



The Equine Touch

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Hi everyone,

Wintry weather has meant that Equine Touch happenings have been somewhat in hibernation except for the Dissection clinics held in New Zealand by Ivana Ruddock. So the focus of this newsletter is looking forward to International Equine Touch Day 25th July and to let Jock Ruddock talk to us again via excerpts from his writings. Enjoy & remember.

Keep in touch.

Janis, Ed

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# ANZET NEWS

The Equine Touch™— Australia and New Zealand Newsletter

Volume 3 Issue 6

July 2012

## International Equine Touch Day - 25th July

Enjoy some of Jock's articles and comments to inspire you to go celebrate his life & work and your Equine Touch skills by spending some Equine Touch time with your own horses on what would have been his 70th birthday.

### Body and Breath Make the Move

by Jock Ruddock



Morehi Ueshiba, the founder of *aikido*, whose technique our Equine Touch move is based upon, maintained that without the breath flow extending into the hands there could be no flow of Ki, and no harmony with your opponent. When working on a horse, we want Ki to flow to have harmony. Although it may seem odd to consider the horse that you intend to work on as an opponent, it is necessary to remember that there is an automatic defense or resistance system which must be overcome by any invasion into the personal domain of another. No matter how gentle or well intended that invasion may be, all equine bodywork initially creates stress, even hands off addresses such as Reiki.

When you take a deep breath and hold it, you are locked, your body is tense and when you place your hands on the horse, the horse feels this tension— and reacts by tensing in return. Newton's 3rd Law, 'Any application of pressure to any living organism will automatically build up an equal and opposite reaction to it.' He is prey, you are predator. Think, before you take a mouthful of food, do you breathe in or do you breathe out? As a former professional wrestler, I was aware that before I attacked, I filled my lungs with air. When on the defense, I would always notice when my opponent had filled his lungs and I would automatically reciprocate by trying to amass my internal power to counter his, or feel intimidated. The attacker breathes consciously; the defender emotionally.

If a chiropractor takes a deep breath and then says 'relax', what do you do? Relax? Not likely. You go into an equal and opposite mode, tense up and get ready to resist. The client who is instructed to breathe deeply and exhale fully is often more susceptible to a pain free skeletal manipulation than one who is trying to cooperate and relax, while being terrified emotionally at the same time. If the chiropractor takes a deep breath immediately prior to the impulse, the client's automatic defense system will kick in immediately with resistance.

So here we are with a horse, the most spiritual and sensitive animal on the planet, and we are wanting him to RELAX and allow us to come inside and help him release tension and stress, without adding more tension and stress. Do we breathe in or do we breathe out?

We do both, each at its appropriate time. The ideal or perfect ET move is done in four stages: 1) the hands are gently placed on the horse on our full exhalation; 2) the skin is drawn back with our breath intake; 3) the pressure creating the cellular awareness is then applied at full exhalation, and held; 4) the glide or impulse is performed at the end of the exhale using 'an aikido body flow' to empower the glide itself. The horse should noticeably relax as the practitioner exhales.

Without the body and the breath, there is no Equine Touch move, and no harmony with the horse as a whole.

Natural Horse magazine—Volume 10 Issue 1

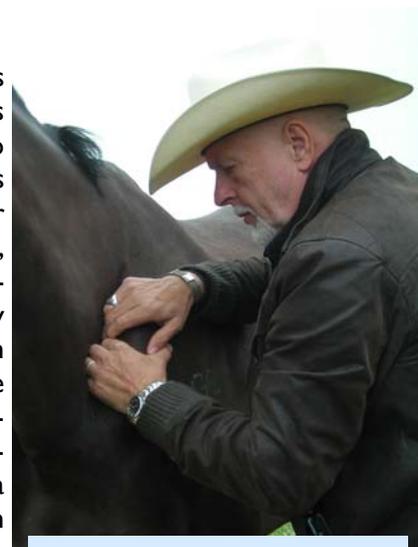
Excerpt from Jock & Ivana's *Equine Touching* (International Newsletter).

Jock's Tip:-

### The Neutral Place

The horse moves away from you, it's worried about your hands, it's always cocking its leg to cow kick when you go to 'pop the cap'. It pulls its head up when you go to do the atlas move. Perhaps it's reacting to anticipated pain, perhaps it is fear, perhaps it is your hands, or perhaps it is your **intent**. The rule is that your integrity should always lead your intent—the case being when you have a horse which is concerned, afraid, suspicious, then if you walk into its space with an incorrect intent, (*no matter how noble*), sticking out in front of you you will surely lose. Always try to put your own memories of similar circumstances in your head, work these feelings out in your quiet times. Think of the times someone has come to help you, perhaps with an osteopathic manipulation, you knew their intention (*no matter how noble*), so you resisted and fear arose. Then think of the therapist who comes from a neutral place, who works on you in a manner where you do not even know that she is in fact working on you, her focus and intent masked by the integrity of her work, no fear arises, or any that was there, has diminished. Perhaps her intent was not to perform the move, but to get you to allow her, even to ask her to help you. So let it be with the horse, come from the neutral place, accept with detachment that negativity which the horse presents, and make certain that your intent is the correct one for that specific situation.

**Ray Hunt**, 'The legend' "It is not what you can do to the horse that counts, it is what the horse will allow you to do, that is of consequence."



New Zealand, December 2009

### EQUINE BODYWORK HORSEMANSHIP© (EBH) *Equine Touching* Issue 3-2012 | February, 2010



Equitana, Melbourne November 2008

Equine Bodywork Horsemanship© is a concept that has been running around in my mind for the past couple of years and is something more than just three words. It is an image that has been in the shadows of my mind for some time and it is something that all Equine Body workers should be aware of to be successful in that which they do. To some it is so natural as they blend in harmony with the horse but for others it is something that they must train themselves to perform and understand. It is different to what we have come to look on as horsemanship no matter which school you may follow, and yet when I look at the quotes from the two legends below they hold the key to everything I am talking about:

**Tom Dorrance:** It's all about feel, timing and balance.

**Ray Hunt:** It's not what you can do to the horse that counts; it is what it allows you to do that is of consequence.

The more I read and study the philosophy and the foundation of the teaching of these two masters the more I understand, the more I believe that we should all understand the need for Equine Bodywork Horsemanship©. It's not about western or eastern concepts of horse training, or this school or that school, it is about ourselves. It is about understanding that when you go to work on a horse with a problem you are coming from a different place than a person who wishes to {train the horse.} Ever since I started working on horses and discovered that it was not just about muscle and bone but also emotion and spirit that I realized how important it is to settle down into this neutral space deep inside me rather than just working on the surface when I approach a horse and recognized that Equine Bodywork Horsemanship© is an art that should be studied and developed for the good of the horse.

## Your Say:

This letter received via Ivana Ruddock highlights what many grateful Equine Touch students have felt in relation to learning Equine Touch; knowledge of how perform ET has transformed their ability to DO SOMETHING, to help their horse in times of need.

July 13, 2012

Dear Ivana,

Just wanted to drop you a note and tell you that Jo needs to be the poster horse for ET. Jock has saved his life again.

This morning Jo came around the corner of the barn with an unusual nicker. He was walking funny and I thought he had cut his foot really bad. However, when I got over to the barn he was stiff and having muscle spasms. His back was humped up and his neck had a huge knot on the right side of his neck. He was shaking really bad and having trouble standing up, when his back feet buckled under him, he went down.

I thought he had been poisoned. Patrick K. Crouch, D.V.M. was called again around 7:30 in the morning. He told me he didn't know what to do but he would come on over. He had me vein him with 10 ml of dexamethasone. After I gave the dex I started doing ET on the part of him I could reach. Finishing the ET on him Jo lay out flat on his side and went to sleep. He was so sound asleep that I call Suz Anne to see what she thought, I thought he was dead. The flies were all over him so he was sprayed with fly spray which caused him to get up immediately. He walked about 30 feet without any difficulty, but went down again after I did ET on him while he was standing. All his muscles were so tight and hard that you couldn't move any of them. I called Pat again and he said that he thought he was tied up and needed some selenium, but I didn't have any. I did ET on the part of him I could reach again. He lay out and slept again. When he got up he ate and seemed to be almost normal. He was still having some tremors in his back legs.

Tonight he seems to be just fine. He is sore but his muscle mass is soft and pliable. Thank you and Jock again for providing me with this ability to give Jo the gift of relaxation. Pat said he was convinced that is what helped him get well quickly.

I am ever thankful and love you dearly,  
Bettie Lou Crouch

Hi Janis

Just received my first news letter, thanks. I have been busy practising and have at least 3 emerging ET junkies. Ginger Megs was my first guinea pig as she has the experience of your magic touch; she was very patient with my attempts and gave me lots of feedback so I could work out the areas I was OK on and the areas I needed some more practice. I then progressed to 3 of my other horses who have never had ET and they all gave me lots of feedback and always want more. The funny experience was doing ET on my miniature! I did have some difficulty in placing my body so I was not overwhelming for him; after a few runs we got the positioning right and he relaxed right into it.

The most amazing thing that I have experienced and I'm not sure if this is just in my head or if it is real, but as I have limited time I tend to come home from work tired and quite drained. I then push myself to get one of the horses and do a bit of ET practice on them before we feed up. What I am experiencing is that about an hour or so later I seem to feel energized; not sure if there is a reciprocal benefit and the practitioner benefits as well as the recipient or if just being with my horses is therapy enough. Any which way it is it is a lovely way to end a hard day at work.

Carol Griffiths, Level I (May, 2012 at Raymond Terrace, NSW)

*Seems to me you have already reaped the rewards for your dedicated approach to practicing & building your skills and experienced tapping in to one of the reciprocal benefits of ET, connecting with the horse in a rather special way. Janis, Ed :)*



THE EQUINE TOUCH  
FOUNDATION  
MISSION  
STATEMENT

"TO HELP HORSES  
BY EDUCATING  
HUMANS"



Mid ET session, a relaxed  
Ginger Megs,  
Mt Pleasant, SA  
Oct 2011

## NZ News

### Take the chance! Ivana's amazing! Whole Horse Dissection Clinic,

Report from Karen Burrows,  
ET Ins, NZ



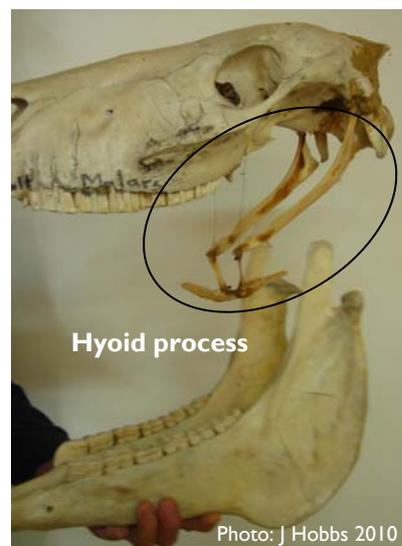
Christchurch,  
NZ June 2012

**If you ever get the chance to attend a dissection clinic with Ivana, take it!! She is so amazing and you learn so much. Everything makes so much more sense than when you see it in a book, especially the way everything works together, the muscles, bones and the amazing fascia.**

Our specimen in Christchurch was an older horse in his early thirties, one of the first things I noticed was the difficulty Ivana was finding in separating the skin from the muscles and later the muscles from each other.

At the last dissection I attended we had a 4yr old horse and everything separated much easier. With this one, especially in the neck, some of the muscles were quite fused together and the fascia was very tight and 'stuck' the muscles together. (I'm sure there must be a more technical term for that!) We found a few interesting injuries, including a snapped ligament in his hip joint which had partially healed, and a cracked wing on a thoracic spinal process (on the same side as the damaged hip). One of the most amazing things was the teeth; they were very yucky and hadn't had any dental work for a while! There were some very big cavities in a couple of teeth and 3 cuts on his tongue plus signs of previous cuts and abscesses. One of the cuts was over 1cm long – he must have been in so much pain. I could probably take up all of this newsletter but I'd better stop now. One of the great things is that Ivana asked everyone at the start of the course if there was anything they particularly wanted to see.

My highlight of the course was when Ivana managed to separate out the whole of the hyoid assembly – you definitely don't get the idea of it from a picture. It's so delicate and has all these amazing little joints – very cool.



Hyoid process

Photo: J Hobbs 2010

**10,000 Endurance kms!  
CONGRATULATIONS  
Wendy & Blue Bopp!**



Endurance rider & ET student, Wendy Bootle and her Australian Stock Horse X Arab 19 year old campaigner, Blue Bopp, achieved a remarkable milestone last Sunday 8 July, 2012 when they successfully completed a 120 km endurance ride at Smythesdale, Victoria. Pictured here passing through the gateway at the gardens, Smythesdale, they are only metres from the end of a long journey. Reaching this finish line meant Blue Bopp's logbooks record 10,000 official endurance ride kilometres. This achievement was fifteen years in the making. Since beginning her ET studies in 2007 Wendy has incorporated ET into her regime of care for Blue Bopp. Congratulations Wendy & Blue Bopp!