

Western SHOOTING HORSE

Preserving a Rare Breed of Horse and Rider



An inside look at a Kenda Lenseigne Clinic

by Jennifer Key

The Elk River Outlaws recently took advantage of the Eastern United States CMSA Championship bringing one of the stars of cowboy mounted shooting to this side of the country. On August 31 in Shelbyville, TN they hosted a day-long clinic by Kenda Lenseigne, world champion cowgirl, four-time world point champion, and holder of six world records. The fact that attendees came from every level of mounted shooting and some even traveled as long as two days to attend was a testament to the expectations riders had for her clinic. She didn't let anyone down.

Kenda began the clinic with exercises, not on horseback, but on paper. After introductions, she asked each student to write down three specific and measurable goals they hoped the clinic would help them reach and then had each student share those goals with her and with the group. She then went over a handout she provided that outlined her mental plan for success in mounted shooting. Perfect practice and positive thinking lead to perfect performance was the theme. Kenda consistently presented her philosophy throughout the course of the clinic while tailoring individual instruction to each student's stated goals.

The next segment of the clinic included drills designed to improve several skills needed to be successful in mounted shooting including gun handling, target focus and negotiation, and horsemanship. Each drill can easily be replicated at home so students can continue to improve their skills even without balloons and ammo. Kenda gave each rider individual attention through each drill, but everyone benefited from the instruction she gave others as well.

The final segment of the clinic included lessons in course management applying the skills practiced in the drills. This is the first time shooting actually took place in the clinic. Again each student had the benefit of individual attention from Kenda while the others learned from the instruction of others. Shooting drills focused on how to smoothly negotiate the first five targets in a controlled and efficient manner rather than on speed or rundown shooting. Her belief is that all our horses know how to go fast and run a straight line. Perfecting target negotiation and shooting skills on the first five will improve rundown shooting skills while keeping horses honest. She ended the clinic by encouraging everyone to keep in touch with her, to share victories, to seek advice or just to say "hi".

The proof is in the pudding as they say. Immediate results from students attending the clinic include two Grand American class winners and three Easterns class winners as well as other individual successes from the week. Kenda herself took the Eastern Ladies Reserve title and also broke her own world record in the first stage of the Colt Eliminator. Everyone benefited in some way from what was learned. Results will continue to multiply as each of the attendees continues to apply and practice what was learned from the day. Her clinic is truly a gift that will keep on giving. If you have the opportunity to attend one, don't miss it!

4 Comments



Comment by [Frank Galovic](#) on September 11, 2009 at 7:51am

It was a great clinic! I would do it again

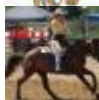
Comment by [Wildkatts Kitty / Bonnie Jorgenson](#) on September 11, 2009 at 11:59am

Nice article



Comment by [Marty Luffman](#) on September 15, 2009 at 9:05am

very nice, Jennifer. have you seen the TV ad using Kenda for Circle Y saddles.



Comment by [Jennifer Key](#) on September 15, 2009 at 11:46am

That ad is awesome, isn't it. Her clinic was really outstanding in so many ways. I need to do a personal take on her clinic as well. I'm about three to four blog stories behind at the moment, though.