



# 14-DAY SPOOKY HORSE CHALLENGE

workbook to go with the TRT Method videos

## 12 DAY 12 | Pattern With Saddle

It's time to build the bridge between what your horse does on the ground and what he should do with a saddle and bridle on. It's important to show them that the same relaxation techniques apply when they're being ridden.

### 12.1 Watch the video.

1. Why do you think it's so important for horses to first go through the patterns without a rider but with a saddle and bridle on?

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When you want to move the front leg to the right, you use your right rein. When you want to move the right hind, you use the right rein. It's vice versa for the other rein.

2. Picture your horse and try picking up the rein as you're starting the movement. Is it natural to you?

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### 12.2 General tips:

- when you feel that your horse is leaning too much into the rein, the horse has usually too much weight on the front so you have to step backwards first.
- you can also put a halter underneath when you feel that you have to put too much pressure on the bridle for backing up.
- when backing up, transfer more to the riding position so that your standing next to your horse. When you're riding, you'll also be giving the aids from that position.



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### 12.3 Try the patterns with the bridle and saddle.

3. Was it easy? And did it feel different with the bit instead of the halter?

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Because these patterns help a horse feel supple and confident, they're great to do at any moment, but especially before a ride.

Think about your daily schedule with your horse.

4. Is there a moment in the time with your horse where you can do these patterns daily? And if so, are you going to make it a habit?

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