

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				
• <u>Desensitising (both sides, perfect one side before moving on to other)</u>				
o with lead rope over back.				
o with whip/carrot stick over back. First without noise, then with.				
o with whip on the ground, starting perpendicular to horse.				
o with flag.				
• <u>Sensitising (both sides, perfect one side before moving on to other).</u>				
o Disengage hind end, including untracking front feet and doing more than you.				
o Send from a standstill. Front end must yield away before horse moves forward.				
o Maintain forward motion on a circle after sending, keeping slack in the rope.				
o Disengage to a stop.				
o Stop and change directions, yielding front end.				
o Maintain a good quality circle, with inside bend and straightness.				
o Yield hind quarters while travelling forward on circle.				
o '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.)				

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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.				

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● 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.				