STTDP	**Horse:**			
ORDER OF TRAINING CHECKLIST – THIS IS NOT HOW TO DO IT, THAT IS ON THE VIDEOS IN THE SUBSCRIPTION.	Started	W/O	Gd.	Ex.
FOCUS FOR RELAXATION				
● Focus on you, from a subtle suggestion, long enough to trigger relaxation.				
FOCUS & BEND				
● Yield front end 90 degrees and go off around you.				
● Take slack out of rope, yield hind end (without stepping forward) and draw horse into you, as you step back with no pause and focus is on you.				
● Through Anticipation and bringing horse in and sending off a number of times in one direction, horse travels around you with correct bend and suppleness.				
Equally good on both sides.				
HOOKING ON (IF YOU HAVE A STURDY ROUND PEN)				
● Establish and maintain forward motion. Walk, trot, canter.				
● Change directions to inside. Maintain forward motion, yield front end, not cut into centre of RP				
● Forward motion in other direction. Change directions as above. Walk, trot, canter.				
● Turn in and rest facing centre but not coming in.				
● Send off in each direction from standing.				
● Keep attention on you and step under behind as you walk around (to hindquarters) each side, without blocking or leaving				
● Step hind end under and take forward steps towards you as you spiral away.				
● Follow you at a respectful distance.				
● Change directions following you, stepping over behind and staying on outside of turn, not cutting				
GROUNDWORK				
● Desensitising (both sides, perfect one side before moving on to other)				
○ with lead rope over back.				
○ with whip/carrot stick over back. First without noise, then with.				
○ with whip on the ground, starting perpendicular to horse.				
○ with flag.				
● Sensitising (both sides, perfect one side before moving on to other).				
○ Disengage hind end, including untracking front feet and doing more than you.				
○ Send from a standstill. Front end must yield away before horse moves forward.				
○ Maintain forward motion on a circle after sending, keeping slack in the rope.				
○ Disengage to a stop.				
○ Stop and change directions, yielding front end.				
○ Maintain a good quality circle, with inside bend and straightness.				
○ Yield hind quarters while travelling forward on circle.				
○ 'Rope around hindquarters' exercise, with correct bend and disengaging.				
● Desensitise while moving.				
● Be able to switch between Desens. and Sens. with no dullness or reactivity.				
● Lateral flexion both sides.				
● Calmly travel between you and fence.				
● Approach fence, staying parallel, with you above.				
● Be desensitised to your movement, touch, weight etc. from the fence.				
● (Optional but useful: lead by a hind foot.)				
● (Optional but useful: calmly travel over tarpaulin.)				
● (Optional but useful: yield front end while you are at the horse's side.)				
● (Optional but useful: sidepass.)				

ORDER OF TRAINING CHECKLIST	Started	W/O	Gd.	Ex.
SADDLING				
● Desensitised to pressure around cinch/belly/flank.				
● Accept saddle pad/blanket.				
● Accept saddle and cinch.				
● Move freely while carrying saddle with no bucking, kicking out or pinning ears.				
● Get all groundwork as good as it was without the saddle, while carrying saddle.				
FIRST RIDES – IN ROUND PEN OR SMALL AREA				
● Be calm when you jump up and down beside horse.				
● Be calm when you place foot/weight in stirrup.				
● Be calm when you stand up and lays weight over saddle.				
● Be calm when you lay weight over saddle and swings free leg.				
● Be calm when you sit down in saddle.				
● Lateral flexion both sides – mentally present and can easily go from one side to other. Get 1 side good then other.				
● Disengage both sides.				
● Disengage then spiral out into forward motion, both sides. *				
● Bend to a stop from a walk, both sides.*				
● Trot on a loose rein, both directions, no steering. *				
● Bend to a stop from a trot, both directions. *				
● Canter on a loose rein, both directions, no steering.*				
● Bend to a stop from a canter.*				
*Do all in one direction and make sure it is good before going to the other side.				
● Minimise attraction to specific places e.g. gate/other horses (destination addiction).				
FIRST RIDE OUTSIDE				
● Lateral flexion both sides – mentally present and can easily go from one side to other. 1 side good then other.				
● Disengage both sides.				
● Disengage then spiral out into forward motion, both sides.				
● Walk and check for destination addiction.				
● Trot and check for destination addiction.				
● Canter and check for destination addiction.				
● Walk, trot, canter on loose rein.				
● Bend to a stop well in both directions at walk, trot, canter.				
BODY CONTROL				
● Steer using one direct rein, with lateral flexion and straightness.				
● Left/Right exercise (if horse tends to be straight do LR first and FF second).				
● Follow The Fence exercise (if your horse tends to duck and dive do FF first and LR second).				
● Point To Point exercise.				
● Cross Hairs exercise.				
● Circle exercise.				
● Slow down off the your seat (can be introduced anytime if your horse has really good forward and bends to a stop softly)				
● Back up. (First break at the poll, then rock back, then step back.)				
● Sidepass by turning into the fence.				
● Sidepass on the fence and offering multiple steps.				
● Sidepass facing the fence from a standstill.				
● Sidepass without the fence.				
● Back up from all 3 gaits (no gaits are missed in downward transition)				
● Disengage and bring the front end through, on the fence.				

ORDER OF TRAINING CHECKLIST	Started	W/O	Gd.	Ex.
● Disengage and bring the front end through, off the fence.				
● Stop off a verbal cue, on the fence (walk, trot, canter).				
● Stop off a verbal cue, then back up and turn on the fence (walk, trot, canter).				
● Stop off a verbal cue, off the fence (walk, trot, canter).				
● Move away from inside leg. (Can add earlier if horse has a tendency to drop his shoulder)				
● Halfhalt/ collection.				
● Counterbend, both directions (walk, trot, canter).				
● 4 circles exercise in trot.				
● Countercanter.				
● 8 circles exercise in canter.				
● Flying lead change.				