



14-DAY SPOOKY HORSE CHALLENGE

workbook to go with the TRT Method videos

6 DAY 6 | Moving the Hind Legs

The first bit of pattern we're focusing on in the very beginning is moving the hind legs. This is not only where your horse's power comes from, it's also how you're able to create bend and stability in the horse's body and to be able to teach him where to put his feet to balance out.

6.1 The first pattern can be difficult to understand if you're doing it for the first time, so take your time, watch the videos and practice.

The first step to moving the hind legs is standing in the correct position. Here are some tips:

- Always start on the left side
- Hold your rope like it's a rein, with your hand upright
- Rein length should be about the length of the neck, long enough to have contact with your horse's head. Try not to let the rein droop.

6.2 The pattern in stills.

Tristan is standing next to the horse and he guides the horse in a circling motion by asking to move the hindleg under their body. Repeating this pattern will create a circle. Keep in mind that with an inexperienced horse, small steps should be rewarded.





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6.3 Now that you know what the pattern is supposed to look like, you can try the pattern yourself.

Here's a good order of asking:

1. Touch your horse on the flank.
2. Bring up your energy, just like with the leading exercise.
3. Make the kissing sound to signal the beginning of a movement.
4. Give the practical example through pushing a little against your horse's body. Keep connection.

1. Try the patterns. Did it go well? Why did it go well or not?

Tip! You want the diagonal pairs to move at the same time, so left front leg with right hind leg, and vice versa. It's common for beginning horses to let the front leg stick in the ground. If that happens, ask a little more and keep a little more contact on the rein. When the horse moves his front leg, stop immediately to give him the feeling of success.

2. Pay attention to your horse's front leg. Does it move in line with your horse's hind leg?

6.4 You might run into some problems while trying this. Here are some solutions.

Does your horse push into you or get in your space?

Back your horse up and move into the pattern while the horse is in the backwards movement. Repeat this each time your horse pushes. If the pushing gets too much, go back to the leading exercise and re-establish the distance between you two.

Is your horse slow and unmotivated?

Bring up your energy. Trot a little around the arena, then try the pattern. Quit early so your horse quickly gets the feeling of accomplishment. If your horse doesn't move his body at all, move a few feet away from your horse and try the pattern at a distance.