



14-DAY SPOOKY HORSE CHALLENGE

workbook to go with the TRT Method videos

11 DAY 11 | Mini-Challenge

This mini-challenge tests whether your horse has full control over his entire body and also checks if you're not secretly over-compensating in your body. To get started, you'll need a plaque (wood or plastic) to use as base you can't move off of.

11.1 Watch the challenge video, but don't try the challenge yet with your horse.

1. Do you think it will be easy for you to stay on the square? Or do you already know you're going to struggle to stay on?

The objective is to ask your horse to move in the carrying posture, moving on the circle for balance, and changing direction through moving the front legs and moving the hind legs.

2. Which movement do you expect is going to be hardest for your horse? And which the easiest?

11.2 Try the challenge!

3. Were your answers to the last two questions correct? If yes, how did you solve it? If not, do you know why you expected something else?



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- 11.3** There are two ways your horse can push you off the board.
1. Your horse moves in your space and forces you to back off;
 2. Your horse moves out of your space and forces you forward.

Tristan gives you tips on what to do in either situation.

4. What do you need to do in your body language in either situation? And why?

5. Have you noticed that you carry yourself differently when training your horse?
