

### 3-Day Clinic – LEVEL 1 – Leadership, Impulsion & Safety

#### Objectives:

- To have confidence in everything you do with your horse
- To learn to correct your horse firmly without being mean
- To develop a willing partner who wants to learn
- Speed control get your gas pedal and brakes in all three gaits
- To whoa and go!

#### Clinic Day 1: Leadership and Safety

##### Lesson 1: Students assemble without horses along a fence

- How to tie a rope halter and how to use a 12ft lead line (let it drag/ or fold)
- Practice with tools before getting the horse - how to swing rope/ wiggle rope
- Phases with rope and stick

##### Lesson 2: Students with horses – Horse psychology/ training theory lecture

- Desensitizing to tools/hands ropes approach and retreat and rhythm
- Letting rope slide – so they can move their feet when they are scared
- When he gets hard, you need to get harder. When he gets soft you need to get softer – release teaches.

##### Lesson 3: Teach horse to respect your personal space

- Get out of space – 5 methods (wiggle rope, tap stick on ground, block with rope, wiggle and wave, and tap air tap line)
- Stand still – cause them to stand by making uncomfortable to go right or left
- Face me: yield hindquarters till you get 2 eyes facing you – look, lift, swing – spank

##### Lesson 4: Basic Leading safety – all students on the rail

- Leading safely – stop/back up – horse shoulder not to go past your shoulder
- Use rope to swing in front of the horse or stick waving cause horse not to want to pass you
- Need a go forward cue to make sure horse keeps up with you
- Teach them to walk trot and back up
- TEST it - Gate safety – leading in and out / back in and out – get two sets of barrels and have students walk up – stop back out of imaginary gate = claustrophobic and horse must still respect space.

#### Riding Session Day 1 – Safety

##### Lesson 1: Ground Skills with saddle: Snaffle Bridle with macate or bosel, horseman stick or dressage whip – foundation

- Teach to drop head for bridle and effective bridling techniques
- Safe saddling techniques (Western or English)
- Teach to bend with bridle to girth area – until very soft
- Teach to bend head and neck and yield hindquarters
- Teaching your horse to stand still to be mounted and to be mounted from fence or step stool

##### Suppling Riding Lesson 1: Yield Head and neck (put tape on reins for a visual)

- Bending head to girth until very soft
- Review common mistakes – not getting enough rein, hand positioning
- Difference from a real give and following the feel
- HQ yields: Tip nose first then pull rein to your belly button
- The farther you put your leg back the faster they will learn
- Exaggerate enough with the rein as well to teach – refine later
- Tip - only give rein when they yield hindquarters \*\* they want you out of their mouth so show them when they do what you want – they get a release

**Impulsion Lesson 1:** Emergency stop – one rein stop pull rein to hip at all three gaits

- More control with one rein than two
- One rein for softness and control 2 reins for collection – the better they bend and do not show resistance for lateral flexion the better the vertical flexion.
- You want this to be second nature
- Use tape – to make sure going down far enough on rein
- Controlled impulsion exercise teach them to go
- Go forward – squeeze-cluck-spank
- Don't steer – just fix first 2 elements – whoa and go
- Go 5-10ft then one rein stop. Stop bend both ways – keep feet still and bend
- If you can't control at a walk don't bother going faster yet!
- Just because they bend to a stop does not mean that they are soft.
- Post the trot to one rein stop – sit relax to halt 2 sec - one rein
- If they change speed – don't nag let make mistake- then correct
- Canter – 4-5 strides – one rein stop – don't wait till fast – just shut them down
- Ride on a loose rein – hot horses don't like tight contact – they need changed of direction
- Slow horse – make sure they know the spank is coming – spank on shoulders if you don't have confidence – the lazy horse does not want to go and they might kick out – the farther you spank behind the bigger the gas peddle.
- If they kick out – kick them back by spanking with rein – or if not as confident bend them right away
- Don't make them stand still- cause them to stand by bending head and neck side to side 10-15 times if you have to
- Dare the horse to make a mistake – so that they learn drop reins on neck
- Make sure you one rein stop both sides equally

\*\* If teaching WOAHH – say command wait 2SEC as riding down rail....then if he does not stop – one rein stop into rail. Once he does it - use as a gauge...if it took 10ft...then all stops from here must be better. If they are not better then bend them. No lifting of reins.

## Level 1 Clinic Day 2: Ground Work : Leadership and Basic Language

### Lesson 5: Intent vs no intent

- Desensitizing horse to all tools then moving them away 1 step
- Move away from rhythmic pressure forward, back left and right

### Lesson 6: Basic yields

- Yield the hindquarters
- Yield the forehand
- Yield sideways

### Lesson 7: Sending Exercise

- Go forward cue
- Driving leading
- Send left – then right
- Finally send in 2 full circles left/right

## Riding skills to develop an independent seat

### Lesson 2: Impulsion & riding Lesson

#### Passenger lesson at the trot and canter 10 – 15 min each gait

- Teaches us to flow with the horse and to ride with a loose rein
- Post the trot – helps get into rhythm and teaches you balance
- Up-down-up-down- best way to get independent seat
- Establish the gait that you want first i.e. trot then horse learns responsibility of trotting – that is his job. If he breaks to a walk or stops at the gate – squeeze – cluck - spank
- Let the horse go wherever they want to, even at canter – teach to canter first – then steer and soften – go 10-15 min straight! People don't canter long enough to see results.
- If they go to fast – ride it as much as you can – but if too fast – one rein stop, ideally canter until they ask to stop and ask them to stop...make them really want it.
- As cantering and trotting rub neck and the hip without losing your seat. Do arm circles forward and back, fly like a bird, twist in the saddle. Get it so you can move freely without clamping your legs or needing to hold onto reins for balance.
- \*\*\*Do a one rein stop if you are feeling out of control or horse goes faster than you want

### Lesson 3: Impulsion & Riding

#### Riding follow the rail exercise at trot and canter 10 – 15 min each gait

- Ask the horse to trot then canter around the outside of the area
- Hold the reins with inside hand
- Every time the horse comes off the rail correct him with the outside rein and then drop the rein – correct only when horse comes 3ft off makes it a clear mistake
- Teaching the horse that he has a responsibility
- Puts steady miles on your horses – concentrated training – don't do to much mentally but lots physically
- Stop them in corners to rest – helps to keep them from hunting the middle

### Level 1 Clinic Day 3: Leadership and Developing Confidence

#### Lesson 8: Keeping horse out of your space despite learning confidence

- Reading Body language - The ear and the eye are connected to the mind. The feet follow the mind. The ear will tell you where the feet will be going
- Keep the horse's mind busy. If you don't give him something to think about, he's liable to give you something to think about
- Desensitizing to intense pressure / time outs (dwell time)

#### Lesson 9: Advanced sending – over and through obstacles

- Over and around barrels and tarps
- Simulated or actual trailer loading - tie stalls

#### Lesson 10: Advanced desensitizing

- Desensitizing to tools/hands blankets
- Pool noodle / flag / plastic bags
- Bounce ball, follow ball, under over horse
- Jumping jacks/ energetic body language

### Day 3 Riding skills to develop an independent seat

#### Lesson 4: Post to post teaches straight lines to horse and focus for rider 10-15 min

- Ask the horse to trot or canter from one wall to the next wall across the arena
- Hold the reins with both hands and keep them straight. let the fence stop the horse – use your seat to cue to downward transition then wait at least 30sec
- **Focus** where you want to go – always keep your eyes on your destination
- Purpose is to teach rider to look where they are going and to teach horse to not make assumptions
- After horse halts – rest 30 sec – go again
- The next step is to trot a straight line to rail – with one hand on a loose rein then if the horse veers one way – turn the opposite way and trot 2-4 10m circles then go straight again - if they don't veer on a loose rein stop at rail for a minute

#### Lesson 5: Impulsion & Riding

##### 4 leaf clover exercise- we have Whoa and go...now ad basic steering 10-15m

- Trot a 4 leaf clover 8 laps each way (or more if a forward horse)
- horse is responsible for staying at a trot (eventually a canter)
- Focus exercise for the rider...and independent seat
- Guiding exercise –outside leg pushes shoulder (Inside leg is for bending)
- If they learn the pattern to well – mix it up
- If they keep trying to walk go back to the squeeze cluck spank exercise.
- Goal to teach straight lines and round corners
- Horse should now know to trot so we ad the next elements

Practice all of these exercises for at least five days / sessions each. Use them as your warm up each time you ride or are experiencing problems with impulsion. – Once horse has these responsibilities mastered he is ready for more lateral flexion and vertical flexion.