

Mounted Skills Workshops – Sample Activity Announcements

I.

Cynagua is hosting a series of Equestrian Workshops in 2012 geared at helping Beginning through Advanced SCA Riders improve their weapons handling skills on horseback.

The first Workshop in the series will be focused on mounted archery and is ideally suited to:

- 1) Archers who have at least a limited experience riding horses.
- 2) Riders who would like to learn to shoot bows.
- 3) Mounted Archers who are training a green horse.
- 4) Mounted Archers that would like to practice Mogoo (sp?) and other experimental mounted archery challenges.

Loaner bows and arrows available. No crossbows.

Some loaner horses are likely to be available. Prospective riders need not be authorized to ride in the SCA yet, but should have a command of the basics of equestrian safety. If you are interested in getting some basic equestrian experience, feel free to ask and we can point you to an equestrian practice or an event with basic training available.

This summer we will offer a workshop aimed at helping all levels of riders improve their use of mounted games as a training tool for mounted combat. This fall we will offer a workshop aimed at helping all levels of rider improve their mounted gaming skills for the Inter Kingdom Equestrian Competition. These workshops will be held at the same site. Dates TBD.

II.

The Second Workshop in the series will be focused on mounted sword and lance handling and is ideally suited to:

- 1) Anyone who has at least a limited experience with horses. Ground crew are welcome.
- 2) Riders who would like to learn to be safe and efficacious with swords, lances, foam weapons, banner poles, and anything else you might need to carry at an event while riding.
- 3) Riders who would like to improve their rein handling and steering with a weapon in hand and/or would like to learn not to inadvertently cue their horse when using a weapon.
- 4) Riders that would like to improve their targeting and balance for Mounted Combat or Jousting.
- 5) Green horses who need to spend a bit more time around other horses or around weapons.

The practice site will be open at 4 pm. Overnight camping and stabling available. Please contact the organizer to make arrangements.

Mounted Archery and Chariot Archery practice will be held from 5-6 pm (Else and Jean).

Other Mounted Weapons Skills Exercises will start at 6 pm.

We do not have a strict schedule, but will be covering a variety of topics. This topics will have facilitators to keep us on track and on time, but come prepared to both share and gain knowledge.

- 1) Rein Handling while holding weapons - Bridged reins, teaching neck reining. Intermittent one handed riding. (Else, Approx 30 minutes)
- 2) Lance Handling and Tilting at the Qunitain - Riding Straight, lance grips appropriate to the rider, improving targeting precision, and encouraging deep hits (Juliana, Approx 2 hrs.)
- 3) Introduction to Mounted Javelins - (Helga, Approx 10 minutes)
- 4) Sword Handling and Hoof Work for Games and Mounted Combat - Sword orientation, grips, matching weapons to the rider, using bend and lateral work to increase accuracy(Helga and Else, whatever time is left before we are all exhausted and want Ice Cream)

Some loaner horses are likely to be available. Prospective riders need not be authorized to ride in the SCA yet, but should have a command of the basics of equestrian safety. If you are interested in getting some basic equestrian experience, feel free to ask and we can point you to an equestrian practice or an event with basic training available.

Our hosts will be planning an Ice Cream Social in keeping with the expected weather. Ice cream will be provided. Feel free to bring your favorite topping.

This fall we will offer a workshop conducted by Theresa Wendland aimed at helping advanced beginner riders and up improve their riding and weapons handling for close in games and mounted combat. This workshop will be held at the same site on Saturday and Sunday, November 17th and 18th.

III.

Cynagua is hosting a series of Equestrian Workshops in 2012 geared at helping Beginning through Advanced SCA Riders improve their weapons handling skills on horseback.

The Third Workshop in the series will be conducted by Theresa Wendland and cover two days focusing on skills to help riders and horses prepare for Mounted Combat and Close Quarters Games.

"Theresa Wendland is a horsewoman, scholar of the Chicago Swordplay Guild, and member of the Rocky Mountain Swordplay Guild. Theresa has been riding horses for over twenty years with a focus on classical and baroque dressage. She also has experience in jumping and eventing. Since beginning her exploration of WMA/HEMA, Theresa has been working to combine her knowledge of horsemanship, of the biomechanics of riding, and of equine behavior with the practice of western martial arts in an effort to understand and to reconstruct mounted combat. Theresa has been extensively researching historical horsemanship and mounted combat from the 4th c. BC to the 18th c. AD with a focus on the Italian and German medieval fighting manuscripts of the 14th and 15th centuries. Theresa has collaborated with horsemen and women and WMA practitioners from around the world in order to interpret and practice the art of medieval mounted combat. She has taught and lectured around the US and in Germany. Theresa is now living in Colorado where she is attending veterinary school and working with members of the Rocky Mountain Swordplay Guild on a mounted combat curriculum."

http://youtu.be/-PQHR_SOPuw

http://youtu.be/dzbCZxdT-_k

<http://thejoustinglife.blogspot.com/2012/05/chivalric-martial-arts-international.html>

http://thejoustinglife.blogspot.com/2012/05/chivalric-martial-arts-international_10.html

The Workshop is ideally suited to:

- 1) Spectators who would like to learn more about Historical Mounted Combat Techniques.
- 2) Riders who would like to learn more about Classical Dressage and the BioMechanics of Riding and Combat.
- 3) Riders who would like to learn more about skills used in close quarters riding such as when playing Pato or Tag.
- 4) Riders who would like to improve their sword handling and targeting for SCA Mounted Combat.

***All riders wishing to participate in the clinic need to be comfortable riding their horse at the walk and trot with good awareness of their own personal space and that of other participants. All horses participating need to be comfortable being worked in a group setting.

If you are interested in getting some basic equestrian experience prior to this workshop, please feel free to ask and we can point you to an equestrian practice or an event with basic training available.

Overnight Stabling and room to camp will be available. Please contact the organizer to let her know of your needs.

Theresa says: "I would like everyone to participate in as much of the riding for combat class as they feel comfortable with. I like to encourage people to try things safely and do as much as they feel comfortable doing. I am happy to have people drop out and audit if something is over their heads or give them a different task space provided. Depending on numbers, we could split into groups.

Also, for Sunday's classes, I think that most people will be able to participate at least at a basic level. The techniques that we will be working on are very simple and we will not be asking much of the horses."

The basic schedule for the weekend is as follows:

Saturday, November 17th, Starting on the ground at 10 am. We will take a lunch break around noon.

- 1) *Introduction to Theresa's Theory's of Mounted Combat and Medieval Horsemanship (Unmounted)
- 2) *Riding for combat- This class will cover the basics of riding for various forms of combat. We will gauge distances for armed and unarmed fights, look at: tactical directions and angles of approach; using your horse's body and bend to you your advantage (and opponent's disadvantage); and tactical voids. (Auditors welcome. If you would like to ride, bring your own horse or arrange to borrow one.)
- 3) *Rolling and falling- We will begin from the ground to work on comfort and mechanics in rolling and falling including back falls side falls, and forward rolls, and backward rolls. We will then begin to increase the height and difficulty of rolls and falls until we ease into falling from horseback. This class will serve as a basis for combat (and riding!) safety as well as provide a good mechanical foundation for wrestling on the ground and in the saddle. ("Stunt" ponies provided)

Sunday, November 18th, Tacked up and ready to ride at 10 am. We will take a lunch break around noon.

- 4) *Wrestling from horseback- Wrestling is based on structure and a good seat. We will work on good centered balance and structure in the saddle and then learn how to break that structure. We will primarily look at the setups of a few basic throws from various medieval Italian and German manuscripts (Fiore, Kal, Talhoffer) assessing rider and horse position. Depending on horses and comfort levels, we can work on safely taking each other from the saddle to the ground to try some techniques from start to finish. (Auditors welcome. If you would like to ride, bring your own horse or arrange to borrow one.)
- 5) *Intro to Fiore's sword in one hand- This class will begin on the ground to learn specific mechanics of guards, cuts, thrusts, and plays of the sword in one hand from Fiore dei Liberi's Il Fiore di Battaglia. We will then move the class into a horseback section where we will look at how the mechanics of sword on horseback remain the same and how they change. We will work on cuts and thrusts, timing these with a horse's stride, and how timing changes in the saddle. We will then practice a few of the plays of Fiore's sword on horseback. (Auditors welcome. If you would like to ride, bring your own horse or arrange to borrow one.)
- 6) *Semi-private mini lessons - Theresa is willing to teach a limited number of lessons as time allows on Sunday afternoon. If you are interested in riding, please sign up at https://docs.google.com/spreadsheet/ccc?key=0ArxbGb-zOH_AdEVfdFVETzhVU9NcDkzNEQ4TFZORWc before November 15th. We will be creating a lesson order based on the order that folks signed in. (Auditors welcome. If you would like to ride, bring your own horse or arrange to borrow one.)

IV.

Come join us at River Rock Cobs in Browns Valley, CA for the next installment in the Cynaguan Mounted Skills Workshop Series. If you have been interested in attending one of these and have not been yet, this particular one will be a great introductory workshop for the less experienced horse/rider/competitor and a great honing workshop for those who have been through a few more wet saddle blankets.

This workshop is ideally suited to :

- 1) Folks that are comfortable riding at at least walk and would like to be introduced to the Inter-Kingdom Equestrian Competition Games.
- 2) Folks that are interested in submitting scores for at least some of the IKEqC Games. (The arena may not be suitable for rings)
- 3) Folks that would like to review Skills taught in prior workshops such as Tumbling, Mounted Archery, and Riding Distances for Combat.
- 4) Folks that would like to introduce their horses to some of the things they might see at Triumph of Maximilian.
- 5) Young or Green horses that need more exposure to SCA activities.

*Loaner horses may be available. Contact the organizers if you are looking to borrow a horse,

**Stabling and camping available. Please let the organizers know if you are planning on staying overnight.

Schedule and activities coordinators:

10 am Tumbling with somewhere set up to shoot archery from the ground. (Else to Coordinate)

10:30 Mounted Archery open practice (Else to coordinate)

11-2 IKEqC Practice and Scored runs - This early in the season, the focus is going to be on exposing riders and marshals to rules and concepts of IKEqC and focusing on fluidity and accuracy for riders and horses rather than speed. (Gwen and Helga to coordinate)

11-2 (as space allows) - Distance acclimation for the horses. passes at wrestling, sword and lance distance. If space is limited, we will focus on games. (Else to coordinate)

2 pm - Acclimation/practice of Triumph of Maximilian elements (Hamish to coordinate)

V.

Come join us at River Rock Cobs in Browns Valley, CA for the next installment in the Cynaguan Mounted Skills Workshop Series. From Xenophon to Duarte through modern day, riding circles is a key element in war horse training. As we have discovered in many of our workshops to date, riding straight is key to mastering many of our combat skills and as many horsemen can tell you, if you want to lope straight, lope circles; if you want to back straight, back circles. We will also start the day off with a braiding workshop and some grooming to win tips, because really, what's the point of being an effective killer, if your horse doesn't look fabulous while you are doing it?

This workshop is ideally suited to :

- 1) Folks that have an interest in learning grooming tricks, in learning how to braid, or in improving their braid techniques.
- 2) Folks that are comfortable riding at least a walk and trot and would like to work on learning to establish and maintain bend.
- 3) Folks that are comfortable at a walk and trot and are looking to work on riding circles while encumbered with a lance or shield.
- 4) Folks that have discovered that they or their horse needs to be able to travel straighter in SCA games and/or jousting/quintain runs.
- 5) Folks that just wanna come hang with a bunch of amazing horse folks.
- 6) Young or Green horses that need more exposure to SCA activities.

*Loaner horses may be available. Contact the organizers if you are looking to borrow a horse,

**Stabling and camping available. Please let the organizers know if you are planning on staying overnight.

Precise Schedule information to follow, but we are planning to include mini-classes and hands-on experience in braiding, grooming to win, circle work in hand, modern dressage skills for riding a circle and using a garrocha to improve your circles. Tentatively scheduled is a class on riding circles while encumbered with a shield.

10:00 am - Circles from the Ground with Jean.

Jean will be teaching a class on long lining and in hand work to improve your circles from the ground.

11:00 am - Circle exercises from the saddle with Laurentia or Else

Come hop on your pony and work on some circle drills led by Laurentia or Else that are geared at improving the rhythm and regularity of your circles.

11:00 am - Lunge line mini lessons with Jean.

Take a few minutes to get a seat tune up in the Round pen with Jean who has a solid background in the classical seat.

Noonish - Circles a la garrocha with [Angela Wilson](#)

Use a garrocha to help you improve your circling skills.

1ish - Late Lunch potluck and post ride talk. Else will provide meats and breads. Bring your favorite sandwich condiments and sides to share.

VI.

Come join us at River Rock Cobs in Browns Valley, CA for the next installment in the Cynaguan Mounted Skills Workshop Series.

If you have been interested in attending one of these and have not been yet, this will be another great opportunity to introduce yourself or your horse to SCA Activities and meeting up with our fun group.

We are tackling two areas at this workshop. Mounted Archery and Horse Show Skills. The Horse Skills portion is in direct preparation for our upcoming event, Day at Smithfield (a Medieval Playday). The skills will also cross over nicely to other areas of playing and competing in the SCA Equestrian Community.

Horse Archery led by Mistress Else Hunrvogt OWGS

Horse Show Skills led by Viscountess Juliana of Avon OWGS

This workshop is ideally suited for:

- 1) Folks that are comfortable riding at at least walk and trot.
- 2) Folks that are interested in learning how to learn mounted archery and/or how to properly handle weapons while they ride.
- 3) Folks that would like to polish their equestrian presentation.
- 4) Folks that would like to introduce their horses to some of the things they might do at Day at Smithfield.
- 5) Young or Green horses that need more exposure to SCA activities.

*Loaner horses may be available. Contact the organizers if you are looking to borrow a horse,

**Stabling and camping available. Please let the organizers know if you are planning on staying overnight.

MORE Precise Schedule information to follow

VII.

Come join us for the inaugural Westermark Mounted Skills Workshop. We look to be holding these workshops 2-4 times a year to focus on the skills riders need to be successful with horses in the SCA.

Horses played a pivotal role in Medieval Europe. Although this particular workshop is not designed to teach folks how to ride from the ground up, this is a great place for non-riders to increase their familiarity with horses of all sizes.

11 am Introductory archery - unmounted. Acclimating new horses to the sounds of archery.

Noonish - Mounted archery passes and authorizations if applicable. There will be at least one beginner level loaner horse available for riders to shoot off of. Riders using loaner horses are asked to contribute to the Loaner Horse Pool*

1:30ish - Riding Obstacles with Precision facilitated by Laurentia ([Laura Langford](#)). - Flat work is the stuff you do between fences and Obstacles are just funny shaped dressage letters. Come learn how to apply transitions, bend, and lateral work to riding SCA, Cowboy Challenge, and Working Equitation obstacles with more precision.

2:30ish or 3:00ish or something like that - Potluck Picnic Practice in the Community Room. Meat, Cheese and Bread are already claimed. Bring condiments or sides to share.

Trailer in fee: \$10/horse. Make checks payable to Arriba Vista Ranch.

* For Westermark Mounted Skills Workshops, the organizers are asking folks who borrow horses to donate into a Loaner Horse Pool. The SCA inc does not rent horses, so the fund will be administered privately. The fund will cover the trailer in fees for the loaner horse. Some funds will be retained to cover future haul-in fee short falls. The remainder will be split among the horse owners. As always the horse owner retains the final say in who may ride their horses and how they will be ridden.

**Overnight stabling is available at the cost of \$30/horse/night

VIII.

Come join us for the second Westermark Mounted Skills Workshop. We look to be holding these workshops 2-4 times a year to focus on the skills riders need to be successful with horses in the SCA.

Horses played a pivotal role in Medieval Europe. Although this particular workshop is not designed to teach folks how to ride from the ground up, this is a great place for non-riders to increase their familiarity with horses of all sizes.

11 am Horse 101 and 102 - Always wanted to get more hands on experience with horses but never had a chance. Come on out. Learn how to brush and tack up and stay for some basic riding experience. We will have loaner horses available*. We do encourage folks using the loaner horses to contribute a few dollars to the expense of having them there.

Noon - Lance Handling - Come and practice Rings and Quintain.

12:30ish - Javellin and Pig Sticking

1:30ish or 2:30ish or something like that - Potluck Picnic Practice in the Community Room. Bring your favorite salad to share.

Trailer in fee: \$10/horse. Make checks payable to Arriba Vista Ranch.

* For Westermark Mounted Skills Workshops, the organizers are asking folks who borrow horses to donate into a

Loaner Horse Pool. The SCA inc does not rent horses, so the fund will be administered privately. The fund will cover the trailer in fees for the loaner horse. Some funds will be retained to cover future haul-in fee short falls. The remainder will be split among the horse owners. As always the horse owner retains the final say in who may ride their horses and how they will be ridden.

**Overnight stabling is available at the cost of \$30/horse/night

IX.

Come join us at River Rock Cobs in Browns Valley, CA for the next installment in the Cynaguan Mounted Skills Workshop Series.

Getting control of our horses shoulder, hip and rib cage is invaluable for everything we ask them to do in the SCA. This need is not unique to any one riding discipline. Each uses it's own version of lateral work to tackle this goal.

For this workshop we are going to try something a little different. Each participant is asked to bring one or more lateral work exercises to share with the group. These may be exercises that have worked particularly well for you in the past, or they may be ones that you are struggle with where you would like to crowd source some solutions.

As with any potluck, don't worry if you bring the same dish (exercise) as someone else. The subtle variations make all the differences in the final flavor.

Drills in hand will start at 10 am. Drills under saddle at noon. I am looking for edible potluck suggestions.

This workshop is ideally suited for:

- 1) Folks that are comfortable riding at at least walk and trot.
- 2) Folks that would like to polish their equestrian presentation.
- 3) Folks that would like to introduce young or green horses to SCA activities.
- 4) Folks that would like to develop their teaching skills.
- 5) Folks that would like their horses to travel straighter.
- 6) Folks that would like to add to or perfect their collection of lateral work skills.

*Loaner horses may be available. Contact the organizers if you are looking to borrow a horse,

**Stabling and camping available. Please let the organizers know if you are planning on staying overnight.

X...