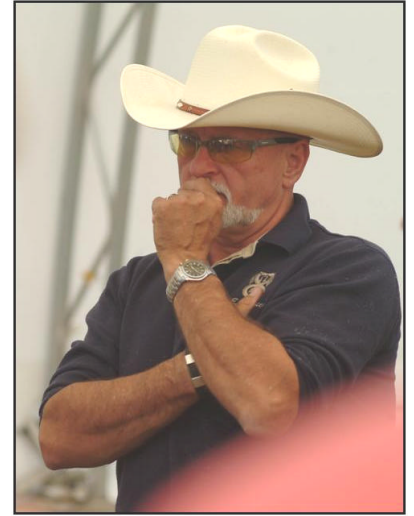


Basic Body Balance versus *Advanced Body Balance*.

By Jock Ruddock [Article first published Summer 2006]

Just recently I was holding a Level3 class and in the middle of a series of assessments I asked one of the students to perform a full Basic Body Balance (BBB). The lady looked me in the face and in all innocence said "I've forgotten, I'm an advanced student now and I only use the Advanced Body Balance!" To say I was appalled is not a strong enough statement: I turned from Grumpy Jock into Godzilla!

As this was not the first time that I had had this response I have to deduce that something is wrong in our ability to make some Level 2 students understand the simple difference between BBB and ABB and how to apply them separately or in harmony. The other misconception is that you do BBB on the first visit and from then on ABB. Wrong. The ET rule of thumb is BBB, if in doubt BBB, if you have not seen a horse for more than ten days, BBB.



Firstly understand two words, '**must**' and '**may**' in relation to the body balances. You **must** use BBB on the first visit. The word **must** does not exist in relationship to ABB; you **may** use ABB instead of a BBB on a subsequent visit, *if* the visit is within ten days *and if* you feel that one of the following applies:

- You wish to get a more comprehensive palpation feedback a subsequent visit
- You feel that it will help the BBB by bringing in perhaps a move from the ABB to assist the horse in the middle of a BBB address. i.e. mid thigh, collar groove.
- You feel that the horse is putting up a resistance to, or has become used to, the BBB.
- You wish to work on a competition horse where the deep level of relaxation obtained with the BBB is not desirable (prior to competition).
- You have to work on a horse immediately after competition, a fall, and do not have the time or facility to allow you to work quietly with long observation times as in the BBB.
- You feel that you wish to prepare a horse that you have been working on for some time prior to starting a series of planned procedures for an area of concern.
- You know from experience that this horse responds better to ABB than to BBB.

However in saying all of this, all the ET work is based on, designed around and built on the foundation of BBB. The BBB gives a foundation for all the ET work no matter how advanced or, ultimately, how far we wish to develop ET. Do not ignore the BBB; respect it. In essence the results we get from a BBB are the reasons we are all still here helping the horse.