



Playland Farm, LLC

C.O.R.E. Rider Q & A

What exactly is CORE RIDER?

CORE RIDER is an acronym for Centered Organized Responsive Effective riding. Through this method one learns how to use aids in a clearer, more organized and effective manner, thus developing a responsive, balanced horse. The method assists in learning a clearer sense of awareness of one's own movements and use of self. In the process, the method promotes ease of movement, coordination, and flexibility.

Do you need a horse to do the class?

No. At the heart of the CORE Rider method is teaching oneself a greater awareness of their own movement. This can be done whether or not you own or have access to a horse.

How do the groundwork exercises apply to in the saddle?

There are some movements that apply directly to your time in the saddle, meaning it is the same movement required for a specific aid. Other exercises apply in what principles you learn from the movement. This can be very valuable learning opportunities, as quality of movement has the same principles regardless of sport. That is what makes any master of a discipline make their discipline look effortless. These are the principles of movement that can be earned through these groundwork lessons. They are actually more of a lesson, than an exercise.

How quickly can you see results from the classes?

Immediately! The lessons are designed to teach you to have more awareness of how you are using yourself. They have a root of learning in the inter-mind-body connection. Therefore, they are designed to teach your mind about your body, and how you use yourself.

Is CORE Rider just for Equestrians?

No, we invite everyone to come learn about movement with us! Since we are learning about quality movement principles, this can be done and applied to any sport, hobby, and everyday life movements! In fact, many of the lessons are very simple movement sequences!

What equestrian disciplines does CORE Rider apply to?

CORE rider is for EVERYONE! The classes teach one a greater sense of balance, coordination, and use of self! These are skills essential for every discipline of riding! Pleasure and competitive riders alike, as well as amateurs and professionals!