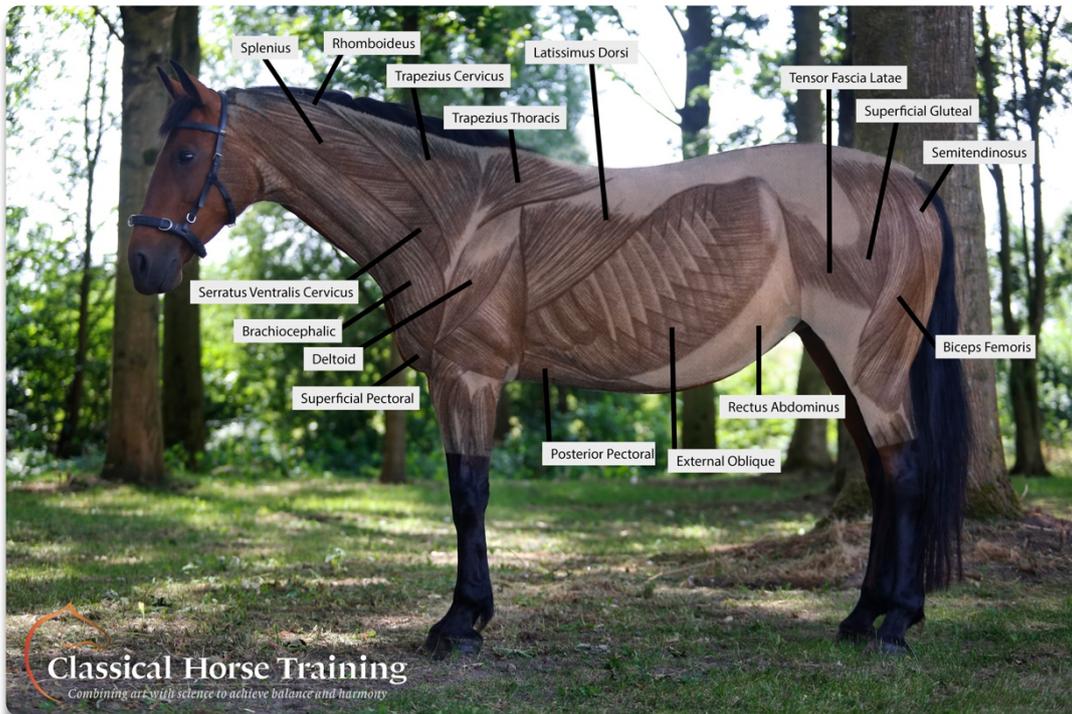




Functional Horse Training

Combining art with science to establish optimal movement



ONLINE COURSE

Applied Anatomy & Functional Biomechanics

FOREWORD

I am super proud to present this online course that will give you a deeper insight of the horse insight out as well as it's practical applications to management & training.

The course will consist of many elements including videos, manuals, webinars, and a forum to ask questions.

So, are you looking for an introductory course to help you out to understand basic anatomy & biomechanics? Do you want to learn from the horse itself? Do you want to know the load capacity of your horse regarding to training? Do you want to learn to recognize muscle patterns? Then read this brochure below and I hope to 'meet' you soon!

INTRODUCTION

The horse is a fascinating being. We can build a lifelong partnership in true harmony with a creature that is so majestic and powerful. At the same time, the journey can be complex as a horse can't speak our human language and we often misread or don't understand the signs what horses are trying to tell us. We might hit many bumps in the road such as injuries, trauma, fear, stress, and/or disconnection.

During this course, I will challenge you to learn more about your horse 'inside-out'. To enhance performance or deepen the relationship with your horse, the first step is to be aware of what your horse might be dealing with. For example, if you are not aware your horse might struggle with a weak elbow, you can't help it. Put simply, if we don't know a problem exists, we can't do anything about.

Furthermore, when training a horse, it is important to have some measure on its effectiveness. Which muscles should a horse build? How do you know training is working? How do you recognize when it is too much? How do you know you might have to change your approach a bit? Why is your horse struggling with specific exercises?

As such, in this course I want to take you on a journey to make you more aware of your **horse's body 'inside-out'**. More specifically, I will teach you how to read your horse's muscle linings and movement pattern so that you have a better understanding of possible challenges and the effectiveness of your training. As such, you can **use your horse's body as a 'map' to determine load capacity for a certain discipline.**

In this course, I will challenge you to 'think outside the box'. You will not be pushed into a certain training method, but instead you will learn how to be the voice of your horse.

The aim of this course is to enhance the relationship with your horse through better understanding of what he/she is dealing with. I will challenge you to train all your senses so that you can assess your horse's condition and look at your horse from inside out. You will learn how to recognize certain compensation patterns and what they tell you.

Even if you already studied anatomy or biomechanics a bit before, I could guarantee you will gain some new insights!

Topics in this course include:

- Basic Anatomy → skeleton, soft tissue & functional muscles
- Basic Biomechanics → detailed movement analysis
- Basic Assessment → how to make an informed decision
- Training concepts & considerations → how to enhance functionality

Questions that will be dealt with include:

- Is your horse trainable?
- How to assess form to function?
- What is the load capacity of your horse?
- How do you recognize compensation patterns?
- How do you measure the effectiveness of training?
- What are some key values of functional movement?
- When do you need rehabilitation training?

I can promise you that you will look at your horse with different eyes afterwards!

This course really provides all the basics to get started – it all starts with WHY and creating more awareness. The HOW comes later. If after this course you want to learn the HOW of functional training and learn a full scale of exercises as well as personal video lessons with me, you can continue your journey with full online support program.

ABOUT YOUR TEACHER

Thirza Hendriks is an equine scientist and coach, specialized in Biomechanics, Functional Training and Postural Movement Therapy.

In the field of equine Anatomy & Biomechanics, Thirza has enjoyed, and continues to do so, education from renowned pathologist Sharon May-Davis. She is part of the Equinestudies dissection team and has a record of doing over 35 whole horse dissections. This gives Thirza a unique insight on the horse 'inside-out' and she'll be able to present the latest research findings in Equine Science.



Besides her education in the field of Anatomy & Biomechanics, Thirza also studied Equine Exercise Physiology (higher education) to understand the physical adaptations necessary in response to training stimuli and how to use this knowledge to build an efficient training plan.

In the area of training, Thirza has studied with various classical training professionals, as well as rehabilitation specialist and/or institutions (such as Portuguese riding school, The Art of Horsemanship, Straightness Training, The School of Lightness and Dutch Institute of Classical Equitation). She has also successfully competed in the past in dressage (internationally).

All this knowledge combined has led Thirza to develop her own unique way of functional training and postural movement therapy for the horse. This way of training allows the horse to (re)find balance in self-carriage and lightness so that a horse can move with optimal efficiency and minimal effort.



Today, Thirza is a much sought-after international clinician and lecturer in the field of Biomechanics & Movement Analyses as well as Exercise Physiology, Rehabilitation and Functional Training for horses. By now, she travels to the UK, Sweden, USA, Taiwan, South Africa, Australia, and New-Zealand on a yearly basis, working together with other highly valued and renowned veterinarians, body workers, saddle fitters, and trimmers.

COURSE CONTENT

This course is an introduction course to the full online support program. Where the full program consists of 5 modules including both basic and advanced levels – this course contains 3 modules only on the basic level. The content of this course includes:

- Module 1: Basic Anatomy
- Module 2: Basic Biomechanics
- Module 3: Training considerations

In **module 1**, I will take you through the basic anatomy of the horse in a vivid way. You will learn the most important muscles you need to know in reading your horse's body and what certain linings can tell you.



In **module 2**, we will dive deeper into the movement of the horse. I will take you through various movement analysis of the body as a whole as well as how body parts move in relation to one another.

To make it easy to comprehend, I will also explain the biomechanics of all body part separately – i.e., head, neck, shoulder, front limbs, back & barrel, sacro-pelvic region & hind limbs.

You will learn what is normal and abnormal movement and how to recognize certain compensation patterns, proprioceptive layers, and lameness's.



In **module 3**, we will all bring it together and shed light on certain training considerations. For example, what to do and what to avoid with certain issues? How to measure progress of your training. How to adapt your management to your horse's needs? I will explain to you the basic concepts and philosophy of training for functionality to allow your horse to move with optimal efficiency, but minimal effort. I will share a rehab case study on how to allow a horse to move as freely as possible without compensation patterns.

This module really is an introduction to my management and training philosophy, but please consider that this is not a full training course. For the full library you can upgrade to the Online Support Membership.



ELEMENTS

This course will have various dynamic elements including:

- Videos
- Manuals
- Webinars
- Forum

VIDEOS

All videos are shot by a professional video team and thus of high quality.

I will use both live (painted) horses as well as skeletal materials.

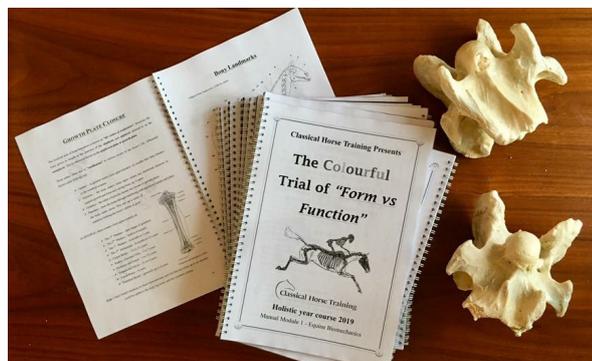
The course includes more than 8 (!) hours of videos

MANUALS

The manuals are complementary to the videos but will also contain additional information on its own. There will be more than 300 pages in manuals.

Manuals that are included:

- Basic Anatomy
- Basic Biomechanics
- Mechanisms Explained:
The Thoracolumbar Spine



WEBINARS

This course will include **3 recorded webinars with Zefanja Vermeulen from Equinestudies.**

Zefanja is a renowned equine pathologist, skeleton builder and dedicated towards saving the Bosnian mountain horse breed as they show some unique features!

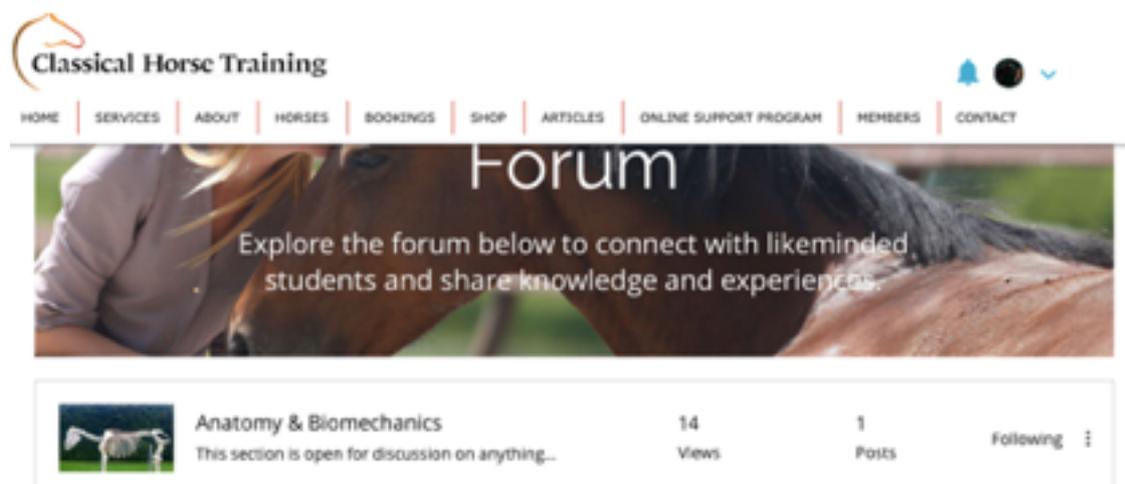
Topics of these webinars include:

- Comparative anatomy of primitives' vs domesticates horses
- The occurrence and management of joint issues
- Common dissection findings



FORUM

There will a closed FB group and internet forum to which you can ask questions. You will be added to the group within 48hrs after you sign up.



INVESTMENT

€199,00 Full access

If you decide to join the full Online Support Program after this course, the price of this introduction program will be refunded within 10 working days.

After signing up you'll receive an automatic conformation email. Further email guidance will follow when the course comes along.

DURATION

The course materials will be available for 12 months. All manuals are available for download