

EMERALD

Still The Best Postpaid Tariff In Egypt

— For You & Your Family —



etisalat

EMERALD
إتصال إي حد



A WHOLE **NEW LOOK** FOR
HORSE TIMES WEBSITE



THE MOST INFORMATIVE EQUESTRIAN

WEBSITE

EW

MOBILE FRIENDLY WITH EASIER NAVIGATION & MUCH MORE...

WWW.HORSETIMESEGYPT.COM

VIEW POINT

FROM THE CHAIRMAN



Dear Readers,

Welcome to another issue of Horse Times

We are approaching **Tokyo 2020** and the excitement is up in the air!

In an attempt to clarify all the changes around the rules of the Olympic Games and their impact on the Arab world; International judge **Karim Badaro** puts changes in perspective analyzing the causes of these changes and their effect. Followed by our meeting with **Mouda Zeyada**; discussing his road to the Olympic Games with the hardships and dreams of getting there.

The MRT and its inequivalent success! Not just by having hosted five continents, but also by hosting **the Olympic qualifications** for the Arab region as well. Not to mention the last leg of the tour in El-Jadida held alongside the **Salon Du Cheval** blending the equine sport with contemporary culture.

Dwelling in the profiles of highly marked coaches; comes **Matteo Guinti** and his revelations about training. **Olympia international Horseshow 2019**; where Dujardin marked her success story. Training aids with the Dutch training system and dressage training tips by **Dr.Emmad Zaghoul**.

With no focusing and mental control we achieve no results! So we have **Sandie Robertson** to guide us through. And another interesting approach of mental coaching utilizing horses with **Dionne Görtzen**.

More of medical cases with **Dr.Ashraf El-Kalla** , **Live polo in Uptown Arena** and 60 seconds with **Dalia El-Zahem** from Kuwait. And we finish up with a touch of art that brings a spark of beauty to our issue.

Read on and enjoy!

Khaled Assem

THE ART OF EQUITATION

FOR NOVICE AND EXPERIENCED RIDERS

RIDING LESSONS

SHOW JUMPING LESSONS

CORRECTIVE AND STYLE RIDING LESSONS

For more information please contact:

*Tel & Fax: +2 02 27356939 +2 02 27354348
Mob: 01001114815*



Chairman:

Khaled Assem

khaledassem@horsetimesegypt.com

Managing Editor

Menna Loutfy

mennaloutfy@horsetimesegypt.com

Writers & Contributors:

Ashraf El-Kalla

Bridget McArdle McKinney

Carlijn Pontenagel

Dionne Görtzen

Emmad Eldin Zaghloul

Karim Badaro

Khaled Assem

Louise Parkes/FEI

Menna Loutfy

Sandie Robertson

Theo Woodham Smith

Art Director:

Salonaz Sakr

salonazsakr@horsetimesegypt.com

Graphic Designer:

Radwa Saeed

radwasaeed@horsetimesegypt.com

Editor In-Chief:

Mohamed Pharaon

Photography:

Cymon Taylor

Digishots

Haitham Farouk

International Olympic Committee (IOC)

Jessica Rodrigues/RB Presse

Khaled Zohny

Kit Houghton

Kris Kesiak

Mohammed Salem

Nezar Imaging

One Shot Photography

Pascal Renoaldon/ RB Presse

Salon Du Cheval D'El-Jadida

Solenn Respail/RB Presse

Stefan Lafrentz

Thai Equestrian Federation

Tomas Holcbecher

Tony Parkes/FEI

Vet Expert

Waleed Al-Jasem

Financial Consultants:

Ismail El Sily

Menna El Hussieny

Distribution Officers:

Hossam Rabie

Publishers:

Permanent Press Ltd. Nicosia, Cyprus

Prepress & Printing:

Sahhara Printing Company

On the cover:

Mouda Zeyada

Head Office:

EQUICARE 2, Bahgat Ali Street, Zamalik, Cairo – Egypt

Tel: +2-02-27356939

Enquiries:

Info@horsetimesegypt.com

www.horsetimesegypt.com

EL GOUNA BEACH POLO
KINGS POLO
 SILVER CUP 2020
 STAY TUNED
 16th - 18th APRIL



Register now for polo and riding classes
 Open to all ages and experience

For Enquiries: info@kingspolo.com
www.kingspolo.com
 kingspoloacademy
 +2 01222222522



CONTENTS

IN DEPTH WITH		
MOUDA ZEYADA	8	
MOROCCO ROYAL TOUR 2019		
FIVE CONTINENTS MEET TO PRESENT TOP SPORT	14	
SALON DU CHEVAL D'EL JADIDA 2019		
THE HORSE IN THE MOROCCAN ECOSYSTEMS	22	
EQUESTRIAN JUMPING IN 2020 OLYMPIC GAMES		
AN OVERVIEW OF THE NEW JUMPING FORMAT	28	
HT EXCLUSIVE WITH		
MATTEO GUINTI	34	
OLYMPIA INTERNATIONAL HORSESHOW 2019		
DUJARDIN DELIGHTS WITH FREESTYLE WIN IN DRESSAGE	38	
THE DUTCH TRAINING SYSTEM PART 2	44	
SANDIE ROBERTSON		
YOU MADE IT.NOW WHAT?!	48	
UPTOWN ARENA POLO		
AN INCREDIBLE WIN FOR KINGS POLO	54	
CONNECT		
LIFE COACHING UTILIZING HORSES	58	
60 SECONDS WITH		
DALIA EL-ZAHEM	62	
MEDICAL		
AZOTURIA, ALSO KNOWS EQUINE RHABDOMYOLYSIS SYNDROME (ERS)	66	
THE ART OF CLASSICAL DRESSAGE RIDING		
HOW CAN I COMPETE IN DRESSAGE?	68	
ART GALLERY		
FREDDY PASKE "RACING AROUND THE WORLD"	70	
ART		
SIHAM MOHARRAM	74	



14



38



48



54

IN DEPTH WITH MOUDA ZEYADA

By Khaled Assem



AND SUDDENLY YOU REALIZE THAT IT ALL HAPPENED!
THE KID WHO WAS SO LITTLE WHEN I SAW HIM LAST WITH
TALENT ALL OVER ; IS REPRESENTING EGYPT IN THE
OLYMPICS.



*We don't realize the sweat,
the hours and the failures
until we see the triumph, the
success and the destination.*



MOUDA HAS PROVEN THAT TALENT IS NOT ENOUGH, YET HARD WORK, PLANNING AND PERSEVERANCE TALES CAN GO EVEN FURTHER THAN THE OLYMPIC GAMES.



HOW DID YOUR PASSION FOR HORSES START ?

I started riding when I was **five**, very random story. My parents and I were in Smouha club in Alexandria, the big sand arena full of horses caught my eye and I was fascinated by riders communicating with these amazing creatures. I asked my mother if I could ride a horse because I really wanted to and so I did. For them I was just a child having fun but for me it was where I wanted to be *for the rest of my life*.

WHAT DID YOU HAVE IN MIND GROWING UP AS A RIDER?

I was really a hopeful child with some ambition. Always had hopes to ride in the biggest competitions out there like the Olympic Games, World Equestrian Games and World Cups. I worked a lot to do this because I believed I could! I did achieve some of what I dreamt of but I still believe I have a lot ahead of me as it was not so easy with studying in University and having to travel to too many places around the world.

HOW DID YOU PREPARE FOR THE OLYMPIC QUALIFICATION IN RABAT?

I worked the whole year for this moment. My horse left Egypt **one year** before the World Equestrian

Games. I was sure that we will have a team to qualify for the Olympic Games. So I had to make sure I had a horse to work with and prepare ahead of the qualification. We worked together bit by bit until we had some results together in several international shows.

Throughout this time I always tried to make sure that he was **healthy and happy** enough along with maintaining good management until Morocco. I didn't ride him in any class in Morocco before the Nations Cup in Rabat which I discovered later that it was not the best thing to do!

The horse was **very tense** on the first round of the Nations cup. He was a bit too spooky and hyped as I learnt that I should've ridden him at least once before the Nations cup. But thankfully we pulled it out in the second round!

HOW DID IT FEEL TO QUALIFY?

I have always dreamt of the Olympic Qualification and it was something that I was not willing to give up on; I even have the Olympics logo as a screen saver on my phone; I have it on the walls in my stable just keeping my target in front of my eyes. When we qualified it was really special, I had a counted result among the team, my mum was there to share this moment and also because I qualified

with a horse that I had put a lot of effort in.

DO YOU GET ANY MENTAL COACHING TO HANDLE PRESSURE?

Well as a person I don't usually get stressed in competitions; I am actually the opposite. Meaning that the more pressure I feel the more I become focused. Before the team competitions I believed that I could deliver good counting results for the team but when the first round didn't go well I realized that maybe that was because I was too relaxed. In round two the **pressure** kicked in, so I delivered a good round!

SOME PEOPLE ARE ALWAYS THERE DURING THE JOURNEY OF SUCCESS. WHO SHARED YOURS?

Definitely there are and I am really grateful to have them in my life. My mother supports me so much, my sister, Engineer Hesham Hatab, Karim El-Zoghby, my sponsors including the National Bank of Egypt, Rawabet sports, Sakkara Equestrian products, Pirouette and Horse Times magazine of course.

TELL US A BIT ABOUT YOUR PLANS FOR THE COMING MONTHS?

First of all I will try as much as I can to keep my

horse in top form so that I could make it to any competition whenever we are needed to ride as a team to keep that amazing team spirit going. I am planning to find a new horse to back me up and I also have two other horses that are 8 and 9 year olds; whom I am also working on through this coming year to keep me in form.

HOW ARE THESE PLANS WORKING OUT FOR YOU SO FAR?

Nowadays I am riding in the Arab league, trying to qualify to the world cup finals. I was leading the Arab league tour, two shows earlier when we were in Saudi but now I am not really sure where I stand.

But I did a good job in the last show in EL-Ain, my horses jumped really good, placing 5th in the Grand Prix qualifier. I had one down in the Grand Prix but it was a very nice show for me to start with. I am looking forward to the 4* shows in Abu Dhabi, EL-Shira'aa and Sharjah to finish the Arab league in a good position and qualify to the World Cup Finals then the long awaited Tokyo Olympic Games 2020. 🇸🇦



EQUICARE
Riding Center...
Horsemanship and more...

EQUICARE Riding Center Platinum Club

- AGE: From 7 to 77 years.
- LEVEL: Beginner, Intermediate & Advanced levels.
- PARTICIPATION: National and International competitions with professional specialized Trainers .
- For members & non-members.



01000452893 - 01000413478

 Equicare Riding Center - Platinum Club



EQUICARE
YOUR EQUINE PARTNER

CHECK OUR WEBSITE  FACEBOOK PAGE

WWW.EQUICAREPRODUCTS.COM

WWW.FACEBOOK.COM/EQUICAREPRODUCTS

MOROCCO ROYAL TOUR 2019

FIVE CONTINENTS MEET TO PRESENT TOP SPORT

By Menna Loutfy



OCTOBER OF EACH YEAR MARKS ONE OF THE EQUESTRIAN HIGHLIGHTS OF THE YEAR; WITH THE MOROCCO ROYAL TOUR'S JOURNEY ACROSS THREE AMAZING MOROCCAN CITIES AND THIS YEAR'S CHERRY ON-TOP WAS THE OLYMPIC QUALIFIER IN RABAT .

TETOUAN

Olivier Perreau wins the 4*-W Grand Prix of Tetouan

The first weekend of the Moroccan circuit took place in the facilities of the **Royal Guard of Tetouan**. The exciting Grand Prix designed by Italy's renowned **Uliano Vezzani** ended with triumph for the **French rider Olivier Perreau**

Sixty-eight riders were on the startlist of this challenging 1.60m **CS14*-W Grand Prix** on this sunny afternoon in the beautiful day.

Two rounds whose time was among the challenges at the beginning of the race that made only seventeen pairs qualify for the second round. Unlike the major class of the previous day, the scores had not been reset, so the twelve competitors that completed a perfect initial course fought to win this **Grand Prix SAR le Prince Héritier Moulay El Hassan**.

The first double clear was by Brazil's Felipe Amaral, riding Premiere Carthoes BZ, with a very good time of 49.08 seconds, putting pressure on the rest of the riders. But that was without counting on the French team, who managed to qualify its five representatives in this round against the clock. But Olivier Perreau claimed the gold without touching any fences by setting the record time of **45.15 seconds**.

"This is the second year I've been to the Morocco Royal Tour, and I'm delighted to be back. The program is great, everything is well thought out for horses and riders alike. The course designer is really good. He built a technical and faulty course for us, but one without putting the horses in the red. I saw that Emeric was going very fast when I was waiting at the door, so I tried to do the maximum without pushing my mare too hard and by staying calm, because sometimes I take a little too much risk and make a mistake (laughs). My mare is fast, and I can trust her. She always wants to do the right thing." said Olivier.

The first stop of the Royal tour ended with amazing moments and the following Thursday riders travelled to Rabat for A CSIO4* as well as the Nations cup that was also the **Olympic Qualifier** which everyone waited for eagerly!

All photos by RB Presse/Solenn Respail





RABAT

Prix SAR Princess Lalla Amina

Gold for Brazil's Bernardo Alves

The Prix SAR Princess Lalla Amina, second stage of the Grand Prix of His Majesty King Mohammed VI, was the most important individual competition of this CSIO of Rabat. The class was comprised of two rounds. Sixty-six riders were at the start, seventeen only qualified for the second round on the course that was designed by Ireland's course designer Alan Wade.

This event was particularly international with the five continents represented .. Olympic New Zealander Bruce Goodin, who, riding his Dutch gelding Backatorps Danny V, was the first to set the tone for a second round that had a tendency to purr. Nobody seemed to dare to take the risk of winning. Former Mark Todd's team-mate (at the time when the late also shone at the Olympic level in jumping) was the first to play the game completely by signing a time of 41"84. The answer of Bernardo Alves and his gray stallion, the Belgian El Torreo de Muze, did not wait long, clearly improving the New Zealand time of 1 "37. The Saudi Abdullah Alsharbatly (on Larry 210), reputed not to drag along the way when he rides a jump-off, has tried to tackle the clock of the Brazilian: in vain, he missed him 45 hundredths!

"It is a return that I particularly enjoy; it is true that I was a time long out of the circuit. El Torreo de Muze is currently my only horse; it belongs to Joris de Brabander who is a true friend. Now, I hope to find new sponsors who trust me, maybe here in Morocco. In any case, this circuit is really wonderful". _Bernardo Alves

THE NATIONS CUP OF RABAT

A DOUBLE VICTORY FOR EGYPT

It was a fantastic performance by the **Egyptian team** which has **not only qualified for the Olympic games of Tokyo 2020 but also won the Nations Cup of Rabat** after a super exciting competition with 14 teams including strong ones such as Switzerland who held the nations cup title for the two past editions of the Tour.

The team comprised of **Nayel Nassar** riding Lucifer V, **Abdel Said** riding Venice Reverdy, **Sameh El-Dahan** on Suma's Zorro and **Mohamed Taher Zeyada** with Vizalaty. All four riders came from all over the world to ride the Nations cup to represent their country Egypt. And indeed it was the perfect presentation!

All these riders came from all over the world, Europe (Ireland and Belgium), United States and Egypt, and, as explained by the Head of the Egyptian Equestrian Federation who arrived to Morocco for the Nations cup, **Engineer Hesham Hatab** *"This is the first time we could gather together these four riders, all extremely motivated by the perspective of this Olympic qualification. It's been sixty years since Egypt was last qualified for the Games; none of these riders was even born! This is a great moment for our country and we will receive all the necessary support from the nation to go to Tokyo in the best possible conditions of preparation. "*

"It's the victory of a team in the broadest sense," _ Sameh El Dahan. *"Behind us four, there is a whole staff, grooms, veterinarians, technicians, but also families and supporters; it's really a great moment for all of us "*

All photos by RB Presse/ Jessica Rodrigues



EL-JADIDA

Grand Prix SA Majesté le Roi Mohammed VI

An Italian Triumph!

The Morocco Royal Tour ended with a **double Italian triumph** in the Grand Prix of His Majesty Mohammed VI. **Roberto Turchetto** exceeded “veteran” of Natale Chiaudani after a tough battle.

The stadium was filled with enthusiastic audiences who have the passion for the horse.

A passion also to be seen with the outstanding quality of the facilities built for the Horse Show of El Jadida and desired by **His Majesty King Mohammed VI**. Concerning show jumping, the arena and the footing were perfect. Then it was time for the Grand Prix!

Twelve finalists represented eight nations and four continents. The most represented nation was Italy with three riders and, on courses built by an Italian course designer; Roberto Turchetto (Baron) and Natale Chiaudani (Chopard) have signed two of the only three clear rounds of this second round:

“I love this place,” said the winner. “This is the third time I have come and the second time I have won the Grand Prix here in El Jadida. And I promise you that if I have the horse for that, I will definitely be back here next year. Today, the courses were particularly difficult as we have seen, very technical, difficulties spread over all the fences and you had to be vigilant at all times, but there were still twelve without fault. Then, to win, you had to really tighten all the turns “.

All photos by RB Presse/ Pascal Renoldoan



PROFESSIONAL RIDING GEAR



SOLE AGENT IN THE MIDDLE EAST

2, Bahgat Ali Street, Zamalek, Cairo - Egypt
Tel & Fax: +2 02 27356939 +2 02 27354348

post@equicarecompnay.com - www.equicareproducts.com

SALON DU CHEVAL D'EL JADIDA 2019

THE HORSE IN
THE MOROCCAN ECOSYSTEMS





UNDER THE HIGH PATRONAGE OF HIS MAJESTY THE KING MOHAMMED VI, MAY GOD GLORIFY HIM, LE SALON DU CHEVAL D'EL JADIDA HAS BEEN CONTRIBUTING, SINCE 2008, TO THE DEVELOPMENT OF THE MOROCCAN EQUINE SECTOR.

“The choice of the theme of this edition, « The Horse in the Moroccan Ecosystems »; is explained by the diversity of the geography, the climate and the rich vegetation of our country. This diversity stands behind the multiple uses of the horse in different Moroccan territories; the theme also tackles the existence of a rich and varied cultural heritage.

This latter will be developed through three main points: geography, socio-economy and culture.

The Grand Prix of His Majesty The King Mohammed VI of Tbourida returns for its **fourth long awaited edition**, which gathers the best Sorbas of the Kingdom competing against each other, each representing a region of the country.

The Grand Prix of His Majesty the King Mohammed VI of the Jumping competition, is the closing of the international competition CSI 1 * and CSI 4* W, the International Arabian Horse Show, The International Barb-Horse Championship, the Moroccan Arab Horse-Breeders' Cup, The Arab-Barb Champions 'Cup and the Final of the Equi-Play Tour.

The horse will be at the center of many cultural and scientific conferences, in addition to leisure and educational activities, which are especially designed for children to allow us, consolidate our mission in favor of the transmission of the Moroccan

heritage in terms of the know-how and of the equestrian art.

The twelfth edition of this fair brings its share of new additions. I would particularly mention the important participation of the African countries and their involvement in the various activities of the event, the diversification of the recreational and educational activities and the enhancement of our cultural heritage linked to the horse.” _El-Habib Marzak _COMMISSIONER

12TH EDITION ACTIVITIES AND COMPETITIONS

- GRAND PRIX OF HIS MAJESTY THE KING MOHAMMED VI OF TBOURIDA
- MOROCCAN ARAB HORSE BREEDERS' CUP
- ART COMPETITION FOR YOUNG TALENTS
- INTERNATIONAL ARABIAN HORSE SHOW “CHAMPIONSHIP”
- ARAB-BARBS CHAMPIONS' CUP
- PHOTOGRAPHY CONTEST
- INTERNATIONAL BARB-HORSE CHAMPIONSHIP
- INTERNATIONAL JUMPING COMPETITION
- NATIONAL FARRIERY CHAMPIONSHIP





“Several activities related to the horse are organized within the framework of national and international competitions or exhibitions of a very high level.

The entertainment program remains in line with the guidelines of a professional fair in which fun, cultural, artistic, sporting and recreational equestrian activities are judiciously gathered; the fair attracts an ever-increasing and diversified public each edition.

It has become a display platform for our rich cultural heritage linked to the horse and an opportunity to express the deep attachment of Moroccans to this noble creature. The fair contributes to the development of horse-related professions and equestrian activities in Morocco. It also offers an essential platform for exchange between the various contributors of the equine sector.

On an international scale, Le Salon du Cheval d’El Jadida has acquired an indisputable reputation. It is one of the most famous horse shows in the world, given the diversity of activities organized within, and the opportunities for national and international professionals to meet each other. “_Charif Moulay Abdallah Alaoui- PRESIDENT. 

All photos by Salon Du Cheval

STATISTICS

- OVER 100 EXHIBITORS.
- 7 DAYS OF SHOW
- 35 FOREIGN NATIONALITIES.
- OVER 100 HORSES.
- OVER 700 RIDERS
(SHOWJUMPING, TBOURIDA AND SHOWS).
- 220,000 VISITORS INCLUDING 20,000 CHILDREN.
- OVER 600 NATIONAL AND INTERNATIONAL JOURNALISTS.
- 25 INTERNATIONAL JOURNALISTS COVERED THE SHOW REPRESENTING 22 INTERNATIONAL PUBLICATIONS FROM 10 COUNTRIES.



PLUS VITAMINS

HORSE FEED FOR ALL TYPES OF HORSES

Equiknocks contain
Protein: 14 % - Fiber: Not less than 12% - Fat: 2-3% - Ash: 5-7 %



Equiknocks
Horse Feed

2, Bahgat Ali Street, Zamalek, Cairo - Egypt
Tel & Fax: +2 02 27356939 +2 02 27354348
post@equicarecompany.com
www.equicareproducts.com

EQUESTRIAN JUMPING AT THE 2020 OLYMPIC GAMES
AN OVERVIEW OF THE NEW
JUMPING FORMAT

By Karim Badaro

IT IS BEYOND DOUBT. THE EQUESTRIAN SPORT IS DEVELOPING FAST. THIS IS PARTICULARLY TRUE FOR JUMPING. OF COURSE IT IS A SPORT; BUT IT IS ALSO AN INDUSTRY. FOR THE SUSTAINABILITY OF BOTH THE SPORT AND THE INDUSTRY, THEY HAVE TO EVOLVE IN THE RIGHT DIRECTION.





The Equestrian sport has grown dramatically. Horses have gained quality in all **Olympic disciplines** (Jumping, Dressage and Eventing). A new generation of athletes has emerged with more professionalism, more dedication and more financial involvement.

In order to cope with these big changes, the FEI (**Federation Equestre Internationale**) had to identify the path to follow and the priorities to be set.

The FEI has well identified the problem and for the past several years, has devised a plan to tackle these issues and attain its goals.

The first issue identified, was to make the sport more appealing and understandable to the public.

It is clear, that non equestrians will find difficulty understanding our rules or being up to date with qualification procedures for Olympics or Championships.

Add to it, the International Olympic Committee (IOC), has set guidelines and deadlines for our discipline to evolve in order to remain an Olympic sport and to survive, abiding by sport and commercial requirements.

The most important issue was to make the Equestrian sport, more appealing to spectators, but also to media viewers. As TV rights were being the major source of income to the IOC, Organizing Committees and Host Nations.

Major changes had to be made to the Team Competitions, often confusing to the novice spectators and non-equestrians alike: Why Teams of four athletes and only three results are to count? Why a “**drop score**” and what is really a “drop score”? What are the criteria to drop a score? And why are there Teams with no drop scores?

All these questions locked the equestrian sport in a bubble, only accessible to a happy few and not open to the general public. With this in mind; the FEI has set deadlines to elaborate new requirements to attain this goal.

Why qualify Four Athletes, if only three results would count? Why not bring back Teams of three (like it used to be Three decades ago), with all results counting? Results obtained would be a true reflection of the real result of a given Team, but most importantly, it would open the door to more Flags (countries) to be represented at the Olympics.

You see, at The Olympic Games, the total number of participating athletes **is limited**. And there is only room to **75 equestrian jumping athletes**. Having Teams of Three instead of Four, would open a window of opportunity for other National Federations to qualify their Teams (of Three), keeping the total number of athletes as set by the IOC, unchanged.

Tokyo 2020, will be the Games of the XXXII the Olympiads



To these Games, distribution of Jumping Athletes will look as follows, according to the new Olympic Equestrian Format:

20 Teams of Three athletes. (They were 15 Teams of four, as per the old Format)	60 Athletes, from 20 different National Federations (Plus one reserve for each NF).
14 individuals, being the top athletes from each Olympic Group (Seven Groups), according to the Longines Ranking from 01/01/2019,till 31/12/2019.	14 Athletes.
1 Athlete from the NOC with the best ranking in the FEI Olympic Ranking.	1 Athlete.
Total:	75 Athletes.

What is it in for us, Arabs?

Under this new Format, Arabs would undoubtedly be gaining lots of advantages:

Two Arab Teams (3 Athletes and 1 reserve) = 6 Arab Athletes.



Egypt and Qatar were able to guarantee their tickets for Tokyo.

They qualified in Rabat (MAR) on October last, during the CSIO-W (4*), for FEI Olympic Group F, that includes: All Arab countries, Africa and the Islamic Republic of Iran.

(*) At the time of going under press, it is not clear if Qatar will be able to send a team. Two of its riders having been tested positive to Carboxy-THC (a prohibited, but specific substance).

Two Arab Individuals are qualified according to Olympic Group F Final Ranking, as of 31 December, 2019.

Syria and Jordan have guaranteed an Olympic ticket each = 2 Arab Athletes.

(*) The FEI will confirm the final qualification of individual athletes on February 17th, 2020, including of Two Arab Athletes from group F.

Now, Arabs are able to send a total of Eight Athletes to the Games.

For us, developing countries, this new Format is God sent.

National Federations that had never had Olympic hopes could now dream on and start planning.

All this has not gone by without frictions with many



©Tony Parkes/FEI



©Tony Parkes/FEI



©Cymon Taylor

stake holders. It has taken a few years for the ideas to mature and a working plan to be devised.

In the beginning the FEI had to face ferocious opposition, mainly coming from international riders.

These important stake holders of our Sport were (and still are) totally against opening up to new Federations (Flags) to join the most important sport event, arguing the overall level of sport would drop.

FEI officials faced fierce criticism last year, during the International Rider's Club, 2019 Annual General Assembly in Rotterdam.

Ingmar De Vos, President of the FEI; Sabrina Ibanez, Secretary General; Stephan Elenbruch, Chairman Jumping Committee and John Roche, Director Jumping Department, were under fire from the riders who disapproved the new Olympic jumping format. During this meeting, FEI officials made sure everything was transparent, understandable and

they put forward explanations, trying to dissipate athletes' concerns.

In June 2019, an Official Test Event was held in Hagen (GER). This event was judged and organized according to the new Olympic Format. A few loop holes were identified and measures were taken to resolve issues and make sure all possible drawbacks will be tackled in due time and averted, before the BIG event, next Summer.

Well, this is where we have reached, since that time when the New Olympic Format was just an idea, until seven months before the kick-off of Tokyo 2020.

We, as Arabs, are all hopes this new Olympic Format will work well. We can only see advantages to it and we are ready to bet on the ever development of equestrian in the Arab countries, with ripe fruits to be picked up before the 2024 Olympics in Paris. 🇸🇦



©Nezar Imaging

ABOUT THE AUTHOR

- Karim Badaro.
- International FEI Judge - Jumping.
- FEI World Cup™ coordinator - Arab League.

HORSE TIMES

THE LEADING EQUESTRIAN MAGAZINE IN THE MIDDLE EAST

Social Media Channels



FOR ALL OUR LATEST NEWS, EVENTS & VIDEOS, VISIT:
www.horsetimesegypt.com



LIKE OUR FACEBOOK PAGE FOR DAILY UPDATES:
www.facebook.com/HORSETIMESMagazine



WE TWEET REGULARLY! FOLLOW US:
[@HORSETIMESMag](https://twitter.com/HORSETIMESMag)



WE ARE ON GOOGLE+ TOO! ADD US TO YOUR CIRCLES:
HORSE TIMES Magazine



YOU CAN POST YOUR VIDEOS FOR FREE ON OUR YOUTUBE CHANNEL:
HORSETIMESEGYPT



PIN US ON:
www.pinterest.com/HORSETIMES



HT EXCLUSIVE WITH

MATTEO GUINTI

By HT Team

AT THE AGE OF NINE, MATTEO BEGAN RIDING, AT 16 HE STARTED COMPETING IN THE GRAND PRIX COMPETITIONS, AND AT 18, HE BECAME A PROFESSIONAL RIDER.

During his many years of training, he received his high school diploma. Currently, he works as a professional rider and instructor for the FISE at Centro Ippico Toscana (CIT) in Florence, Italy.

Giunti was lucky enough to gain experience and techniques from international equestrians, which in fact furthered his understanding and passion for the enchanting sport.

“The coach that influenced my career was my father, but my development came out taking all the best from all the people who helped me. Now I still have to give my knowledge to the young as the sport keeps developing quickly that you have to keep yourself learning!”

Individuals that influenced Giunti are Guido Dominici, Hans Horn, Henk Nooren, and Norman Dello Joio from the United States of America (1982 World Cup winner, Silver Olympian Barcelona '92).

Giunti collaborates with other well established equestrian riders, as well as keep himself up to date with new techniques; that are used not only in Europe but globally, by learning from foreign stables.

“To get results you need to follow a system , for me the flatwork is the basis of our sport , if a horse cannot go forward or go backwards, or turn well ; it will be impossible to make a nice round. Another aspect to achieve good flatwork is the health of your horse! when your horse is fit and has his muscles worked well then your horse will be stronger. In my system once a week I work on

ground poles and cavalletti and once a week a course and the rest of the days flatwork working on the details to get your horse more supple and relaxed”

Giunti's students have competed in the European Pony Championships (Failla G, Failla B, and Filippo Baldini) Juniors (Failla G./Baldini), Young Riders (E.Tognoni, two years and G.Franchi two years) and Seniors up to the Athens 2004 Olympic Games. Danae Tsatsou, is Giunti's wife and trainee.

Whilst in Greece, he won 3rd place at Drammen's CSIO against the USA team. In total, Giunti has won 9 European Championships (junior/young rider/senior), 1 Olympic Game in Athens, and more than 30 Nation Cups (junior/young rider/senior). Over the past 10 years, many of Giunti's students have had the opportunity to compete in the Piazza Siena and Verona horse shows.

“My best horse was Bambino Vant Zorgvliet , this horse changed my life and together we won the GP of CSIO LINZ in 2012 , and did some nations cups. I found him when nobody wanted to ride him but when I tried him I felt something magical so I got him”

Matteo Giunti understands the world of horses and techniques that have been used in the industry for centuries. He not only inspires many, but supports his plethora of students, and critiques their technique so that they will achieve great wins, and make their mark as Giunti did himself. 🐾



Platz-Max MECHANICAL ENGINEERING
for professional care of riding surfaces
The most experience - the widest range

Level out and up



Platz-Max Multi –
universal leveller for
maintenance of nearly all
riding surfaces. The smoothing board and
roller operate alternately by hydraulic mechanism.



Rampelmann & Spliethoff
steel building business • mechanical engineering • motor-driven equipment
Greffener Straße 11 • D-48361 Beelen • Germany
Tel.: +49 (0) 25 86 / 93 04 - 0 • Fax: +49 (0) 25 86 / 93 04 - 30
info@rasplie.de • www.rasplie.de • www.platz-max.com



Sole Agent in the Middle East: Equicare Company
2 Bahgat Ali Street - Zamalek - Cairo - Egypt
Tel.: +2 02 2735 6939 - Fax: +2 02 2735 4834
info@equicareproducts.com • www.equicareproducts.com



BACHER
GROUP™

Engineered Equestrian Systems



ARENAGRIP™
BY BACHER
Engineered Equestrian Surfaces

Sole Agent in the Middle East: EQUICARE
2, Bahgat Ali Street, Zamalek, Cairo, Egypt
Tel: +2 02 27356939
www.equicareproducts.com

Phone: +49 (0) 62 06-13 474
Fax: +49 (0) 62 06-59 261
Mob: +49 (0) 170-45 74 055
info@arenagrip.com
www.arenagrip.com



OLYMPIA INTERNATIONAL HORSESHOW 2019

DUJARDIN DELIGHTS WITH FREESTYLE WIN IN DRESSAGE

By Louise Parkes/ FEI

CHARLOTTE DUJARDIN PRODUCED A SUPERB VICTORY WITH MOUNT ST JOHN FREESTYLE BEFORE AN ECSTATIC HOME CROWD AT THE FEI DRESSAGE WORLD CUP™ 2019/2020 WESTERN EUROPEAN LEAGUE QUALIFIER IN THE GRAND HALL AT OLYMPIA, LONDON (GBR). AND TO PUT THE ICING ON THE BRITISH CHRISTMAS CAKE, HER COMPATRIOTS CARL HESTER AND CHARLOTTE FRY LINED UP IN SECOND AND THIRD.



It was an evening of great theatre, with Dujardin's charming 10-year-old mare producing a stunning test for a mark of 87.520 to take the lead when fourth-last to go, only for a technical hitch to delay the scores of the three who followed. Still waiting for the final result, the riders were all sent back to the stables while Santa took over the arena for his Christmas Finale. But finally the red carpet was rolled back out again, and it was Dujardin who led the British victory gallop.

She was delighted with the performance of her mare who has clearly matured a great deal since showing her massive potential at last year's FEI World Equestrian Games in Tryon, USA where she claimed two bronze medals. Freestyle's freshness and freedom of movement, the elegance and height of her passage and the expressiveness of her extended canter were just some of today's highlights. And the horse really seemed to be enjoying herself, her big ears pricked as she gave her rider her full attention.

"It's only her third time doing that test, she's very

inexperienced at Freestyle and I'm so pleased with her. The atmosphere was buzzing, it was a full house and I could really feel it when I rode in. But she's coping better and I couldn't have asked any more from her!" said the winning rider who, though still only 34 years old, is a legend of the sport following her world-beating career with the now-retired Valegro.

Her friend and mentor, Hester, followed her into the ring and put a score of 84.470 on the board with a lovely performance with *Hawtins Delicato*. *"A personal best, I can't believe that at my age!"* laughed the 52-year-old who has long been a huge influence in this sport. He was sitting back in the stable area when he learned his result - *"one of my girls texted me and said you got an amazing score - it was a bit of a weird way to hear about it!"* he added.

Fry was second-last to go, and the 23-year-old, who alongside Dujardin and Hester was a member of the British side that finished fourth at this summer's FEI European Championships,

produced a score of 82.620 with the 10-year-old stallion *Everdale*. This was good enough to pip the final partnership, and last year's Olympia winners, Germany's Frederic Wandres and Duke of Britain who finished a close fourth with 82.550 this time around.

Dujardin confirmed that she has both the Tokyo 2020 Olympic Games and the FEI Dressage World Cup™ Final 2020 in Las Vegas, USA in her sights now. So her plan was *"Just to carry on doing what I'm doing and see how we go as we prepare for Tokyo. I'm hoping to get to Vegas in April, so I'll go to the qualifier in Amsterdam in January and maybe another after that"* she explained.

FUCHS ON FIRE AS THE SINNER SHINES

Switzerland's Martin Fuchs scooped his second win of the Longines FEI Jumping World Cup™ 2019/2020 Western European League at the London International Horse Show at Olympia, London (GBR) where Austria's Max Kuhner lined

up second ahead of Belgium's Niels Bruynseels in third.

Partnering his top ride, the lightning-fast grey *Clooney*, Fuchs took the third leg in Lyon (FRA) by storm, and in the eighth round of the 14-leg series he galloped to victory with a stunning performance from *The Sinner*. He's the reigning European champion, and looks set to take over the No. 1 spot on the Longines World Rankings as 2020 gets underway after an incredible run of recent form.

He also became the first Swiss winner of the Olympia leg of the FEI World Cup™ series in 29 years. The 27-year-old rider wasn't even born when his uncle, Markus Fuchs, stood top of the podium at the London fixture back in 1990.

Just six horse-and-rider combinations made it through to the jump-off, and Fuchs was fulsome in his praise of Irish course designer, Alan Wade.

"The first round wasn't crazy big, but Alan set a great course as he always does - it was another of his masterpieces!" the winning rider said.

It was definitely no walk-in-the-park, with the relatively small Olympia arena jam-packed with fences and an intense atmosphere in the packed Grand Hall adding to the pressure. Only six of the 37 starters qualified for the deciding round but it was a classic, Fuchs, who was second to go, putting it up to the rest with a great ride that saw him take a brave turn to the wall, now the fourth fence on the track, and a super-tight line to the penultimate oxer followed by a great gallop to the last. Throwing down a time of 31.99 seconds he then sat back and watched the remaining four give it their best.

Austria's Max Kuhner followed with an extraordinary second clear from the hugely promising eight-year-old gelding Elektric Blue P, but their time of 33.83 seconds was no threat. However as German ace, and three-time FEI World Cup™ champion, Marcus Ehning set off with Cornado NRW he clearly meant business only to get too close to the penultimate oxer for four faults in 32.17 seconds.

Great Britain's Scott Brash decided to put some

jump-off pressure on his latest shining star, the 10-year-old Hello Jefferson, but when the second fence fell then there was only Niels Bruynseels and his 10-year-old Delux van T & L standing between Fuchs and victory. And for once things just didn't go his way, none of the distances coming up nicely for the brilliant Belgian and his big horse with a long stride, so they stayed clear but had to settle for third place behind Kuhner in second and Fuchs at the head of affairs.

"I was early to go so I had to take all the risks to put the pressure on the others and everything worked perfectly today!" Fuchs said. He was of course delighted with The Sinner who belied his name this afternoon. "It was Denis Lynch (IRL) who gave him his name and he was already a good horse for Denis", he explained. He's had the 11-year-old gelding since the beginning of the year and they made their first major appearance together at CSIO Rome in May. 🇮🇪

All photos by Kit Houghton/ FEI



freejump® 
pininfarina



LEADING EDGE COLLECTION *
freejumpsystem.com





ESI

THE DUTCH TRAINING SYSTEM

PART 2

By Carlijn Potenengal

THERE ARE PLENTY OF CAREERS IN THE EQUESTRIAN WORLD FOR THE ADVENTUROUS HORSE LOVER, BELOW WE WILL GIVE YOU A SNEAK PREVIEW OF SEVERAL OPTIONS IN THE NETHERLANDS.

You can choose from many programs; ranging from a four-year program for a bachelor's degree to more than 6 years to become an equine veterinarian.

COLLEGES

The Netherlands, which is about three times smaller than South Africa, has around **six colleges** that offer equestrian bachelor programs.

Colleges are less focused on science and more on work-related subjects, such as business managing, process management and project management. You are the link between the science and the actual execution of hands-on jobs. You, for example, learn on how to implement scientifically proven information about equestrian training optimization into the training of the horses and the stable management.

You have the overview and skills to get one of the following careers:

- 1-International equine business and management
- 2-Livestock orientation on equine studies

3-Education and knowledge management, orientation on equine science

4-Livestock, specialization Equine Business and Economics

5-Livestock, specialization Equine leisure and sports

6-Equine business administration

7-Vocational education

As we all know, most equestrian related jobs are very practical, so the biggest representatives of Equestrian education are the vocational education institutions.

If you desire a career as a farrier, equine entrepreneur, all-round employee, equine instructor, and employee equine retail or if you desire a career in recreation and hospitality this is where you need to be. There are about 14 institutions, some of them have more than one location and offer vocational education from international level 2 till 4.



UNIVERSITIES

As far as for Universities, there are two opportunities for you; one is to become a **veterinarian** and specialize in Equine. The other one is Animal sciences where you can choose for a horse related specialization/PH.D.

Horse competitions careers

The cost and duration of education vary depending on the program you choose. Besides from structured colleges and certifying programs, experienced

horsemen can also be excellent mentors.

So if you rather choose for a **'mentor-pupil'** approach you will be educated at a yard and you are able to get a career as a rider, groom or stable manager. You will dedicate yourself to a certain system for several years.

Other horse-related careers:

For those who focus on specific knowledge such as saddle fitting, dentistry and equine therapy, there are a lot of private organizations that offer short courses, clinics and modules. Here, you can get a certificate without following an education for more than two years.

Most of these organizations are linked to national or international quality control organizations.

Tips on how to educate yourself

- If you don't have the time, the desire or the money to have an equestrian career you can always educate yourself by using these tips.

- Analyze videos from professional riders, trainers and clinics: on Youtube or other channels you can find many videos from clinics with professional riders who explain what they are doing when riding or grooming and why they are doing it.

- Peer assessment: Let a friend videotape you and vice versa and analyze together, it is fun and will give you tips and insights on your riding!

- Stand next to a trainer when a friend is taking a lesson: often you get some extra insight Information on how to see certain difficulties, or about the confirmation of the horse.

- Read, read, and read: It really is easier if you know for example the anatomy of the horse, so you know what movements are and are not possible for a horse. Or to know something about the training physiology of the horse to increase the performance of your horse.

- Internet and media offer more and more opportunities to educate yourself, for example via e-learning programs.

- Organize your own (training) program! Look for an organization or a professional trainer who can help you to design an educational and interesting program for you and your friends.

Most educational initiatives start with enthusiasts who have the will to learn and a vision to educate others and to let the sports and welfare grow. A lot of these initiatives start locally and grow out to be

a national or international success!

Would you love to go to an equestrian education? How do you know which path or education to choose?

As you have read above there are a lot of options and choices to make in choosing your equestrian career. If you are sure that you want an equestrian career the next question is: in which specialization?

Below some questions that might help you to make a decision that suit you the best.

Practical or theoretical?

Are you a practical or theoretically oriented person? Practical skills and theoretical knowledge are equally important, but if you learn easier by doing it is best to choose an educational program with a lot of practical lessons and long-term internships.

There is also a difference between the occupations, if you prefer an office job and are a good

Manager, you might want to become a horse show manager.

If you like to be outside all day, perhaps being a professional rider or groom is a better option For you.

Goals for the future

What are your goals for the future? And what are your incentives?

Money

Money is always an issue. And is certainly something you need to consider. There are for Example educations that require a horse. This means that you not only need to buy the horse, but you need to board him, buy tack and all sorts of accessories etc.

High school level

Depending on your high school level, you may or may not be able to participate in all offered educations right after high school. But don't worry; there are many ways to get the right prerequisites to go to the education you prefer.

Make a wish list

Some people do not like to be far from home, on the contrary, others would like to go abroad.

Perhaps you already have a job, a family or other obligation, so you need to follow a part-time education.



Dare to ask

How do you know if the learning situations match your needs and wishes?

Visit the institution or school and ask a lot of questions.

Learn about the equestrian sport as a lifelong process.

Remember, you will always have a return on your learning investment! 



YOU MADE IT

NOW WHAT!

By Sandie Robertson

WATCHING THE EGYPTIAN TEAM QUALIFY FOR THE OLYMPICS WAS ABSOLUTELY ONE OF THE HIGHLIGHTS OF MY YEAR. KNOWING EXACTLY THE WORK, SWEAT, TEARS AND YEARS OF THE RIDERS THEMSELVES AS WELL AS THE TEAM AROUND THEM WAS NOTHING LESS THAN MAGICAL.



Not to mention the careful production of each of their rides that lead to that glorious day. It started me thinking about HOW my clients manage to stay in that winning headspace when they have already won!

How to make sure they can recreate that unlimited focus, clarity and ability to think and ride in an instinctive way- when it really matters the most.

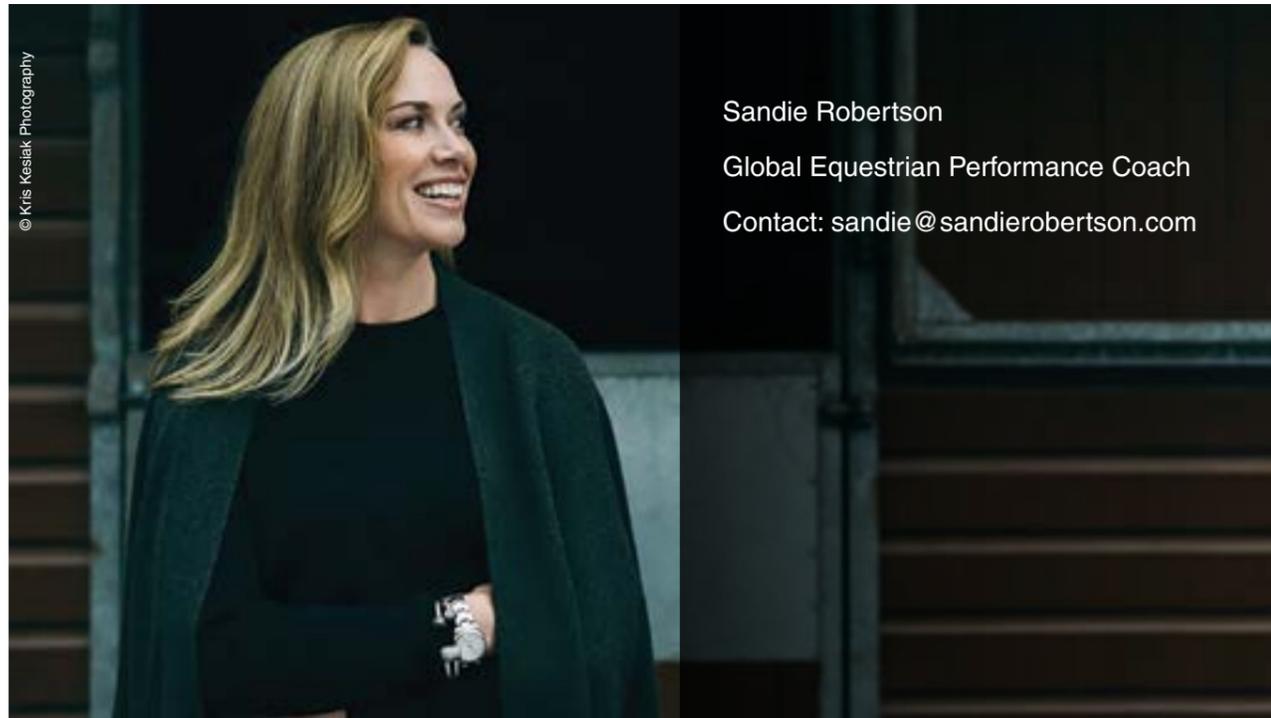
We are all familiar, I am sure of a time when the pressure we felt meant we performed like someone we didn't even recognize! Not that polished, poised rider we had dreamt of being! The rider we can be at home and often in the warm up arena seems to magically leave the arena through the fire exit and instead leave a lump of coal holding the reins!

WHAT WE IMAGINE IS REAL!!

Our subconscious recognizes everything we play to it, it likes to watch and learn from all the memories we indulge in, good and bad! It doesn't know that the movie you make in your mind isn't real so as you play your favorite movie to it - the one where you crash through a fence, or fall off at the first fence, you are literally teaching it that lesson!!

Ice cool riders like Sameh El Dahan, Scott Brash and many others have mastered the art of being able to blank those useless thoughts out. To instead focus on their steadfast belief in their horses, themselves as riders and on the results they need on that day. 🏇

ABOUT THE AUTHOR



Sandie Robertson
Global Equestrian Performance Coach
Contact: sandie@sandierobertson.com

Leaving them free for optimal performance physically and mentally!

This sort of discipline doesn't come over night and here are some of my deepest and darkest kept secrets on how to achieve this!

1- You have to believe that you can! REALLY believe it, not just THINK it but believe in your very soul that you can do it. Because that's the drive that keeps you going when nothing is going according to plan.

2- We won't all be Olympians, but most of us can achieve a lot more than we do. If we work on our mindset and aims as much as we do our riding.

3- Start looking for the good in things and focus on them. Allow yourself to feel good about it and what you're doing really well! Balancing strengths is as important as noticing weaknesses!

4- Remember! Sometimes a weakness is strength as well! Just in another environment!

Let's make 2020 your best year yet!

THINK CREATE INNOVATE

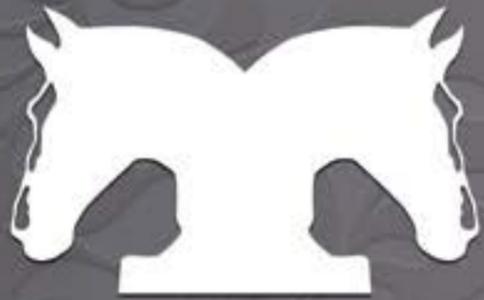


DESIGN SOLUTIONS AND CONCEPTS

TRY US

2, Bahgat Ali Street, Zamalek, Cairo - Egypt
Tel & Fax: +2 02 27356939 +2 02 27354348
www.horsetimesegypt.com





EQUICARE

YOUR EQUINE PARTNER

Sole Agent

2, Bahgat Ali Street, Zamalek, Cairo - Egypt
Tel & Fax: +2 02 27356939 +2 02 27354348
post@equicarecompany.com
www.equicareproducts.com

Equi•Theme
The horse day after day



UPTOWN ARENA POLO

AN INCREDIBLE WIN FOR KINGS POLO

By Menna Loutfy



ON THE 8TH AND 9TH OF NOVEMBER; POLO ENTHUSIASTS GATHERED IN UPTOWN ARENA POLO'S EXCITING EVENT THAT WAS HELD IN COLLABORATION WITH KINGS POLO, THE CLASSIC CARS COMMUNITY, AND UNDER THE AUSPICES OF THE EGYPTIAN NATIONAL FEDERATION OF POLO.

The outstanding Uptown Polo event was filled with exciting vibes, delicious treats, live music and matches carrying Polo excitement with the fabulous commentators Mazen Yassen and Juan Bozzi.

The first day at the *Uptown Arena Polo* kicked off with a wonderful parade featuring players, teams and a classic cars collection.

Kings Polo represented in Marwan El Afandy, Mohamed El Sewedy and Patrecio Ratagan, Mangroovy team comprised Ibrahim Awadalla, Omar El Sewedy and Francisco Menendez, Uptown Cairo team were Hussein AboZeid, Mohamed Bassiouny and Marcelo Pascual while Kadabra team included Mostafa Kabany, Ahmed Wahby and Eduardo Menendez.

The kick off was in the first match between Uptown Cairo vs. Kadabra that ended with a 4-3 win for Uptown Cairo. The second exciting match of the day was between Kings Polo and Mangroovy where Kings Polo won with a score of 4-2.

On the final day of the tournament Mangroovy competed against Kadabra for the third place and the final match was between Kings Polo and Uptown Cairo for the title!

And It was a wrap on *Uptown Arena Polo* with an incredible 6- 4 win for Kings Polo and the results were as follows :

- 1st place: Kings Polo**
- 2nd place: Uptown Cairo**
- 3rd place: Mangroovy**
- 4th place: Kadabra**

The Best Player trophy went to *Mohamed El Sewedy* representing Kings Polo.

One amazing highlight of the event was when the juniors of Kings Polo took on the arena for a chucker. It was really promising to see the young who will be the future generation of Polo in Egypt. 🇪🇬

All photos by Haytham Farouk



Mohamed El-Sewedy receiving Best Player trophy.



The parade of teams and Classic Cars Community.



Junior players of Kings Polo Academy.





© Khaled Zohmy

LIFE COACHING UTILIZING HORSES

CONNECT

With Dionne Görtzen

IN THE SUMMER OF 2019 A NEW STYLE OF LIFE COACHING STARTED TO MANIFEST ITSELF IN CAIRO. EQUINE COACHING IS A NEW PHENOMENON THAT HAS SHOWN AMAZING RESULTS IN PERSONAL AND BUSINESS DEVELOPMENT.

Finding its origins in America and already widespread in Europe, this new experience is now found in the heart of Egypt.

The Dutch entrepreneur **Dionne Görtzen** flew her horse **Silver** over from the Netherlands in August 2018 to start her business here in Cairo.

After a career as a primary school teacher, Dionne decided she wanted to do more with her life and in summer 2019 she finalized her post-bachelor as Equine Coach in the Netherlands. Ready to start coaching!

At a certain moment in life, we get all stuck and then we should ask ourselves:

'WHAT IS MY WISH? WHERE/WHO DO I WANT TO GO/BE?'

Coaching is becoming a more prominent part in our lives, as every individual wants to get the best out of themselves. This can either be on a personal or professional level.

WHY IS THE HORSE SO IMPORTANT IN THIS?

The connection between humans and horses goes way back in history and horses have been our long-lasting companions, they have carried us through war and have helped us discover new lands. The original horse wasn't even capable of actually carrying us and horses have evolved to become more compatible to the human needs.

While studying the brain of the horse, scientists have found evidence of horses responding to human emotions and behavior. These mirroring neurons in the horse's brain help us now on a wider scale. Not only do we use horses for transport or riding, but we can also use them to become barometer to achieve better versions of ourselves.

Horses feel our emotions and because of their sharp intuition, they are the perfect co-coach in the ring. It is like a miracle how the horse responds to the slightest change of the human emotion.

Therefore the equine coach, can work much more specifically and towards much faster results than normal life coaches.

AN EXAMPLE IN THE PERSONAL COACHING

Ever had that feeling where your guts know the answer is 'no', but still you produce a very convincing 'yes'? As humans we can get deceived but the horse will understand the actual 'no'.

BUSINESS RELATED QUESTIONS

What kind of 'boss are you? How do you and your body language influence your team? Where can you grow? What is your wish and where do you see yourself? How do you and your partner actually work together?

CAN EVERY HORSE BE AN EQUINE COACH?

Sadly, the answer to this is no. Just as every human has their own character and one is more intuitive as the other, horses are the same. Some horses are hard physical workers, where others are the perfect horse to coach with. Something else to keep in mind is that every coaching horse has their own special treat, where some better respond to strong (human) egos, other horses find their strength in connecting to people with insecurities or even with certain disabilities. One thing every coaching horse does have in common is their patience.

We cannot teach the horse to be a coaching horse, by observing the horse we can decide if the horse is capable for coaching and for what kind of personal or business development we can connect the horse to.

Humans have always had a strong connection to horses and 'Connect' is proud to present that our **Equine companions** now also can help us at a more personal level.

And the most amazing thing about equine coaching, no one needs any previous understanding of horses to be capable of growing immensely during the sessions. 

CONTACT INFORMATION

www.connect-ec.net

Facebook: [connect equine coaching](#)

Instagram: [connect-equinecoaching](#)



SPECIAL OFFERS



Sole Agent in Egypt:



EQUICARE
YOUR EQUINE PARTNER

2, Bahgat Ali Street, Zamalek, Cairo - Egypt
Tel & Fax: +2 02 27356939 +2 02 27354348
post@equicarecompany.com
www.equicareproducts.com





60 SECONDS WITH DALIA AL ZAHM

COUNTRY: KUWAIT

DATE OF BIRTH: APRIL 5, 1991

STAR SIGN: ARIES

PROFESSION: INTERIOR DESIGNER

IT'S HARD TO INTRODUCE ONESELF, BUT IF I HAD TO I WOULD SAY I'M SOMEONE WHO IS PASSIONATE ABOUT HORSES, MEDITATION AND HOLISTIC HEALTH. ASIDE

FROM THAT, I GRADUATED FROM ARIZONA STATE UNIVERSITY WITH A DEGREE IN INTERIOR ARCHITECTURE AND CURRENTLY RUN MY OWN INTERIOR DESIGN FIRM BASED

IN KUWAIT. OCCASIONALLY, I OFFER SOME GUIDED YOGA NIDRA CLASSES.



© Thai Equestrian Federation



© Thai Equestrian Federation



© Waleed Al Jassem



© Waleed Al Jassem

Describe your typical practice?

Here in Kuwait, we compete on Fridays and Saturdays. If I'm planning on showing my horse the next week I try to focus on flatwork and a few gymnastics sessions.

I usually prefer to jump a few single fences the day before the show or just have him lunged, depending on how he feels. On rest days we go on long hacks and he gets some time out in the paddock.

Where is your favorite place for practice?

Summer training in **Nogent-le-Rotrou**, France.

Tell us one or two things in your training that contributed to your success.

I think consistency in my training program and commitment to a meditation routine are two main things that have contributed to my success in the sport.

What was the best advice you were given?

"Make a plan and and stick with it."

What advice would you give to young athletes?

You should definitely not be afraid to make mistakes as they teach you the most valuable lessons. Pick yourself up after missteps and stay focused.

Also, don't let other people's opinions get in the way of what you set out to accomplish.

What is your best achievement?

Competing at the 2018 Asian Games in Jakarta, Indonesia is definitely my best achievement so far. Although we just missed out on the podium, finishing 4th in the team final, the experience was out of this world. I am also proud to have been part of the Kuwaiti team to win Bronze at the 2019 Asian Championship held in Pattaya, Thailand.

What are the goals that you aspire to achieve?

Some of my goals include: to top the national rankings in Kuwait, participate in as many ranking classes in Europe, as well as competing and winning a title at the Asian Games 2022.

Who has been your greatest support?

I would have to say that it is my aunt **Noaf Bin Essa**, who introduced me to the sport at a very early age. Honestly, she has been my gem for ages and the person that has trained and guided me through it all. I have great love and appreciation for her.

What are your greatest motivations?

Having a connection with horses and being mentally challenged.

Who is your sporting hero?

I do have a few riders that I idolise, my favorites being Jessica Springsteen, Marc Houtzager and Ben Maher.

What is your second favorite sport?

A bunch of them: hiking, figure skating and gymnastics.

What is your favorite genre of movies?

Anything suspenseful.

What kind of music do you enjoy listening to?

Downtempo, and I have a soft spot for college rock.

What is your favorite book and who is your favorite author?

I loved Healing Spaces by Esther M. Sternberg. I don't have a favorite author but my reading genres are psychology, neuroscience, health, and mind body connection.

What is your favorite food?

Cheese toasties!

What is the most memorable place you ever visited?

Sedona, Arizona, USA.

What is your strength and what is your weakness?

I would say my strength is a strong commitment and determination to get things done. A weakness would be doubting plans that I set for myself in the show ring.

What is the biggest challenge you have ever faced?

That's deep, but with sports, the biggest challenge is returning to showjumping after a long hiatus.

What is the biggest reward you ever got?

My relationship with my horse **Richebourg** and all that I've learned from him. He's a glorious being.

If you had the power to change something in this world, what would you change?

I'd introduce healing modalities to school curricula.

If there is something about yourself that you would like to change, what would that be?

I would love to be a full-time professional showjumper.

If you weren't who you are today, what would you rather be?

A contemporary dance performer. 🎭

MEDICAL CASE STUDY

AZOTURIA, ALSO KNOWS EQUINE Rhabdomyolysis Syndrome (ERS)

By Dr. Ashraf El-Kalla



© CYMON TAYLOR

ESR IS A DISTURBANCE OF MUSCLE FUNCTION, BEST COMPARED WITH MUSCLE CRAMP, WHICH CAN HAPPEN SUDDENLY WHEN A HORSE IS EXERCISING



Symptoms:

This condition can be confused with colic. The horse may appear uncomfortable and distressed. The horse seems unwilling to go, takes short steps and feels unsteady or stiff on his back legs

The muscles of the hindquarters feel hot and hard. In severe cases the horse cannot move and eventually collapses.

Pathogenesis:

Basically, due to intermittent exercise the muscles hurt and this alarms the horse. It will have a raised pulse and a slight increase in temperature (sweating patches).

The muscle pain may prevent it from standing in the normal stance to stale and, with severe muscle damage; the urine may be reddish brown to dark chocolate color which happens after frequent attempts to urinate.



© VET EXPERT

How to Avoid / Prevention?

Particularly, always increase the workload before increasing the feed.

Because this is also more likely to happen to any horse that is overfed or box-rested, and under worked.

ABOUT CAVELVET EQUINE CLINIC

On-call Veterinarians for horses; under the leadership of DVM Ashraf ElKalla equipped with X-ray, Ultra sonogram, and the best diagnostic equipment. 📞

Contact

Phone number: +20100 000 5503

Email Address: ashrafelkalla@cavalvet.com

<https://www.cavalvet.com>

THE ART OF CLASSICAL DRESSAGE RIDING

HOW CAN I COMPETE IN DRESSAGE?

By Emmad El-Din Zaghloul



© Stefan Laifrenz

I GET ASKED THIS QUESTION A LOT, WHICH IS A VERY SIMPLE QUESTION BUT THE ANSWER IS A VERY LONG STORY.

IN THE EARLY STAGES OF LEARNING TO RIDE, YOU SHOULD HAVE CONCENTRATED ON ACQUIRING A BALANCED SEAT AND THE USE OF SIMPLE AIDS. HAVING LEARNED TO CONTROL YOUR BODY DESPITE WHATEVER THE HORSE MAY DO; IT IS NOW TIME TO FORM A CLOSER PARTNERSHIP WITH HIM SO THAT YOU WORK TOGETHER IN HARMONY.

THE HORSE

An experienced schoolmaster horse can teach you far more about riding than you could learn from any instructor or book. Since his influence on your progress is so strong, the importance of leaning on a **well-trained** horse cannot be stressed too strongly. The saying (old horses for young riders, old riders for young horses) is invariably proved right, provided you take (old) to mean experienced.

The horse need not have a perfect action or confirmation provided he is in sound condition, but he must have a calm temperament, and be willing and obedient. If he has been correctly trained to answer to the aids, you will be able to put into practice all that you have been taught up to this stage of your riding.

The better the confirmation of the horse, the easier he will find it to use himself efficiently and the more likely he is to be supple, loose and flexible. **For instance**, if he is built to carry too much of his weight on his forehead, his hocks will trail behind him, spoiling his paces. By comparison, **the well-balanced horse** will be (light on hand), moving freely from the shoulder, thus giving you a more comfort ride.

At this stage of your riding the horse must have impulsion. This is not speed, but controlled power.

(Freedom and control) may sound contradictory but freedom as applied to the horse's movement, means that he is using himself with maximum facility and minimum effort. To do so, he must be energetic, propelling himself forward strongly, unrestricted by tension in his muscles.

Your sensitive use of the aids will depend on the responsiveness of your mount and the way in which he has been trained. If you are not able to buy your own horse, choose a school which can provide you with horses that have been schooled to a high standard, and which are not overworked.

Horses used in constant school work soon become stale, however well trained they may be. A horse which is numb to the aids will not provide you with the sensitive (feel) you need, to develop as a rider. However, it may be possible to restore the horse's sensitivity and enjoyment in his work by using clear and consistent aids that he will understand and respect, making the constant nagging he has come to expect from a succession of learners no longer necessary.

That speech was about the horse, next will be about you and keep in your mind all the time that our main target is to (Tango) with your lovely partner. 🐾

Ref, (Captain Mark Phillips)

FREDDY PASKE

'RACING AROUND THE WORLD'

IMPRESSIONS OF THE INTERNATIONAL HORSE
AT OSBORNE STUDIO GALLERY, BELGRAVIA

By Theo Woodham Smith



Freddy Paske, equestrian artist, former cavalry officer in the **Light Dragoons**, is distinguished by his bold composition and brilliant colors. He uses a wide variety of techniques, constantly innovating and experimenting.

Exhibition records his impressions on travels over the last two years in Spain, Dubai, and Switzerland. He conveys a **sense of excitement** nearer home on the racecourses of Epsom, Aintree and Leopardstown, County Dublin.

In Spain it was the luminous Beach

Racing at Sanlucar de Barrameda and grandeur of the Royal Andalusian School of Equestrian Art, Jerez.

In Dubai he was a guest of Meydan Racecourse to depict their Dubai World Cup.

Extreme heat of the day in Dubai meant much of the racing was conducted in the evening – Freddy dazzled by **Meydan bursting** with splendour and pomp, a multiplicity of electric light effects.

The White Turf (grand social event for racing enthusiasts) in St

Moritz, Switzerland, invited him to capture racing on the frozen lake. He was inspired by 'reflected light from the snow' to create a new colour palette. He says 'I tried to develop a unique style for each location.'

One extraordinary technique creates a vivid impression of racehorses speeding along the beach at Sanlucar, Andalusia. He recreates the energy of this scene by transforming the horses into **'coloured silhouettes** surrounded by a thick luscious painting of the landscape.'





About Freddy Paske

Freddy Paske was awarded a major art scholarship to **Harrow School** in 1999. After academic and art studies at Oxford Brookes and Leeds University, and a year at Sandhurst (2009), he served as an officer in the **Light Dragoons**, the historic cavalry regiment, for seven years, including deployment in Afghanistan.

His career as an artist began in 2015, following a sell-out exhibition in 2014 of his sketches from Afghanistan. He has exhibited in London, Salisbury, and Hampshire, and Knoxville, USA. He worked with The Household Cavalry, Tattersalls and the Jockey Club as resident artist producing work for his first near sell-out show at Osborne Studio Gallery in 2017. 



PROFESSIONAL RIDING HELMETS



SOLE AGENT IN THE MIDDLE EAST

2, Bahgat Ali Street, Zamalek, Cairo - Egypt

Tel & Fax: +2 02 27356939 +2 02 27354348

post@equicarecompany.com

www.equicareproducts.com

ART

SIHAM MOHARRAM

EGYPTIAN PROFESSIONAL WOOD BURNING ARTIST



Life in Print



Offering a reliable, accurate and high quality **one-stop-shop** for all your **offset & digital printing and packaging needs.**

**Magazines, catalogues, books, New Year kits,
boxes for FMCG's and pharmaceutical, POP/POS displays**

Nasr City - Free Zone, Cairo, Egypt
Email: info@saharaprinting.com

Tel.: (202) 22744056 - Fax: (202) 22741907
Website: www.saharaprinting.com



MAGDI YACOUB
HEART FOUNDATION
ASWAN HEART CENTRE



From your heart to theirs,
Donate to save more hearts
DONATE NOW.



 MYFegypt

ACCEPTING DONATIONS
THROUGH ALL BANKS

 **9698**



19731

