

Mark Rashid clinic 2-25-27-10

Bonnie Martin's interpretation of the clinic days attended (didn't get to stay for the third day)

2-25-10 Demo and Questions

Q about canter. A. The movement of the canter creates circles of energy that run over the top of the body and towards the head. There is one circle of energy at the rear end and one at the front. A rider creates another circle of energy. If you think of circles as pulleys and put a belt on the pulley the belt runs over the top of the rider's hips for the energy to flow correctly. The rider's back has to be soft or the energy comes up from the horse's hips and hits the rider in the back and creates a backwards scoop which is incorrect. Riders have to use their core for support rather than their backs.

A human's back is designed to go side to side from the ribs down. Horses' backs move the same way as ours in all three gaits. At a canter, the pushoff with a rear leg begins a spiral of energy. If the person's back is tight, they often have the leg on the lead side sticking out some. The line of motion starts in the lower back, goes up to the point of the hip, back to the lower back and up to the other hip. It creates an elliptical figure of eight.

Q Do you (Mark) ever struggle with confidence? A. No, he doesn't think that way. He has a positive outlook that it will work out one way or another. Don't think about the possibility of failure. Don't worry about mistakes, just go back and do it again. The older one gets, the more cautious one becomes, but don't set yourself up for failure.

Q. How do you get to where you aren't pulling when you have contact with a horse's mouth? A. Boundaries and feel more than contact. Wherever your hands are is the boundary. A lot of the time, we are pulling when the horse is pushing and it becomes a downward progression. Meet a brace with softness instead of another brace.

Mark had Larry, one of the participants, reach out and grab his arms. Larry's body got rigid as he grabbed. Mark said he caused that because he was meeting Larry with a brace of his own. The next time, Mark met the grab with softness, and Larry's body remained soft. **Pressure doesn't matter. The key is how you meet the pressure.**

Q What about horses that kicks when you try to pick up feet? A. To answer that, would have to see the horse and the situations. There are lots of possible reasons why a horse might kick.

It's the last thing that happens that the horse remembers. The horse might be picturing something very different than what you might think that triggers a bad memory. He gave the example of a stallion that was being led up to breed a mare. The stallion slipped and fell and got scared. After that he associated garage doors with a bad memory because that is the thing he was focused on when the bad thing happened. From then on, he was upset when he saw a garage door and had that memory triggered.

Making a connection— With a partner--Mark had participants find their center by gently rocking back and forth and then standing still using as few muscles as possible. Then he had one partner touch his/her forehead and had the other partner behind them put hands on their shoulders and gently push and try to move the other person. Then touch chest

and repeat the gentle push. Then the belly button. The most stable center was at the belly button.

We get in trouble because we lose focus. Keep focus on your center and keep it low. He had partners keep focus and then have one grab the other's wrist and release suddenly.

He had partners put their hands together. The center would be at the hands because that is what they would focus on. One partner was told to drop his/her center without moving hands. The other was able to feel the dropped center.

Had partner stand behind the other one and worked on intent. With eyes up, head up, it is not as easy to push the other person as when they drop their head and eyes, or drop their eyes even with head up. Can also keep intent up even if eyes and head are down, and they are hard to move too. Intent is critical to keeping our balance.

Horses can learn to do things on our thought (intent). An exercise to show how this could work involved a partner making an arm and fist tight. The other person touched the tight arm and just thought a direction. Nothing was felt by the other person. The next time, the person with the tight muscles loosened them and relaxed. When the partner touched them and thought a direction this time, the other person was usually able to decide what direction was indicated.

Another way to do this was to grab wrists while facing your partner and rock back and forth to get a connection. Then one would think a direction that the other usually could read.

2-26-10 Riding Day 1. Format was three or four horses in the arena in the AM and then different horses in the PM. Mark worked with one at a time for approximately 20-30 minutes while the others were at the other end of the arena with Crissy. Notes were made while watching Mark's sessions.

Morning-

Horse #1—

sorrel gelding with star. Had worked with Mark before. Working on transitions. **Mark said to tell the horse what you want, not what you don't want. Focus on what you want the horse to do and provide direction for that. Don't focus on problems.** Focus on how long you want the transition to take. 1-2 are the trot beats, 1-2-3-4 are the walk. We want a transition to the walk right after 1-2 directly into 3-4 with no little halt in the middle of it. Feel is what we are looking for—getting smooth quickly.

Second session with Mark—the transitions were going better. Mark commented that the idea of catching a horse's thought and directing it is good, but people sometimes get so focused in it that they are forgetting other things. Once a thought turns into an action it is harder to deal with. But still, don't lose focus of other things. Stay focused on your task and help the horse get to where you want him to go.

Focus on what we are looking for and keep putting that thought in there. Trot—put thought in there and get involved. How do you want it to feel? You need to trot internally before your horse trots. Breathing shouldn't change from walk, trot, or canter. Breathing creates the consistency.

Mark said that she was riding him so that he would go to a certain distance and then transition down on his own. It created a pattern that the horse recognized and he started shutting down when he reached the same distance each time. Make sure breathing stays rhythmical and think with intention on going to a destination farther away. One can stay connected that way and keep it all going.

To keep the momentum moving forward, think “we are going there now”. It’s like a gas pedal, keep your foot on the pedal. **Breathe out on any transition—we want the transition to happen by the end of the exhale, no matter whether it is a quick or a longer exhale.**

Third session with Mark—Hands should be attached to your center. Mark worked with rider on the ground to get the feeling of her core. There was a visible change when she got back on the horse. He began to engage his hindquarters. This will come and go some because this is a new way of doing things for them.

Second day—

First session Working to get the trot better for longer. While walking, can work on a steady rhythm like a metronome. Work on the number of strides per breath without holding your breath between the inhale or the exhale. **Want to develop a rhythm in breathing that will be the same at all gaits. It will change with a transition because you exhale on a transition, but it should pick back up the same rhythm as soon as the transition is done.** With time, the focus on breathing will become more automatic and you won’t have to think about it so much. It will happen more by feel. This unlocks our body and makes it easier for the horse.

Before even going to a transition, have a feel and thought of a transition in your own body. This has to happen while still doing the original gait. Have it clear in your mind. The horse should have no questions about what you want.

There was a big improvement in the trot today.

Second session—Rider had a crop with her this time because she was losing forward with her horse while practicing. Mark was surprised about that and asked if she understood the feeling of going first in a transition. She said that she understood intellectually, but not by feel. Mark had her dismount and take inventory of her body and focus on the feeling at the center of her sternum. **Could she feel what it was like when she thought about moving? Then he had her move at different speeds. Then while stopped, he had her replicate the feelings internally. As you move, that feeling stays with you until you stop—kind of like a humming inside of you. Get this connection BEFORE using any other aids. Often it is enough, but use aids if it isn’t.**

There was a question about tucking the pelvis that Mark said shouldn’t happen. The pelvis should remain level, not tucked or tilted.

You and your horse should become one word—youandyourhorse—instead of separate. We should not abandon aids, but use a connection first. So much emphasis is put on the horse and the rider’s position and we neglect the inside of the rider. We should ride the same way everywhere.

Small muscles keep us (and horses) in balance when standing still. It doesn't take much to get us out of balance. Horses that stand out of balance use more energy.

Horse# 2—

6 yr. sorrel paso fino. Shows about 4 times a year. High energy horse who doesn't come down easily. Rider wants a more consistent walk. When he goes faster, she squeezes one rein to check him but said it doesn't always work.

Mark said that this is a breed bred to be go-ey and usually trained to reinforce that. **He said that he needed to change his thoughts and not create a dam to back up his energy but rather a way to release it. He said that any time she feels anything other than a walk, to give him direction such as in a circle or serpentine.** Once he starts going the speed wanted, start him going straight again immediately. The horse starts making a decision to speed up and is already doing it before direction is given. Just as he starts to speed up, the direction needs to be given.

It was a windy day and the tent at the end of the arena was flapping. The horse spooked some and Mark said to turn him and keep turning him until he gets the speed desired. The horse was walking but still thinking fast, Keep turning until he lets down then immediately go straight again. Don't forget to breathe! Move off the rail about 20 feet so that the tent isn't so close.

May have to turn shorter if he really builds energy. **Turn some the other direction too if he doesn't snap out of it and let his energy down. By doing this, the horse isn't making a decision and then being corrected. Give direction early on when the horse first changes his thought.** The goal was to get around a big circle at the walk before going in to gait. It's more about changing mind and emotions, and then the body will follow. The rider's timing was good and the gaps were shortening.

Third session with Mark—to work on breathing. See how many strides you make on an inhale and how many on an exhale without holding breath on either. Go straight from inhaling to exhaling, etc. Do not hold breath.

Mark asked for some gait and the horse overbent its head and went really fast with his bottom lip pulling back from his teeth. Mark said that the rhythm of the breathing should stay the same even though the footfalls are different. Looks like her breathing was starting to change, Mark said. **Establish the breathing in a walk and maintain the same rhythm at gait. This consistency can help your horse anywhere—show, home, trail. Horses are really sensitive to our breathing.** This horse was trying to work with his rider (Mark said a lot of Paso's mines are gone). Suggested to work a lot on rhythmic breathing.

Fourth session Transition from gait to walk was like a float since he was soft and the rider's breathing was regular with soft hands. Mark said they would work on softening the rider's legs later (they were stiff and the right one braced out more than the left) later.

Second day—

First session This session concentrated on what rider was doing with her body. Yesterday the focus was to get the horse softer and more comfortable. Tomorrow will be putting the two things together.

The rider was looking at back of horse's head and that is where her intent and focus end up. When she stops, eyes go down and her body goes forward. There is tightness throughout her body that breathing correctly and using core will help. The lower back needs to relax and move.

Mark said women have points of balance at the knuckle of the big toe, the little toe, and the heel. All lose point of balance at heel when mounted and lose a point of balance at the big toe when riding because of the way a woman's femur comes out of the hip. Their feet naturally sit at an angle rather than flat. Trying to maintain our balance, we tighten up. We want to feel hips moving when the horse walks. Use your core for support, not your back, and keep eyes up.

The longer the rider stayed relaxed, the longer the horse could walk calmly. Mark started working on the pattern the rider was in. Coming to a halt, she would end up tipping forward some. Her center was too high and needed to drop. Get the center around the belly button and think of sinking instead of going up. Sink and body gets heavy into the saddle. This will help take the tension out of the legs too.

Second session

The tension in the rider's body is not there all the time now. Mark pointed out that in walking, the line of motion starts at the center, up to the point of the hip, back to the start, and then up to the other hip and back to the start. It's an elliptical figure 8 motion. The motion is smooth up to the point of the hip and snaps back to center. When you stop, sink.

Stirrup length.—for balance, the angle of the horse's shoulder and the angle of your leg should be about the same. The horse's shoulder angle, pastern angle, and hoof angle should be the same too.

Mark said that when women tighten their lower back, it tends to tilt the pelvis forward and changes everything. Tipped forward when stopping sends the head forward too like an apple on a whip.

Horse #3

Bay mare. Didn't stand still to mount, didn't want to go down towards Mark. Mark's comment was that she was not very confident and that she was showing some fearful aggression with the other horses that she didn't know. He said confident horses don't have to act that way. The owner said she was bracey, that her backups felt heavy and that she stops with a brace. More difficult things really get her excited and she rushes downhill.

Mark commented that she doesn't know how to do stops and back ups without feeling bad about it. He had her walk forward and stop. Big brace on that and on the back up. Mark got off his horse and held the right rein over her neck and the left rein a few inches from the bit. He helped from the ground with going to the point of resistance on reins and then creating an opening for her to move into. He commented that she was trying to be

soft—her movements smoothed out and slowed down. She would brace to defend herself when she was pulled but would soften when the rider softened and had her “we go” attitude working. Mark said that she wasn’t really bracey in her mind and only braces when she is feeling a need to defend herself. He said that you don’t find horses that are trying to be soft like this mare very often. She’s just trying to get along.

Second session with Mark—the back up was with tension and was crooked and heavy. Mark said to pick up the reins without giving her anything to push against. The object is not speed but just doing it. The mare started leaning and diving head when asked for a back up. Mark stepped in again to help with the connection. He tipped her nose slightly.

Mark commented that the curb bit was an issue with this mare. She locks her jaw and pushes on the bit. There is a thin line between brace and connection for this mare in this bit. Mark could get the feel and intent through the bit, but it was not enough leeway for the owner. They changed to use one of his snaffles. There was bracing and diving again right at first, but this bit stayed stable in the horse’s mouth and calms down some of the confusion.

Third session—Backing better in the snaffle and not bracing as much. When the mare pushed with her head, instead of giving her a release at the end of the push by letting her pull the rider forward and out of the saddle, Mark had her bumping to one side of the bit to discourage that movement.

Second day

First session—Backing—keep the head facing the direction started. The horse turned her head a little at the beginning and then ended up with body really crooked. If it’s not a physical issue, the horse will fix itself. There was not nearly as much brace and pushing against the bit today. Changed bit to one of his regular snaffles. There is a fine line between pulling and pressure. Horses as well as humans have patterns and will get defensive and lock up if the horse pushes against a bit. People need to break their patterns too. The other bit was flopping around some in the mare’s mouth. Keeping hands closer to the bit means less pressure needed.

The mare began moving backwards a lot more freely.

There is a downside to lateral flexion because horses don’t let go at the beginning of the flexion—only when they get about half way to the rider’s boot. C-I and skull joint allows vertical and lateral flexion. It doesn’t allow for rotation. That is done two joints down. Sixty-five percent of movement in horses is done in those joints. This mare’s neck is locked up and she’s guarding it, possibly a chiropractic issue. We don’t want them to get part way (12 o’clock to 10 o’clock) locked up and then sling her head the rest of the way around. It is a learned behavior in a lot of horses, particularly if they’ve had their head tied to their tail or done a lot of lateral flexion taking the head all the way around to the boot. It’s not something we want, so bring the head back. They quit thinking and just flip their heads to the side when they get worried if they have learned this pattern.

Third session—

The mare defaults to moving her head side to side on her own. Horses won’t think through an issue then and they use a default as the answer to everything. When you take the default away, they have trouble figuring out how to do something different.

Getting a horse to the point we want is a lot like the metaphor of starting with a big block of wood what we want to be round. We cut off corners and it's closer to what we want, but we have created a block that has more corners. Cut again it's even closer to what we want, but with even more corners. **We must remember not to put an emotional attachment into the outcome as we work with a horse and just keep practicing to get better.**

A rein doesn't mean more pressure, just that we are there.

Horse #4

(Feb 27, first day for this horse and rider) Bay with hunter tack. This was the horse's second trip off its home place.

The mare was wound up and not breathing. When the situation is worrisome, Mark said horses start shutting down systems in their bodies getting ready for flight.

Lunging done correctly can help get the horses breathing properly. They should be breathing in time with the outside hind foot. Young or green horses that don't yet understand their job struggle with staying calm.

On a 1-10 scale of muscle needed to turn the horse, we want about to use a 1 to have the horse respond. This mare was taking a lot more pressure and was bracey. Mark had the rider take the rein and put it on her thigh until the mare would give. No release until she would let go. By putting your hand on your leg, you stabilize your hand so you aren't pulling on the horse. The bumping you will feel is the horse exploring for a release. Wait until the horse is off the rein then allow forward movement again. The mare's anxiety level began dropping as she started thinking about learning.

Mark pointed out that babies from birth until about weaning can pretty much do what they want within a herd. At about 1 yr., the herd members start giving them direction. In training, we want the horses to turn the decision-making over to us.

There was a question about using leg at this stage of training. Mark said to not complicate training by using more than one thing to teach at a time. Horses won't understand multiple cues at this point.

A question about lateral flexion and Mark responded that he had seen more horses damaged by the overuse of that than anything. We don't need to bring them around all the way to our leg and don't want our horses flipping their heads all the way around.

If you listen to your horse, you get an education. If you don't, you get experience.

For the back up. Looking for the horse to let go of the bit (soften) and then build movement. We ask horses to back farther than they ever would on their own. Take soft contact. The hands set the boundary and don't move. The farther the horse gets out of the boundary, the more pressure she puts on herself.

Afternoon Clinic—

Horse #1—

3/4 Quarter Horse, 1/4 Arabian mare Mark had worked with them in a private lesson yesterday. The mare didn't stop at all and would hollow her back and put her head up high. They worked on the stop yesterday using one of Mark's snaffles. He had raised the snaffle in her mouth because she had been trying to get her tongue over it.

Mark said that with everything we do, we should have an intent. Whatever we are going to ask, we need to do it first in our own body. Only if we need to should we use an aid.

Think about how we do something while we are on the ground without the horse and learn to recognize the intent within us. Get that feeling and connection. **Be sure to have some internal feeling when you ask something with the horse.**

The halt should be a two-beat movement in time with the rear feet. The mare was bracing and pulling on the bit with her head up at first. She got better as the rider worked to stop herself first and then used the reins in time with the rear feet for the halt. The mare was still putting her head up some and bracing, so Mark got off his horse and worked with the reins a little asking her to walk and stop (the rider was still on). They went forward together with his hands on top of the rider's so she could get the feel of going forward without hands moving. When they stopped, he created a boundary.

It is important to stop softly, not necessarily on the bit, just soft and with the horse's head in the correct place. Example: **Mark talked about a horse that ran into an electrobraid fence. The fence pressured the horse backwards but the pressure stopped at the boundary where the fence had originally been. He wants a rider's hands to create that kind of boundary too. They don't keep putting pressure as the head comes back.**

They changed the bit back to a regular snaffle thinking the one she was trying was too much for this horse. Transition from the walk to the halt is getting softer and without brace. When she stops, Mark said to be sure the head stays straight. She was moving her hindquarters to the right and her head went to the left. They will work on getting forward without the mare bumping into the bit and backing herself up.

Mark said he used to ride students' horses to fix things faster, but he found the fix didn't stick with the student hadn't actually worked through the problem with the horse.

Second session with Mark—Halt to walk to halt transitions looked a lot better. She's not continuing to move and not throwing her head up when asked to stop, and she is stopping a lot softer. Transitions from slow trot to walk were nice. She understands better, Mark said. Yesterday, in a private lesson, there was no stop at all, and they spent 1 1/2 hour doing circles, serpentines, and then backing until the mare started searching for a different pattern of stopping rather than pushing like she had been doing. Mark commented that riders need to transition in our bodies first and get the connection. In this horse's mind, she thought she was doing what was wanted—pushing on the bit.

Now that she's starting to get it, she can have more down time to think about it. He suggested doing riding on loose reins, walking and then standing still for awhile.

Second day

First session Mark was talking about how muscles cannot stretch themselves. They have to have a different, corresponding muscle to stretch it. It is hard to move something that is tightened up.

The same thing happens with a horse when it tightens. The neck goes up, the back hollows, and the horse either speeds up or stops and feels like it's going downhill. For a horse to be able to keep its head down and give to the bit helps get things back in line.

Starting on a loose rein at the trot—once the head goes up she's on the forehead and pulling. Head down shifts her balance to her back end. Want her to relax INTO the movement. She doesn't have to be on the bit, just soft and not inverted. She stopped with softness. She doesn't have to be on the bit to collect, just soft. Only saying something to the mare when she is tight and her head has gone up.

With this horse, we aren't asking for her to stay on the bit, just relaxed and soft which will be when she drops her head down. She was having a little more trouble going to the right than left. With this mare, asking her to drop her head and soften and stay there was going to create a problem, so they were just asking for her to travel with her head down. Nagging is if you keep saying something after she has down it. It's not nagging to ask when they need it.

Horse #2

Bay gelding with Dressage tack Mark worked with this horse/rider yesterday as well as last year.

The horse was falling into the right with its head going to the left. Mark said we want the body and nose connected by getting the horse's body over to where the head is. Don't try to pull the head back over. Whichever direction the head is facing, get the body over to connect. Right now, it doesn't matter why the horse is crooked, but the body needs to follow the nose.

Mark said that when the head goes one way and the shoulder another, it's because the foot has stepped to the outside of the line of travel. Just influence the foot to get back in line by thought or by touching the neck on the side of the foot that stepped out. It's not the shoulder that has moved out, it's the foot. We can't "pick up a shoulder" like some instructors say, so deal with the foot to get things lined back up.

Pay attention to these things and be clear:

Speed

Direction

Destination

Session two with Mark—Building on a foundation lays the groundwork so that they can work on the canter later. Working first on trot and transitions to the regular walk to medium trot and back to a walk are things that need to come before cantering. Want to slow down and speed up horse by us asking internally first and the horse searching for us. Mark said that the rider had a more clear understanding and focus this time and that the

horse is doing much better. When he's confused, he tries a lot of things that he knows how to do—half pass, etc. trying to figure things out. Ride the horse clearly. Mark told her that she could leg yield by just thinking about it and had her do a 14 circle and come off the rail and merely think about moving to the right. The horse was looking for the connection and he would do it. Before, he either wasn't getting direction or was given too much and was confused. He did it nicely two times.

In the past, this horse had the reputation of being hard to deal with and dangerous. Changing the bit and working on offering him a connection was helpful to this horse. Mark commented that the rider looks like she is having fun this year instead of white knuckles like last year.

Working on feeling footfalls—

As your leg swings out, it is the rear foot on that side getting ready to leave the ground. When your legs swing in, it is the front foot leaving the ground.

Second Day—

First session Wanted to work on sitting the canter better. The trot was nice, steady, and quiet. This horse has a long stride, so in sitting the canter, the rider's back has to be open to be able to move with the stride.

Mark said to ride either in two-point or sitting to get the feeling of the energy passing through. Really have to breathe to do this well. Canter in two-point and then sit a couple of stride, then canter again.

Get the body in time with the back feet—1,2, 1-2 even though the horse is doing three beats. If he is going too fast, get him slowed down.

Work on cantering about five or six strides and back down. This kept rider and horse both feeling ok and not tightening up. Helps him relax his mind and emotions so they don't both end up getting faster and tighter. Ultimately want the horse to cue himself to come back down emotionally. Don't let him canter when he's in a frame of mind of being "gone". Bring him right back down. Go short distances then back down.

Whatever direction his head is going, the body needs to follow. Mark said "head bone connects to the body bone" and they need to get connected when the horse starts wiggling.

Horse #3

Palomino mare The owner was new to horses when she got this mare and has worked with Mark in clinics the last couple of years.

Mark put his ported snaffle on the horse. They worked on stopping and softening then stopping and backing until it was the feel the rider was looking for. Then walked forward and did it again. The mare was sticky on moving forward again and was backing in a circle. She was not walking forward with any energy. Mark described it as more like a really fast stop.

Rider was using a crop/bat and used it on the shoulder after her intention and leg cue to get a better walk. Mark said she had been turning too much over to the horse to decide. Today the job is to ride, not to just sit. As they stopped to talk, the mare gradually pulled

the reins out of her rider's hands. Mark said that she needs to understand that is not allowed. Mark commented that the rider/horse team have made enough progress now that she needs to expect the mare to go when asked and not be allowed to drag and do her own thing. Say it and mean it now that the mare is able to handle it (last year the mare wasn't ready and the rider didn't have the necessary skills). Things are much better between the two now, but this needs to be straightened out before working on other things. Mark told her to not let up on herself or the mare. Work on forward and stop without worrying how it looks. Other things will clear up when this does. Cleaning up the gap between request and response now and can work on how it looks and feels later.

Someone asked about the connection with the horse when using a bat. Mark replied that there isn't one, that the mare had developed a pattern of being slow to move from the halt. Instead of offering more and more leg after expressing an intent, Mark likes to have the same amount of leg that you want them to respond to and then add something different for the next cue. The bat tapping chaps, saddle, or even the horse will soon be able to be discontinued.

Second session with Mark—

Be as soft as you can, but it might or might not be as soft as you want to be. That's why now they are using the crop on the mare to get the walk going. Right now, they are starting with intention, then light leg, then the crop because the pattern of being slow to just lean and then drift into a walk needed breaking up. The mare probably started learning that pattern when she was young and needed to have the pattern reestablished with a new pattern. Mark said someone needed to be the adult and take charge.

Second day Forward was working better today, so were working to put forward and soft together. All the pieces of the puzzle are there now and can work on getting them together instead of keeping them isolated still. It's not that the mare doesn't know how to do these things. She just needs to be asked to do them. Work on the things you know, and practice the things that don't feel good or that you are aren't good at.

Traded the bat for a dressage crop today to get a response with one request instead of having to ask over and over. Backing down the cues but still need to be able to help the mare go. Mark pointed out that the energy you use can make a difference. Using the stick to first move air to go forward and then if necessary, tap leg, then behind leg if needed. Be clear! Forward, stop, soft, back.

There was a question about leg cues. Mark replied that instead of using more and more leg, put the amount of leg pressure that you want them to respond to (a 1 on the scale of 0-10) and then go to using a different KIND of cue instead of more leg. The more leg you use on this horse, the more you'd have to use. Ultimately, we want to just think forward and not have to use anything more.

Only use the stick if leg doesn't work, only use leg if intention thought doesn't work. We don't want to punish them with a cue if they already know and will respond without it.

Horse #4

Green Buckskin QH (didn't ride yesterday due to horse being sore), but she had been in the previous clinic and also some private lessons.

Mark set up four cones in a large square pattern. The task was to ride two figure 8's around the cones. This helps soften the turns and helps the rider be sure they are clear. The horse is turning nicely following his nose with his body, stopping without pushing through bit as he had done previously.

They then went to the round pen to work on the issue of him being nervous with stirrups flopping. Did some lunging and flipping the rope over and around him as he moved. Then tied a long line to the inside stirrup and lunged him with the rope lifting and dropping the stirrup until the horse stopped pulling to the outside. Moving the stirrup from a distance helps him get over being worried about arm movement as well as not associating stirrup movement with a human being close and doing it to him. He worked himself out of his worry and quit trying to flee or lean away from the motion. He went from being scared to being curious and looking into it. This may seem small, but it really is a big deal. He has to get comfortable with this during motion as well as standing still.

We don't want a horse fleeing or just tolerating, but accepting things. A lot of people stop with them just tolerating instead of getting acceptance. Have to do things on both sides because the information doesn't transfer from one side of the brain to the other.

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