

Application for Level IV Centered Riding® Clinician (Completion of Level IV Apprenticeship)



(Please print clearly)

Name _____

Address: _____ City: _____

State/Prov.: _____ Zip/Postal Code: _____ Country: _____

Telephone: Home _____ Work: _____ Mobile/Cell: _____

E-mail address: _____

Video requirements:

A. Technical Requirements:

1. Each video segment (riding, teaching, groundwork, etc.) should be approximately 10 minutes in length. The complete video should not exceed 1 hour in length. Teaching and narration must be in English, or a transcript in English must be provided.
2. Please ensure that the video can be clearly seen and heard. It is impossible to evaluate videos with 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.
3. Videos may be uploaded to a website for private viewing. The candidate is responsible for providing a link and directions for Level IVs to access the site and the video. Videos may be presented on DVDs, but these must be provided to all members of the committee in both formats (for North American & European DVD players.)

B. Video Content:

1. 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 on 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.
2. Groundwork – The candidate must show teaching groundwork incorporating "classic" CR principles (i.e. teaching the 4 basics supported by grounding), and show that they can communicate what CR is and how it relates to students. Groundwork may be taught to an individual, a group, or both, but group work is preferred.
3. Bodywork /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 instructor/candidate must also address the balance and fit of the saddle to allow for a balanced and level pelvis.
4. 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 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.
5. Teaching Clinics and/or Instructors - Level IV Apprentice candidates should include a segment showing themselves teaching a group of riders and/or groundwork in a clinic setting.
6. Advanced Riders - Level IV Apprentice candidates should include a segment showing themselves teaching advanced riders, preferably in a clinic setting.

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

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

In case a candidate is unable to ride due to a medical condition, exemption from the riding requirements 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.

I was approved to begin my Level IV Apprenticeship on _____/_____.
(Month/Year)

My mentor(s) are _____; _____; _____

I have read, understand and agree to comply with the Centered Riding® Policies and Procedures and the Code of Conduct

I attended and participated in ___ **(minimum of 1)** Clinician's (or All Level) Updates during my Apprenticeship:

Location _____ Dates _____ (use separate page for additional clinics)

I worked under the following Level IV Clinicians **(4 required/5+ recommended)**: _____,
_____, _____,
_____, _____, _____

I received positive recommendations from the following Level IV instructors **(4 required, 5+ recommended)**

_____, _____,
_____, _____

(Letters and/or evaluation forms enclosed)

I have completed a minimum of 40 days assisting Level IV Instructors at Centered Riding clinics, including:

2 full (7 day) CR Instructor Courses (taught by 2 different Level IV Clinicians)

2 full (4 day) CR Instructor Update Clinics (taught by 2 different Level IV Clinicians)

I have assisted in the following Centered Riding Clinics: (please use additional sheets of paper if necessary)

Dates	Type of Clinic	Level IV Clinician	# Days Assisted

If additional space is needed, please use a separate sheet of paper and/or enclose Apprentice Evaluation forms.

*Completion of Clinic/Teaching requirements does not guarantee advancement to the next level. Since Centered Riding is a process, candidates for Level IV must realize that the clinic days are only one of the requirements in the completion of the Apprenticeship Program.

Types of Body Work studied and length of time for each since beginning Apprenticeship:

Body Work Type	Inst's Name	Inst's Phone #	Inst's e-mail	Hours

If additional space is needed, please use a separate sheet of paper.

Riding disciplines or areas of horsemanship studied during Apprenticeship (lessons, clinics etc) and with whom:

Course/Clinic/Lessons	Instructor	Inst's Phone #	Inst's e-mail	Hours

If additional space is needed, please use a separate sheet of paper.

Other areas of study (human/equine biomechanics/anatomy, learning/communication styles etc.) during Apprenticeship:

Course	Instructor	Inst's Phone #	Inst's e-mail	Hours

If additional space is needed, please use a separate sheet of paper.

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 IV CR Clinician
- A **typed** resume, **in English**, which includes your teaching and riding experience.
- Minimum** of three letters of recommendation from three Level IV Centered Riding Instructors
- Copies of the relevant pages of your Instructor Record (Orange) Book documenting the educational and bodywork requirements (please review Section 8.5 of the Policies and Procedures)
- A copy of a current First Aid + CPR Certificate is strongly recommended

I have prepared a video (60 minutes maximum) which includes riding, demonstrating all 3 gaits, including lateral work, lengthening and shortening stride, riding the horse from back to front, through the back and on the bit; use of Centered Riding principles; Centered Riding groundwork (individual and/or group); bodywork with a mounted rider, demonstrating hip &/or shoulder releases; teaching a private lesson and a group lesson, fitting and balancing a saddle to achieve rider balance and comfort for the horse. (Translation to English included if taught in another language).

I have posted my video on the web. Please use this link(s) to view it: (please send a live link by email if possible)

User Name (if required): _____ Password (if required): _____

If making DVD copies, these must be provided in both formats (for North American & European DVD players.)

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 IV as outlined in Centered Riding 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 (one PDF file suggested). 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

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.

Checklist: Candidates applying for Upgrade to Level IV must submit:

- Application for upgrading to Level IV (available on the CR Website)
- Letter stating why the instructor believes s/he is ready to become a Level IV
- Typed Resume which includes riding, teaching, horsemanship, CR experience, and bodywork
- At Least four letters of recommendation from Level IV Instructors
- Copies of the Candidates Instructor Record book demonstrating ongoing education and bodywork requirements
- First Aid/CRP Certification is strongly recommended (although not required).
- Payment of the upgrade application fee in U.S. funds
- Video or DVD demonstrating Level IV Apprentice requirements in riding, teaching, and groundwork (please see specific requirements below)
- Has participated in 1 or more Clinician or All Level (2 or more Level IVs must be at it) Update Clinics
 - Has completed a minimum of 40 days assisting a Level IV at clinics
 1. Must include a minimum of 2 full (all 7 days) Instructor Courses taught by different Level IV clinicians
 2. Must include a minimum of 2 full (all 4 days) separate Instructor Update Clinics (not combined with a Part 2 Instructor course) taught by different Level IV Clinicians
 3. Centered Riding is a process of development. It often requires more than 40 days of assisting before a candidate is ready to become a Level IV Clinician
- Has worked with a minimum of 4 Level IV Clinicians during Apprenticeship,
 1. Recommended that Apprentices work with as many Level IVs as possible during the apprenticeship, preferably 5 or more
- Has LORs from a minimum of 4 Level IV Clinicians to upgrade to Level IV
- Has continued his/her education in his/her primary discipline and in other disciplines by taking lessons/clinics from specialists in those disciplines – not only from CR instructors
- Has demonstrated a working knowledge of the classical training principles and application of CR to the training of rider and horse
- Has continued his/her education in body awareness by taking lessons from a qualified instructor in Alexander Technique, Feldenkrais Method, Tai Chi, Yoga, or Franklin Method etc
 1. Must have participated in a minimum of one 3-day workshop or 15 hours of Alexander Technique since becoming a Level III
 2. Strongly recommend continuing education in more than one modality of body awareness
- Has continued his/her education by studying human and equine anatomy and biomechanics
- Has demonstrated good skills in the areas of communication and learning styles and applies them to his/her teaching
- Has demonstrated s/he teaches from his/her center, is grounded and can show correct and incorrect rider positions and the effect of having, losing and regaining any of the 4 Basics plus grounding from the ground and mounted
- Rides all 3 gaits (walk, trot, canter) effectively and in balance
- Teaches how to ride effectively, in balance, all 3 gaits (walk, trot, and canter)
 1. Teaches how to ride horse from back to front (ie: riding the horse over the back and to the bit)
 2. Can teach lateral movements such as leg-yield and shoulder-in or shoulder-fore including when and why to use them
 3. Can apply CR techniques to riders of different disciplines including riders of gaited horses
- Sets an example as a teacher of teachers, especially in regard to safety, lesson planning and

organization, professional appearance and behavior, and horsemanship

1. Dresses neatly and appropriately including safe riding attire when mounted (including safety helmet and suitable riding foot wear). When teaching riding (dismounted) wearing a safety helmet is not required but safe footwear is essential

- Has demonstrated understanding of and ability to teach and apply “classic” Centered Riding principles (as taught by Sally Swift and expressed in her books and teaching) in riding, teaching, groundwork, bodywork and use of self, and is able to teach and apply these principles in CR Instructor Courses and Update Clinics.
- Interacts with others in a safe, professional, courteous, and considerate manner, with good people skills and ability to handle clinic and other situations in a positive manner; will represent Centered Riding well as a as a Level IV Clinician.
- Has a clear understanding of the CR organization and how it works, CR Policies and Procedures,

Documents are to be submitted to the Centered Riding Office, in English, for approval by the Level IV Committee.