



14-DAY SPOOKY HORSE CHALLENGE

workbook to go with the TRT Method videos

13 DAY 13 | Pattern Under Saddle

This is like yesterday, but now we're going to get in the saddle!

13.1 Don't watch the video yet if you hadn't. Think back on all the times you've ridden your horse.

1. Did your horse stand still when you got on?

Through all the exercises of groundwork, we've helped you understand why it's so important for your horse to stand still and find their point of rest.

2. Say, you got on and your horse moved. What would you now do to find the point of rest?

13.2 From the saddle, we're now going to ask the groundwork patterns.

These are the steps for moving the hind legs:

1. Lift up your inside rein (let the outside rein slack, so your horse can bend freely);
2. Give the voice cue (kissing sound);
3. Add inside leg.

Stop the movement when you feel your horse relax.

For moving the front legs the same steps apply. It's easier for the horse if you have a soft back up before you try the behind and across movement. The softness comes through a soft and light rein: don't pull, but lift and release.



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Watch the video and try the patterns from the saddle.

3. Did you manage to find the relaxation in your horse's body?

Tip! You can also ask someone else to help you do the patterns from the ground if your horse finds it confusing the first time.

13.3 The idea of the groundwork patterns is that we can move and balance each individual leg. This means that when you're out of control in a certain situation, you can fall back on those patterns to get in control again. It will give confidence and relaxation to both you and your horse.

4. Can you think of moments where you can now use these patterns to solve or prevent dangerous situations with your horse?
