



Dear Ingestre Stable,

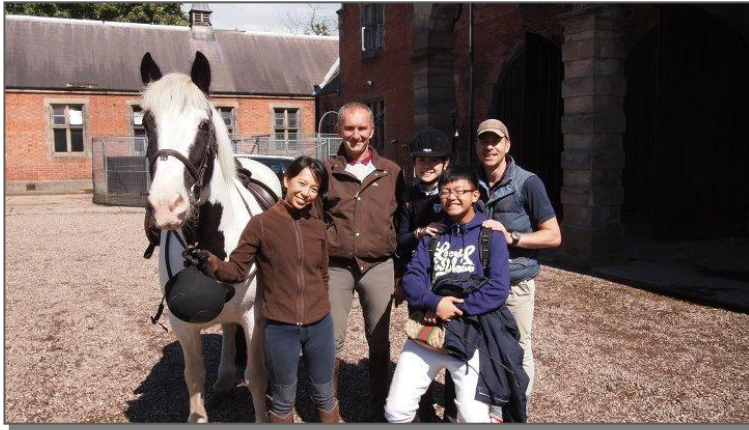
I would like to express my appreciation to the members of staff and instructors at the Ingestre Stables. First of all, I would like to thank the course leader and the instructors for their arrangements of this well-thought and executed training programme on which everyone in our team has thoroughly enjoyed. I also thank them for looking after us

well and making us feel at home during our stay. Our daily activities have also been well-supported by the stables apprentice team to whom I am also grateful to. Last but not least is my gratitude to the ever so helpful farmhouse staff.

My favourite horse is Edward which is a big horse with a broad neck. Although he is good at jumping, his laid back character often resists my push for speed. If this happens in a competition, we stand no chance of winning since we will certainly lose out on timing.

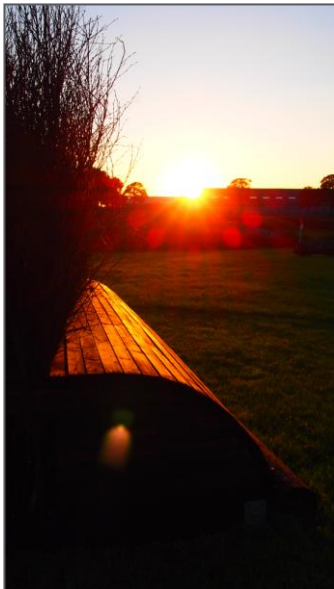
After all, I think he is a good horse for me to learn skills on, because my legs work is weak and he makes me use my legs more so I can and strengthens my legs work. I can't use only one kick to make him go forward so I need to keep using my legs to give him instructions. My other weakness is the way I use my hands. I always fail to hold them in positions which causes Edward misunderstands as a halt or slowing down command. In order to be able to command Edward well, I need to stop moving my hand too much while riding. The other thing Edward has taught me a lot is the skills in pair riding, because I have to keep good rhythm with my partner by keeping my hands still to make Edward go at the same speed as the other horse.





My favourite instructor is Euan who is always very serious during lessons while keeping his huge sense of humour after class. One of the skills Euan has taught is to sit on

the horseback with the stirrups off . This trick has strengthened my legs work and improved my sitting posture. Of all, the most useful trick he has passed on is to enforce a forward command by hitting the horse hard on the bottom when the usual forward commands fail.



Warmest regards,

Lexes Ko

2nd August 2011