

**Volume 2, Issue 7
2000**

www.naturalhorse.com



Natural Horse
MAGAZINE

Jump to another article

Select Item

PONYEXPRESS

Equine Touch

Dear Randi,

I was so happy to see the article on the Equine Touch and Jock Ruddock in Natural Horse magazine earlier this year. I have been fortunate enough to have attended Jock's course here in Zimbabwe. Yes, even here, in "darkest Africa" we have been visited by Jock!! I just thought I would like to share a few of my experiences with you.

I am a third generation horse woman and cannot remember a time when there were no horses in my life. I hold my National colours for show jumping and have been competing for 37 years. My daughter, aged 15, competes in showjumping, dressage and cross country events. I was also the National Co-Ordinator for Special Olympics Equestrian in Zimbabwe and also taught deaf and paraplegic children. My sister (who also holds her National Colours for show jumping) is an international horse chiropractor and my mother, aged 78, is still an active riding instructor.

When I first met Jock in October last year I was totally amazed at the way the horses responded to him. Jock's description of himself was that he was a "broken down" old wrestler and freely admitted that he was not a "horseman". All he knew was, they bit at one end, kicked at the other and were pretty uncomfortable in the middle!! There were some moments when I thought, "Oh my lord he is going to get kicked if he stands there!" Thankfully it never happened but I did have a few heart stopping moments. For the first time in my life, I watched a horse "change shape" in front of my eyes just with this amazing Gentle Touch - no running reins, no gadgets and no pain. I have always worked with horses and not against them as I believe they are

very intelligent, evolved animals and when they react to certain things, there is a good reason for it.

This amazing technique has finally given me the tools I need to finally repay these wonderful animals for all the years of pleasure they have given me. I have worked on horses in all disciplines and have had wonderful results. I was called to the race track to see a horse called Maputo Express. This brave little mare was so sore you could barely even touch her. I started treating her and after three treatments the jockey told me he could feel a big difference in her. After treating her for about 2 months she went out and won her first race. She has not looked back and still has maintenance treatments. There is not one horse that does not put his head into my arms to say thank you after a treatment and for me, well, that is rich reward.

I found Jock to be a wonderful, patient and gifted teacher and I cannot thank him enough for sharing this totally incredible gift with us here in Zimbabwe.

Yours very sincerely,

Penny Crockart

Harare

Zimbabwe