sunday. We spent each morning in lectures with Ivana covering feet, teeth, back, saddle fitting, detoxification and rehabilitation. Each afternoon was spent with Jock mastering our Advanced Body Balance (ABB) and new Level 3 moves. Looking back I cannot believe how much we actually managed to fit into 4 days!

Jock and Ivana are wonderful - both are very happy to share as much information as you need and to help with any problems. I am finding that the more I learn the less I know and am now in a state of high anticipation awaiting the announcement of a Level 4 course that I can attend! In between I shall be touching as many horses as I can find!!! Kelly Long, Level 3

I so enjoyed Wagga & found Ivana's lectures inspirational. I would love to do it all again. Pauline Naudi, Level 3

Tales of "the Quilty", September 2009

— A rocky road to ET for "Big Charles" and Rachael

Below is an email sent to Susan Wyatt, (Instructor) by Rachael Saunders. Rachael was a Tom Quilty Gold Cup Challenge 2009 participant, vetted out at the end of first leg and was seen by Julie Woodward, Practitioner. Rachael rang Susan for a follow up visit which Susan attended on Sunday doing both the horse and Rachael. On request Rachael kindly contributed the following testimonial for the newsletter.

Monday, September 28, 2009 4:28 PM

Hi Susan

Well, let me start by saying, although I felt odd most of yesterday and then like a rock had hit me in the back of my neck last night, today I feel energised and no pain!!!! Charles and I are about to go out for a walk so will let you know how he feels then, but so far he certainly looks more content in his paddock and all 3 boys slept laying down this morning together, ahhhhh

So in terms of my thoughts post TQ.....

"I entered the TQ with one of the most capable athletes, well conditioned and prepared, well fed, loved and cared for, and disaster hit with a float fall in the wet, not just one but 3 times. So after warning bells pre-ride HR 48, and a painful, horrible 40km cantering in the dark, my horse finally cracked it and told me to GET OFF! Beside himself and with me exhausted, we vetted out on HR...pain, pain and more pain. One hour restless sleep and poor horse, couldn't take it any more, close to finding no other solution but sedative drugs and pain relief I bumped into the lovely ET lady (Julie Woodward, Ed note). And thank heavens for that! 30mins later horsey finally stopped jogging on the spot and bashing me with his head, rested and slept and heart rate finally back to near normal resting rate. In awe, in amazement, out of desperation came a huge learning experience and an introduction to ET. One week later with a horse much more content but still stiff and guarding his pain, we had another visit, full assessment and treatment and including myself too. I know I feel a world better right now. And I have every confidence that over the next days to weeks my gorgeous athlete will be back to his pre TQ state and even better and more prepared for his future. Truly wonderful, let's hope this new addition to our team, enhances our chance of a TQ buckle and a Shazada ride in the next few years, plus many more years and of safe and happy riding - thanks so far ET!"

Cheers Rach

Yours Sincerely

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Answers to Questions from page 3

Q1—Kym is doing move number 2 of the neck procedure.
Q2— Barb is doing the inchworm technique, forequarter procedure



Bend & stretch.... But stay balanced



ET is for ALL horses great & small.
You just need to adjust to suit the situation.