

WEBVTT

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00:00:00.505 --> 00:00:03.365

So if you're gonna start riding, I wanna talk to you about

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00:00:04.035 --> 00:00:06.725

rain handling stuff before you start riding.

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00:00:07.305 --> 00:00:10.605

So the, one of the biggest parts of being very effective

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00:00:10.605 --> 00:00:15.085

with this riding stuff is good rain handling techniques.

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00:00:15.085 --> 00:00:16.325

So how you were gonna handle the rains,

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00:00:16.325 --> 00:00:18.285

you're just gonna hold the rains in one handle like this.

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00:00:19.065 --> 00:00:22.845

Now if you wanted to do something, say with this left reign

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00:00:23.615 --> 00:00:26.605

steer bend to a stop work on the lateral flexion, whatever,

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00:00:26.625 --> 00:00:29.725

you would just put your hand on this reign, slide it out

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00:00:29.725 --> 00:00:32.005

to the side until your horse's nose comes around.

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00:00:32.065 --> 00:00:33.885

And if you were gonna, you know, if you were gonna bend

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00:00:33.885 --> 00:00:35.925

to a stop, you'd then bring your hand into your thigh,

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00:00:36.305 --> 00:00:39.885

sit it here, wait for your horse to come to a

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00:00:41.755 --> 00:00:43.925

stop and think down this rain,

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00:00:44.195 --> 00:00:47.885

like, like that.

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00:00:48.025 --> 00:00:49.765

And then I would let it go.

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00:00:50.225 --> 00:00:51.565

And so if you think about that,

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00:00:52.155 --> 00:00:53.885

your hand does not touch the rain

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00:00:54.265 --> 00:00:55.685

unless you wanna do something.

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00:00:55.745 --> 00:00:56.845

And as soon as you get

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00:00:56.845 --> 00:00:58.205

what you want, you're gonna let it go.

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00:00:58.205 --> 00:01:02.085

This is a huge part of, of teaching these horses things.

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00:01:02.085 --> 00:01:03.405

So if I wanna do something to the right,

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00:01:03.585 --> 00:01:04.965

I'd have the reins in my left hand.

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00:01:05.545 --> 00:01:08.285

I'd put my right hand here, slide it out

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00:01:08.285 --> 00:01:10.285  
to the side when I get what I wanted.

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00:01:10.285 --> 00:01:11.525  
Let's say I was bending to a stop.

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00:01:11.965 --> 00:01:16.885  
I would put my hand here, wait for my horse to come to a

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00:01:19.355 --> 00:01:23.405  
stop and wait for him to think back down this

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00:01:24.155 --> 00:01:26.285  
rain like that.

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00:01:26.385 --> 00:01:28.325  
And then I would drop it.

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00:01:31.355 --> 00:01:34.245  
It's, that's really simple, me telling you that.

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00:01:34.265 --> 00:01:37.605  
But there's about a million things that people will tend

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00:01:37.605 --> 00:01:39.445  
to do that are slightly different than that.

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00:01:39.465 --> 00:01:40.885  
And so I'm gonna go through 'em now

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00:01:40.885 --> 00:01:43.565  
because it's very important you don't do these things.

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00:01:44.505 --> 00:01:48.765  
One of them is you might notice when I, you know,

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00:01:48.825 --> 00:01:51.925  
so this rain handling, first it might,

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00:01:52.035 --> 00:01:54.485  
it's your lateral flexion, then it's your steering,

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00:01:54.635 --> 00:01:55.805  
it's your bend to a stop.

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00:01:57.665 --> 00:02:00.285  
And what you do practicing standing still

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00:02:00.285 --> 00:02:01.525  
you'll tend to do when you're moving.

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00:02:01.705 --> 00:02:05.365  
So what we don't wanna do is slide our hand like this,

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00:02:06.075 --> 00:02:08.405  
because right now all my weight has gone

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00:02:08.405 --> 00:02:09.525  
forward and over to the left.

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00:02:09.625 --> 00:02:12.405  
So if you think about, if you are sitting still

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00:02:12.545 --> 00:02:14.885  
and you want to bend your horse's head around

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00:02:15.065 --> 00:02:16.085  
and you go like that

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00:02:16.865 --> 00:02:20.085  
and like that, no harm, no foul, nothing went wrong.

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00:02:20.865 --> 00:02:23.125

But that's exactly the same thing you're gonna do

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00:02:23.465 --> 00:02:24.565

if your horse is bucking.

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00:02:24.565 --> 00:02:27.165

So if your horse is bucking and your go-to is to do that,

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00:02:27.425 --> 00:02:28.765

you're just gonna buck yourself off

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00:02:29.465 --> 00:02:30.525

before something happened.

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00:02:30.525 --> 00:02:32.565

You're gonna cause yourself to fall off.

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00:02:32.585 --> 00:02:34.725

So make sure when you do

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00:02:34.825 --> 00:02:37.285

or think about steering, if you went to steer

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00:02:37.585 --> 00:02:38.925

and you did that, what are you doing?

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00:02:38.925 --> 00:02:40.805

You're putting all your weight on your horse's front end,

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00:02:40.805 --> 00:02:43.005

and on the inside shoulder of the place you're gonna steer

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00:02:43.005 --> 00:02:44.685

and they'll tend to drop their shoulder and be unbalanced.

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00:02:45.905 --> 00:02:48.645

So when you use these reins at all,

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00:02:50.195 --> 00:02:51.725  
your core is gonna stay engaged.

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00:02:51.945 --> 00:02:54.005  
You are not gonna put this hand on the reins

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00:02:54.005 --> 00:02:55.845  
until you're actually gonna do something with it.

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00:02:56.515 --> 00:02:59.525  
Okay? When you, you're gonna slide your hand

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00:02:59.545 --> 00:03:02.125  
to the side when you get what you want,

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00:03:03.465 --> 00:03:04.725  
you're just gonna drop the rain.

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00:03:05.075 --> 00:03:07.525  
What you don't wanna do is get what you want

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00:03:07.525 --> 00:03:10.245  
and then slowly put your hand back to the front.

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00:03:10.445 --> 00:03:12.165  
'cause what'll happen is those horses will straighten their

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00:03:12.165 --> 00:03:15.365  
head up and the completely release, the complete release

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00:03:15.365 --> 00:03:16.725  
that they get will be back there.

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00:03:17.025 --> 00:03:18.245  
It won't be over here.

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00:03:18.345 --> 00:03:21.565

So you've just said over there is more preferable than over

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00:03:21.565 --> 00:03:23.205

here, preferable than over here.

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00:03:23.205 --> 00:03:25.405

But if you can just slide your hand to the side like this,

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00:03:26.415 --> 00:03:27.525

bring your hand over here.

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00:03:27.675 --> 00:03:29.285

When they get it right, you just drop it.

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00:03:29.305 --> 00:03:31.725

So it's not gonna get any more slack than that.

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00:03:31.725 --> 00:03:33.885

There's not gonna get any more release than that.

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00:03:33.945 --> 00:03:36.605

So the bigger the big release comes right there.

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00:03:37.025 --> 00:03:40.285

Not a small release there and a bigger release there.

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00:03:40.305 --> 00:03:43.325

But the, probably the most common thing I see people doing

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00:03:43.905 --> 00:03:46.765

is this one leaning forward and down there.

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00:03:46.905 --> 00:03:48.565

And you don't wanna practice that

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00:03:48.565 --> 00:03:51.805

because in a real problem, you'll revert back to that.

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00:03:51.805 --> 00:03:53.765

And there's a story from, uh,

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00:03:53.965 --> 00:03:56.885

a bank robbery in Texas years ago where these bank robbers

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00:03:57.435 --> 00:04:00.525

took some hostages inside the bank, and FBI were called,

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00:04:00.525 --> 00:04:03.245

and the FBI, you know, squad were out the front

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00:04:03.345 --> 00:04:05.325

and then the bank robbers burst outta the bank

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00:04:05.325 --> 00:04:06.965

and there was a shootout and a lot

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00:04:06.965 --> 00:04:08.725

of the FBI agents got shot.

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00:04:08.825 --> 00:04:11.045

And so these have, they couldn't figure out why did

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00:04:11.045 --> 00:04:12.205

these all these guys get shot.

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00:04:12.205 --> 00:04:14.765

They're very, very well trained, they're very well armed.

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00:04:16.795 --> 00:04:18.925

They should be able to win a

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00:04:18.925 --> 00:04:20.205

shootout with some bank robbers.

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00:04:20.205 --> 00:04:24.845

And all the, the, um, FBI agents that got shot, all

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00:04:24.845 --> 00:04:27.845

of their left hand front pockets had empty

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00:04:27.855 --> 00:04:28.885

shell casings in it.

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00:04:28.885 --> 00:04:30.725

And they couldn't figure out the significance of that

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00:04:30.815 --> 00:04:33.885

until they realized, oh, when we practice at the range,

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00:04:34.255 --> 00:04:36.805

we're sticklers for being clean, clean.

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00:04:37.145 --> 00:04:40.045

So what they would do at the range is they would bang, bang,

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00:04:40.045 --> 00:04:42.525

bang, bang, bang, empty a magazine, and then

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00:04:42.525 --> 00:04:44.165

before they put a new one in, they'd stop

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00:04:44.165 --> 00:04:45.285

and they'd sweep up their shell

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00:04:45.285 --> 00:04:46.605

casings and they'd put them in their pocket.

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00:04:46.985 --> 00:04:48.805

And they practiced this so much

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00:04:50.515 --> 00:04:52.365

when there was not a bank robbery that in the middle

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00:04:52.365 --> 00:04:54.605

of a bank robbery, they, they practiced them

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00:04:54.605 --> 00:04:56.165

and they paused to bend down

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00:04:56.165 --> 00:04:58.005

and pick up the shell casing to put 'em in their pocket.

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00:04:58.275 --> 00:04:59.925

Okay? So it's the same thing with this.

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00:04:59.925 --> 00:05:02.285

When you are working on your lateral flexion standing still,

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00:05:02.905 --> 00:05:03.965

you are working on nie,

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00:05:03.965 --> 00:05:05.645

what are you gonna do when you ask for lateral flexion?

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00:05:05.865 --> 00:05:07.965

You're gonna, you're doing what you were doing, you steer

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00:05:08.105 --> 00:05:10.845

and you are gonna, you are doing what you will do

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00:05:11.625 --> 00:05:14.405

if the poo poo hits the rotating blades, you know,

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00:05:14.505 --> 00:05:16.005

if it things go wrong

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00:05:16.025 --> 00:05:17.965

and you need to have muscle memory of,

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00:05:17.985 --> 00:05:21.165

I'm gonna stay seated here, slide my hand out here

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00:05:22.535 --> 00:05:24.405

until they follow that and then bring it back in.

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00:05:24.405 --> 00:05:26.925

Here you are, you are not gonna practice that

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00:05:27.195 --> 00:05:29.285

because that's the thing you'll revert

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00:05:29.285 --> 00:05:30.325

to when things go wrong.

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00:05:30.705 --> 00:05:32.885

And if you're gonna ride horses at some point in time,

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00:05:32.905 --> 00:05:34.085

things are gonna go wrong.

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00:05:34.105 --> 00:05:36.725

And so try not to think about when you're sitting still,

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00:05:36.835 --> 00:05:38.765

it's, oh, I'm just working on the lateral flexion.

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00:05:39.265 --> 00:05:42.725

You are working on your body posture in the lateral flexion,

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00:05:43.225 --> 00:05:47.285

in steering, and in a case

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00:05:47.285 --> 00:05:48.525

where something might go wrong.

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00:05:48.625 --> 00:05:51.405

So this rain handling is, is very important,

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00:05:51.405 --> 00:05:54.685

especially the part about you're not gonna put this hand on

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00:05:54.685 --> 00:05:56.765

the rain unless you're actually gonna do something with

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00:05:56.765 --> 00:05:57.765

It. It, and when you get what

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00:05:57.765 --> 00:05:58.850

you want, you're gonna let it go.

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00:05:59.745 --> 00:06:01.925

For the most part. You're not doing anything

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00:06:02.055 --> 00:06:03.285

until there's something to do.

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00:06:03.585 --> 00:06:04.765

And that's hard for a lot of people.

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00:06:04.765 --> 00:06:06.965

They wanna ride around and control the horse.

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00:06:07.065 --> 00:06:09.685

And before, you know, the first thing we're trying

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00:06:09.685 --> 00:06:11.685

to do is teach these horses how to control themselves.

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00:06:11.745 --> 00:06:14.125

And we can't do that if we're doing all the controlling.