

Centered Riding™ Level II Upgrade Application



Please Review the Requirements to Upgrade at:
CR Policy & Procedures Section 8.2

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

I have been a Centered Riding Instructor for _____ years. A minimum of 2 years is required.

I have attended the following Instructor Update Clinics. A minimum of 2 update clinics is 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: _____

I have assisted at the following Centered Riding Clinics (optional):

Date: _____ Location: _____ Clinic Type: _____ Clinician: _____
Date: _____ Location: _____ Clinic Type: _____ Clinician: _____

I have worked with a minimum of two Level IV Centered Riding Clinicians since becoming a Level I Instructor. Please list their names: _____

The following documents must accompany this application:

- A **typed**, short essay (**in English**) on a separate sheet of paper describing why you want to become a Level II Centered Riding Instructor
- Strongly Suggested (not required): A copy of your current First Aid + CPR Certificate
- A **typed** resume, **in English**, which includes your experience in riding, teaching, bodywork and Centered Riding.
- Two letters of recommendation from two Level IV Centered Riding Instructors or a Level IV Centered Riding Instructor and a Level IV Apprentice (must have seen you ride and teach within 2 years of writing a LOR.)
- Copies of your orange CR Instructor Record Book demonstrating completion of a minimum five lessons, classes or hours of bodywork since becoming a Level I, including at least one session in Alexander Technique and one session in Tai Chi, as well as continuing education in your discipline through lessons/clinics from specialists other than CR Instructors.

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 II as described in CR Policies & Procedures, Section 8.2.
- 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: _____

See page two for application fees which must be paid at the time of submission of your application

Application fee (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 # _____ 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.**

For electronic submission:

**Centered Riding, Inc.
Upgrade Application Committee
Email: office@centeredriding.org**

To apply by mail:

**Centered Riding, Inc.
Upgrade Application Committee
One Regency Drive
Post Office Box 30
Bloomfield, CT 06002**

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.

See Pages 3 & 4 of this document for: Level II Upgrade Checklist

LEVEL II UPGRADE CHECKLIST

(FROM CR POLICIES & PROCEDURES)

All Centered Riding Instructors are expected to be able to teach and demonstrate classic Centered Riding techniques, meaning the fundamental principles and methods as originally taught by Sally Swift and expressed in her written work and original videos.

Application Process: Candidates must submit:

- Level II Upgrade Application form (available on CR website)**
- Short essay (typed) stating why you want to and believe you are ready to upgrade to Level II**
- 2 LORs from Level IV Clinicians (1 LOR may be from a Level IV Apprentice)**
- Resume (typed): riding, teaching & Centered Riding education and experience**
- Copy of pages from CR Instructor Record book with relevant education/clinics/lessons, etc.**
- Upgrade fee (see Application Form)**

Documents are to be submitted to the Centered Riding Office (in English), to be processed by the Applications Committee. (It is preferred to submit all documents electronically as a PDF file.) Successful upgrade candidates must be approved by a majority vote of the Applications Committee.

Requirements to Upgrade to Level II:

- Has been a **current Level I for a minimum of two (2) years**
- Has **attended a minimum of two (2) Instructor or All Level Update Clinics** since becoming a Level I
 - Advancing as a CR Instructor is a process which requires time, development and experience, and cannot be hurried. It frequently requires more than two years and/or two Update Clinics before a candidate is ready to upgrade to Level II
- Has **worked with a minimum of two (2) Level IV Clinicians** since becoming a Level I
 - Working with three or more Level IV's is recommended
- Has **LORs from a minimum of two (2) Level IV Clinicians** (a Level IV Apprentice may provide one (1) of the LORs) who have seen him/her ride and teach within the past two years at level required for a Level II
One LOR may be dated no more than 4 years prior to the application; and the other LOR can be dated no more than 2 years prior to the application.
- (Highly recommended, not required) Holds a current First Aid and CPR Certificate for his/her country

Teaching:

- Demonstrates s/he teaches from the center with good use of the self, with clear intent and grounding.
- Can demonstrate Centered Riding techniques from the ground and when mounted
- Demonstrates good communication skills and ability to teach in different learning styles.
(Auditory, Visual, Kinesthetic teaching styles)

Riding:

- Rides effectively, in balance, all 3 gaits (walk, trot, canter), applying Centered Riding techniques and good use of self
- Rides with contact/connection to the bit (as appropriate for discipline and horse's level of training). Rides horse "from back to front" from hindquarters through horse's body into the rider's hand. Must be able to demonstrate riding with a bitted bridle
- Rides basic lateral movements such as leg-yield correctly
- Demonstrates a working knowledge of classical training of horse and rider as applied to his/her discipline, and the application of Centered Riding to training the horse and rider in his/her discipline
- Has continued their education in their own discipline by taking lessons/clinics from specialists in their field, not only from CR instructors

Body Awareness / Bodywork:

- Has continued education in body awareness by taking lessons from a qualified teacher of Alexander Technique, Tai Chi, Feldenkrais Method, Yoga or Franklin Technique etc
- Has completed a minimum of five (5) lessons, classes or hours in some modality of body awareness work since becoming a Level I, **including at least one session in Alexander Technique and one session in Tai Chi or QiGong.** Further study in Alexander Technique and/or Tai Chi are strongly recommended.
 - In bodywork, teaching, and riding, the candidate must demonstrate a basic understanding and application of the principles of Centered Riding bodywork, including "use of self," "first pupil/second pupil" or "75% -25% principle" and "awareness, inhibition and allowing," as described in Centered Riding Book I. This will be considered by Level IV Clinicians when writing a LOR for upgrading to Level II.

Exemptions from riding requirements (for applicants with physical inability to ride) will be considered on a case by case basis. Documentation must support valid reason for instructor's inability to ride. Candidate must be prepared to show s/he has had actual experience riding at the level required in the past.

Additional suggestions for education and professional development for instructors wishing to upgrade to Level II:

- a) Participate in Open Centered Riding Clinics with and/or take lessons from Level IV Instructors
- b) Assist at Centered Riding Clinics with Level IV Instructors
- c) Study various modalities of bodywork, e.g. Alexander Technique, Feldenkrais, etc.
- d) Study human and equine anatomy and movement

(Updated Jan 24 2017)