

Four Oaks Riding Academy

Welcomes

# Richard Shrake

Internationally Acclaimed Instructor and Trainer

Presenting a

## Resistance Free™

### Riding and Training Clinic

---

**Saturday and Sunday  
October 28 & 29 2006  
Missouri State Fair Grounds  
Sedalia, MO**

Richard Shrake has been an icon and highly regarded equine professional for over thirty years. He has trained World Champion horses and riders, judged all major breed World Championship shows and has put his lifetime of wisdom into well-written columns, an extensive video series and well-constructed clinics. Shrake's training method, known as Resistance Free® , has made him one of the most sought after clinicians in the field. His method focuses on creating a partnership utilizing the natural instincts of the horse through leadership and kind communication.

Shrake is a strong, charismatic teacher who knows how to motivate and inspire people to reach their goals. Through his apprenticeship program Richard Shrake is establishing a network of Certified Resistance Free® trainers and instructors across the country.

At this Clinic Shrake will be introducing Terri DeLouche, Resistance Free® trainer and instructor. DeLouche has worked with Richard Shrake for five years to perfect his methods. She has over 36 years of equine experience in a number of disciplines. She focuses on giving her students a strong

foundation in horsemanship and forming a lasting partnership between horse and rider.

Resistance Free® Riding and Training Clinics are for anyone and everyone: all breeds all disciplines, and all levels. The information and insight into your relationship with your horse, gained in these two days will help your performance and enjoyment whether you are an experienced exhibitor a weekend rider.

The Coliseum located on the Missouri State Fair Grounds in Sedalia provides a full-service venue in a unique historic atmosphere. The Coliseum features all the amenities for the modern horse-person and includes grandstand-seating ideal for spectators. Stalls in the stable adjacent to the Coliseum can be rented for the weekend. On-site camping is also available.

***No video taping is allowed during the clinic, however; Resistance Free products and DVDs will be available for purchase.***

**Many nice door prizes will be given away.**

## Schedule of Events

### Saturday

8:00-9:00 am - Registration

9:00-9:15 am- Welcome and Introductions

9:15-10:30 am- The Twelve Step Method

These basic steps will give you the basis for successful riding. The 12 step blueprint will lay the foundation for more advanced maneuvers.

10:30-11:30 Horse Psychology and Groundwork

Teaching body movement for both you and your horse to move in harmony. Create a "willing partner" of your horse through mental and groundwork communication.

(Equipment needed for the morning session: halter and lead shank).

11:30-12:00 – Morning Overview with a question and answer session

12:00 1:00 – Lunch Break

1:00-2:00- The Twelve Steps (mounted)

2:00- 3::30 – Resistance Free Riding (mounted)

The techniques used in Resistance Free ® Riding produces a complete communication between the horse and rider. The rider learns to develop "feel", which helps the rider develop a harmony with their horse without causing resistance. Whatever your skill level you will become a more confident, more relaxed and controlled rider. You will learn the keys to balance, timing and rhythm, as well as drills, exercises and mental techniques to become a self-assured and fluid rider.

3:30-4:30 – Bits and Bitting

A presentation of bitting facts and how to make the right choice for your horse.

4:30-5:00 – Overview of the day with a question and answer session.

## **Sunday**

8:30- 9:00 Registration

9:00 – 10:00 12 step and Groundwork Review

10:00 -12:00 Horsemanship (mounted)

Learn through exercises and drills the feel of balance, timing and rhythm in an easy to follow, common sense approach.

12:00-12:30 Morning Overview

12:30- 1:30 Lunch Break

1:30- 2:30 Resistance Free® Foundation Training (Longe line exercises)

2:30-3:30 Review of Resistance® Free Riding

3:30 -4:30 Obstacle Training (mounted)

Training techniques on how to make work for you not against you.

4:30-5:30 – Clinic Summary

A complete review with questions and answer

## Fee Schedule

### Registration fee for Riders

---

#### **\$350**

Riders and their horses will have the opportunity to experience the Resistance Free Method first hand. Registration includes one two-day spectator pass that can be used by a friend or family member. A \$50 non-refundable deposit is required with registration. Clinic is limited to 13 riders.

### Stall fee

---

#### **\$30**

Includes both Friday and Saturday nights.

### Audit fee for Spectators

---

One day pass in advance.....**\$15**

At the door.....**\$20**

Two day pass in advance.....**\$30**

At the door.....**\$35**

Purina Mills will be presenting a special program Saturday night. This is included in the clinic admission price.

Purina Mills

Presents

## The Total Picture

Featuring special guest,

Renowned trainer and instructor

**Richard Shrake**

Saturday October 28<sup>TH</sup> 2006

6:00pm at the Coliseum on the Missouri State Fair Grounds, Sedalia.

Horses, like people, have both strengths and weaknesses. Some of these are bred in genetic attributes, some have to do to personality and some are nutritional. Learning to identify these is key in building a healthy and long lasting relationship between horse and rider. Whether you are buying your first horse, your next horse or taking a new look at an old friend you will benefit from stepping back to look at the total picture.

Do not miss out on this rare opportunity to spend the evening with Purina Mills and Richard Shrake as they teach you how to evaluate the needs and potential of a horse. Tickets will be available at the door or in advance, the cost is \$5.00.

For Additional Information

About this clinic contact:

Terri DeLouche  
870 NE 71  
Warrensburg MO 64093  
660-747-9820  
email: [delouche@wcblue.com](mailto:delouche@wcblue.com)

To learn more about Richard Shrake and the Resistance Free® method visit him on the web at <http://richardshrake.com>