



Kathy AMOS - JACOB

Instructor Saumur

FEI coach tutor

International Eventing and Dressage rider

"As a representative of the FEI, my priorities are to ride correctly in a classic equitation style, with a concern for muscular harmony, the horse's lightness, respect for its natural gaits and its mind.

PROPOSED ACTIVITIES

Coach tutor -

- Development of teaching and pedagogy for the 3 Olympic disciplines
Dressage - Eventing - Jumping (Mental fitness)

Educational courses :

- For teachers and riders, from young horses to grand prix competitors
- Dressage work adapted to jumping horses: reactivity, flexibility and gymnastic and then setting objectives.
- Skills assessment tailored to the rider's expectations
- Monthly, bi-annual or annual monitoring, depending on objectives
- Teaching in French and English

Mental and physical preparation of the horse and rider:

- Improving behaviour
- Stress management
- Optimising sport performances
- Work in hand adapted to the discipline of dressage and on the lunge with the piaffe approach

EXPERIENCES



NATIONAL RIDING SCHOOL OF SAUMUR - BEE II - Riding Instructor

First woman to enter the National School of Saumur in the "student sub-masters and instructors" course



INTERNATIONAL JUDGE

Dressage and Young horses

Para- equestrian

World Championships DEAUVILLE , GOTEBORG, HARTPURY



FEI WORLD CHALLENGE Judge



ATHENS OLYMPIC GAMES Judge

Eventing rider CCI, CDI, CSO

CONTACT



French



+33 6 07 87 93 08



Wilshausen (FRANCE)



kathy.amos-jacob@orange.fr



www.kathy-amosjacob.fr

LANGUAGES

French ●●●●

English ●●●○

PUBLICATIONS



"Dressage Techniques and Apprenticeship
ed. Amphora, 2006



Series of 5 videos :

Preparing for the competition

"From the young horse to the horse of Saint George
<http://Jumping video.com>

