



The Equine Touch

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Hi Everyone,

In case you missed it
Ivana Ruddock's Classes
scheduled for Nov at
Tooradin , Victoria are:-

Level 3 (4 days)
23-26 November

Stretching & Mobilisation
28 November. (One day)
First time in Eastern states.

Level 4 (3 days)
29-30 Nov—1st Dec

Act promptly to book your
place. Still a couple of
spots available!
For more info & bookings
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Keep in touch,

Janis,Ed

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ANZET NEWS

The Equine Touch™— Australia and New Zealand Newsletter

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Equine Touch — Level 4 continues to evolve

By Ivana Ruddock

After Jock's passing in 2011 I continued to teach our Equine Touch classes as soon as I could. I travelled worldwide with my Level 3 class and I taught our Level 1 and Level 2 here in New Zealand. I never wanted to teach Level 4 as it was Jock's baby and I felt I never could fill his shoes. Of course, I was getting many enquiries about that class but I was pretty good at resisting and managed to do so for a long time.



Those who knew Jock and me surely had many giggles about our little "wars" and you bet, his Level 4 was one of those battles. Jock called his class "ET and Beyond" and in this class he was teaching L4 procedures in the way in which he was performing them with his explanations and feelings. He believed that he could teach his students to become equine bodyworkers, the same as he was. I objected to that; I knew that Jock was an intuitive bodyworker who used all his senses & skills, all his techniques and knowledge, whatever

he had learnt around humans and horses. This is what cannot be taught, I think. This is what has to be developed over a long time. Jock had his unique way of explaining things and of course I could not deliver that either and with this feeling I simply thought that I could not teach Level 4. I am not Jock.

Staying in New Zealand, I started to work on horses for my clients. Of course I was using many of the Level 4 procedures when addressing horses in trouble. I was using these procedures just like any other procedures in ET, performing good ET moves with the best intent and integrity, listening for the soft tissue response and checking the results afterwards. Jock always said about me that if there is one "purest ET person" it would be me. I agree. I love ET for its simplicity, for its gentleness and for its effectiveness.

I fell in love with ET 13 years ago, when I was a young veterinarian who found there were many things I could not explain. I couldn't find a satisfying diagnostic system to be able to name the correct disease, to specifically address that problem. I struggled. Then I stumbled over ET which gave me all that I was looking for. It offered me a system; using it I did not need to diagnose and I did not need to name a problem. It also gave me a tool that I could use in order to help the body to re-balance itself and allow the healing to come into being. I loved it and I stuck with it for all those years.

Working with L4 procedures, discussing those with our practitioners, with my friends and instructors, I realized that in that L4 manual are some great ET procedures that should be shared.

So in the end I agreed that I will teach the L4 "my way", following the ET principles that all of our students know from L1 and all can relate to. So I taught my first L4 classes in my 2013 world trip. It was great....except for the manual. I had trouble teaching from Jock's manual. All other manuals were done by both of us, with me as the principal editor. During my tour I was constantly battling with Jock's names of procedures, with all those sequences and I had had many of those "talks" with him over that.

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Recently, I was thinking about really changing the L4 manual to suit me and so I put it on my “to do” list to finish that project for my Australian class. I remember the occasion clearly. It was in Palmerston North, (Nth Island, NZ). I was thinking about it and how to do it, how to maintain Jock’s spirit there and his art and authenticity. So I just flipped my eyes upward and thought, “Hey Jock, I could do with some of your help here, Buddy”. Believe it or not, the next day one of my students, Annie Holman, brought her computer and at the end of the class she asked me if I would be interested in some short DVDs of Jock teaching some Level 3 class. Of course, I was. She gave me the files and when I opened them I was completely shocked! It was not a Level 3 class that she had captured, it was his last L4 class in New Zealand! I could not believe it! With tears in my eyes, of course, I sent a “thank you” note once again somewhere into the blue sky.

So, now I have these great guidelines to put the manual together, with Jock’s details and I enjoy that and feel good about it.

There are some fantastic Equine Touch procedures, some of which were developed to address specific issues, such as the Ferrier’s procedure, tested so many times with ferrier friends, to address any muscular restriction in horses before and after trimming and shoeing. Advanced procedures for the neck and hind quarters, new complementary procedures for back issues. Well, there are about 15 new moves.

So, my Australian tour will be the premier of this new Level 4 manual. Looking forward to seeing you there to give me your feedback!

Ivana Ruddock, ETF

ET Practice Weekend at Campania, TAS —Level 2s prepare for Level 3

September 21-22 saw a few of us Level 2 Tassie girls get together for some intense practice before we head off to Melbourne (to Tooradin) for our Level 3 in November. We had a great weekend planned, practicing our skills by day and watching Equine Touch DVDs whilst filling up on the best Toblerone Cheesecake by night!!

Saturday we had Amber, a Level 1 student, come to see what Level 2 was all about and if she should continue her learning by progressing on to do Level 2 in December. Safe to say that by the end of the day Denise and I had her convinced that more learning of this wonderful modality is a must!!! We gave the lovely palomino mare, Villa, an ABB. Wow! I have never seen a horse with a tongue like it!!! This girl could twist & turn that thing like it had a life of its own!!

That night Denise and I chatted about what we are hoping to achieve through our Equine Touch journeys and what we were looking forward to at Level 3. It is safe to say that we are both very excited for November and the possibilities afterwards.

Sunday saw the weather turn on us. Denise had time to give the lovely Ned, a spelling Thoroughbred, his first ever Equine Touch session before it got too wet to be outside any longer. He responded very well; lots of licking and chewing and plenty of yawns!! In the afternoon another Level 2 student arrived hoping to do some practice but alas the weather was not improving so we sat inside eating more cheesecake and convincing Louisa that she really needed to come with us to do Level 3!! We had the best afternoon talking Equine Touch, sharing experiences of our journeys so far and dreaming of the future. Equine Touch has certainly enriched my life and I am so excited for November so I can continue my journey!

Janelle Baldini, Level 2



Villa’s twisty tongue as she enjoys an ABB session



Ned, TB’s, first ET session

September Course Snaps

Creswick, VIC Level 1 & 2, 6-9 Sept, 2013 *Ins: Janis Hobbs*

Going the distance for ET – From QLD & NSW to Creswick, VIC

Victoria, from QLD, performs the Branding while Ngarla, NSW acts as horse handler. Great teamwork, supporting each other's learning, so important.



Ngarla masters the Pop the Cap move(!) as Victoria takes her turn handling the horse and the manual.

Julia, NSW, looking good, proceeds with the Buttshots as the horse drops the hip and relaxes into it. →



Bella checks in after her Level 2 balance from Andi followed by a "yawn-fest". ↓

Emma, VIC, so focused, completes the neck procedure. The little brumby's ears are alert but the eyes are soft & dozy. →



Wendy, L3, joined Level 2 student Andi, for a Level 2 review to keep her skills up to the mark. Great idea! Smudgie, like Bella, yawned his head off. ←

A big thank you to Andi for organizing the venue & preparing the horses on site. Thanks also to Emma & Wendy for bringing their horses along as well to join the herd of equine tutors.

ET TOP TIPS

Jock Ruddock instructed us that the proper sequence while doing each move was

MIND, EYES then HANDS.

"Don't fritter about with your hands, don't *follow* your hands. Begin by **KNOWING** what to do & seeing where to do it! Then apply your hands & do the move."

So, while teaching I consistently remind my students to get clear in your mind first, that is, to know what you are going to do

MIND,

visualize the spot on the horse where you will do the move

EYES,

Only then,

approach the horse with clarity & confidence and "do the move"

HANDS.

If, as sometimes happens, despite reference to the manual, when you approach the horse your mind goes blank, then, think & act "Safety first!" Get out of the horse's dynamic sphere and check the manual again before attempting to continue.

It is no gift to the horse to hover there beside it in a state of indecision or confusion. Besides it is not the safest place for you to be while your focus is distracted, trying to remember what to do. Step away to a safe distance, take a moment to get clear and try again.

Oh, and remember to **BREATHE!**

Janis, Ed