

# Centered Riding Level III Upgrade Application



Name: \_\_\_\_\_  
(Please print)  
Address: \_\_\_\_\_ City: \_\_\_\_\_  
State/Prov: \_\_\_\_\_ Zip/Postal Code: \_\_\_\_\_ Country: \_\_\_\_\_  
Telephones: Home: \_\_\_\_\_ Work: \_\_\_\_\_ ext \_\_\_\_\_  
E-mail address: \_\_\_\_\_

## Video Technical requirements:

- A. Each video segment (riding, teaching, groundwork, etc.) should be approximately 10 minutes in length. The complete video/DVD should not exceed 60 minutes in length. Teaching and narration must be in English, or a transcript in English must be provided.
- B. Please ensure that the video can be clearly seen and heard. It is impossible to evaluate videos when the images that are indistinct, taken at too great a distance to see details, or that cannot be heard clearly because of wind, traffic or other sound problems.
- C. Videos may be uploaded to a website for private viewing. When posting video to a website, the candidate is responsible for providing a link and directions for Level IVs to access the site and the video. A live link sent by email works best.

## Video Required Content:

- A. **Riding** – The purpose of the riding segment is to show that the candidate meets the required standards for the level, and to clearly demonstrate that s/he understands centering, good use of self and can demonstrate the qualities of the 4 basics & grounding in their own riding. Riding segment should include riding at walk, trot, canter, lengthening and shortening stride, lateral movements and riding the horse through his back and to the bit. (Jumping, riding outside or cross-country, driving and other specialized disciplines are optional.) Riding segment should demonstrate the use of Centered Riding principles and techniques to improve the horse's movement and use of its body. Riding segment should include candidate demonstrating using, losing and regaining each basic and grounding. This can be done in any gait. Make sure you say or indicate on the video which basic you are demonstrating.
- B. **Groundwork** – The candidate must teach groundwork that incorporates "classical" CR principles (i.e. teaching the 4 basics supported by grounding and clear intent), and demonstrate that they can communicate what CR is and how it relates to riding. Groundwork may be taught to an individual, a group, or both, but group work is preferred.
- C. **Body Work /Saddle Fit** – The candidate must demonstrate body work, including a brief analysis of the rider and his/her body issues, and demonstrate a leg or hip release and/or arm/shoulder release to address those issues. The candidate must also address the balance and fit of the saddle for the rider to allow for a balanced and level pelvis as well as saddle fit for the horse.
- D. **Teaching** - Candidate should demonstrate teaching a private lesson and a group lesson, including the application of Centered Riding principles and techniques to improve the student(s)' seat, application of the aids, use of self, and better movement and harmony with the horse, relative to the student(s)' level and discipline. Lessons shown should be safe, well organized, and show improvement in the student(s); at least one lesson must show work with one or more advanced riders. Teaching segments should include a brief introduction/analysis of the student(s) at the beginning and a wrap/up or evaluation at the end of the lesson including the student's feedback on what they learned in the lesson.

E. **Teaching Clinics and/or Instructors** - Level III candidates should include a segment showing themselves teaching a group of riders and/or groundwork in a clinic setting.

F. **Professionalism and Presentation** -- Instructors should present themselves as professionals in their video presentations in regard to dress, equipment, horsemanship and safety.

G. The video is not judged on video production qualities, but it must be clear and easy to view and understand.

- I have been a Centered Riding Level II Instructor for \_\_\_\_\_ years. *A minimum of 3 years required.*
- I have taught \_\_\_\_\_ clinics under my own name since becoming a Level II Instructor *(Minimum of 6 is required)*

I have attended the following Instructor Update Clinics. A minimum of 3 required. If additional space is needed, please use a separate sheet of paper.

Year: \_\_\_\_\_ Location of Clinic: \_\_\_\_\_ Clinician: \_\_\_\_\_

Year: \_\_\_\_\_ Location of Clinic: \_\_\_\_\_ Clinician: \_\_\_\_\_

Year: \_\_\_\_\_ Location of Clinic: \_\_\_\_\_ Clinician: \_\_\_\_\_

Year: \_\_\_\_\_ Location of Clinic: \_\_\_\_\_ Clinician: \_\_\_\_\_

I have assisted at the following Centered Riding Clinics (minimum of 3 required, 2 must be Open CR Clinics)

Date: \_\_\_\_\_ Location: \_\_\_\_\_ Clinic Type: \_\_\_\_\_ Clinician: \_\_\_\_\_

Date: \_\_\_\_\_ Location: \_\_\_\_\_ Clinic Type: \_\_\_\_\_ Clinician: \_\_\_\_\_

Date: \_\_\_\_\_ Location: \_\_\_\_\_ Clinic Type: \_\_\_\_\_ Clinician: \_\_\_\_\_

Date: \_\_\_\_\_ Location: \_\_\_\_\_ Clinic Type: \_\_\_\_\_ Clinician: \_\_\_\_\_

The following documentation must accompany this application:

- A **typed**, short essay (**in English**) on a separate sheet of paper describing why you want to become a Level III CR Instructor
- A copy of a current First Aid + CPR Certificate is strongly recommended.
- A **typed** resume, **in English**, which includes your teaching and riding experience.
- Three (3) letters of recommendation from three(3) different Level IV Centered Riding Instructors
- Letters from students and/ or clinic hosts confirming that you have taught a minimum of 6 clinics under your own name
- Copies of the pages of your Orange Book documenting the educational and bodywork requirements (Please review Section 8.3 of the Policies and Procedures).
- I have sent each of the Level IVs a DVD of me riding and teaching a mounted lesson and groundwork (maximum length is 60 minutes)
- OR** I have down loaded video of me riding and teaching a mounted lesson and groundwork. To view, go to [www.\\_\\_\(a live link sent by email works best\)\\_\\_\\_\\_\\_](http://www.__(a live link sent by email works best)_____)

Include User name \_\_\_\_\_ Password \_\_\_\_\_ if required.

**By signing this application, I agree that:**

- I have read, understand and agree to obey the Centered Riding Policies and Procedures and Code of Conduct
- I have read, understand and meet the qualifications for Level III as outlined in Centered Riding's Policies and Procedures.
- I am an active riding instructor whose intent is to spread Centered Riding knowledge and skills as applied to the discipline(s) I teach. I teach the following disciplines: \_\_\_\_\_  
\_\_\_\_\_

**Signed:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Application fee (application fee is non-refundable):**

- \$35 US for paper submission by mail or fax OR  \$25 US for electronic submission via email**  
(single PDF file preferred). If paying by check, **see authorization statement below. NOTE:** Checks must be **drawn on U.S. banks only**
- Paying by Credit Card (Visa/Master card only) # \_\_\_\_\_ Exp. Date: \_\_\_\_\_
- Please send me a Pay Pal Invoice (payment must be made before application will be submitted)

**Please send completed application with required documentation to CR Office. Application and all forms must be sent together. Electronic submission is preferred.**

**For electronic submission:**

**Centered Riding, Inc.**  
**Upgrade Application Committee**  
**Email: [office@centeredriding.org](mailto:office@centeredriding.org)**

**To apply by mail:**

**Centered Riding, Inc.**  
**Upgrade Application Committee**  
**One Regency Drive / P.O. Box 30**  
**Bloomfield, CT 06002**

**PLEASE NOTE:**

**By using a check for payment, you agree to the following terms:** When you provide a check as payment, you authorize us to use information from the check to make a one-time electronic fund transfer from your account, or to process the payment as a check transaction.

In the event your check is dishonored or returned for any reason, you authorize Centered Riding or its representatives to electronically (or by paper draft) re-present the check to your bank account for collection of the amount of the check, plus any applicable fees as permitted by law.

## **Level III Application Checklist:**

- Application for Level III
- Letter stating why the instructor wants to upgrade to Level III
- Typed resume which includes riding, teaching, horsemanship, Centered Riding and bodywork
- Minimum of three (3) letters of recommendation from three (3) DIFFERENT Level IV Clinicians
- Letters from students and/ or clinic hosts confirming that you have taught a minimum of six (6) 1-day (or longer) clinics under your own name
- Copies of the Candidates Instructor Record book demonstrating ongoing education and bodywork requirements
- First Aid/CRP Certification is strongly recommended although but not a requirement
- Payment of the upgrade application fee in U.S. funds.
- Video in English demonstrating Level III requirements in riding, teaching, and groundwork (please see specific requirements below)
- Documents are to be submitted to the Centered Riding Office, in English, to be processed by the Applications Committee.

### **Video Checklist**

Video should not exceed 60-minutes.

Video can be put into segments that can be viewed individually.

- Provided link on application or in email to view video

### **Contents:**

- Video quality is such that content can be seen and heard easily.

### **Riding:**

- All three gaits (walk, trot and canter)
- Lengthening and shortening of strides
- Lateral movement
- Using, losing and regaining each of the basics plus grounding (any gait) with narration of what is being demonstrated
- Optional: jumping or other discipline

### **Teaching:**

- Groundwork
- Bodywork
- Saddle fit: for horse and rider
- Group lesson
- Advanced rider