

[The Principles of training](#)

Hooking On

[Creating connection through change of focus](#)

[Attracting their ear](#)

[Attracting their eye](#)

[Looking directly at you](#)

[Come in and face towards you](#)

[Staying connected while walking](#)

[Catching](#)

Achieve RELAXATION

[We want a horse that is mentally connected, what you do depends on what your horse exhibits](#)

[if your horse is anxious and unaware of you](#)

[If your horse is very aware of you and shutdown because of it \(your very presence overwhelms them\)](#)

[If your horse is aware & responsive but disconnected with incorrect bend](#)

[If your horse is wild, unhandled or not handled a lot](#)

[If your horse is worried about you without leaving](#)

[Focus on you, from a subtle suggestion, long enough to trigger relaxation](#)

Focus and Bend

[Staying connected while moving on the ground](#)

[Focus & Bend at all gaits](#)

Groundwork

[Mental picturing and energy](#)

[Leading 1](#)

[Leading 2](#)

[Leading 3](#)

[Creating draw](#)

[Crossing objects on the ground 1](#)

[Crossing objects on the ground 2](#)

[Disengaging with focus](#)

[Desensitizing with focus \(flag\)](#)

[Desensitizing with focus \(flag\) 2](#)

[Desensitizing with focus \(tarp\)](#)

[Desensitizing with focus \(bigger flag\)](#)

[Back up on ground 1](#)

[Back up on ground 2](#)

[Calmly going between you and the fence 1](#)

[Calmly going between you and the fence 2](#)

[Get good with you on one side and the flag on the other](#)

[Be good at coming up beside you on mounting block](#)

[Allow you to lay over back from mounting block](#)

[Allow you to lay with entire weight over back](#)

[Desensitize from mounting block](#)

[Approach fence staying parallel with you while you are above](#)

[Be desensitized to your movement, touch, weight etc from above](#)

[Be desensitized while moving](#)

[Lateral flexion on the ground both sides](#)

[Canter off line](#)

[Canter on line](#)

Saddling

[Accept saddle pad](#)

[DS to pressure around belly](#)

[Accept Surcingle](#)

[Accept saddle](#)

[Saddle with Pad and Girth Tightened](#)

[Crabwalk with Saddle](#)

[All GW as good with saddle as without](#)

First rides in round pen or small area

[Revisit lateral flexion - good on both sides](#)

[Be calm while you jump up and down](#)

[Be calm when you place foot in stirrup](#)

[Be calm when you stand up in stirrup and lay weight over back](#)

[Be calm when you swing leg over](#)

[Be calm when you sit down in saddle](#)

[Lateral flexion on both sides, one side first then can go from one to the other and be present](#)

[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](#)

[Minimise attraction to specific places eg: gate, other horses \(DA\)](#)

First ride outside

[Perform groundwork everywhere you are going to go in arena to make sure horse is familiar with location](#)

[Lateral flexion both sides](#)

[Disengage both sides](#)

[Disengage then spiral out into forward motion, both sides](#)

[Walk and check for DA](#)

[Trot and check for DA](#)

[Canter and check for DA](#)

[Walk, trot, canter on a loose rein](#)

[Bend to a stop in both directions at walk, trot, and canter](#)

Body Control

[Steer using one direct rein, with lateral flexion and straightness](#)

[Left/Right Exercise](#)

[Bending for Relaxation - steering](#)

[Bending for Relaxation - part 2](#)

[Follow the fence exercise](#)

[Point to point exercise](#)

[The Ross exercise](#)

[Crosshairs exercise](#)

[Circle exercise](#)

[Slow down off your seat](#)

[Back up](#)

[Back up from all 3 gaits](#)

[Sidepass by turning into fence](#)

[Sidepass on the fence and offering multiple steps](#)

[Sidepass facing fence from a standstill](#)

[Sidepass without fence](#)

[Disengage on fence](#)

[Disengage off fence](#)

[Stop on fence](#)

[Stop and turn](#)

[Stop off fence](#)

[Move away from inside leg \(can add this earlier if horse drops shoulder in\)](#)

[Halfhalt / collection](#)

[Counterbend in both directions](#)

[4 circles exercise in trot](#)

[Counter Canter](#)

[Flying lead change](#)

[Spin \(not just for reiners\)](#)

[neck reining](#)

[Backing in circles](#)

[Shoulder in](#)