

HORSE TIMES



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SUMMER 2022

THE LEADING EQUESTRIAN MAGAZINE IN THE MIDDLE EAST



HT MEETS WITH SUPERSTAR RIDER BEEZIE MADDEN
AND RISING STAR RIDER HAYA EL BORAI

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VIEW POINT FROM THE CHAIRMAN



Welcome to a new and special issue of Horse Times. Starting with the international icon **Beezie Maaden** and an exclusive interview proving that *“The key to success is actually hard work and taking time to do things right even if it takes longer”*. **Beezie** is a genuine ambassador of that side of the equestrian sport that should always prevail over the industry within.

On another note, **Haya ElBoraie** the young Egyptian star who competed in the **Youth Olympics** in **Aachen** this year. **Haya** is far beyond mature in her experience and vision, she sees things clearly and is very pragmatic, yet eloquent with her words. Still the young kid who is an outstanding rider with super future surfaces through her great smile.

The Global Champions Tour taking the showjumping world by a storm, right next to the **Eiffel tower**, by the beach in Miami, and much more. It has become the biggest and most well-recognized **5*** platform for top showjumping in the world.

Sponsorship and how that can affect your riding career, is a story well-traveled through **“saib” Bank** with the talented rider **Aya Kadry**, who has proven to be a worthy contender to this cause, with international plans and strategies to get there.

Horses certainly are not machines, it's not just about their technical ability, but rather more about their character, their **emotions**,

and their comprehension. So, it's up to us to magnify that field that strengthens the bond between rider and horse. **Dr. David Ramey** puts more scope on this subject to enable us to go further with our horses.

Confidence in the riding field is a truly *“make or break it”* issue. John Haime puts forward the most appealing guidelines to manage and enhance confidence through a mental routine that is explicit and effective.

Then we can give a look at the Inspirational work of the **Arab Photographers** through a **60 seconds** interview with the talented Photographer **Ahmed Al Maawali**.

As for Dressage, **Manolo Mendez** has gone to the end of the spectrum to show us all the joints, angles, and suspension points and how that affects the performance in Dressage. An amazing way to quantify the importance of understanding of how it all works.

Finally, we will end with an artistic touch and an In-depth interview with the American Artist **Brooke Major**, who takes us on a trip through *painting, sculpting, and exemplifying light and shadow*.

Read on and enjoy.

Khaled Assem

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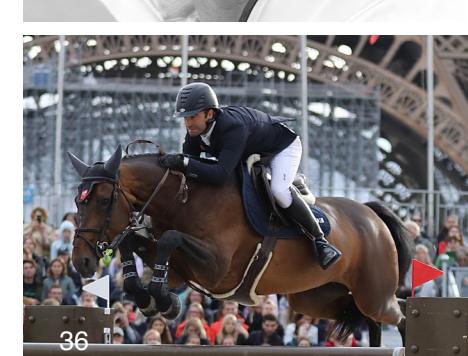
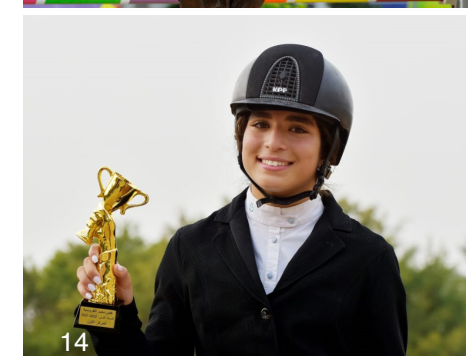
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HT EXCLUSIVE INTERVIEW WITH BEEZIE MADDEN

By Nermin Marwan

© Rebecca Walton



OUR MEETING THIS TIME IS WITH THE FOUR-TIME OLYMPIC EQUESTRIAN CHAMPION, THE SUPERSTAR SHOW JUMPER; BEEZIE MADDEN

First of all, Horse Times is really delighted to meet you, and I believe we have a lot to discuss together. Let's start with your childhood, when it all started.

HOW DID YOU GET STARTED AS AN EQUESTRIAN?

My parents, Joe and Kathy Patton, owned a horse farm near Milwaukee, Wisconsin. My brother and I grew up riding horses and at age 4, I was given a pony for Christmas.

WHEN DID YOU START RIDING COMPETITIVELY?

I started when I was around the age of 6 with my first pony, Flicka.

BEING SUCH A PROMINENT RIDER; YOU MUST HAVE A PARTICULAR ROUTINE, WHAT DO YOU FOLLOW WITH YOUR HORSES?

Each horse is different with different needs, but generally we set annual goals for each horse and work back from there to formulate the best plan for their development both at home and in competition. On a day-to-day basis we make sure that all of our horses get turned out, go on the walker to move some and get varying types of exercise from trail riding and flat work to gymnastics and jumping.



WHAT ARE THE CRITERIA BY WHICH YOU CHOOSE YOUR HORSES? HOW DO YOU TEST IT? AND WOULD YOU MIND BUY A HORSE THAT WAS RIDDEN BY ANOTHER TOP RIDER AND WAS ALREADY SUCCESSFUL?

We generally try each horse at least twice and evaluate their athletic ability as well as a veterinary evaluation, but temperament is a big factor, as well. Ultimately, though, it really comes down to my feeling when riding the horse and John's impressions and feelings when watching me ride the horse. I would not discount a horse ridden by another top rider, but generally we look for younger horses to develop.

IS THERE A HORSE THAT MADE YOU BECOME A BETTER RIDER, AND WHY?

Each horse and each relationship with each horse is very different. I would say that I have learned something new from every horse I have ridden that has made me better. In our sport you are constantly learning and working to improve.



“There is no key, trick, or short cut to success, The key is actually hard work”.

TELL US ABOUT THE MOST CHALLENGING TIME IN YOUR CAREER, AND HOW DID YOU GET THROUGH IT?

One of the most challenging times was when Judgement ISF first came to us. He was a big and powerful stallion, and he had a fear of the water jumps. John and I really took our time with him and utilized positive reinforcement clicker training, which had been used quite a bit with marine animals, but not as much with horses at the time. Thinking outside the box and taking our time really paid off, as he went on to have an incredible career in show jumping.

YOU’VE BEEN AN OLYMPIC MEDALIST 4 TIMES TILL NOW, HOW DO YOU PREPARE YOURSELF FOR SUCH EVENT EVERY TIME? AND HOW DID YOU CHANGE SINCE YOUR FIRST WIN TILL NOW?

My first Olympics was very much a first-time experience, and I really didn’t know fully what to expect. Certainly, now with experience and multiple games, I know what to expect and at the end of one we are already planning for the next putting competition schedules together etc. so that we have horses that have the

experience horse need to be ready for the Olympics at the right time. However, one thing never changes and that is the feeling you get from the honor of representing and riding for your team and your country.

YOU HAVE COMPETED ALL AROUND THE WORLD; TELL US ABOUT YOUR FAVORITE ARENA AND WHY DO YOU FIND IT SPECIAL?

There are many great arenas, but one of my favorites is Aachen. The atmosphere and competition are like no other in the world.

IN YOUR OPINION, WHAT IS THE KEY TO BEING A SUCCESSFUL RIDER?

There is no key, trick, or shortcut to success. The key is actually hard work and taking the time to do things right even if it takes a little longer one small decision at a time and eventually the totality of those decisions results in success. You must also be diligent in your pursuit of your goals and not view setbacks or obstacles as barriers but instead learning opportunities to teach you and make you better so that you can progress to the next level. Talent is helpful but it is not everything, having a passion for the sport and the horses and doing what is right for your horses is necessary to be successful for a long period of time.

WHO WERE THE MOST INFLUENTIAL COACHES IN YOUR CAREER?

I had many different trainers through my junior years, but I was very fortunate to work with Katie Prudent and then my husband John. I would say that he has definitely been the most influential coach in my career.

HOW DO YOU SEE THE EQUESTRIAN SHOWJUMPING SPORT DEVELOPING FROM BEING A SPORT TO BEING AN INDUSTRY? ARE WE ON A POSITIVE ROUTE OR ARE WE GOING TO SUFFER FROM SOME CHANGES TO THE FACT THAT THE SPORT IS BECOMING INDUSTRIALIZED?

I think there are positive and negatives to the way the sport is growing and developing. There are more and more people participating in the sport on an international level, and I think more and more countries have riders that can be competitive at a high level. I think on an average, the level of riding is better, and this benefits the sport and our horses. The growth has led to more prize money which helps our riders and owners and makes our sport more important in some ways. All of this has also raised the price of horses which is good for



dealers but not as good for involving more people into the sport. I also think that event though it's difficult to find top horses, there are more good horses being bred and developed.

The biggest challenge in our sport is going to be sorting out what events are considered the top-level events, and for the riders to be able to schedule their horses to peak at these events and also have some down time.

TELL US ABOUT YOUR RELATIONSHIP WITH YOUR SPONSORS.

I have an incredible team that I am fortunate to work with everyday that includes owners, sponsors, and barn staff. Most of my commercial sponsors have been with our team for over 10 years. I think this has a lot to do with the fact that we will not entertain a sponsorship with any company unless we truly believe in and use the products. Maintaining good relationships with your sponsors and supporters is critical as no one is successful all on their own. Everyone plays a critical role.

WHO IS THE ONE YOU GO TO FOR ADVICE IN REGARDS OF RIDING?

My husband John.



WHO WAS MADDEN'S IDOL AS A YOUNG RIDER?

Katie Prudent, I was fortunate to be able to train with her and work for her and be a part of her team for a period of time.

AS BEEZIE MADDEN, WHO WHO GAVE SO MUCH TIME DEVELOPING HER TECHNICAL & RIDING SKILLS, HER WINNING CAPACITY, NOW WHAT ARE YOU LOOKING FORWARD TO?

I look forward everyday to being able to do what I love to do as a job. We have some great young horses and riders we are working with to develop, and I am looking forward to competing with them and working towards the goals we set for each horse and rider. 🐾

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PROFILES AND INTERVIEWS

HORSETIMES MEETS THE PROMISING CHAMPION HAYA ELBORAIE

By Nermin Marwan

WHAT DOES IT REALLY TAKE TO DEVELOP A YOUNG RIDER INTO BEING A STAR?

INITIALLY, STRUCTURE AND TECHNICAL KNOWLEDGE ARE ESSENTIAL. FOLLOWED BY RING CRAFT, WHERE THE NUMBER OF SHOWS STRUCTURES YOUR BACKBONE, THAT HELPS YOU CONTROL YOUR PERFORMANCE AND MOST IMPORTANTLY YOUR CHARACTER. ALL OF THAT FINALLY ENABLES YOU TO TRAIN YOURSELF TO DEAL WITH FEAR, DOUBT, AND STRESS.

OUR GUEST TODAY IS THE PROMISING YOUNG RIDER HAYA ELBORAIE, THE DAUGHTER OF THE RENOWNED EGYPTIAN RIDER MOHAMED OSAMA ELBORAIE, WHO RECENTLY REPRESENTED EGYPT IN THE **YOUTH EQUESTRIAN GAMES 2022 IN AACHEN.**

COULD YOU PLEASE TELL US A LITTLE BIT ABOUT YOURSELF?

My name is Haya Elboraie and I'm 16 years old. I started riding at a really young age and I competed in my first full season at 9 years of age.

HOW DID YOUR PASSION FOR HORSES START?

My passion for horses started at a very young age because I was always present around horses and always watched my parents ride.

BORAIE BEING YOUR COACH, WHO ELSE ADDED TO YOU?

There are many people who have helped me develop and learn more including, Alice Debany as her clinics were extremely beneficial and full of new things to learn.



© Mohamed Hamdy



Congratulations for your great performance in the Youth Olympics in AACHEN , let's talk About it

HOW DID YOU PREPARE FOR SUCH A GREAT EVENT LIKE THE YOUTH OLYMPICS?

When I knew about the games, I started preparing by riding different horses that I haven't ridden before just practice the feeling as the horse I was going to ride there was a horse that I haven't ridden before.

TELL US ABOUT THE MOMENT, WHEN YOU KNEW THAT YOU HAVE BEEN SELECTED TO RIDE AT THE YOUTH EQUESTRIAN GAMES IN AACHEN.

It was definitely surreal!

As Aachen is one of the biggest shows in the world and it's an amazing opportunity to ride there.

TELL US ABOUT YOUR WHOLE EXPERIENCE IN AACHEN, HOW WAS IT?

My experience in Aachen was truly amazing, it was such a great experience. I was surrounded by so many world-class riders and I got to meet new people and make new friends. It is a life-changing experience that I will never forget.

TELL US ABOUT THIS WIN, AND HOW DID YOU FEEL?

To win a bronze medal in such a show was just truly amazing and I'm really grateful that I was lucky enough to come home with a medal.



AMONG THE HORSES YOU'VE PARTNERED WITH, WHO WAS THE MOST INFLUENTIAL HORSE?

That's a really difficult question; each horse was a different experience for me and each one definitely taught me something new.

HOW DO YOU BOND WITH YOUR HORSES?

For me getting to know the horses is extremely important so it always takes a little bit of time until you know the horse you're riding by heart.

TELL US ABOUT THE MOST CHALLENGING TIME IN YOUR CAREER, AND HOW DID YOU GET THROUGH IT?

The most challenging time for me was when my horse broke his leg in the arena. I just didn't understand what was happening and I was extremely confused. This horse taught me so many things, so when he broke his leg I was heartbroken, because I knew I had lost him.

WHAT WAS THE BEST ADVICE YOU WERE GIVEN?

That fear is just an illusion and it really helped, as it allowed me to teach myself how to control my nerves during a show and in the arena.

WHAT ELSE DO YOU DO BESIDES HORSE RIDING?

I enjoy playing sports like Padel and Football.

WHO WAS HAYA'S IDOL AS A YOUNG RIDER?

My idol as a young rider was and will always be my father because I love to watch the way he handles things, and everything I know I got from him. My father is my biggest inspiration in this sport and it's an honor to be his daughter and student.

WHAT DO YOU HAVE IN MIND FOR THE FUTURE?

I really want to focus on riding more international shows and to jump U25 classes.

DO YOU HAVE SPECIAL MESSAGE FOR YOUR FATHER?

"Thank you very much for believing in me and giving me so many opportunities that no one else could've given me. I'm truly thankful for all the work you put towards my education and I hope that I could make you proud one day."



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CSI PARIS EIFFEL 2022 LONGINES GLOBAL CHAMPIONS TOUR

By Laurence Lemire



LIKE EVERY YEAR, THE CSI 5*PARIS EIFFEL JUMPING WAS SOLD OUT, UNDER THE ADMIRING GAZE OF THE PARISIAN PUBLIC, MANY PEOPLE CAME TO ADMIRE THE SHOW AND ENCOURAGE RIDERS FROM ALL OVER THE WORLD TO COMPETE AGAINST THE FEET OF THE GREAT IRON LADY.



The unmissable event of equestrian sports, for its 8th edition, always organized by the hand of a master by **Virginie Couperie**, was once again a success this year: a very beautiful ground, the particularity of which is its slight slope and its rather square shape which shortens the distances and makes the difficulty of the tests more important. **Gregory Bodo** has nevertheless been able to design stimulating and technical courses, worthy of the highest international level. Moreover, only five riders were able to access the jump-off of the final test of these three days of competition, the **Saint Laurent Eiffel Challenge**, won by the Turkish rider **Ömer Karaevli** and his horse **Avant Toi**, closely followed by the Australian champion **Edwina Tops-Alexander**, then by the French **Edwar Levy** who won this event last year.

highest level, the great rider reminded us that this sport is the only one that can be practiced successfully at any age. He finished with a fault at the **Longines grand prix** jump-off in a very good time. The only French hope of this event, **Olivier Robert** also finished with **4 points** which put him off the podium.

During this magnificent event on the **Champs de Mars**, spectators had the joy of attending the performance of the **Cadre Noir de Saumur** and the presence of the **Republican Guard brass band**. Many other activities and the presence of popular personalities also contributed to the beautiful atmosphere. Even the sun was present during this weekend. *See you next year!*

We had the pleasure of admiring the technique and the elegance of the riding of the young riders of the rising generation, such as the British rider **Lily Attwood**, who at 20 years old finished second in the **LGCT Grand Prix**, just behind **Marlon Modolo Zanotelli** with **Like A Diamond van het Schaeck**, wowing the audience with his incredible time of **36.07s**. The podium is completed by the American **Lillie Keenland**, 25 years old. In the general classification of the circuit, the German **Christian Ahlmann** retains his place as leader after this 9th stage. The tour is now heading straight to **Monaco** from **June 30 to July 2** for the 10th leg of the 2022 season.

The mastery and experience of a certain **John Whitaker**, legend of show jumping, was also required. Always present and competitive at the



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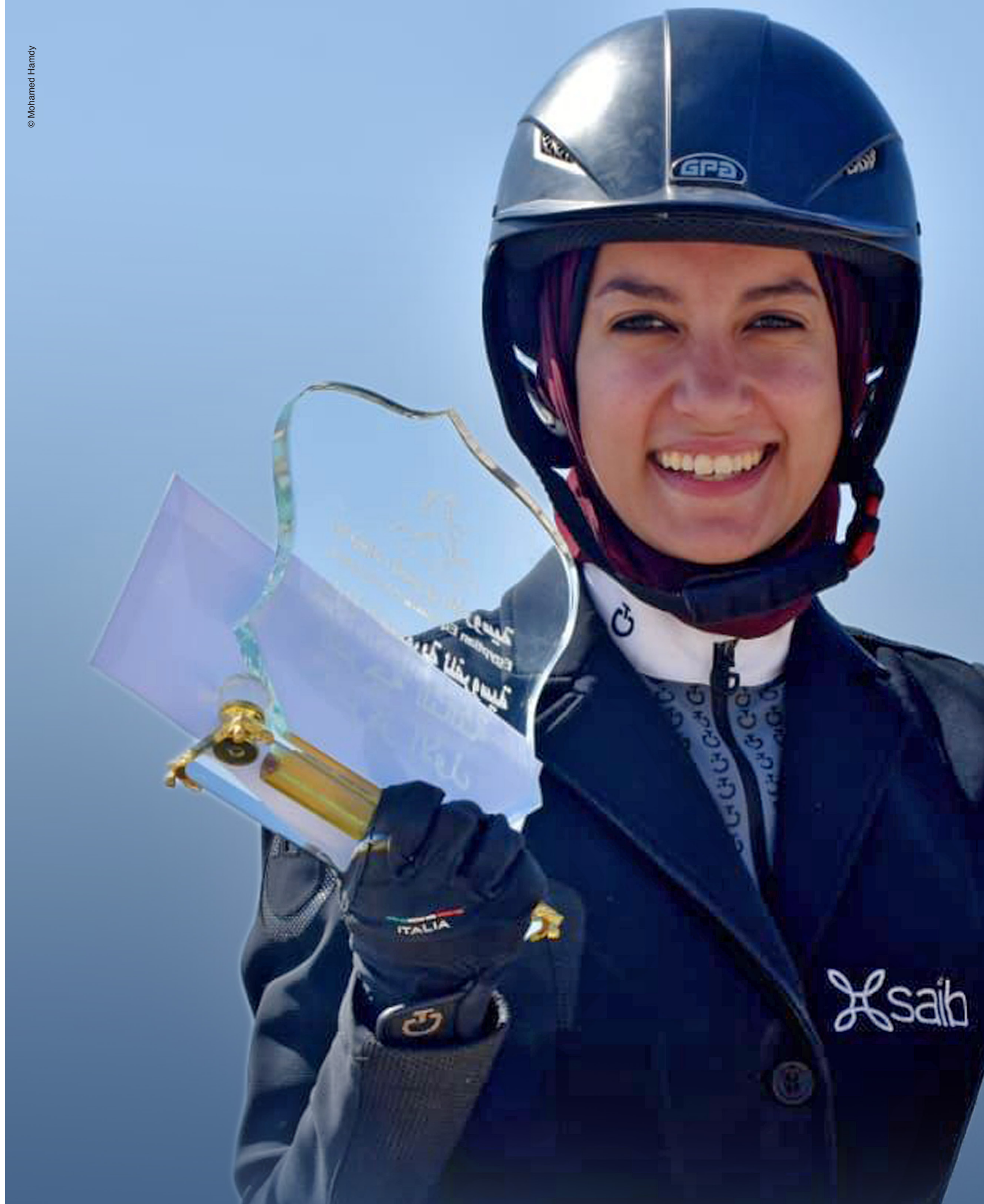
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AYA KADRY AND THE EQUESTRIAN SPORT SPORT VS. INDUSTRY

By: Nermin Marwan



THE EQUESTRIAN SPORT HAS BEEN FACING THE CHALLENGE OF FUNDING SINCE A WHILE BACK, BEING ONE OF THE MOST EXPENSIVE SPORTS. TODAY, THE SPORT HAS BECOME AN INDUSTRY DUE TO ITS EXPENSES SUCH AS A GOOD HORSE, TRAINING, ENTRY FEES, VETERINARY CARE AND MORE.

TODAY WE ARE MEETING A PROMISING CHAMPION, WHO IS SPONSORED BY “saib” BANK WHO SUPPORTS HER TO SHINE AND DISCOVER HER TALENTS. AYA IS A LIVE PROOF THAT WHEN A TALENTED RIDER RECEIVES THE NEEDED SUPPORT, HE/SHE COULD SUCCEED. HAVING THAT SAID, WE HAD TO MEET WITH THE 28-YEAR-OLD AYA.

TELL US A BIT ABOUT YOURSELF, AND YOUR EDUCATION.

My name is Aya Kadry, I'm 28 years old. I work in the IT department at Saib bank.

I got my bachelor's degree in computer science in 2016, majoring in software engineering, and started horse riding since I was 5.

DID YOU HAVE ANY HORSE RIDERS IN THE FAMILY?

Yes, my mother was a horse rider who competed in dressage, and my grandfather was also a horse rider.

HOW DID YOU GET INTO THE HORSE WORLD?

When I was young and I saw my mother riding horses and also competing, so I started loving horses and started getting into their world a bit early, which made me love them with all my heart.

AS A YOUNG RIDER, WHO WAS YOUR ALL-TIME FAVOURITE HORSE OR PONY?

My all-time favourite horse was Ginger who was my first horse, my grandfather bought it for me for my 11th birthday and there was a very strong bond between me and ginger that was the main reason that made me love horses.

HOW DID YOUR PARTNERSHIP WITH SAIB BANK BEGIN?

I am working in the IT department at Saib bank and when the Chairman Mr. Tarek El Kholy, who is always keen to support sport talents, knew that I got first place in my last competition, he decided to start a partnership between me and the bank to sponsor me.

I will always appreciate that Mr. Tarek has been one of my greatest supporters who always believed in me. I also owe a lot to the **CIO Mr. Moustafa Marzouk** who also supported me and pushed me forward



achieving more and more whether in my sport or in my working career.

HOW DID SAIB BANK HELP YOU?

They have supported me since 2019 and they are pushing me to compete internationally, in addition to joining summer camps to get prepared for the upcoming season.

WHAT ARE YOUR COMING PLANS TOGETHER?

We are trying to reach together the A1 in Egypt, then start competing internationally to win more competitions worldwide

IF YOU EVER DECIDE TO STOP RIDING PROFESSIONALLY, WHAT WOULD YOU DO?

Didn't decide yet, but one of my biggest dreams is to build the biggest stable in Egypt to let all horse lovers find their passion in a professional, beautiful place.

WHAT DO YOU DO TO HELP CALM YOUR NERVES BEFORE GOING INTO THE RING?

I am always keen to be surrounded by my supporters from family and friends.

I also make sure that my horse is okay and ready for competing.

WHAT LEVEL OF COMPETITION ARE YOU COMPETING AT NOW?

I have just finished the Egyptian cup placing the first place, in addition to the championship.

I am now getting ready for the finals for the season

THROUGH YOUR LONG ROAD, WHO HAS BEEN THE MOST INFLUENTIAL PERSON?

My grandfather as he owned Arabian horses while he was too young and he was a dressage rider.

TELL US ABOUT YOUR UNFORGETTABLE SUCCESSFUL MOMENT.

Winning the Egyptian cup.

We were facing very difficult moments. When my corona virus PCR just turned negative days before competing and I was so tired so wasn't my ideal time to compete. But I was startled by my performance and by Bambino's performance after achieving 5 clear rounds. I finished in first place and it was such a happy moment.

WHO IS YOUR ROLE MODEL?

Ben Maher as I always found something different in his way of riding and he will always be one of my favourites.

WHAT IS YOUR GREATEST MOTIVATION?

Waking up every morning and starting my day by running around my house and then going to the gym.

This motivates me throughout my day and gives me the energy to continue.

WHAT'S YOUR BIG DREAM?

My biggest dream is to compete in the Olympics but one day it will not be a dream anymore, as I am working so hard to make my dreams come true. 🏆

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“My biggest dream is to compete in the Olympics”



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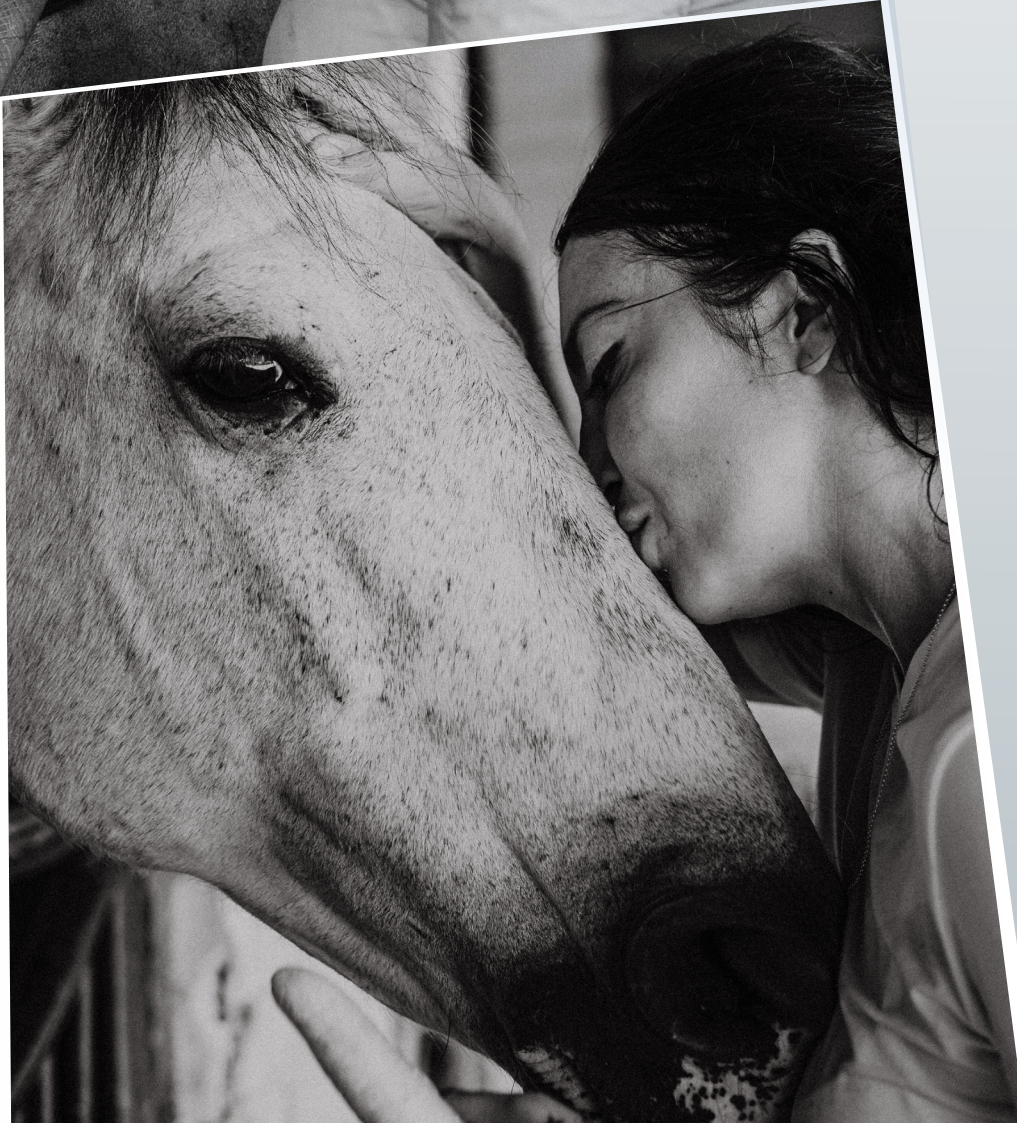


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MEDICAL HORSE EMOTIONS

By: Dr.David Ramey

I'VE BEEN ASKED A COUPLE OF TIMES IF I THINK THAT HORSES HAVE EMOTIONS. PEOPLE HAVE WONDERED ABOUT **ANIMAL EMOTIONS** FOR A LONG TIME, FOR EXAMPLE, CHARLES DARWIN COMPARED FACIAL EXPRESSIONS IN HUMANS TO THOSE IN ANIMALS BACK IN THE **1800'S**. THAT SAID, IT MAKES ME SOMEWHAT **EMOTIONAL** TO LEARN THAT THERE ARE AT LEAST A FEW PEOPLE OUT THERE INTERESTED ENOUGH IN MY OPINION TO ASK.





If you have a horse, or work around them, it's pretty easy to come up with a convincing answer to the question. For example, when asked if your horse loves you, you might say, "Of course – my horse loves me. That's why he nickers when he sees me! **(No, it is not the carrots.)**" For some people, the answer is so obvious that they really won't see a need for this page. For them, if you ask, "**Do horses have emotions?**" the answer is simple, and emphatic. "**Yes!!!**"

But I think it's more complicated than that, and especially because there are so many emotions. **Does a horse feel each and every one of them?** It's interesting to consider.

My personal favorite is, "**My horse hates men.**" This one is usually delivered with a straight face, and generally right before I'm supposed

to engage in some procedure that might be unpleasant **(for the horse)**. Nothing like a bit of a earnest and somewhat terrified warning to get things to a great start.

Far be it for me to suppose that the persistent drumbeat of, "**Easy, easy, it'll be OK,**" the anxious look, or the incessant jerking of an almost palsied lead rope has anything to do with raising the horse's level of apprehension; it's gotta be me **(and maybe the needle in my hand)**. Of course, when I do manage to get my work done around the man-hating horse, and he's behaved like a gentleman, it's always, and "**I can't believe how good he was**" I am still waiting for the, "**Wow, Dr. R., you must be some sort of genius at handling horses!**" Sometimes, you just can't win, but I digress.

"Of course – my horse loves me. That's why he nickers when he sees me! (No, it is not the carrots.)"

All kidding aside, the question is actually a bit complex. There may be lots of opinions but there really aren't any answers in the scientific literature. I asked the question as to whether horses have emotions to an instructor and researcher in equine behavior, and she was unaware of any papers regarding "**emotion**" in horses. It would be a difficult area to research – equine cognition and equine personality are

tough enough to study, and emotion would be almost impossible. That said, the term "**emotionality**" is often used in the literature and texts on horse behavior, but it refers more to personality, that is such things as the repeatability of responses to novel or unpleasant stimuli, or the ease of learning tasks.

There's no doubt that horses have behaviors to which people input emotions. But these interpretations may or not be an accurate reflection of what's actually going on inside the horse's head. Of course, this differs from evaluating emotions in humans because... because... hmm... I'll have to work on that one. Nevertheless, in trying to determine if horses have emotions, we are limited both by our own perspective but perhaps more importantly, by



language. We can only use words that describe human emotions to describe the sensations of animals. When people use words like “love” or “anger” or “fear” they describe a wide range of actual emotion and thought. Just as each human perceives the world differently; **it's entirely likely that animals perceive the world differently from people.** Therefore, our ideas regarding the sensations that horses experience – ideas that are based on our own experiences, and then projected on horses – may be inaccurate.

I think that it's interesting that it's been recently shown that horses apparently produce different types of vocalizations in negative and positive contexts. I think that most people that have spent some times around horses have some sense of that. Otherwise stated, different whinnies appear to have different meanings, and can evoke certain behaviors (e.g., anxiety). But that appears to be more of a communication thing.

Scientists have also looked at eye wrinkling to see if the eyes are really a mirror of the horse's soul.

ASIDE: Here's the whole quote: “**The eyes are the mirror of the soul and reflect everything that seems to be hidden; and like a mirror, they also reflect the person looking into them.**” That quote is attributed to Brazilian author Paulo Coelho, but the sentiment appears to be a lot older.

Anyway, researchers have recently investigated whether variations in the expression of eye wrinkles caused by contraction of the inner eyebrow raiser reflects emotions. They

confronted horses with positive and negative conditions and tried to bring about positive and negative emotional states, figuring that negative emotions would increase eye wrinkles (**and positive ones would reduce them**). The results weren't consistent, but eye wrinkling did relax during grooming, and increase during food competition ; Interesting, but not conclusive.

It does seem that horses can recognize emotions in people. They seem to be able to distinguish between positive and negative facial expressions. That's probably not that big of a surprise to most people, either, but it does give you something to keep in mind when you are approaching your horse. They certainly do feed off of – and appear to recognize – certain emotions in people.

So, “**Do horses experience sensations of fear, love, hate, loneliness, etc.?**” Personally, I think so, at least on some level. **Are these the “same” feelings that people have?** I have no idea, but I'm inclined to think not. Regardless, I'm pretty sure that it's a question that would be very difficult to answer. Plus, if even if we got a confirmed, scientific answer, people would most likely discount it anyway if it didn't agree with what they already thought (“**What, horses don't love? Well, I don't care what anyone says, my horse loves me.**”)

But if you ask me what I think about your horse, I'm not falling into that trap. You're never going to hear me saying that your horse doesn't love you; **what purpose would that serve?** And if you tell me that your horse hates me, I'm really going to pay attention, no matter what the research says. 🐾

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UNDERSTANDING &
BUILDING YOUR CONFIDENCE
CONFIDENCE SERIES PART (PART 1)

ARE YOU CHOOSING CONFIDENCE?

By John Haime

IN THE 2ND OF OUR THREE-PART SERIES ON BUILDING CONFIDENCE, WORLD-CLASS HUMAN PERFORMANCE COACH, SPORT PSYCHOLOGY CONSULTANT AND AUTHOR OF THE NEW, ACCLAIMED EQUESTRIAN BOOK "RIDE BIG", JOHN HAIME, EXPLAINS WHY SOME RIDERS SUDDENLY LOSE CONFIDENCE AND WHY CHOOSING CONFIDENCE IS IMPORTANT IN YOUR RIDING EXPERIENCE.



ARE YOU CHOOSING
CONFIDENCE?



“BUILDING
CONFIDENCE”



Welcome to Part 2 of our series to help you understand and build your equestrian confidence.

Let's begin with a concept that might be unfamiliar to you.

Many riders believe that confidence is an exclusive idea reserved only for great riders with lots of talent and experience.

But, from my experience, that's not quite the truth.

I regularly have trainers saying to me *"it's easy to have confidence when you are a great rider, but, if you aren't a great rider, it's difficult to have confidence."*

There might be some degree of truth to this – but I emphatically express to you that every rider, at any level, can be confident. I work with riders at all levels and each one develops a level of confidence to find enjoyment in their equestrian experience.

Simply, finding and maintaining confidence is within your control and is more of a choice than you know. Accepting this reality helps you take responsibility for your own confidence and can change your riding experience.

Be proactive

Consistent riders are proactive with their confidence. Meaning, when they're riding well, you can be sure they remind themselves that they've done it before and have built the fundamental foundation at each level of their development to handle any situation at their current level. They have built an ability to develop their riding in steps - and each step forward (*big or small*) is another little notch on their confidence belt.

This kind of proactive confidence is a decision that you choose to be confident from all of the great, positive experiences you've had in the sport (*and I'm sure YOU have had many in both training and showing*). It includes all the work you've done on your riding skills, the work to connect with your horse and the positive coaching and support you receive. This is the foundation of your belief in yourself as a rider. Proactive confidence is a choice to rely on a solid, fundamental foundation (*all of the work you've done on your riding*) and connecting



with all the positive experience you've had in the sport. It means your confidence won't be shaken by small, unavoidable downward cycles when you're not riding or feeling your best.

Be careful of reactive confidence

It has been my experience that many riders don't give enough weight to all of their training and great experiences in the sport and unfortunately sabotage their belief in their abilities. Reactive confidence is a decision that one small collection of challenging circumstances or difficulties will prevail over your many successes and support. The rider allows this small down cycle to crack their long-term riding foundation of confidence. In this scenario, the rider personally declares that his confidence is shaken by small downturns in performance.

Who's in control?

Does this sound familiar to you?

Do you forget about all the positive things you have done in the sport and allow little challenges to penetrate the foundation of your confidence?

I see it every day, even among the top riders in the world. For some reason, they aren't performing well on a certain day, a week or even a few weeks - and the foundation of confidence they've built over many years seems to suddenly disappear. A few mistakes become the basis for a crack in their foundation of confidence. They declare that their confidence has mysteriously disappeared. The public declaration

that they have *"lost their confidence"* creates doubt and uncertainty.

The good news for these riders is that after being gently reminded that their confidence is about everything they've achieved, the skills they've developed, the obstacles they've overcome and all the work they've done over time, there's a realization that they really haven't lost their confidence. A small downward cycle in performance has initiated some doubt that they may be losing their confidence. But, after a reminder that they have a thick foundation of confidence from training and successes in riding, they recognize they haven't lost it.

This is important for you to know. If you are creating the doubt and can feel your confidence slipping away, you have the choice to reel it in and not declare to yourself that you're losing it. Realize you are responsible for your confidence and have control over it. This is what the top riders do to ensure consistent, sustainable performance.

Confidence is your choice

Allow yourself to build confidence slowly over time. Each time you train or show you are developing your skills, growing a partnership and learning about the sport. These small developmental steps forward become the foundation of your confidence (all the little pieces that grow on top of each other) and must be your main focus. From experience, we all know that there will be difficult times. Riding goes in cycles – some days work well and others may not. But also remember that through these little down periods you haven't lost your confidence – you are still the same rider developing and growing. The only way you can truly lose it is if you choose to lose it and give it away.

So, when you do feel like you may want to give it away, sit a little taller in the saddle, tell yourself

All photos © Philippe Lemire

ABOUT THE AUTHOR

John Haime is President of John Haime Performance and a renowned global human performance coach who is trusted by some of the world's leading riders and coaches. His world-class approach to elevate equestrians is a winning formula from performance psychology, emotional intelligence, neuroscience, sport psychology, business planning, communication and executive coaching. He is the author of the acclaimed new book *Ride Big - The Ultimate Guide to Building Equestrian Confidence* published by Trafalgar Square Books (May 2021). John is based in Ottawa, Canada. See

www.johnhaime.com

you have what you need to meet the current challenges of your riding and ride bigger.

NEXT IN PART 3

Now that you have an understanding of confidence from Part 1 and know that confidence is within your control (Part 2), the next steps are to continually build your foundation so that it becomes a thick wall that can be sustained. John will explain the critical components of confidence and shares how elite riders build them up.



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PHOTOGRAPHY

60 SECONDS WITH AHMED AL MAAWALI

By: Nermin Marwan

"I HAVE BEEN A FREELANCE PHOTOGRAPHER FOR THE PAST 3 YEARS, STARTED FROM THE ARAB LEAGUE, TAKING PART ALL OVER THE GCC, THEN SPENDING SUMMERS AT EVENTS TAKING PLACE ALL OVER EUROPE. MY TRUE PASSION LIES IN TAKING PHOTOS OF HORSES, PEOPLE AND LANDSCAPES".



"I am a people person with a knack for getting smiles and making clients happy"



TELL US A LITTLE BIT ABOUT YOURSELF.

My name is Ahmed Saleh Al Maawali from Oman. I am 31 years old and I work as a showjumping photographer. I started photography in 2011. Then in 2018, I started my first national show in Oman.

HOW DID YOU BREAK INTO EQUINE PHOTOGRAPHY?

With horses, when a friend invited me to a horse jumping show, and I immediately knew by heart that this is what I want to do.

TELL US ABOUT YOUR CAMERA?

I use Canon cameras, 1dx ii, R6 >. A good lens is really important.

WHAT IS YOUR DREAM ASSIGNMENT?

For now, I'll go with what I'm doing, I'm so happy and I see myself there in future.

WHAT DO YOU LOVE MOST ABOUT WORKING WITH HORSES?

Emotions & feeling.



WHAT'S THE BEST .PART OF YOUR JOB?

Traveling, meeting new people and discovering new cities

WHO IS YOUR ROLE MODEL?

My father

WHAT PIECE OF ADVICE WOULD YOU GIVE TO YOUNG PHOTOGRAPHERS?

Keep doing what are you doing, it's never easy, it needs time, patience and sacrifice.

**THANK YOU FOR SHARING YOUR THOUGHTS WITH US TODAY!
DO YOU HAVE ANY FINAL WORDS FOR OUR READERS?**

*Thank you for having me!!
The best things are yet to come, Trust yourself*



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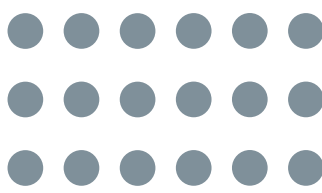
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TRAINING REFLECTIONS WITH MANOLO MENDEZ - PART 1

By Caroline Larrouilh

IN MARCH OF 2015, WE
HOSTED A PAINTED
HORSE DEMONSTRATION
AND LECTURE AT
EQUESTRIAN LA MANCHA.
EQUINOLOGY'S OWNER,
DEBRANNE PATTILLO
PAINTED WOLFEMEN
STALLION, CLINT
EASTWOOD FOR THE
DEMONSTRATION.





“Fixed positions are for inanimate matter, bodies need to move!”

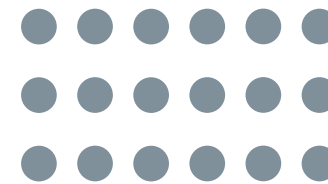
Debranne spent five painstaking hours palpating bony landmarks and muscle margins in order to create an accurate portrayal of Clint’s true skeleton and muscles. He ate, drank, slept, took walks and consumed many carrots and licorice sticks during the entire process. For this particular Painted Horse, Debranne focused on the muscles of collection and locomotion including the nuchal ligament, the supraspinous ligament, the dorsal portion of the sacro-sciatic ligament, parts of the cervical spine (four of seven vertebrae) the lamellar portion of the nuchal ligament, a portion of the spinalis, the long back muscle, the longus colli and scalenus muscles, the iliopsoas complex and rectus abdominis as well as the hamstrings including the semitendinosus into the Achilles tendon. In essence, Debranne painted the topline and underline of the horse. The images offer a fascinating insight into the inner mechanics of horses. Horses’ bodies breathe, expand, contract, extend, flex, stretch, collect

and they release. Fixed headsets, fixed postures and fixed gaits for long or even short stretches of time do not build fitness, instead they build stiffness.

Looking at the photos you can see the horse’s ribcage contract on the inside and expand on the outside as it turns. You can see how much the muscles change depending on whether the horse is moving in a forward, down and out posture or in a more gathered posture or is collected. From all of this, we learn that it is essential the horse be trained elastically. When the horse collects, his topline has to lengthen. The network of muscles that run from his poll, down the neck, over the back and croup and down the hamstrings to the hocks has to elongate to accommodate a new posture. Collection requires a longer neck to offset flexed hind limbs. A good visual indicator of correct collection is the horse’s neck appearing to lengthen as its body shortens due to the increasing flexion of its back and hind joints.



These images show how the ribcage opens to different degrees in a turn and depending on the horse’s stride. Each stride has variation in how the ribcage opens/closes. Each rib was painted to represent an actual rib. While there is skin movement you can still see clearly how the body opens and closes.



‘I ride evenly in two reins. When the horse is blocked ever so slightly on one rein, it restricts the range of motion of the shoulder on that side.’

Elasticity is so important and exemplifies the successful training of a ‘happy dressage athlete’: *“Supple, Loose and Flexible”*. This physical condition defines the happy athlete as: Calm, Keen, Attentive and Confident - four mental states that are conducive to looseness, suppleness and flexibility rather than stiffness and tension.

As a horse develops, he is able to change posture, his neck and body are able to shorten, extend, lower or rise to help him/her find their equilibrium and travel in balance.

Fixed positions are for inanimate matter, bodies need to move! As we can observe in the photos, the horse’s spine and his joints are constantly solicited by the horse’s muscles.

Bones do not make any decisions: muscles tell them what to do; this is why developing an even muscular mass is so important to straightness and balance. The horse’s body (*like our own*) is alive. Muscles, tendons, ligaments, skin, eyes, ears, lips, hooves, bones, everything is flesh, is fascia, everything is alive, constantly adjusting to movement, load, pressure, direction and thus having to be elastic, to absorb, give and stretch.

As importantly, the mind of the horse is receiving and telegraphing signals to its body constantly, based on the data it receives about its environment but also based on its emotional state which impacts its tonus. We do not want to block this physical and mental



This shows what happens when collection is introduced. As the horse's haunches lower and the base of the neck rises, the whole shape of the horse's body changes including its ribcage, which appears to become shorter and fuller as it expands out. This is why not blocking the spine with restricting contact and not blocking the horse's breathing with a tight girth is so important. The body expands and contracts not only from end to end, but side to side as well as up and down.


“With each good ride, the rider is training the horse to become more trusting and confident.”

process. To create healthy and quality collection, we want our horse's balance to spring from within. We do not want to take over their bodies and take over their thinking. We want to guide and shape, not create straight jackets. We want to learn to work WITH the horse rather than try to dominate all its systems: his brain, his central nervous system, his heart, his lungs, his muscles, his bones, tendons and ligaments. This is true of a young horse and of any horse as it progresses up in its training.

LENGTHEN: In a word, fixity is the enemy of suppleness. To develop a horse capable of collecting we must first develop a fit, supple, loose, flexible horse capable of lengthening and extending. Therefore, we want to create as many opportunities inside the training as we can for the horse's body to contract and expand, gather and lengthen, to extend and collect.

In addition, as each horse has more than just one working, lengthened, medium, collected and extended walk, trot and canter,

we should work with all of these gaits to develop our horse's fitness and balance. As long as we assist the horse in finding his best rhythm and balance in each expression of walk, trot and canter, each is valuable in developing the horse's body.

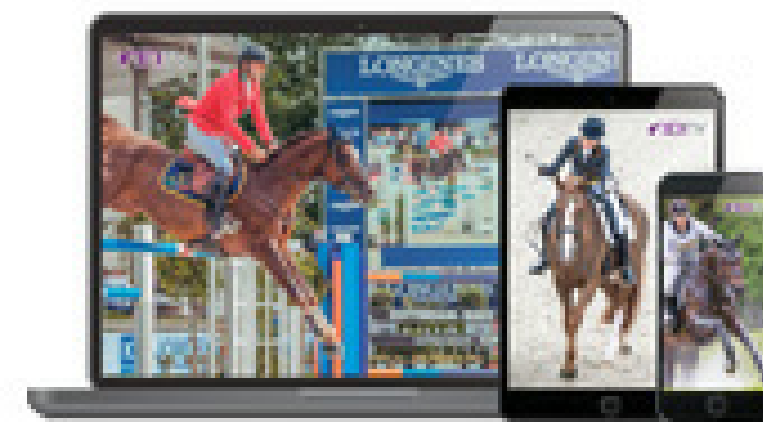
BIOGRAPHY: Manolo Mendez was the first Head Rider, and one of six founding members of the Royal Andalusian School of Equestrian Art. Based in Jerez, Spain, the school is one of the four classical schools which also include the Cadre Noir in Saumur, the Spanish Riding School in Vienna and the Portuguese School of Equestrian Art in Lisbon. A master horseman with over forty five years of experience spanning classical dressage, doma vaquera and jumping, Manolo is dedicated to what he calls “Training for Wellness™”, a soft, sympathetic and thorough training method which prepares horses physically and psychologically for each stage of training from training to Grand Prix and Haute Ecole. 

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**HORSE ART
IN-DEPTH WITH THE AMERICAN
ARTIST BROOKE MAJOR**

By: Nermin Marwan

BROOKE MAJOR IS AN AMERICAN ARTIST BORN IN 1979 IN ATLANTA, GA. BROOKE MAJOR HAS BEEN LIVING AND WORKING AS A PROFESSIONAL ARTIST, SHARING HER TIME BETWEEN GEORGIA, USA AND FRANCE FOR THE PAST 20 YEARS. BROOKE SCULPTS OIL PAINT, USING PALLET KNIVES CHALLENGING BOTH TECHNIQUES OF PAINTING AND SCULPTING AND EXEMPLIFYING LIGHT AND SHADOW.

Can you give us a deeper insight into your background and how you became an artist?

I have always loved art and started painting **non-stop** since the age of **three**. I have mainly been influenced by all periods of painting, especially the romanticists mostly focusing on **Gericault, Delacroix, and Princteau**; the French impressionists of which I am largely inspired by Monet, Manet, and Pissarro following **post-impressionist Van Gogh** and with **no exception**, following the **intelligent philosophies** of **Dadaist** artists like **Marcel Duchamp**.

When I was in school, my art teachers remarked my work and creativity and I was often given first place throughout high school for my paintings and work. When I graduated and moved to Paris to study **International Relations** I paralleled my study time with **auditing painting courses** at the **Paris** Fine Arts school.

This experience allowed me to study the **technicality** of **mixings** of **paint with chemicals**, as well as the usage of epoxy and varnishes. My advancement in drawing techniques was also refined and the classes taught me the essentials of painting techniques, **shadow, light, perspective, and depth**.

After school, I moved to **Normandy** to be completely immersed in

Nature, with **horses** and I certainly needed a bigger space to paint. Thanks to this move, I was lucky to have as a mentor a Russian set designer named **Nikolai Dvigoubsky**, who taught me how to be a professional artist and especially how to paint on a **large dimension and format**.

Specializing in Equine art, you must love horses. How did that passion start?

Horses and painting are my life. I also started **riding at the age of three** and the bug stayed. As a youngster, I rode in the hunter ring, and seeing my talent as a rider, I was at horse shows on weekends and training my horse after school. My dream was to **breed horses** and I was always attracted to the **Selle Francais**. Then by chance, I moved to **France**, and to **Normandy** where I was introduced to some of the most famous riders and breeders of the **Selle Francais breed**. I became very involved with the **breeding business** which led me to purchase broodmares of the oldest Normand bloodlines of showjumping stock.

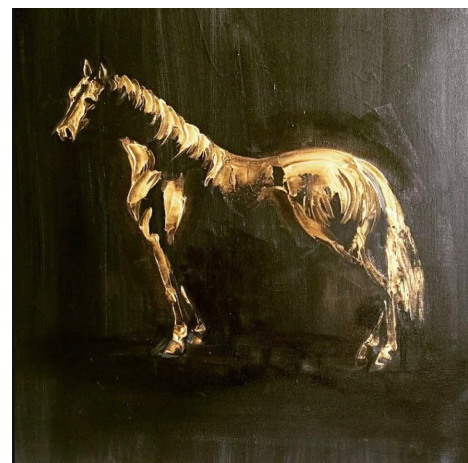
I spent **6 years** specializing in **show jumper breeding**, training, and showing on an **intensive level**. I proceeded to obtain my accreditation and licensing for judging at national



shadow, light, perspective, and depth.

"Horses and painting are my life"





French young horse competitions in the hunter division. The horses I have trained and shown have been very successful in their careers, one of them won the French young horse championships as a **5yo** in **2013**, another winning the **Nations Cup** in Wellington twice, placing 7th in the World Cup and **3rd** at **Hermes jumping in Paris**, among numerous others who compete in **5-star Grand Prix**. Today I have lowered the number of horses in my stock to **9, 3** broodmares and **7 youngsters**, including a **4yo** mare who is already qualified for this year's finals!

Spending your time between Georgia USA and France over the past 20 years, did that affect your exposure to various types of art?

I have been lucky to not only have been residing in France and in the **USA**, I have been privileged to travel all over **Europe** and I have also been frequently to **Mexico, Central America, and Asia**. Travel is essential for the growth of appreciation and an opening to creativity in art and is unequal to one who experiences little travel. Architecture, climate, **environment, culture, scents, languages, values, and beliefs** of **different countries** can all be **influencing factors in future creations**. With each travel ending in a **strong desire** to create new work, I can draw from each of these experiences a freshly acquired knowledge in architecture or in a culture that allows my **maturity and growth** as a professional artist.

Your **passion and appreciation** for **horses** are exhibited in your art.

Describe the studio where you create your art?

My easel is always next to a wood-burning fire and a coffee pot. I live in an **18th-century** farmhouse about **200 meters** from the **sea** and my horses live behind my house in a big field. In the back of our home, we have a large Veranda which I am using in warmer months. My favorite time of the year is now, for while I am painting, I sit in the veranda and can keep an eye on anticipated foals with the hopes to capture the moment of **new life**.

Do you have a muse that inspires and drives your creativity?

My **5 year-old son** is my inspirational **motivation** and as all children are artists he helps me stay a child myself.

What enhances your motivation? do you paint every day or when the mood strikes you?

New exhibitions and orders as well as deadlines for

openings are the best **motivating factors** for me. I try to **paint or draw** every day and if I'm not creating work, I spend time preparing for shows, responding to new calls or updating inventory, and managing inventory in the galleries where they are exhibited.

How has the pandemic impacted your work or your way of operating?

I used the **pandemic** as a time of rest from all of the hectic art show openings and art fairs. I **concentrated** on **my horses** and **my family**. I was very productive in terms of making paintings, exploring portraiture, various landscapes, and deepening my knowledge of **equine anatomy**.

Do you have a favorite painting in your own collection? Why?

All of **my paintings** are **my children** and I love them all equally. A recent portrait of **my son** that I have painted is a painting that I **would never sell**.

What are you currently painting?

I am currently working on three orders, one of the **Rouen Cathedral's library**, one of **Notre Dame** and one **the Mont Saint Michel**.

Do have a story for any of the paintings that you would never forget?

One of my paintings was selected for an **important auction in Atlanta, GA**. When the object passed at the sale, at first no bids were being heard. Within **30 seconds**, people started bidding on it and all of a sudden, my painting ended up being **the best sale of the evening!**

What was the most challenging period in your life?

Running a stud farm of 30 horses and at the same time, an **art career** proved to be the hardest most tiring **five years** of my life. It demanded constant presence in both fields requiring that I had to organize exhibits around horse shows which clearly was a deciding point of staying a professional artist and keeping the number of horses to a manageable level.

What is your goal or your lifelong dream?

To win the **golden lion at the Venice Biennale** and be exhibited in **the best museums in the world**.

Do you have a role model that inspires you?

Marcel Duchamp 🐾

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