

# Centered Riding®, Inc. Upgrade Procedures



Progression through the Centered Riding Instructor Levels reveals a commitment by the individual Instructor to the ideals and principles of Centered Riding. Progression requires an application by the Instructor and a vote by the Applications Committee for Level II and by the Level IV Advisory Committee for Levels III and IV. In order to upgrade, an Instructor must demonstrate knowledge and understanding of Centered Riding techniques, the philosophy behind the techniques, the foundations of Centered Riding in his/her own personal experience, and the ability to communicate this information.

Centered Riding is a process that takes time; therefore, advancement indicates the Instructor's ability to employ a more in-depth understanding of Centered Riding techniques in his/her teaching, regardless of the discipline, because s/he understands the foundations of the work. At the more advanced levels, the Centered Riding Instructor is not only capable of applying the techniques to individuals but is also able to impart this information in a clinic setting, and finally to educate instructors in the use of Centered Riding.

**Candidates for upgrade who participate in committee work and/or CR Board of Trustees positions will gain a better understanding of the organization, particularly those looking to move to clinician levels. This shows a level of commitment to Centered Riding and its principles, will be considered by the upgrade committees.**

**Centered Riding Instructors, especially Clinicians, are expected to be able to teach and demonstrate classic Centered Riding techniques. Classic Centered Riding Techniques refers to the fundamental principles and methods as originally taught by Sally Swift and expressed in her written works and original videos.**

**Centered Riding defines "classical riding" as the art of riding in harmony, with rather than against the horse, in all disciplines. It is not limited to dressage or to any specific training method.**

1. To upgrade to any level, an instructor must be currently updated and have paid Centered Riding dues for the current year.
  - Level IV Instructors giving letters of recommendation or evaluation forms must be current for the year they are giving the recommendation.
  - Letters of recommendation (LORs): Candidates are expected to be working at or above the level they are seeking. It would be unusual to receive a LOR at the first update after attaining certification or a previous upgrade.

Alternate updates are not acceptable towards upgrades; they only serve to keep an instructor current at their present level.

2. **LORs:** When requesting a LOR, here are some suggestions to prospective upgrade candidates:
  - Familiarize yourself with the upgrade requirements for the level for which you wish to apply
  - Download the upgrade checklist
  - Download upgrade evaluation form
  - Bring evaluation form to clinic, with your information filled in.

Please remember that a clinician cannot give LORs unless they have seen a candidate ride and teach within the last two years, and the candidate must fulfill all the other requirements of the upgrade being sought.

If you are having difficulty contacting a Level IV, please contact the office [office@centeredriding.org](mailto:office@centeredriding.org) or the Level IV Committee Chair.

3. **Body work modalities:** for the purpose of upgrading, the study of Alexander Technique, tai chi, Qigong, Feldenkrais, Franklin method, and yoga are acceptable. You may also use other martial arts

forms as they relate to the mind-body connection, if there is any question, please contact the Level IV committee chair.

4. Be aware, as you move up the levels, more Alexander and Tai Chi (or Qigong) are required.
5. To advance to Level II you must have a MINIMUM of one session in Alexander Technique and one session in Tai Chi or Qigong
6. To advance to Level III you must have a MINIMUM of five (5) lessons, classes or hours from an Alexander Technique teacher since becoming a Level II
7. To advance to Level IV Apprentice must have taken a MINIMUM of 10 Alexander lessons/hours/classes since becoming a Level III
8. To complete Apprenticeship to Level IV, must have participated in a minimum of one 3-day workshop or 15 hours of Alexander Technique since becoming a Level III