



K & C* Newsletter

Your Grounded!

So much emphasis is placed on riding, yet if you added up the amount of hours you spend with your horse, you would probably find that on the ground activities, would account for the bulk of your time.

This includes catching, feeding, rugging, grooming, floating, triaing for led classes, lungeing (for various reasons), shoeing, looking after injuries and socializing with friends.

The bulk of this newsletter concentrates on Ground Activities; including 'Free Reining', 'Lungeing' and 'Long Reining'. Most Pony Club riders, or handlers (I really should say!) do not

know how to work their horses properly on the ground.

Pat Parelli and Monty Roberts both stress the relationship between the horse and rider and how this has to be achieved at ground level first to get the best results.

On the ground, you can see the outline of your whole horse, and see areas requiring improvement, similar to that your instructor sees, when you are mounted. When you work your horse on the ground, you are the instructor, and must use this time to the best of the horse's ability.

Some ground work may only take two minutes, other "tricks" may take

weeks, but the overall result will be a horse with better manners and will work better under saddle.

Three Areas are covered in this newsletter—The Three L's - loose, lungeing and long reining. Each one may also be used as part of your K Options. Lungeing requirements are already on a K Certificate work sheet, Loose or Liberty work and Long rein need to be requested, with the methods and results fully explained for the examiner.

Read the following articles, and you will see that there is more to each of these three L's that you can imagine.

Show Jumping Clinics for K Certificate Riders

Show Jumping Clinics will be held on the third Saturday of September, October and November at Ringwood Pony Club.

The nine o'clock sessions are geared for the D Grade Rider, with the C Grade Riders at 11am. Each session last two hours. Riders will start with work on the flat, to warm up their horses, and them move through

jumping grids and practice jumps to finally work over a complete course.

If you are already a competent C Grade Show jumper and have competed in competitions that have reached 90cm and above, then, when booking into the lesson, you may also request assessment for the K Certificate Show jumping Option. Remember that

you will need to bring your completed worksheets to the lesson.

Congratulations to those riders who recently attended Adam Wottan's show jumping clinics, organized by the Zone. Pauline, Georgia and Chelsea (and their horses) all worked very well, and were a credit to Ringwood Pony Club.

Issue No 11

September 2005

Special points of interest:

- Liberty Competitions: More difficult that you think!
- How to hold the lunge rope and whip correctly
- Rein, whip and voice aids
- Does your horse have good ground manners?

Inside this issue:

Loose Schooling	2
Clicker Training	5
Lungeing	6
Long Reining	14
Report on Long Reining Clinic	17
Notes on Groundwork	20



Long reining is a pre-requisite for all harness work





Monty Roberts with Shy Boy

YOUR VOICE

To keep the pony responsive and paying attention, you should keep quiet except when giving him a command. If you talk all the time, the pony will get confused and will not pay attention to your voice.

Your tone of voice and the way you say the words are more important than the actual words used. Give commands in a confident, cheerful tone as if you expect him to obey you, not as if asking a question. Each command must have a different sound so that your pony can tell them apart. To encourage your pony to go forward or pick up a faster gait, your voice should sound brisk and should "lift" at the end of the command. To ask him to slow down, lower your voice and draw the word out.

The voice should be used first, repeated once or twice if needed, then reinforced with the whip or lunge line as appropriate.



LOOSE SCHOOLING

This is the start of all breaking in. It is what Monty Roberts calls "Join Up". I have had the chance to see Colleen Kelly Loose School an unbroken two year old, and was most impressed. Loose School can be used for any horse, unbroken to the school master, and does involve more than just shoeing a horse around and enclosed area. In some breed shows, there are actual "at Liberty" competitions in which you present your horse running freely and the Judge looks at the horse's actions and relationship to the handler.

This article is from 'Training your own Horse' by Mary Rose (UK/USA). It is part of a section on the three "Ls" (Loose schooling, Lungeing and Long reining). Loose Schooling is not detailed as a K Option or part of C, but I have included it in this newsletter, as it is a valuable foundation stone in the pre-training for lungeing and long-reining your horse.*

The Three Year Old

When training a horse it is important to remind yourself frequently that you have plenty of time. The trainer's worst enemy is likely to be haste. Basic training omitted when the horse is three years old can never be made up later, and if you have a promising young horse to train and you hurry things along at this stage, you will regret it later on.

Three years old is plenty of time to start a young horse's serious training. If

he has been well handled all his life there will be no question of 'breaking him in', which I think is a most misleading term conjuring up all kinds of archaic horrors. If you have to deal with a horse which has not previously been handled at all, or, more likely, which has been mishandled, then the first thing you have to do is to overcome his fear and teach him all those vital lessons, like catching, to lead and catching up, floating, being handled all over and standing still.

I know that many people these days will start a young horse on his serious training at two years old. Personally, I do not like to do this. The horse, at two, is so very immature that he tires quickly, and his attention span is only a few minutes. Even if the trainer takes exceptional care, the young joints and tendons are very easily strained and permanent damage may result. I do not think it is worth the risk and I leave my young horses to grow until they are at least three and often four years old before doing serious training.

Loose Schooling

Even before teaching the young horse to lunge, I like to loose school him. Loose schooling teaches the horse to respond to the voice commands, without subjecting his young joints to sharp stops or changes of direction which may sometimes inadvertently occur on the lunge line. Some people leave out loose schooling altogether, either because

they do not understand how to go about it, or because they do not appreciate its value. Once you understand that the principal of loose schooling is exactly the same as the principal of lungeing, that is, you are 'driving' the horse in front of you to make him go forward, and placing yourself in front of him to make him stop, then you are unlikely to have any problems.

The first lesson

Lead your young horse into the school (preferably an indoor school, and not too large) with his head collar and lead rope, and arm yourself with a pocketful of carrots and the lunge whip. It is important that the horse should respect both you and the lunge whip, but he must never learn to fear either. The whip is used to assist you in keeping the horse moving forward at the required distance from you, and it is worth while spending a little time learning how to use the whip correctly.

When leading a horse from the near side you should hold the lead rope ten centimeters or so from the horse's head with your right hand: the end of the lead rope is in your left hand (never wound round it), and the whip is also in your left hand, with the tip of the whip held lower than the butt or handle, and always pointing behind you. The lash is stretched along the length of the handle of the whip, and is also held in your left hand – not allowed to trail along behind you. If you are leading the horse

LOOSE SCHOOLING, Continued

from the off side, simply reverse the above instructions. In teaching a horse to lead, it may be necessary to raise the point of the whip slightly and touch the horse on his hind leg, just below the hock, to encourage him to step forward actively beside you.

Never carry the lunge whip like a fishing rod, never wave it about aimlessly and never crack the whip, but learn how to flick the lash accurately in the direction of the horse's leg by a small, controlled, movement of your hand and wrist.

Your first training session will, of course, be very short. Detach the lead rope from the head collar and encourage the horse to walk forward to the track. In fact, to loose school a horse the trainer simply 'walks the diagonals' keeping slightly behind the horse's eye, and moving a fraction more behind the horse to quicken the pace, and a fraction more in front of him to slow him down. But at first the horse will not understand what you want from him and you will have to make your commands very simple and obvious. Some young horses will trot gaily away from you, some will plunge off and rush about, and some will simply stand still beside you, not quite knowing what to do. Most horses, if pushed gently into the track, will trot on round the school, provided you keep yourself just behind their eye and walk actively towards their hind quarters. Depending on the size of the

school, you will take five or six steps on the diagonal in one direction before turning and retracing your steps on the same diagonal in the opposite direction, always being careful to keep the horse in front of you. It is quite easy to do this in a small school, but if the arena is very large you will need an assistant to help you keep the horse out on the track.

Voice commands

Decide on exactly what voice commands you intend to use throughout the horse's training and use them now. I find it easiest to get the horse going in the trot first and then to teach him to walk, and later on to canter. If he is trotting actively forwards he won't be so likely to take his attention off you and what you want from him. If you have to start the horse off by leading him into the track, be very careful not to get ahead of him.

Once he is moving forward, leave go of his head collar and say, with an upward inflection "walk on" (or, if he is already trotting, say "Trot"). Your object is to associate in the horse's mind the correct responses to make your voice commands. Since, at this stage, you will not be able to make the horse do exactly what you say, you must say exactly what the horse does! This way, he will quickly learn to associate your voice commands with his own actions.

Do not use too many different words and so not 'chat' to the horse. Always

use exactly the same word and the same inflection and tone of voice, and you will be surprised how quickly the horse learns what you want of him.

Send the horse round the school at trot a few times and then gradually slow him down by placing yourself a little in front of him saying at the same time, with a calm, downward inflection "Waaa-alk, waaa-alk". If he walks and you can send him on along the track in walk a bit, good, but if he turns to come to you right away, encourage him to do so by saying "come boy" or simply "come", holding out a carrot towards him, and stepping BACK, away from him, very slowly. It is important that the shores should come to you, not you go to the horse, unless he is one of the very placid variety who simply stands still and looks at you. If this is the case, go up to him, take the head collar, and then back away from him saying "come, come" encouraging him to follow you.

Preparing for lungeing

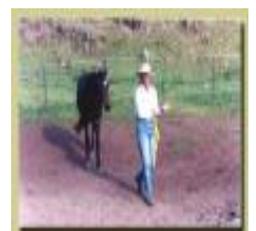
The very first time you try to loose school your young horse, the results may not be exactly what you had hoped for, but you will be surprised how quickly both of you learn how to go about it. The horse will learn the voice commands and he will also learn how to maneuver himself in the confines of the indoor school. Properly done, loose schooling is an excellent preparation for lungeing and long reining, and in



This horse has bonded with Monty Roberts, and is trying to work out what to next, as Monty walks away from him.

SIGNS THAT YOUR PONY IS MOVING WITH GOOD RHYTHM AND RELAXATION

- His strides become even and steady, and his speed stays the same, without rushing or slowing down. You can count a steady rhythm with his hoof beats
- His hind legs reach well forward under his body. (However, at this level, he does not have to "track up")
- He stretches his neck and his back, and his back looks "round" instead of flat or hollow
- He breathes evenly and may snort gently while stretching his neck and back.



This horse has learnt to follow the trainer, without the need of any rope.

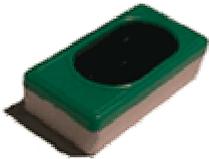
CLICKER TRAINING



Clicker Training, used on horses and dogs, is one way to teach a horse to do tricks at liberty.

Clicker training refers to a method of teaching behavior using a "yes" signal or conditioned reinforcer, to tell the animal precisely when it has done something right.

Below is a clicker, similar to the party toys, used to train the horses .



Here are some links to the clicker basics that will explain the concept & the training method in more detail.

<http://www.equilog.com.au/clicker/>

www.equilog.com.au/clicker/clicker%20training%2020janemyers.pdf

www.lemis.com/grog/20feb99.html

<http://theclickercenter.com/>

LOOSE SCHOOLING, Continued

the horse's later education it may be used in teaching him how to jump. Keep your sessions very short – ten minutes in the school is plenty. If you can take your horse into the school for three ten minute sessions a day you will certainly be able to teach him to "walk", "trot", "canter", "halt", "stand" and "come" in a week.

The rest of his training at this stage will consist of repetition of work, together with his now more thorough grooming sessions, and hopefully at least one hour a day when he is turned out in the paddock to run free,

and play, or graze as he wishes.

Beware of 'programming'

One word of warning – every horse learn by repetition and it is his superb memory which makes him so trainable. Be very careful indeed to vary the order of your commands. You may always want to start of with 'walk' but do not for ever follow it with 'trot'. Sometimes walk the horse both ways round the school and halt him and have him come to you before you trot, or trot him both ways round the school and halt him and

have him come to you before you trot, or trot him both ways round before you ask him to walk. Sometimes trot him to the left first and sometimes to the right – do not always start by trotting in the same direction. Sometimes require him to stop and stand in the track, or walk once around the ring before changing direction, sometimes call him to you, sometimes reverse him on the track. Use your head and consider the consequences of everything you do before you do it. Above all, never be in a hurry.

LIBERTY COMPETITIONS

At some breed shows, you will have a "At Liberty" Classes. These are to demonstrate the natural beauty of the horses. Horses are to be judged on style, grace, animation, gaits, presence, music and suitability and ease of catching.

The Liberty class may only be offered at shows where facilities include a closed arena and where the conditions would not be hazardous to horse or exhibitor. Horse will be judged beginning when the exhibitor (the individual wearing the number) removes halter and until caught by the exhibitor. Time of liberty shall be one and a half minutes, time to catch shall be one and a half minutes. Only the exhibitor and one handler will be allowed in the arena with the horse.

Whips and shaker bottles are allowed, but touching the horse during performance with aids or hands will result in disqualification.

Horses must be caught and haltered by exhibitor within one and a half minutes or be disqualified. Music is required. Suitability of horse's movement to the chosen music must be evaluated. No assistance from outside the arena will be permitted. Elimination will result unless the judge feels that the outside action was taken in an attempt to cause the exhibitor's horse to be disqualified. Announcement is made prior to the class to specify that no

outside assistance be allowed.

All horses entered in the Liberty class must be at least three years old. The wellbeing of the horse is of paramount importance and horses should not show any sign of stress. Liberty classes will not permit horses under the age of three. Exhibitor and handler must be properly attired.



Horse working at Liberty with Monty Roberts

LUNGEING

This article is from 'Training your own Horse' by Mary Rose (UK/USA). It is part of a section on the three "Ls" (Loose schooling, Lungeing and Long reining) and is helpful reading for both the unbroken and schooled horse.

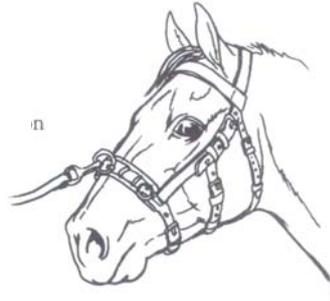
The start of formal education

Lungeing is an ideal way to start the formal education of the young horse, as well as being invaluable in re-training a spoilt horse who has lost his natural suppleness and become cramped in his movement. It will give your three-year-old his first experience of the driving and restraining controls of the rider, and will help to develop him physically and mentally, without putting

the added strain of carrying a rider's weight on his young joints and tendons. By means of lungeing you can also provide your young horse with sufficient exercise to keep him healthy, teach him to reach forward for the bit and develop the long balanced strides you want to encourage him to use later, when ridden.

The Tack

During the time you are teaching your youngster to loose school, you can also accustom him to the equipment you will use to lunge him. He will, of course, already know and respect the lunge whip, since he will see you with it during the loose school sessions. You can introduce him to the lungeing cavesson, the surcingle or roller, and soft,



Lunge cavesson

protective bandages, by putting them on him quietly for a few minutes everyday in his loose box. Be careful to tighten up the roller very gently if the horse is not used to wearing one, or you may create in him the objectionable habit of "blowing himself up" when being saddled.

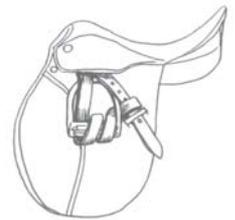
The equipment used in lungeing includes the cavesson, which must fit your horse comfortably. It must have a very well padded nose-band which fits snugly over the bony bridge of the horse's nose. If it is too loose, or fitted too low, on the grisley portion of his nose, you will cause your horse unintentional pain. The cavesson is fitted with a jowl strap, which is designed to hold the cheek pieces back from the horse's eyes, and to give a snug fit. This strap should be sewn to the cheek straps at the same height as the outer corner of the horse's eye. Lungeing cavessons are fitted with a heavy, metal nose band with a ring on either side and one in the centre front. These rings should be flat to the noseband and not attached to projecting lugs.

The surcingle or lungeing roller is used at first in

LUNGEING WHEN SADDLED

A horse may be lunged while wearing his saddle, but the stirrups must be fastened up so that they will not come down and bang against him.

1. Run up stirrups as usual
2. Wrap end of leather around iron, then upward under branch of stirrup iron
3. Put end of leather through loop; then secure in keeper.



THE SURCINGLE

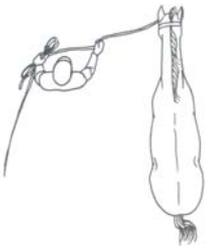
The lungeing surcingle or roller, has rings for side reins and to thread long reins through. It is best used with some sort of blanket between the roller and the horse's back.



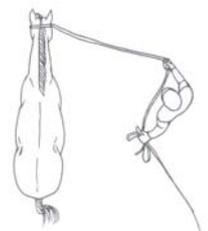
Lungeing equipment: roller and girth belt may be made of leather or webbing, lunge rein may be webbing or rope, cavesson (lungeing bridle), lunge whip must be long enough to reach back of horse.

WORK IN HAND

Before he can learn to work at the end of a 10 metre lunge line, he must learn to move forward, stop and obey voice commands when he is several feet away from you.



Lead the horse, prior to lungeing. To begin, start by leading the pony with the lead line in the hand next to the pony (as usual). Carry the lunge whip (with the lash wrapped up) in the other hand, pointing down and backward. Gradually move until you are 1 metre away from the pony's shoulder; at this distance practice leading, transitions, and voice commands on both sides.



Leading, with the body parallel to the horse. This is an important step in teaching the horse to lunge.

LUNGING, Continued

place of a saddle. Later on you may wish to lunge in a saddle with the surcingle fitted over it, to allow the side reins to be attached to the surcingle rather than to the saddle. I prefer not to use side reins at all with a young horse, although they can be most useful in re-training a spoilt horse or when training young stallions who, without them, will often be more interested in waving their heads in the air or snaking then along the ground, than in their lesson.

Since you are lungeing your youngster to encourage him to reach forward with his head, develop long, roomy, balanced strides, and encourage unconstrained movement, side reins seem to be, at this early stage, a contradiction. However, fitting the young horse with a surcingle prepares him for the saddle, which will come next.

Leg protection

Do not lunge a young horse without protective boots or bandages, and preferably teach him to lunge before he is shod. It is so easy for a three- or four-year-old, who has not yet gained full control of his limbs to knock his legs and cause permanent lumps or scars, that it is well worth the little extra trouble to bandage him before work.

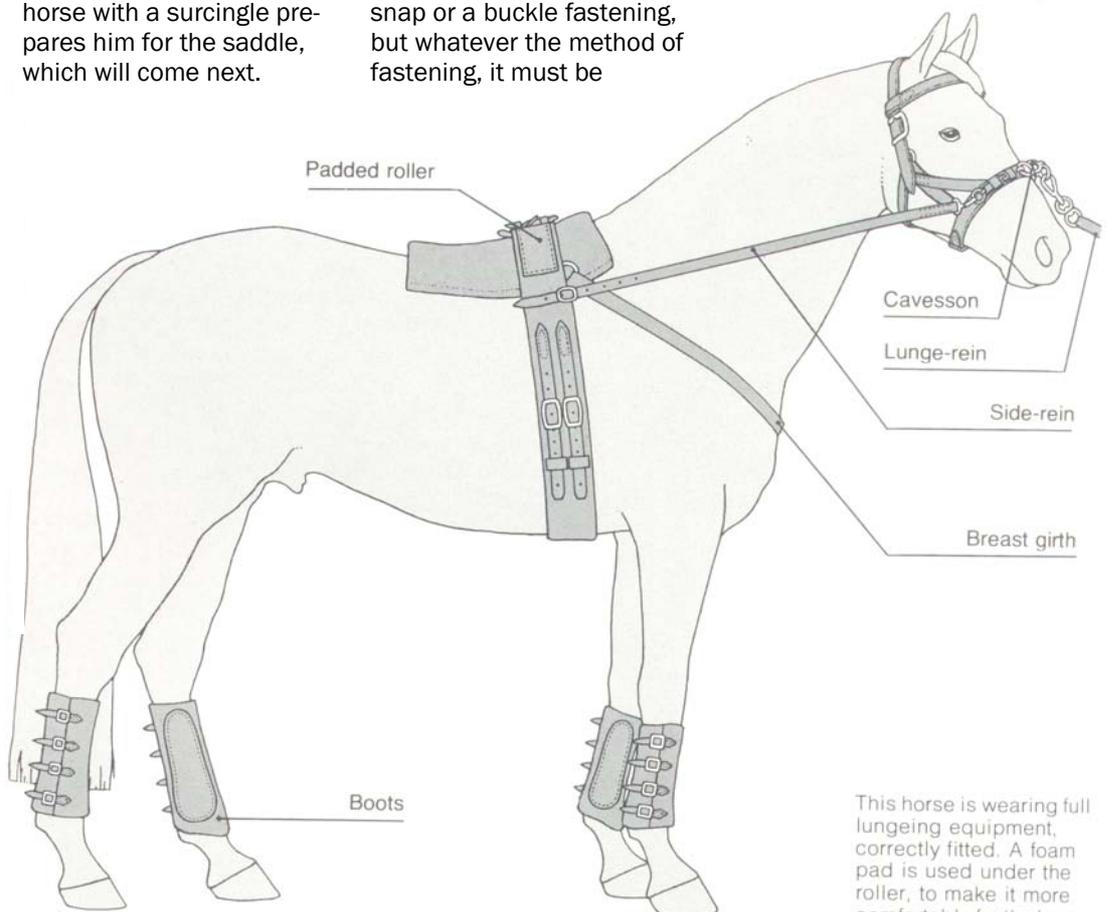
The Lunge rein

The lunge rein itself is seven to ten metres long, made of soft hemp but preferably not too smooth or slippery, for although it must run through your hand easily, you do want to be able to hold onto it comfortably. The lunge rein may be fitted with a metal snap or a buckle fastening, but whatever the method of fastening, it must be

mounted on a swivel, to avoid the lunge line from twisting when in use. Last but not least. ALWAYS wear gloves yourself for lungeing or long reining.

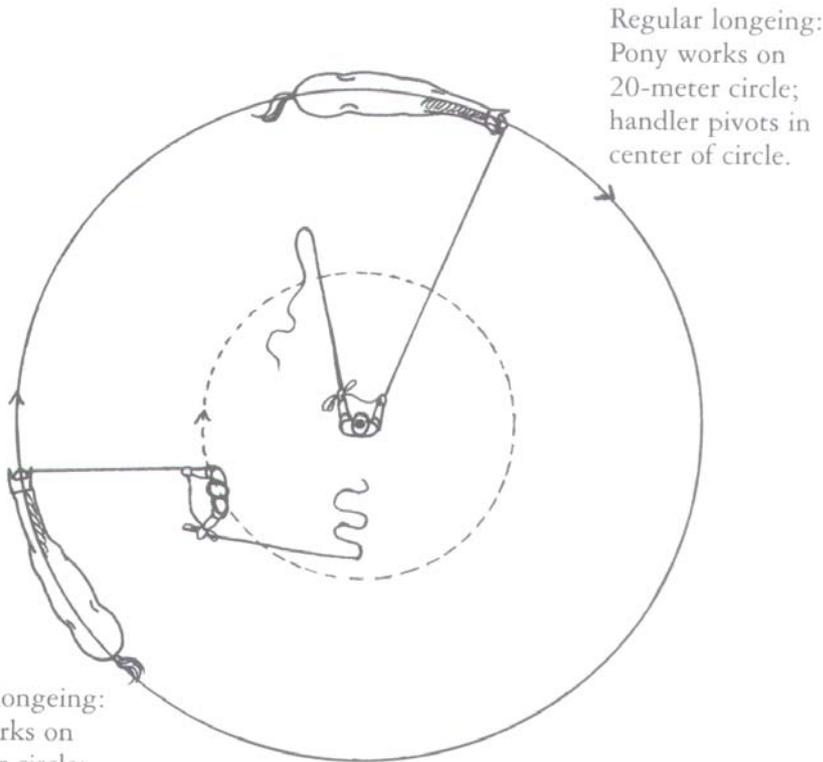
The first lesson

It is certainly not impossible to teach your horse to lunge all by yourself, but it is very much easier if you can persuade a friend to help you with the first two or three lessons. If at all possible, start teaching your horse in an indoor arena. It will be much easier to control him, and his attention will remain on you. It will be much easier to control him, and his attention will remain on you. If you do not have an indoor school at your disposal, use the corner of a



This horse is wearing full lunging equipment, correctly fitted. A foam pad is used under the roller, to make it more comfortable for the horse.

LUNGEING, Continued



quiet field, where you will have at least two fences to provide two sides of your circle. If you have to lunge outside, on grass, you may be obliged to use side reins, fitted loose enough for the horse to stretch his neck but not long enough for him to reach the grass. If you do use side reins, make sure that they are both adjusted to the same length, and do not attach them to the bit until immediately before you start lungeing.

Keep it short

The first lunge lesson will of course, be very short. Do not expect everything to go completely smoothly the first time you try and do not continue the lesson until the horse is tired, but stop after ten minutes or so, as soon as you get a reasona-

bly correct response.

Bring the horse into the school wearing his bandages, surcingle and cavesson, with the lunge rein attached to the cavesson. The ring in the centre front is designed for the attachment of the lunge rein, but this position of the rein does not suit all horses. Some young horses, with very sensitive noses, go forward much more freely if the rein is attached to the back of the noseband, or, if they have a tendency to pull away from you, to the side ring. Use your own judgement over this question of where to attach the lunge rein and try to keep an open mind. Much will depend on the type and temperament of the horse you are training, and your own skill and experience lungeing. If you decide to use the front ring, remem-

ber that you are applying a very magnified aid on a very sensitive portion of the horse and be particularly gentle in the handling of the rein.

In lungeing, as in every other phrase of the training of the young horse, you will work equally to the right and the left. Let us assume, however, that you are going to start on the left rein, that is, your horse is going to describe a circle around you, traveling anti-clockwise.

Place your assistant, if you have one, on the right side of the horse. He will lead the horse by holding onto the cheek strap or noseband on the outside. Place yourself level with the left shoulder, the lunge rope carefully folded and laid loop on loop across your

HOLDING THE LUNGE LINE



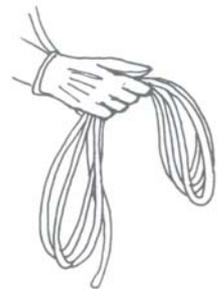
Correct driving hold



Correct riding hold



Never put your hand through the loop in the end of the lunge rope



Above, correct way to hold excess loops in the hand



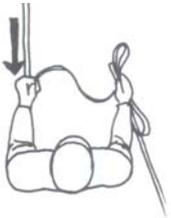
Wrong: Never coil excess lunge rope in loops that could tighten on your hand

REIN AIDS IN LUNGEING

Rein aids given with the lunge rein must be coordinated with voice, body placement, and whip, just as rein aids must be coordinated with leg, seat, and voice aids when riding. As in riding, rein aids are always given with a short "squeeze and relax" never a long, continuous pull.



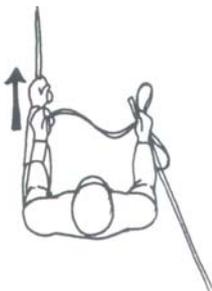
1. **Opening or leading Rein:**
The Lunge hand moves outward and sideways, away from your body. This leads the horse forward and asks him to stretch his neck out.



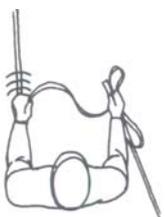
2. **Direct Rein:**
The lunge hand gives short squeezes on the rein toward your elbow. This asks the horse to make the circle smaller, to bend toward you, or to stop pulling out away from you.



3. **Indirect Rein**
The lunge hand moves inward and sideways, toward your opposite hip, giving short squeezes. This puts pressure backward on the lunge and asks your horse to slow down or stop



4. **Giving the Lunge**
The lunge hand moves briefly forward and out towards the horse's head, then smoothly takes up the contact again. This releases pressure on the lunge for an instant. It is used to reward the horse, to ask the horse to lower his head, or to allow him to move onto a larger circle. Don't lose all contact or let the lunge line become dangerously slack; the horse could step over it if he turns in.



5. **Vibrating the lunge**
The lunge hand gives tiny "shivers". This calls the horse's attention to a light signal without pulling against him. It is very useful for halting and slowing down without pulling.

LUNGEING, Continued

left palm, the whip, which must be long enough to reach the horse when he is traveling round you on a large circle (about four to five metres overall), in your right hand, point held low to the ground, beside the near hind leg. At first you are going to walk round the whole rectangle of the indoor school and will not be lungeing at all, really. After the loose schooling sessions the horse will understand your voice aids, which will be a great help to you now. Say "Walk on" with your customary upward inflection and your assistant will lead the horse forward. You will also lead him forward with the lunge rein held only about a metre from his head in your left hand.

Keep your right shoulder in advance of your left, so that you are facing the same direction as the horse, and, in fact, you drive him forward in front of you.

Make one or two complete circuits of the indoor school and gradually your rectangle will become an oval and your oval a circle at one end. Very gradually, pay out the lunge line and approach the centre of your circle. One there, try to keep pretty much to one spot. It is easy, when lungeing, to confuse the horse by walking about too much. You should be turning on one spot, not wandering all over the arena.

The hand

It is just as important to maintain a steady hand when lungeing as it is when riding. Try to maintain a steady, light contact with your horse through a slightly sagging line.

When your young horse has walked a few times round the circle and knows where he is supposed to go, provided he is quiet and relaxed, you may go into a trot. Say "Trrrot" and your assistant leads the horse forwards into trot, and, still trotting along beside him, on the outside of the circle, quietly lets go of his cheek strap, leaving the horse free. Provided the horse continues to trot, the assistant can drop back to your right side, approximately half way between you and the horse. Now you will be leading the horse forward with your left hand and driving him forward with the whip, which is held in the right hand, pointing towards the horse's quarters, forming a V.

Free forward movement'

In lungeing, as in loose schooling, it is important for the trainer to anticipate the actions and reactions of the horse.

Particularly in this very early stage of training, all you are trying to achieve on the lunge is free forward movement, and the same balance and regularity of stride as is natural to your horse at liberty.

Do not try to teach the horse too much at once. Think ahead, and after he has trotted round two or three times you will see that he is ready to drop back into a walk. Take advantage of this moment to 'ask' your horse to walk. Saying "Waa-a-alk" very soothingly and with a downward inflection of your voice, step sideways towards the perimeter of your circle (in this case, to your left) shortening your lunge

LUNGEING, Continued

line by looping it across your hand, and maintaining a light tension as you go. The horse, seeing you slightly ahead of him, no longer driving him forward, will slow down and walk, and you can then ask him to halt. Do not allow him to turn either into the circle or out from it, but ask him to stand still, on the perimeter. You then approach him and pat him and reward him with your voice and perhaps a carrot.

Work equally to both directions

After a few circles on the left rein, reverse the horse by walking him round on a small semi-circle towards the centre of the lunge circle and repeat the whole exercise to the right. Remember to work equally in both directions and to vary from day to day whether you start lungeing to the left or the right. Never let it become a confirmed habit to start off in one particular direction.

The whip

Some people like to start the horse's education on the lunge without carrying the whip, and the assistant, after he stops leading the horse, takes over the job of carrying the whip, pointing it towards the horse's hind legs, and positioning himself midway between the horse and the lungeing trainer. This is certainly a most useful method to adopt with a horse that is frightened of the whip, as it allows him to become accustomed to it and not to associate it directly with the trainer. However, since your

young horse has been loose schooled before being lunged, he is already used to the whip and will not fear it. I prefer to carry the whip myself right from the start.

Balance and Biting

Do not try to put your young horse into a canter on the lunge at this point, but work with him in walk and trot. A young horse, unaccustomed to work on the circle, may easily become unbalanced, slip, fall, or bang his legs, if asked to canter too soon on the lunge. If the horse has a very inactive trot, it may be a good idea to canter him fairly soon in order to encourage greater activity, and in this case the canter may actually improve his trot. But generally speaking you will spend most of the early lessons on the lunge in walk and trot.

After the horse is accustomed to working on the lunge, fit a snaffle bridle on him as well as the lungeing cavesson and allow him to get used to the feel of the bit. Be sure that the snaffle is correctly adjusted, since if it is too low in the horse's mouth he will start to play with it and in all probability will learn to bring his tongue over the bit. If it is very high, it will cause him discomfort and probably make him raise and shake his head, instead of lowering it and relaxing.

Impulsion

As soon as the horse is working well on the lunge, leave off the

cavesson and attach the lunge rein direct to the snaffle ring on the inside of the circle. The lunge rein will then be giving a direct open-rein which the horse obeys by circling around the trainer. I find this an excellent method of introducing young horses to the action of the bit, but, of course, the trainer must be very light and quiet with his hands. The reins can be removed from the bridle or twisted several times under the throat and the throat lash buckled through then, to keep them from hanging down too low.

When attaching the lunge rein to the bit, this is done by placing the rein through the near-side bit ring, passing it over the horse's head and clipping it to the off-side bit ring. (see diagram page 11) When lungeing to the right, the procedure is reversed.

When the horse is beginning to develop his impulsion while retaining a uniform length of stride on the lunge, you may find it help

ful to start using the side reins. Do not adjust them too short, they should leave plenty of room for the horse to lower his head and stretch his neck. But the more developed and balanced he becomes, the shorter you will have to adjust them, thus teaching the horse to come up to the bit and yield to it. Side reins can be useful, particularly in re-training a spoilt horse, but they also have drawbacks. A horse may learn to bend his neck too much and go over the bit, or hollow his back and raise his head and come above the bit, in side reins, so watch your horse closely for evasions if you decide to use them.

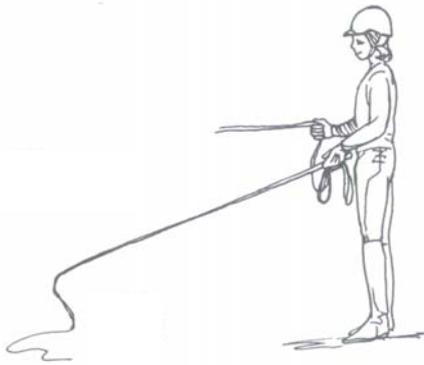


LUNGEING WHILE WEARING A SNAFFLE BRIDLE AND CAVESSON

When used with a snaffle bridle, the lunge cavesson is put on over the bridle. The noseband of the lunge cavesson goes inside the bridle cheekpieces, to prevent pinching and to allow the bit to fit prop-

erly. The bridle cheekpieces should be lengthened to allow for the lunge cavesson underneath. The noseband of the bridle must not be caught under to lunge cavesson; it is best to remove it.

HANDLING THE LUNGE WHIP



1. Normal position, pointing towards horse.



2. Whip pointing backward (can be flicked forward by turning wrist).



3. Whip under arm and lash caught up, when approaching horse.

In lungeing, the Lunge whip takes the place of your leg when riding. The lunge whip asks the horse to go forward or move away from the handler, and can help maintain liveliness or impulsion,

You hold the lunge whip with the tip low and the lash dragging on the ground. Usually the lunge whip is pointed towards the horse's hocks or slightly further back. If a horse is fresh or reacts too much to the whip, it may be held pointing backward (behind the handler). When you go out to the horse (to adjust equipment or when changing directions), you should catch up the lash, turn the whip backward, and hold it under your arm. The lunge whip must be used quietly and tactfully. If you crack it or wave it around, a horse may become frightened and hard to control, or he may learn to ignore your whip signals.

The whip can be used in several ways:

- Close to the ground, with a forward rotating motion; this asks the horse to move forward.
- Flicked at the hocks (from back to front); this asks for more strongly forward movement.
- Flicked forward and upward toward the belly so that it lands on the area where the rider's leg is normally used (it takes considerable skill and practise!); this asks for forward and outward movement.
- Cracking the whip: A sharp call for immediate forward movement. Use this only when all other signals fail, because it may upset the horse. If you crack the whip too often, your horse may learn to ignore all whip signals.
- Pointing the whip towards the horse's shoulder. This asks the horse to move out on a larger circle, or stops him from cutting in toward the handler.
- Moving the whip under the lunge line and in front of the horse's head. This asks the horse to slow down and stop. (It requires considerable skill, tact and practise. Poking the horse or waving a whip around his head will surely upset him!)

HALF HALTS ON THE LUNGE

A half halt is a brief call for attention; it asks your pony to listen to you, to rebalance himself, and to prepare to do something. To give a half-halt on the lunge line, you coordinate all your aids just as you do when riding. Lift the tip of the whip or point it toward the pony's hocks to ask him to engage his hind legs. As you stand taller, give a short life and squeeze your hand on the lunge line, and give a voice command. A warning word such as "A-a-a-and" before a command has the effect of a half halt because it tells the pony that another command is coming.

SAFE DRESS WHEN LUNGEING

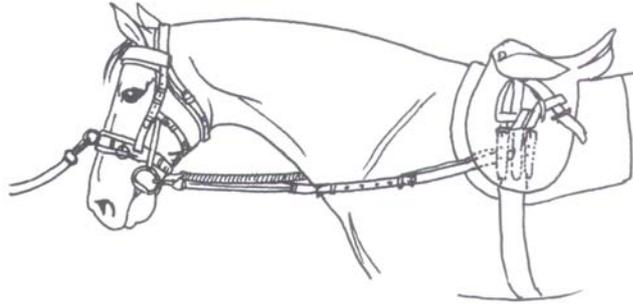
Gloves are essential when lungeing, to keep your hands from getting cut or burned by the lunge line. Don't wear rings, these can get caught on the lunge line and cause injury. Safe foot wear is essential (hard soled boots that cover the foot and the ankle), and you must wear your safety helmet properly fastened when lungeing, especially when working with a young horse. Spurs should be removed when lungeing because they could get caught in the lunge line and trip you. You will need a watch or a kitchen timer to time the lungeing session.

USING SIDE REINS - B Certificate

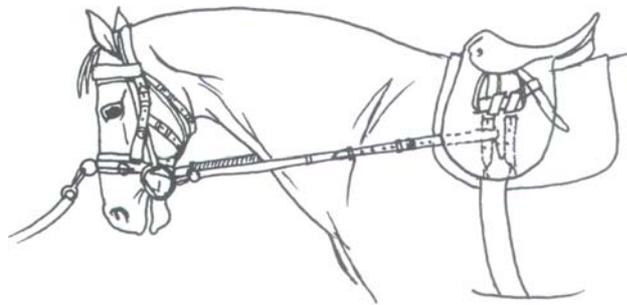
Side reins are used on more advanced horses, to encourage correct head carriage and balance. These reins are attached either to the girth or billet straps of the saddle or to a surcingle, and snapped to the rings of the snaffle bit. Side reins *must* be adjusted correctly, or they can cause great harm.

Side reins are for work in trot and canter, and should not be used in the walk because they can cause a horse to shorten his stride and spoil his walk. Side reins must be used only after the horse has warmed up without them. They should be adjusted a bit long at first and gradually shortened to the correct working length (so that there is a little slack when the horse is standing at ease, with his face in front of the vertical), As soon as the trot and canter work is finished, the side reins must be un-snapped. A horse must not be asked to stand still or walk around with side reins fastened.

Caution: Side reins are advanced training equipment, to be used only by experienced persons who know how to use them correctly. If used incorrectly, they can hurt your pony and spoil his training, and can cause accidents. *Do not use side reins except under the supervision of your Pony Club instructor.*

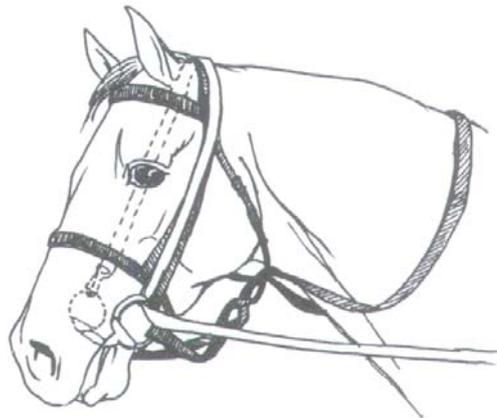


1. Correctly adjusted: Slight slack when pony's face is slightly in front of vertical.



2. Wrong: Side reins too short; pony's face behind vertical.

Lunge line attached to snaffle bridle (over head)



Lunge line runs through inside bit ring, over poll, and snaps to the outside bit ring. (Must be changed when changing directions.)

Caution this arrangement is quite severe, so handle the lunge carefully because pressure on the lunge line pulls the bit up into the corners of the pony's mouth and presses down on his poll. Never attach the bit to one side of the bit or run it under the pony's chin, as this can hurt his mouth. Never attach a chain-end lunge line to the bit.

GROUND MANNERS

Ground manners are a matter of attitude between pony and handler. Each must pay attention and be aware of the other; the handler must communicate clearly, and the pony must be obedient and responsive. Good ground manners make a pony safer and easier to handle, but they are also important for all training because they teach a pony how to pay attention and to learn from his handler.

A well-mannered pony should do the following:

- Turn to face you when you come into his stall, and be easy to halter.
- Wait for you to lead him through a stall door or gate.
- Stand still, on a loose lead rope, when you say "Whoa" or "Stand".
- When being led, stay beside you (even with your shoulder) without crowding, pulling ahead, or hanging back. He should move off promptly in a walk or trot, and stop when you do, on a loose lead rope.
- Obey simple voice commands such as "Walk on", "Trot", "Whoa", "Stand", and "Over".
- Lift each foot easily when you ask him to.
- Accept gentle touching with the whip, without fear or resentment.

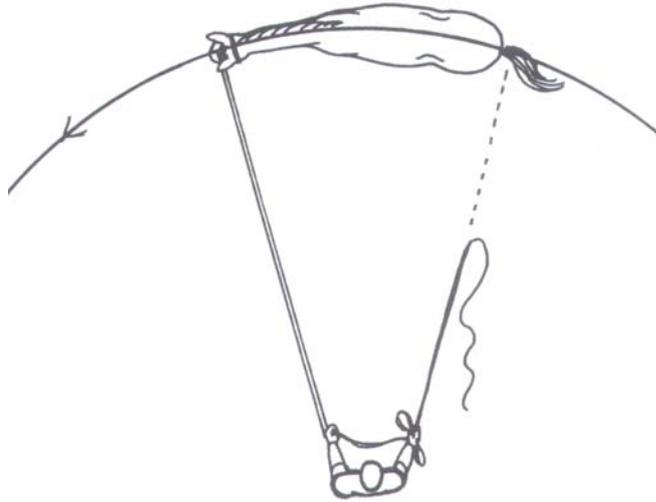
Teaching ground manners requires awareness, patience, and attention to details. Letting a pony make mistakes and then punishing him for them is bad training. If you are paying attention to your pony, you can stop him before he makes a mistake and reward him for doing well.

Above all, you must handle your pony correctly and consistently all the time. Careless and inconsistent handling is unfair to your pony and potentially dangerous. It lets him develop bad habits that will have to be corrected. This is the fault of the careless handler, but the pony gets blamed for it.

STANDING STILL

One of the most important things your pony can learn is to stop and stand still when you ask him to. This is important for his safety and for yours, and makes him easier to work around. Teaching your pony to stand still is like teaching a dog to "stay". Your pony must learn to stop when he hears "Whoa", and to stand still without moving his feet (on a loose lead rope) when he hears "Stand". At first, ask him to stand only a second or two; gradually work up to asking him to stand for several seconds at a time, then longer. When you are practicing "Stand", keep the lead line loose and stand facing the pony; if you tug on the lead line or turn away from him, he may think you are signaling him to move. He should be allowed to turn his head, but if he moves his feet, correct him by saying "No, stand!" and moving him back into exactly the same position he was in before he moved. As your pony gets better at standing still, you can teach him to stand while you move farther away (5 or 6 feet, then 10 feet away), and move around to his other side.

LUNGEING - Communicating with body language



When lungeing, you and the horse form a triangle (like a piece of pie), you stand at the point of the triangle. The horse is one side of the triangle; your lunge and lunge line are one side, and your whip is the other. The point of the triangle (you) should be opposite the pony's girth area, just below the shoulder.

If you move too far toward the back of the triangle

(toward the horse's hip), the horse acts as if you were chasing him from behind, and he might rush forward, kick or bolt. When you move toward the front of the triangle (toward his head); he acts as if you were getting in front of him and cutting him off; and he will slow down or stop. Normally, your body position should keep the triangle "balanced" - that is, you should be far enough back

to keep your pony moving freely, but close enough to the front to control him easily. A small shift of your body in either direction will either end your pony forward or slow him down. Horses react to the way you use your body. If you move toward him suddenly and strongly, you appear threatening, and the pony may try to escape by rushing forward (if you move to the rear) or by stopping suddenly and turning around (if you move toward the front). If you move timidly, stiffly, too little, or too late, he may decide you are not worth bothering about and ignore you. Good body communication makes lungeing easier and helps a pony understand what you want. When you do it well, you will notice and react to small changes in your pony's attitude and movement, and he will react to subtle movements of your body. It's like dancing with your pony!

VOICE COMMANDS

The following words are commonly used to communicate with the horse while lungeing. You may substitute other words, but always use the commands to which your pony is accustomed.

To walk on: "Walk ON" or "Wa-a-LK", spoken firmly, raising the tone of voice on the last syllable

To walk from trot: "WA-a-a-lk" or "A-a-a-nd WALK". Spoken slowly and quietly, but firmly dropping the tone of the voice at the end. The word "and" is used like a half halt to prepare the horse when asking for a downward transition.

To halt: "WH-o-a-a" or "A-a-a-nd Whoa", spoken slowly and quietly, but firmly, dropping the tone of voice at the end. "Whoa" means "Stop and stand still", so to avoid confusion it is best to use another word (such as "Slowly" or "Easy") to slow down without stopping.

To trot from the walk: "Trot ON" or "T-rr-Rot" spoken briskly, raising the tone of voice and stressing the last part of the command.

To canter from a trot: "Ca-a-a-n-TER" spoken briskly, raising the voice at the end of the word.

To trot from a canter: "Tr-o-o-t" or "A-a-a-nd Trot", spoken slowly and quietly, as in other downward transitions.

"Easy" and "Steady" (spoken slowly and quietly) may be used to calm an excited horse.

Clucking with the tongue (single, short, sharp clucks, not continuous clucking) can encourage a lazy horse to move with more effort. To be most effective, a cluck should be used with rhythm with the inside hind leg. If you cluck too much, the horse will stop paying attention.

"OU-u-ut", spoken firmly, may be used to ask the horse to move out onto the circle, away from the handler.

"Good Boy" (or any other appropriate term) can be used as a verbal reward. It should be spoken immediately when the horse does something well. (Don't use this word only when stopping, or your pony may learn to stop working whenever you praise him!)

"NO!" This is a verbal communication, to be used instantly when required. It should be spoken in a sharp, displeased tone of voice.

TIME LIMITS AND CHANGING DIRECTION

Lungeing is harder work than ordinary riding, because working on a circle puts more stress on the pony's legs, muscles, joints, and tendons. It is also boring, because horses have a short attention span. You must consider the horse's age, experience, and fitness when deciding how much lungeing he can do. Lungeing in hard, deep, or muddy footing; on small

circles; or at fast gaits is extremely hard on horses and must be avoided. When lungeing, change directions every five minutes to avoid overworking the muscles on one side. Changing gaits frequently also helps. A horse that is out of condition or not accustomed to lungeing should be lunged for only five to ten minutes (half the time in one direc-

tion, half in the other), with frequent breaks at a walk. The extra bending that lungeing required can make him sore if you lunge him too long or too hard when he is not fit. Horses that are fit and accustomed to working on the lunge can be lunged for a total for fifteen to twenty minutes, changing gaits frequently and working half of the time in each direction.

HOW HORSES LEARN

To train a pony, you use "reinforcement", or rewards and corrections. Rewards encourage the pony to repeat the behaviour. Rewards can be food, patting, kind words, release of pressure, or best of all, a break from work. Correction means anything that discourages specific behaviour. Correction does not always mean punishment. It can be a word

such as "No" or "Quit"; a sharp disapproving tone of voice; making the pony stoop and wait; or making him do something over again. Think of correcting a pony's mistake rather than punishing him. In order to learn, a pony must connect the signal, the behaviour (what he does), and the reward or correction within a very short time: one to three

seconds. If you are even a few seconds late in rewarding or correcting him, the pony becomes confused. You must always give the signal the same way, and you must be consistent about which behaviours you reward or correct. It's unfair to let your pony get away with an undesirable behaviour sometimes, and correct him for it at other times.

SAFETY WHEN LUNGEING

To be safe for you and your pony, lungeing must be done correctly. Here are some important safety procedures:

Lunge in a safe, level area (preferably an enclosed ring) with good footing.

Use the right equipment, including proper dress for the handler and protective boots for the horse. Make sure everything is adjusted correctly before you start.

Learn to lunge correctly, using a trained, quiet horse. Before trying to lunge on your own or lungeing an inexperienced horse, get help

from your instructor. Practice handling the lunge rein and lunge whip before trying to lunge any horse.

Hold the end of the lunge rope in folds, not loops. Never coil the end of the line or wrap it around your hand. Keep the lunge rein and any extra folds from dragging around on the ground.

Be careful when starting a horse out on the lungeing circle, especially if he is fresh. Stay out of kicking range.

Do not lunge a horse in small circles. This puts great

strain on his legs and muscles and can cause injury.

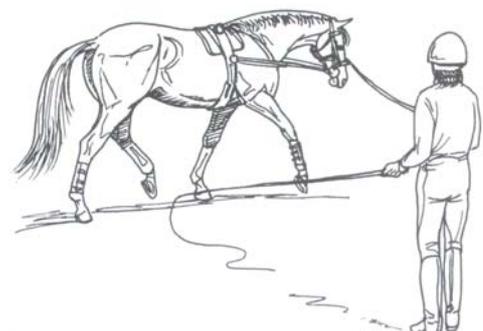
Handle the whip quietly, and use the lash in an upward direction, toward the horse's shoulder, belly or hocks. Don't wave the whip around.

ACCEPTING THE WHIP

In order to train a pony, you must teach him to accept seeing a whip and being touched gently with it. Some ponies need special help to teach them that the whip will not hurt them.

Use a stiff dressage whip or a driving whip about 4 feet long. Stand next to the pony's shoulder. At first, just show him the handle of the whip; let him sniff it, speak to him kindly, and stroke him gently with it. Gradually stroke him all over his body and legs with the handle and then with the tip of the whip. Be gentle and patient, especially if he is uneasy about it.

When he stays relaxed while you touch him all over his body with the whip, repeat the process using a lunge whip, with the lash wrapped up. Finally, unwrap the lash and gently get him used to the lash toughing him. You must do all this work on both sides of the



LONG REINING



Long reining can be quite spectacular. Here is a horse doing a Spanish Walk.

Long reining might be thought of as a means of training a horse at a safe distance, from the ground. The horse is controlled by means of extended double reins and is made to circle its trainer, who is able to observe and correct the horse's gait.

Long reining is used for exercising lame or convalescing horses, for correcting poor gait, and for training horses for dressage.



Long reining is very useful those wishing to exercise ponies that are too small for them to ride.

Long-reining is definitely the best way of handling and developing the young horse before he is mounted, yet is not universally practised as one would expect. In fact many people shy away from long-reining, or even condemn it, without understanding how it should be done, nor the advantages it can bring to the young horse.

Advantages of long-reining

Long-reining is an art. It takes skill, patience and hours of practice to learn to handle long reins properly. But it is an art very well worth developing for anyone who trains young horses. From the horse's point of view, there are many advantages to a course of long-reining before he is mounted. First of all it develops tendons and muscles in a way that just lungeing can never do, without the horse being subject to any weight on his back. Thus it prepares him to carry the rider's weight correctly and with ease later on.

Long-reining also teaches the young horse discipline. He is under far greater control than he can ever be on the lunge line. He learns the controls and the aids exactly as if he were being ridden. There are two reins, which are attached to the bit, so he learns the rider's rein aids, and the two reins also apply pressures to his sides so he learns the rider's leg aids.

Mouthing

Your young horse will already have learned to respond to your voice. Now you have the control necessary to ensure his correct response every time. You can mouth the horse on long reins far more effectively than on the lunge using side reins because the long reins come directly from your horse's mouth to your hands and are not attached to some dead and unfeeling piece of equipment against which the young horse may very easily learn to pull or lean with a dead mouth.

Long reining has the added advantage of developing both sides of the horse's body equally, as the outside rein gives the trainer complete control of hind quarters. You can teach the horse to use his hocks, and to canter on both leads. In fact you can teach your horse to do nearly everything on long reins that you can teach him mounted.

Equipment

The equipment you need for long-reining is much the same as lungeing. It is essential to have some sort of enclosure to do it in. An indoor school is ideal, but failing that an outdoor enclosure with fencing high enough to prevent the horse trying to jump out of it, and free from any projections on which the reins might become caught or entangled. The footing should be good and if you have to

work outside you should sprinkle the track of your arena freely with a mixture of sand and fine ashes or sand and sawdust or wood shavings. In fact, it is a good idea to cover the whole surface of the enclosure if you can, and not just the track. The important thing is not to try to work the horse on a slippery surface

The tack you need is a plain snaffle bridle with a thick mouth piece; preferably flexible rubber at first, and with large rings, but without reins; and the roller you used for lungeing, with two large rings fitted about ten inches above the horse's elbows. Instead of the roller, you may prefer to use the saddle straight away. In this case you adjust the stirrup irons six to nine inches above the horse's elbows and secure them with a spare stirrup leather passed under the horse, and on top of the girth. Later in the long-reining training, you lower the stirrups until they are only just above the horse's elbow.

You will also need a lungeing whip, and two webbing long reins, about one inch wide and six to seven metres long, fitted with a good buckle on a swivel at one end and either a loop or knot at the other. This loop or knot is to prevent the reins slipping through your hand. Each rein must be quite separate, on no account try to long-rein the horse with reins that have been stitched together in the centre.

LONG REINING, *Continued*

The first lesson on long reins

By the time the young horse has been through the two previous stages of loose schooling and lungeing he will have gained a great deal of confidence in you, his trainer, and he will also have learnt to respond to voice aids, and to lunge quietly in both directions at walk and trot. The first few lessons on long-reins will teach him a great deal, but the very first time he has them fitted he may be scared by the feel of the rein around his quarters, so it is advisable to attach the reins to the rings of the bit and also to the noseband rather than just attaching them directly to the rings of the bit only.

Some trainers pass the outside rein over the horse's neck, at the withers, instead of over the rump and round his hind-quarters. This method simply is a step between lungeing and long-reining, so far as the young horse is concerned, and I prefer to go ahead straight away with the rein around the quarters, since in this way the trainer has more control over the horse if he tries to spin around or run backwards.

If it is the very first time in long-reins it is helpful to have someone to assist you. Attach the right rein to the ring on the side of the bit and noseband together, and gather it in your right hand, loop on loop, in the same as an ordinary lunge line. Place your horse in the track, on

the right rein, (clockwise) at about the quarter marker, very near the corner leading into the short end of the school. Have your assistant attach the left rein on the left side exactly the same manner as the right rein is attached, and pass the rein to you across the horses neck. The assistant then should move completely out of the way in case the horse jumps forward. Taking the left rein in your left hand, gently flick it down over the horse's tail until it rests just above the hocks, keeping your body positioned just to the right of the horse's hind leg. At the same time say "walk on" and start to drive the horse forward in the track, walking with him round the school.

Unless he is extremely nervous, you are unlikely to have much of a reaction from your horse at all. He may kick at the rein behind him a couple of times, or he may tuck his tail down and scoot forwards a few steps. This is why you position him close to the end of the school, the very fact of having the end wall in front of him will slow him down and enable you to gain control in a few strides. By the time you have made two or three circuits of the school the horse will probably be perfectly calm and already resigned to the rein above his hocks.

Now halt the horse by stepping slightly back, towards his quarters, and closing your fingers on both reins. Your assistant should approach him quietly and detach the outside, or left, rein and pass

it through the stirrup iron on the left side of the horse and then attach it again to the left side bit ring and noseband. It is important to have the rein through the stirrup iron during normal work on long-reins to avoid it from slipping down and touching the horse below the hocks as this could upset him and it is always a criticism leveled at long-reining. If it does happen and you cannot reposition the rein quickly and safely, simply drop the rein and bring him in to you with the inside rein. You will soon discover that even when things go wrong you have far more control over the horse long-reining than you had lungeing with one rein alone.

Work the horse on the long reins in a large circle at walk and trot for about five minutes. You will find your downward transitions much easier and more accurate with the two reins. Then bring your horse to a halt and approach quickly, shortening the reins in your hands by holding both reins in one hand and sliding the other hand forward up the reins as you come. For the first few sessions have your assistant come to the horses head and help you to reverse the position of the reins, later on you will have no difficulty doing this on your own. Pass the right rein through the stirrup and then attach it to the bit and noseband. The left rein now comes directly from the horses head to your left hand. You are now ready to work the horse on the left circle in walk and trot.

ALTERNATIVE METHODS

There are various ways that long-reining can be done and several different pieces of equipment..

The height to the reins need to be adjusted to the individual needs of the horse; horses which tend to carry their heads too high may need the reins attached lower on the surcingle, while those that tend to carry their necks too low may need a higher placement.

The inside rein may be first attached to the surcingle, run through the ring of the snaffle bit and then to your hands. This allows the inside rein to help create inside flexion as you maintain a very soft contact. The outside rein is normally attached to the outside ring of the snaffle, run through a ring in the surcingle and then over the horse's back to your hands.

In addition to this method, there are other ways of using the reins and even the use of a flash nose band attached to a ring on the surcingle in order to change the angle and the effect of the inside rein.



LONG REINING, *Continued*



Horse correctly fitted up for long reining, with surcingle, boots and reins threaded through rings in the surcingle.

"Long reining is a very important training component of the classical dressage discipline. It is an excellent tool to improve collection and suppleness as well as to teach horses to really accept the outside rein without interference from the weight of a rider"

Dr. Gail Hoff-Carmona, Los Almos Dressage Centre, USA



Long reining, as a Pony Club Option for K Certificate, would require the handler to wear correct footwear, gloves and a hard hat.

Manual Dexterity

The whole art of long reining consists of handling the reins and whip. Try taking both reins in left hand when the horse goes left and keeping the whip in the right hand. Going right you reverse the position of reins and whip. Sometimes you will want the reins one in each hand, and then you keep the whip in the outside hand as for lungeing, in addition to that rein.

Work on long reins

As soon as your horse becomes used to long reins, attach them directly to the bit rings. If you are still anxious about handling of the reins and don't want all the feel to go to your horse's mouth, continue to attach them to the bit and noseband.

Continue this stage, with the inside rein direct to your hand and the outside rein through the stirrup iron and around the quarters, for as long as possible. You are developing muscles and tendons and educating the horse in mind and body. He is learning to obey, he is becoming more supple, and he is learning the action of the bit. Keep the lessons short and rest the horse frequently as long-reining is hard work for the horse.

The final stage of long-reining is when both reins are passed through the stirrup irons or the rings on the roller and then to your hands. On no account move into this stage until the horse is really going forward freely and with rhythm. Now you will have complete control, but

an inexperienced trainer could get into trouble with a green horse, so practice on an experienced horse first.

Now you are in position to do everything with a young horse that you could do under saddle, but without the added strain of carrying a rider. You can work on your horse on circles in both directions without stopping to change reins over. You can teach the canter leads, the rein back, shoulder in, half pass, serpentines, increases and decreases on the circle, and you can get your horse very fit.

Changing direction

To change direction on a circle, once you have both reins through the stirrup irons, is very simple. If your horse is going on a left circle, use the left rein and bring him through the centre of the school, keep the reins in the left hand. When the horse approaches the centre, step forward with the right foot and run the right hand up as far up the right rein as possible. Feel on the right rein and allow the left rein to slip through your fingers. The horse will now be on a right handed circle. Pass the whip from the right hand to your left hand behind your back.

Practice these changes at walk before trying them at a trot or canter. Remember that it is important to keep up the pace and rhythm through the turn. Make certain that both you and the horse are very good at changes in trot before you try them in the canter, but, provided the

horse is ready for it, this is an excellent way to teach change of canter lead.

Development of the Horse

This work on long-reins develops the horse so much that by the time he has reached this stage, he is physically ready to carry a rider.

You will probably be wondering how long this stage of your horse's training should last. If time allows, and the horse is young, three months at lungeing and long-reining would give the best results. But in any case, you will want to spend at least six weeks at this stage of your horse's schooling. Far more progress can be made with the training on long-reins with an experienced trainer handling them than with an inexperienced but light rider on top of the green young horse.

Avoid Boredom

The chief danger in this stage of your training will be boredom. Keep your sessions short. Reward the horse with carrots or apples. Vary his work by having him led in hand for fifteen minutes or so both before and after long-reining, and sometimes, instead of long reining, or in addition to it, ride a quiet, older horse, and lead your young horse alongside. You will have to choose your route carefully to avoid too much work on hard roads and of course you will want to avoid traffic, but this, too, can be a very useful part of the education of your young horse.

Bo Jena Clinic, personal experience in training by Suzin Daly (USA)

This is an extract from a site on the internet. It describes a long reining clinic, and how much you can achieve with your horse. Enjoy the read, and dream about doing the exercises mentioned.

March 14 – 16, 2003 I had the opportunity to ride with Bo Jena at Los Alamos Dressage Center, Freehold, NJ. Living in Raleigh, North Carolina the drive would be eight hours. Owen, my husband, agreed to come along with me for company and to share some of the driving. About five hours into our trek to New Jersey, Owen commented "This is a very long drive for a riding lesson!"

Over the winter I decided to see what it would be like to work with International riders/clinicians. Training in Europe is not an option. When Gail Hoff-Carmona of Los Alamos suggested that I come up and ride with Bo Jena I jumped at the opportunity. I will write immediately that working with Bo Jena for three days was worth the drive.

Bo is detailed oriented and works with the riders and horses to produce softness, suppleness and elasticity. It has been a long time

since in a training session the instructor made corrections right down to how my thumb should be. Bo is easily understood and explicit in his instruction. He has patients and helps you to get more from yourself and your horse. When riders make mistakes, and I made a lot of them Bo is quick to say "no problem." You know how it is, trainer says right, you go left. All through my training sessions Bo was constantly asking, "do you feel...". It was work, very exhilarating and definitely a feeling of accomplishment even after the first day.

Who is Bo Jena? Bo Jena is the director of the dressage program at Flyinge, the National Stud of Sweden. He has worked at Flyinge for the past 30 years, where he has directed the dressage program, worked side by side with Kyra Kyrklund, and has trained and shown numerous stallions in long reins as well as under saddle up through Grand Prix dressage. Bo Jena is also a competitor and FEI level judge in Sweden. Bo Jena has taken a sabbatical to come to the United States with his family.

Bo started Sundance out long reining. He warmed him up on a

large circle looking to obtain the acceptance of the outside rein. One of the techniques he used was having Sundance yielding, moving away like when you leg yield. At times Bo brought Sundance back to the walk and was almost having him full pass until Sundance took the outside rein and then moving forward again on the circle. Once Sundance accepted the outside rein he would focus on the inside flexion and then he had Sundance move on to transitions. Long reining effectively is an art in itself. I could see the horse getting more over his back and stepping a little more under.

Bo always positions himself on the inside. He has the outside rein over the back through the top ring of the surcingle and attached to the bit. What was interesting was the inside rein goes through the bit first then attaches to the inside ring of the surcingle. This is a new way to attach a long rein in my experience. As Sundance improved Bo then went on with lateral movements. I found it impressive how precise Bo was in bringing Sundance down centerline and having him yield to the wall. I was thrilled when Bo called me into the



Working in a circle with the long reins

Long reining picks up where lungeing leaves off, teaching the horse to find its balance on the straight and in turns, and helping the horse to accept the responsibility of carrying his own weight in a relaxed, supple and balanced manner when working in conjunction with the aids - plus - all without the complication of the rider's weight.



A handy book to read—"The Art of Long reining" by Sylvia Stanier.



Long reining with the "shorter" reins.

A COMPARISON ON LONG REING AND LUNGEING:

Long Reining needs a lot of patient practice; you cannot afford to make mistakes.

You have a little more margin for error when you Lunge as you are attached to the Horse's nose, so, if the horse moves more quickly than you anticipate, the worst that can happen will be a strong pull on the Lunge Cavesson.

Whereas if you make a mistake while long reining, you are normally attached directly to the horse's mouth and, at best, will jab the horse in the mouth and, at worst, you can actually damage and bruise the bars the lips and the tongue.



Long reining along wall, to develop a shoulder-in.

Bo Jena Clinic, *Continued*

ring and put the long reins into my hands. I could feel and maintain the outside rein. Sundance had lateral bending with a relaxed inside rein. Bo worked right beside me so I could maintain what he had achieved. He stressed soft wrists. Bo assisted me in developing half halts with long rein and emphasized the importance of yielding with soft wrist and fingers when the horse responded. Through Bo guidance I was able to also come down centerline (maybe not as precise) and have Sundance yield to the wall. We ended the long reining with some work in Piaffe. It was so much fun. There was no question that Sundance was sitting down. I was thrilled to be able to have the opportunity to long rein Sundance in Piaffe. Sundance was relaxed through the training session. Making lovely breathing snorts in Piaffe.

Bo ended the long reining session and it was time to ride. I wondered if the long reining achievements would transfer when ridden? The moment I sat on Sundance's back I knew. Yes, the long reining work does transfer to riding. Sundance was energized, elastic and relaxed. Bo had me riding very forward and keeping Sun-

dance over his back. He was very specific that I keep my hands together, thumbs up and to sit very tall. He used the word snobbish, sit snobbish. He has a very good sense of humor. Bo had me work mostly in canter maintain forward impulsion. Bo was adamant that I not lose the rhythm in the turns or circles. I became very aware how I would let Sundance change slightly through the corners. I heard often, "Don't let him quit." Transitions to trot where obedient and forward without rushing. I was able to keep the trot rhythm consistent. When Bo asked if I could feel his back, I could absolutely feel his back. We did lots of changes of rein maintaining consistency. I tend to be detail oriented and I was made even more so with Bo. I could feel how Sundance ever so slightly raises his poll in up transitions. I felt his back slightly drop as a result. Bo guided me in becoming more effective in making these corrections.

The second day Bo opted that I ride the full session. He would long rein again the beginning of the third day. We did more lateral work and strived to get Sundance to jump more in the canter. Sundance tends to be a bit flat

and Bo wanted more. I didn't think the horse could do more. Bo was insistent in what he wanted from us. He guided me in becoming a more effective rider. As a result Sundance developed better gaits. We did a lot of very basic work and I understood where Bo was going with the work. What I really appreciate in Bo is how he can be repetitive; get more from horse and rider without rider and horse getting into a resistant argument.

Bo demonstrated the next step in developing the small trot to Piaffe and Passage. Sundance has experience and could show the small trot - to Piaffe - back to small trot for the development of Passage. Bo stressed the importance of the rhythm. Slow trot must be develop before you can Piaffe or Passage. Bo said, "Many horses need to go in a small trot, maybe half a year up to a year, before you can ask them to do any Piaffe steps on the spot and also Passage.

They need to stay in this small, small trot for a long time, so you can find the rhythm. The rhythm is very important, he has to be strong in this. Small trot is a workout for the hind end. Then you can ask for Piaffe. You can just

Bo Jena Clinic, *Continued*

take a little more on the rein; small contact. Do not let them do it on the spot until they are ready.”

Bo stressed that it is important that you have soft hands and wrists. “Always the horse must be ready to go forward.” Bo explained, “That the horse will give you the feeling when it’s ready to collect them. Give you the signs that he is ready. They will sometimes try to do it all by themselves. You have the feeling maybe today I can collect him, and you try it. If it falls apart then go forward again and find the rhythm. Horses must be strong enough to handle this.

The horse must be able to take weight on the hind legs.” Bo used weight lifting as an example to make his point, “You start with a little weight and build up. You don’t do a little weight then the next day use big weights.” Bo explained the benefits of the small trot, “The good thing about learning the small trot is you can go down to Piaffe and up to Passage. Then you have no problems with the transitions. Because the horse already knows something like collected between Piaffe and Passage.” Bo pointed out that horses sometimes learn to Piaffe and Passage under saddle. They

sometimes find the transitions from Piaffe to Passage or Passage to Piaffe difficult. They can get confused. Learning to use the skills with long reining is another tool to help the horse to understand and find his balance.

The last day Bo again long reined Sundance. He did more lateral work with Sundance and asked for more collection. I again got to man the long reins and Bo and I worked together with Sundance to improve his Piaffe. When Sundance lost energy Bo would tic him on the croup to let him know he can’t quit. Bo was quick giving me corrections so I would keep Sundance straight and on the wall. Bo was clear that I should walk on the inside and not behind the horse.

Under saddle Sundance was more solid and very willing to move forward cleanly with jump. Bo expected more from me in precision. For example, in shoulder-in he had me work off the wall so the horse cannot use the wall as a crutch. Working off quarter line let me know how honest the shoulder-in truly is. There were a few times I felt the drift either forward or back. When I went to correct the drift forward I ended up shortening the neck and that needed cor-

recting. Bo pointed out that the lateral work should never have a stuck feeling. Everything needs to flow with ease. Bo takes the time for the rider to achieve this.

We ended with flying changes and working on more thoroughness so I wouldn’t have that slight poll lift in the moment of change. I definitely felt a big difference in such a short amount of time. Later after watching the video of my training session I saw that Bo did let some small things slide. I didn’t use the corners of the arena, as I should have. However, I also realize he can’t fix everything in three days. I have been able to maintain the work I achieved with Bo Jena back home. I look forward to my next training session with Bo.

METHODS OF LONG REINING

There are several methods of long reining. You will need to decide which method is most suitable for you and the work programme you have decided on.

If you decide on a method that involves long reining closely behind your horse then you will need to be very fit and fairly fast as continuous trotting is very tiring! As you do not want to be juggling metres of rein your reins can be considerably shorter for this method.

You may decide to Long Rein so that you have the option to bring the Horse around on a circle or to go in straight lines. This method requires reins that allow the Horse to circle at the very least 20 metres around the trainer.



Sundance being long reined, with the inside long rein set up to go from the saddle, through the bit, then back through the stirrup leathers to the hands.

C*, K & B Certificate Classes at Ringwood

Theory classes are being held on a regular basis at Ringwood Horse & Pony Club.

The notes in this newsletter will be used (or has been used) at these theory classes.

Reference books include Pony Club manuals from Great Britain, New Zealand, Australia and the United States of America. Other references include books by Sylvia Stanier and "The Handbook of Riding" by Mary Gordon-Watson.

Extra information and pictures have been taken from the internet.

Future classes, and information for newsletters will include Leatherwork, Knotting, Projects, Feeding your Horse and Shoeing.

Many of these classes will be held on Sundays during the Pony Club Rally, however some may be organized for evenings during the week and there will be a camp during the Summer Holidays, in which we will try to pass on as much knowledge as possible, and have some riders tested on their K Certificate Options.

K, C* and B Certificate Testing are conducted twice a year in the North Metro Zone. Your Club DC will need to sign your booking form, which needs to be sent, with the booking fee, at least a month in advance.

K Certificate candidates must have completed their 40K ride and most of their Options before they can sit their written Examination Paper. They must have completed all their Options and have them ready to present on the day that they do their ridden and horse mastership tests.

The articles in these Newsletters are helpful, but you must also read the Course Criteria and PCAV Manuals to make sure that you have covered all the relevant Topics.

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Working your horse with long lines from the ground cements the horse human relationship.

A solid foundation of groundwork is crucial in order to have a joined at the hip horse-human relationship. A huge percentage of horse problems are incredibly lacking in groundwork. Most have none.

If I ask about groundwork the human usually glosses over it by saying, "I have no trouble with him on the ground, it's when I'm on his back that I have problems." To the vast majority of horse folk groundwork consists of leading, tying, grooming and the like. Most horse folk confuse handling with groundwork.

But groundwork is so much more than handling.

- Groundwork is being able to direct the horse to do from the ground what you expect to do from its back. Groundwork is actually teaching the horse, from a position of greater control and safety, the ground, to do what you are going to ask the horse to do once you are on the horse or when you are sitting in the cart or carriage actually driving it.
- Groundwork strengthens the horse/human relationship by giving a psychological benefit to horse and rider because the trainer/rider's mental, physical presence and strength is solidly presented to the horse. This opens up a strong mental bond and increases confidence and trust.
- Groundwork strengthens the horse/human relationship by gradually introducing young horses to being trained to work and accept human direction to accomplish a task. It teaches the recently started horse to accept the trainer, his thought processes (providing they are constructive thought processes) and to learn how to comply with the trainer's wishes.
- Groundwork strengthens the horse/human relationship by helping the horse become physically fit. Groundwork develops the muscles that are used by the horse to carry the rider or do whatever work that may be asked of the horse.
- Groundwork provides an exercise tool when some condition prevents the horse from being normally worked when the trainer or rider may not be able ride or the horse has some injury or problem that does not allow it to work under saddle or harness.
- Groundwork is an ideal way to judge the horse's compliance, behavior, mood and movement before riding. This is especially important with strange horses of unknown or doubtful histories. Groundwork serves as a pre-flight to assess the horse's controls. I'm stunned by the percentage of people who will get on a horse accepting the word of often complete strangers about the horse's training and suitability. Many of the people who contact me for help after an unfortunate incident did exactly that.
- Groundwork simplifies the re-training of spoiled and or sour horses by providing more assertive and anchored directions to the horse.
- Groundwork allows the handler/rider to observe the horse at work while on the ground. This gives a view of the horse's expression, balance, form and gaits not seen from the saddle.
- Groundwork also serves as a tool to introduce the horse to new areas such as another stable or show grounds. It calms the horse by asking it to perform known tasks while allowing it to become acquainted with its new surroundings as it relaxes and calms.
- Groundwork is incredibly helpful in restoring the rider's nerve after an unfortunate setback or while fitting to a new horse. This allows the speed of the progress to be more easily controlled by the trainer or instructor.
- And finally, the most important benefit of groundwork is the ability to improve the rider's confidence, balance, form and flexibility and improve the rider's understanding and use of thought, weight, leg, rein and voice aids and to sharpen mental and physical feel. Riders often find time on the lunge to be demeaning, a horse person cherishes the time to polish saddle skills, balance and form.

There is a world of difference between being a rider and being a horse person. Riders operate in a very narrow tightly restricted area that leaves little room for flexibility and adjustment. Riders focus on being passengers, horse people develop a wide range of ingredients they can use at will in their riding recipe and groundwork is an essential part.