Dedicated to the people traveling the Journey to being the best horsepeople they can be.
Key Concepts

How would you retell the 13 rabbit story to someone?

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________________________________________________________________________________________

What are the two parts of Cognitive Behavior Therapy, meaning, when you start you are ___________ and then you get yourself a little bit ___________ and then you get yourself ___________ again. Just like we want to do with our horses.

What is the first thing you need to establish with either you or your horse before starting the CBT? ______________________
________________________________________________________________________________________
**Key Concepts**

What is the moral of the “Mammogram” & “The Toilet Seat” stories? __________________________________________________

________________________________________________

________________________________________________

We are going to teach our horses __________   __________ through the transitions doing groundwork.
KEY CONCEPTS

Para-Sympathetic = ____________ or ______________

Sympathetic = ______________ or ________________

In references to horses, how would you describe emotional intelligence?

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

Horses feel anxiety when they

________________________________________________________________________

________________________________________________________________________

If your horse is saying “I’m Fine” in their own way, what might this indicate?

________________________________________________________________________

________________________________________________________________________
**Key Concepts**

If your horse is shut down, what is a good exercise to do and why?

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________________________________________________________________________________
________________________________________________________________________________
________________________________________________________________________________

What example resonated the most with you regarding this principle? __________________________

________________________________________________________________________________
________________________________________________________________________________

Can you think of a time/reason that your horse accumulated 13 rabbits and what you would now do differently?

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Notes & Questions
**GLOSSARY OF TERMS**

<table>
<thead>
<tr>
<th>Term</th>
<th>Definition</th>
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<tbody>
<tr>
<td><strong>Up</strong></td>
<td>Anxious or worried. Teaching your horse basic groundwork will get them up. Your job is to ensure that you get them to let back “down”.</td>
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<td><strong>Down</strong></td>
<td>Relaxed or chilled out</td>
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<td><strong>Mental Collection</strong></td>
<td>The goal of this principle. You want to do many transitions, getting your horse up and down until they are right in the middle – mental collection. We will talk about balance more in the next principle “Do the opposite”.</td>
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<td><strong>Sensitize</strong></td>
<td>Teach a horse to respond to a certain stimuli.</td>
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<tr>
<td><strong>Desensitize</strong></td>
<td>Teach your horse to ignore a certain stimuli.</td>
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<td><strong>“I’m fine”</strong></td>
<td>The analogy of a partner being upset at you, but instead saying “I’m Fine!” when clearly, they are not fine but they do not want to talk about it. When a horse is shut down, they can be saying “I’m Fine!” when they really aren’t.</td>
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<tr>
<td><strong>Lateral Flexion</strong></td>
<td>Teaching the horse how to bend laterally in response to rein pressure.</td>
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<td><strong>Disengage</strong></td>
<td>Have the horse step their inside hind foot across in front of their outside hind.</td>
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<tr>
<td><strong>Bend to a stop</strong></td>
<td>The act of bringing a horse to a stop by taking your inside hand out wide until horse bends and the inside hind foot steps in front of the outsides while the front feet keep moving. Then bring your hand into your thigh until your horse stops. Also think of it as a “bend to a relax.”</td>
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SCHILLERNYMS

Acronyms commonly used on the Warwick Schiller Performance Horse Group

BTS ......................... Bend to a Stop
XH .......................... Cross Hairs
DS .......................... Desensitising
DA .......................... Destination Addiction
DE .......................... Disengaging
FTH ........................ Fill/Find the Holes
FR .......................... First Ride
FAB .......................... Focus and Bend
FTF .......................... Follow the Fence
GW .......................... Groundwork
HO .......................... Hooking On
HYGW ..................... How’s Your Ground Work?
LF .......................... Lateral Flexion
NMCNMM .............. Not My Circus Not My Monkeys
P2P ........................ Point To Point
R&R ........................ Rinse and Repeat
RP .......................... Round Pen (aka Round Yard)
RY .......................... Round Yard (aka Round Pen)
S  ......................... Sensitising
S1  ......................... Square One
SATS ....................... Start At The Start
STTDP ..................... Stick To The Damn Plan/Process
TPOT ....................... The Principles Of Training
WS  ......................... Warwick Schiller
WC .......................... Worry Cup
WTHRTE ................. Wrong Thing Hard And The Right Thing Easy
2. DON’T GO TO BED ANGRY
- When your horse is no longer relaxed, you need to get him relaxed again before proceeding. (Like a married couple, if anything has built up during the day, get rid of it before you go to bed.)

3. DO THE OPPOSITE
- As the olde English saying goes “You ride a slow horse fast and a fast horse slow.”

4. CHOOSE WHERE YOU WORK AND CHOOSE WHERE YOU REST
- Be aware of your horses internal GPS and their ability to recall places where no rest occurs. An amazing tool to that is one of the foundations of Warwick’s training.

5. THE DONKEY KONG PRINCIPLE
- This horse training principle, like Donkey Kong or any other video game, relies on the idea that whenever you get something wrong, you return to the beginning and start all over again.

6. THEY NEED TO KNOW THE ANSWER BEFORE YOU ASK THE QUESTION
- Similar to how we teach children to count before they add, and add before they multiply, because the answer to the current question lies in the previous teaching.

7. ANTICIPATION IS YOUR BEST FRIEND OR YOUR WORST ENEMY
- Horses are masters at anticipation and knowing when to enhance it and when to suppress it is a key element of training.

8. APPLICATION OF YOUR AIDS
- Otherwise known as order of cues, this principle is very important in teaching a horse how to respond to subtlety.

9. CREATE A TOOL BEFORE YOU USE A TOOL
- When solving a problem you need to make sure the tool or exercise you are using to solve the problem is fully functional before you use it.

10. ISOLATE, SEPARATE, RECOMBINE
- Anytime you are asking a horse to do two or more things at once they need to know them perfectly well separately. When you put them together and it is not working you need to mentally isolate the one that is not working, separate it and correct the issue before recombining them.
Answers

— Student’s response
— Relaxed, Worried/Anxious, Relaxed
— Total Relaxation as a good starting point
— If you take care of the little things they can never grow into big things/problems.
— Mental Collection
— Sympathetic: Fight or Flight
— Para-Sympathetic: Rest and Relaxation
— The ability to come back down after being stressed. The ability to figure out that they are not in danger.
— Don’t have control over the outcome
— Being shut down
— Desensitizing while moving
— Student’s response
— Student’s response