

Windy Ridge Ranch

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Horseback Riding Lessons Syllabus

Instructor -- Mark F. Ward

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The Windy Ridge Philosophy

The Windy Ridge Ranch provides lessons designed to be a fun way to enjoy recreational riding while learning important riding skills. The techniques of safe and sure horsemanship are taught to allow horse enthusiasts of all ages and abilities to reach their personal riding goals.

Introduction

Welcome to the Windy Ridge Ranch!

We hope you'll find pleasure in your equestrian accomplishments here. We will do our best to see that you are provided a well-rounded exposure to horses and riding.

This syllabus outlines the skills you can expect to master and how your progress will be measured.



Mark and Katie both compete in 3-day trials --which include dressage, cross-country and stadium jumping.

Mark Ward and his wife **Katie Clapp** own and operate the Windy Ridge Ranch.

Mark is the instructor and trainer. Mark has owned and enjoyed recreational and competitive riding since the age of eight. Mark received his first professional training from Jack Brainard, who is recognized as a world class horse exhibitor and judge. Mark has extensive training in riding and has competed in events ranging from rodeo bronc and bull riding to equestrian showing, track racing, and jumping. Mark is active with the Windy Ridge Riders WSCA Horse Club Drill Team which competes at the State Fair and performs in many parades.

Mark says: "I enjoy teaching horsemanship and am gratified by the success of my students. I hope you will share my enthusiasm about horses and feel the thrill that horseback riding can provide."

The ranch's most valuable asset is its string of fine horses. You are sure to enjoy these horses and grow to share pride in them. All their names and descriptions along with color photographs are catalogued on the web site, windyridgeranch.com and in a notebook located on the desk in the lounge.

Goals

This program is designed to provide instruction which will enable all students to gain confidence and precision in working horses under a wide range of conditions. Each student will be assigned specific goals during the session and will be tested for improvement.

Beginners will be introduced to the nature of horses and the means of effectively and safely handling them on the ground and in the saddle.

Intermediate students will improve their practical knowledge and skills around horses and work towards well-balanced and well-controlled riding.

Advanced students will acquire specialized knowledge about horses and learn precision control over horses in various forms of equestrian athletics.

Levels of Achievement

Placement in beginner, intermediate, or advanced classes depends on mastery of riding knowledge and skills, as explained in this syllabus. Each student will be tested early in each session, for proper placement, and during the session to demonstrate progress.

Raw Beginner: Just starting.

Experienced Beginner: Knows some of the basics and can ride unassisted with the group.

Advanced Beginner: Has independent control of the horse and has learned how to apply tack.

Intermediate: Rides well-balanced through the paces and can catch, groom, and completely and properly tack-up the horse.

Upper-Intermediate: Rides with authority, can use aids, and understands principles of training.

Advanced Level 1: Progressing on advanced riding skills, showing precise control in basic exercises, and shows knowledge and responsibility in the proper care of horses.

Advanced Level 2: Demonstrates special ability, is prepared to compete, and has well-rounded knowledge about horses.

Advanced Level 3: Able to train difficult horses and has specialized knowledge in some areas of horsemanship.

Using the Syllabus

To properly use this syllabus, you should review the objectives for your riding level. Read the material in advance to better grasp what is expected of each student, and use the outline after your lessons as a summary to help you remember what you have learned. In some areas you will be familiar with the material, and in others you should recognize the need for further instruction. Measure your own progress by trying to identify and describe the items named or outlined. During your session you should become familiar with progressively more of the items listed. Your performance will be measured throughout the lessons by your instructor's constant observation. There will also be tests for special skills which you must master in order to advance to higher level classes in the program. Be prepared to ask questions based on your working through the syllabus.

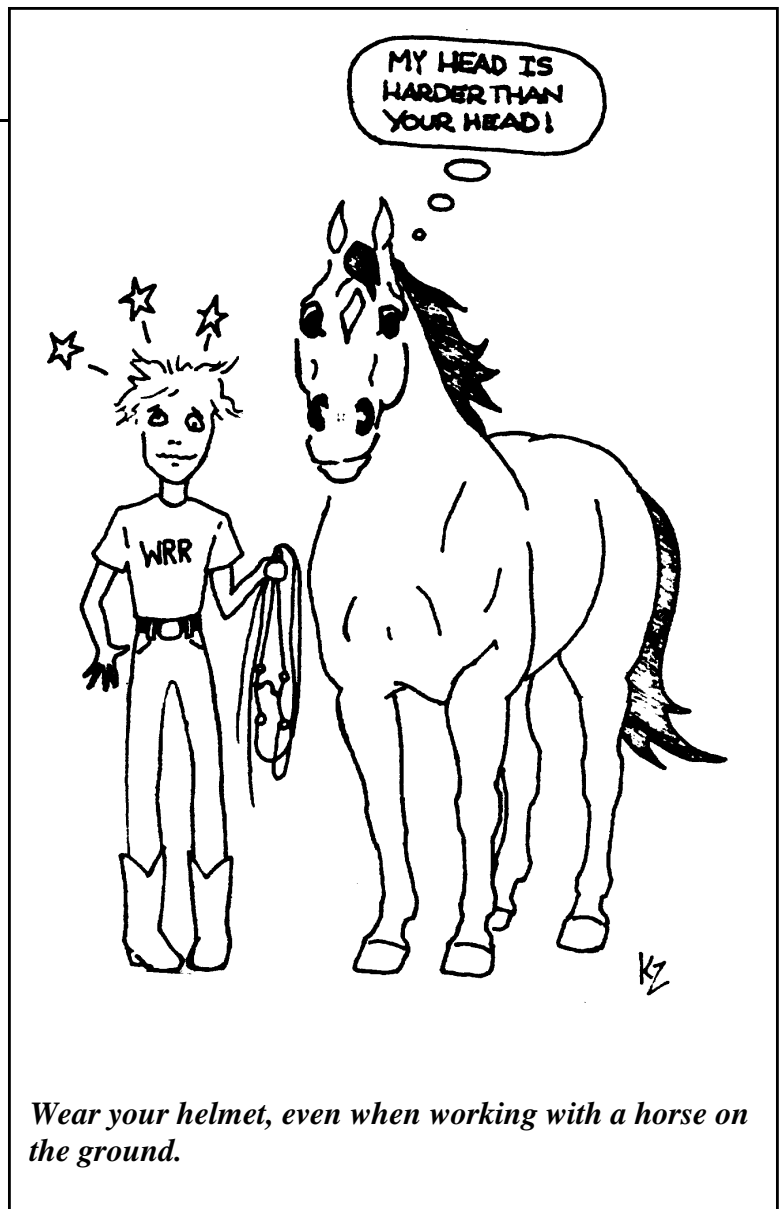
Safety

Horseback riding is a rewarding and fun experience. However, it is also a potentially dangerous activity. It is, therefore, important to listen carefully to your instructor and follow all directions to minimize the risk of injury to yourself, others, and your horse.

Protective Attire

To prevent injuries while working around or riding horses, you are advised to purchase and wear a well-fitted helmet, hard hat or similar protective headgear fastened securely under the chin.

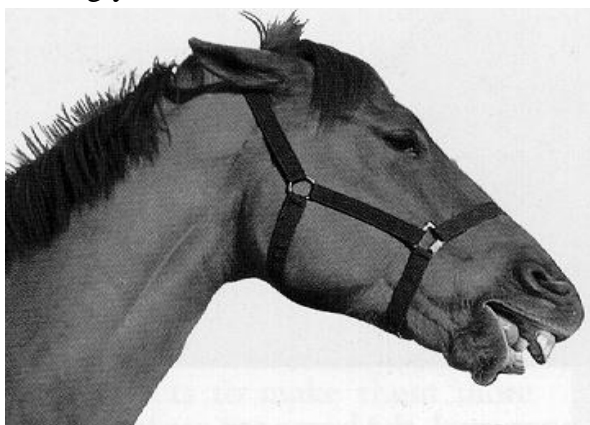
You are also advised to always wear hard-soled, fully enclosed shoes or boots and socks to protect feet and long pants to protect legs. Steel-toed safety shoes or boots are very beneficial in preventing or minimizing injury should a horse step on your foot.



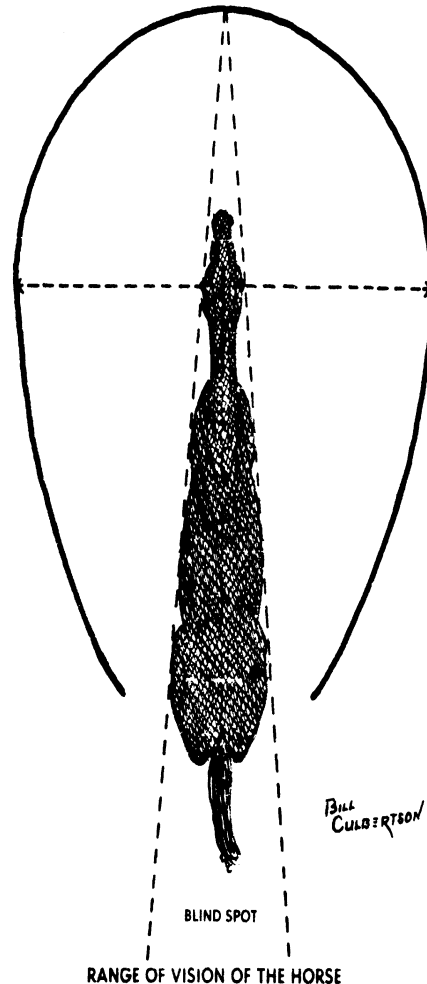
Nature of the Horse

Domesticated, well trained horses are usually obedient, docile and affectionate; however, it is important to understand that the survival instincts that have allowed the horse to survive from prehistoric times to the present day, are still active ingredients in their daily behavior.

1. Horses are unpredictable by nature, with minds of their own, as are all animals both domestic and wild. The horse is often somewhat high strung or nervous by nature. Horses are extremely strong and powerful physically. Horses are extremely heavy, weighing 1000 pounds on the average. These characteristics deserve a human being's utmost respect.
2. When a horse is frightened, angry, under stress, or feels threatened, it is his instinct to jump forward or sideways, to run away from danger at a trot, or gallop at speeds up to 40 miles per hour.
3. If a horse is frightened or feels threatened from behind, it may kick straight back, sideways in either direction, or even forward with either of its hind legs, all with tremendous force.
4. If a horse is frightened or feels threatened from above or on its back, it may hunch its back and buck in a way that could throw a rider to the ground with tremendous force. A fall from a horse will usually be from a height of 3 to 6 feet.
5. If a horse is frightened or feels threatened from the front, it may naturally react by rearing up with its front legs, strike with one or both front legs, bite with its teeth, throw its head up or from side to side, or run directly over whatever is in front of it.
6. A human must always approach a horse calmly, quietly, and cautiously, preferably from near its shoulder or lower neck, talking soothingly to it.
7. Loud and/or sudden unexpected movements, dropping of objects near a horse, approaching vehicles, animals, or people, ill-fitting equipment or physical pain can provoke a domesticated horse to react according to his natural protective instincts.
8. The first signs of anger or fear in a horse are the sudden tensing of the muscles of the body, possibly laying its ears flat back against its head, or quickly tossing or raising its head, or sudden snorting through the nostrils accompanying at least one other warning sign. A horse will often swish its tail before it kicks.



9. A horse can see independently with each eye, actually looking in one direction with one eye and another direction with the other eye, or it can focus both eyes on one object somewhere in front of it; usually the direction the ear is pointing will tell an observer where the eye is looking on the same side, and consequently on what the horse is likely concentrating at that moment. A horse can see much further behind itself than can humans and may therefore become frightened by something that its rider cannot see.
10. A horse has two blind areas around which it cannot see. It cannot see directly behind it, nor immediately in front of its nose. This is the reason it is best to approach a horse close to the shoulder, and never to surprise a horse from the rear, or to reach first for the horse's mouth.
11. While a horse is very sure-footed by nature, it may accidentally step on an object such as a human foot, when it is balancing itself or turning about; also if a horse is ridden or worked on unstable ground or slippery grass or footing it could fall down, injuring a rider or handler and itself.
12. The most important safety measure is to anticipate the possibly dangerous actions of the horse and be prepared to quickly respond. Learn to recognize signs of fear or aggression. Learn to control the excited horse. Learn escape maneuvers, especially the emergency dismount. Learn to guard your face and dodge away when a horse kicks out toward you. Learn to never be careless around horses.



**The "ABC's" of safety
around horses:
Always Be Careful.**

The Lessons

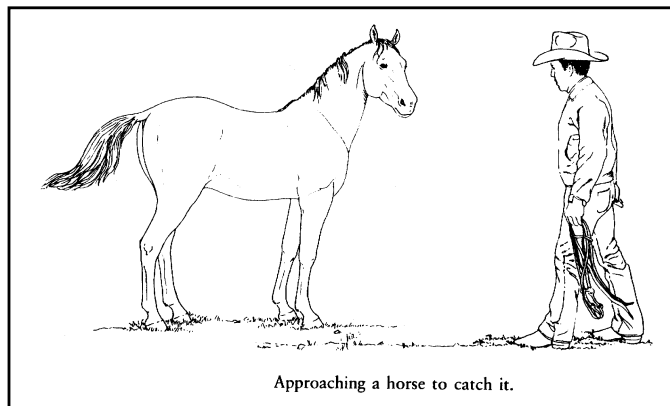
Following is an outline of simple objectives for the lessons, divided into beginner, intermediate, and advanced material. Some of the introductory material is spelled out in detail. Testing into higher levels in the program will depend on mastery of this material.

Ground Work

Controlling the Horse

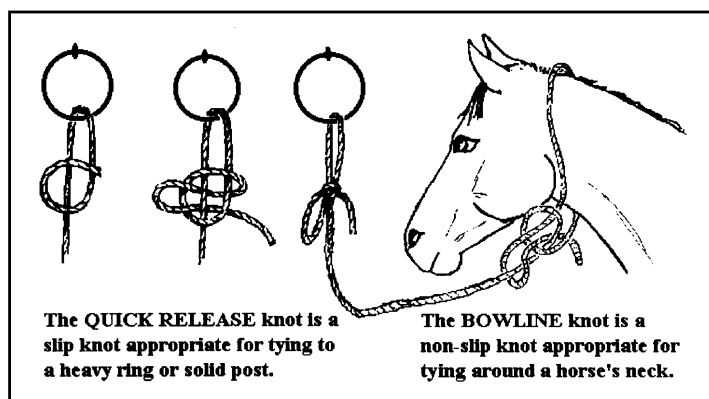
Beginner

- Awareness of the nature of the horse
- Approaching the horse (stay calm & be obvious)
- Catching the horse
- Standing next to (be alert & ready)
- Going behind (stay close)
- Avoiding having your feet stepped on
- Feeding treats (palm open)
- Knowing what to expect (threats, fights, panic)
- Lead at the walk and turn
- Tie the safety release knot
- Load horse into trailer



Intermediate

- Steadying a nervous horse
- Catching a difficult horse
- Lead at the trot
- Lunge through the paces
- Tie the bowline knot
- Loading problem horse into trailer



Advanced

- Calming a frightened horse
- Controlling a stubborn horse (stand still & move over)
- Handling a stallion and a dangerous horse (kicking, rearing, biting)
- Square up and show at halter
- Lunge over jumps
- Use of cavesson and surcingle
- Ground driving
- Training a horse to be more obedient/catchable

How to Examine a Horse for Health

Beginner

- Coat condition (glossy or rough)
- Blemishes
- Lameness (head bobbing, short strides)
- Basic points of anatomy (back cover)

Intermediate

- Weight and condition
- Vitality
- Hoof integrity
- All important gross anatomical points

Advanced

- Eyes (treating injuries)
- Hoof conditions and treatments
- Conformation in relation to soundness
- Teeth (aging and floating)
- Joints (normal or inflamed)
- Breathing/pulse/temperature

Grooming the Horse

Beginner

- Identifying grooming equipment
- Preparing for saddling
- Picking out hooves
- Grooming after riding

Intermediate

- Thorough cleaning, including removing mud from legs
- Bathing
- Washing mane and tail

Advanced

- Trimming with clippers
- Braiding
- Hoof preparation
- Preparing for showing
- Scrubbing for veterinarian purposes



How to Care for Hooves

Beginner

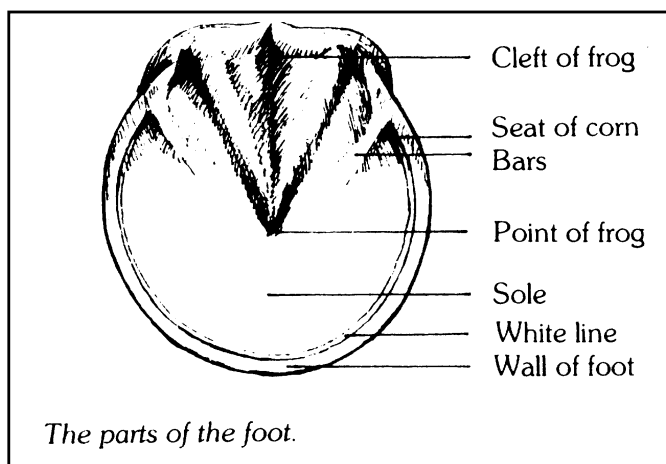
- Identifying normal hoof parts
- Picking out

Intermediate

- Recognizing common disorders
- Treating thrush

Advanced

- Trimming and filing
- Correcting problems
- Removing shoes
- Recognizing farrier equipment



Summary Notes on Ground Work:

Thorough groundwork is a necessary precedent to riding. The horse must first learn to obey the handler's basic cues on the ground. The rider must learn the basic cues and why they work before he mounts. This prevents much confusion for both horse and rider.

The horse must exhibit proper manners around people. He should be easy to catch, stand still while being groomed, pick up his feet for cleaning, move over politely when lightly pushed, follow when led, and stop upon command.

Safety on the Ground

1. Be careful not to surprise a horse -- it may think you're another horse and kick out at you. Talk to the horse - let it know you're approaching. The horse can hear much better than it can see.
2. Stay close to the horse - touch the horse at all times if possible. This will enable you to move with the horse and avoid being stepped on. When passing behind a horse, stay close to it to avoid severe injury in case it should kick. The closer you are the less severe the impact will be.
3. Do not let the horse crowd you, if it tries, simply push it away saying "side" or "back."
4. If you are at the west barn gates and horses are trying to get in, never turn your back to them -- they will push you down as they charge in. If you are having trouble letting your horse out, get a whip and show it to the horses by the gate. Say "back" and, if necessary, lightly tap their chests so they are aware they are not welcome inside.

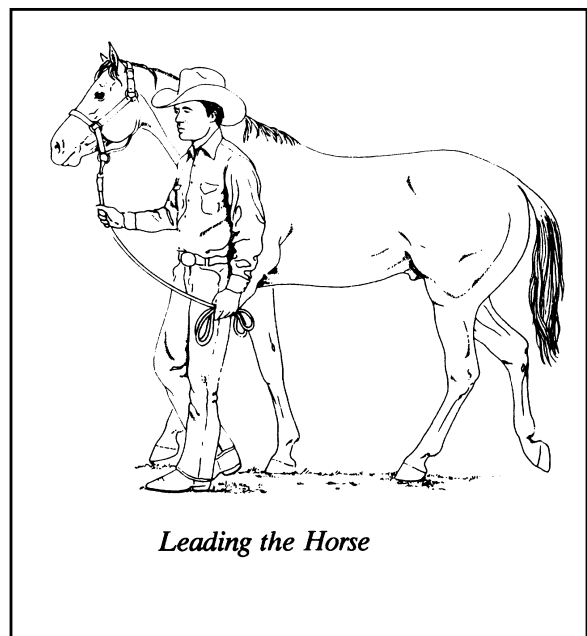
5. Wear boots (steel-toed are best). Avoid being stepped on by being aware of where your horse is at all times and where its next step might be.
6. If one or a group of horses annoy you while you're in the pasture, tell them to "get away," "shoo," "back," while waving them away. Horses commonly kick and bite each other; this can be very dangerous if you are in the middle of a group of horses. Be observant; don't even allow them to put their ears back at each other when you're around. Tell them "NO! Get!" in a loud voice.
7. If a horse turns its hindquarters toward you -- **watch out!!!** It may be thinking of kicking. Get away from it immediately.
8. Leading a horse behind another horse is very dangerous, horses often kick at each other (especially while eating). Stay far enough away to avoid being kicked (at least 8 ft.).

Catching Your Horse

1. If you are intimidated by horses gathering around you in the pasture, do not bring carrots, apples, or grain with you into the pasture -- you'll be less appealing to them. Take the halter and lead rope assigned to your horse from the appropriate nail. The horse's muzzle fits through the circle in the unfastened halter. The halter's buckle should be on the left side of the horse's face. The end piece with the holes should pass in back of the horse's ears and then be buckled on the left side. The lead rope is fastened to the center ring below the horse's chin. Applying the halter around the neck instead of the horse's face is discouraged since it allows much less control of the horse and allows the horse too much freedom of movement when tied in the barn.
2. Some horses are hard to catch. Do not chase them. To catch a horse which is avoiding you, always move to stay in front of the horse. Say "whoa." Please don't attempt to catch a horse without following through and actually catching it or getting Mark to catch it.

Leading Your Horse

Leading the horse is very much like "heeling" a dog on a leash. The horse is expected to follow at your right side and stop to stand quietly when you stop, without needing much pressure on the lead. Grasp the lead line six inches to a foot below the halter with your right hand and gather the major part of the

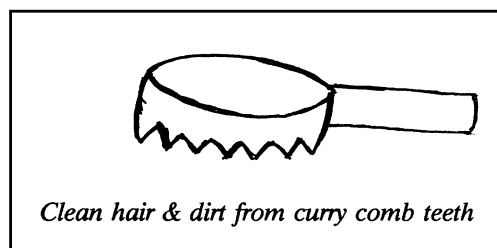


Leading the Horse

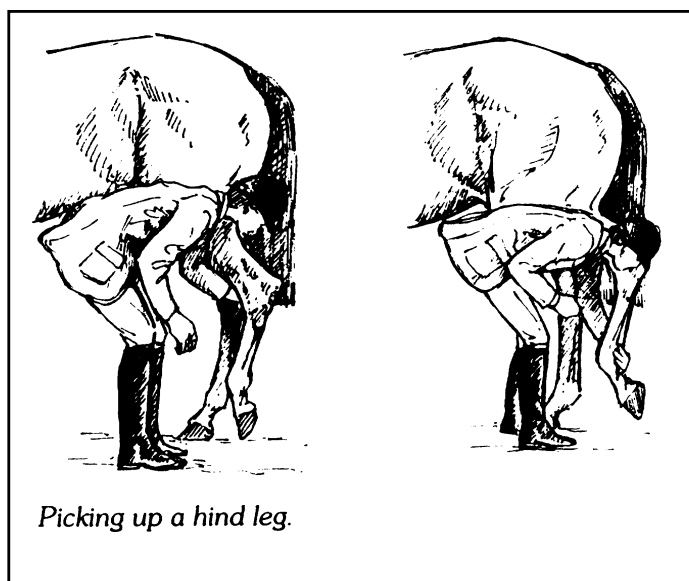
line in your left hand. Never insert your hand or any fingers inside a loop of the lead line (in case the horse should pull back). Look ahead, not back towards the horse, and keep the horse's head about even with your side. Verbally cue the horse to walk when you step off and to whoa when you stop. If the horse needs reinforcement to follow you, slap its rump with the free end of the line. (This is best done behind your back with your left arm while you are still facing forwards and encouraging the horse to walk.) Use a buggy whip if the horse continues to be stubborn. In case the horse does not stop with you, give it a sharp pull down and back with the line, using a sturdy chain across the nose if necessary. The horse should be worked until it will smoothly follow your commands to walk, trot, and stop. Mistakes to avoid include: turning around to face the horse when it refuses to follow, getting caught in a loop of the line, trying to stop the horse using your shoulder pressed into its neck, and letting the horse move around too much without quick and effective punishment.

Grooming Your Horse

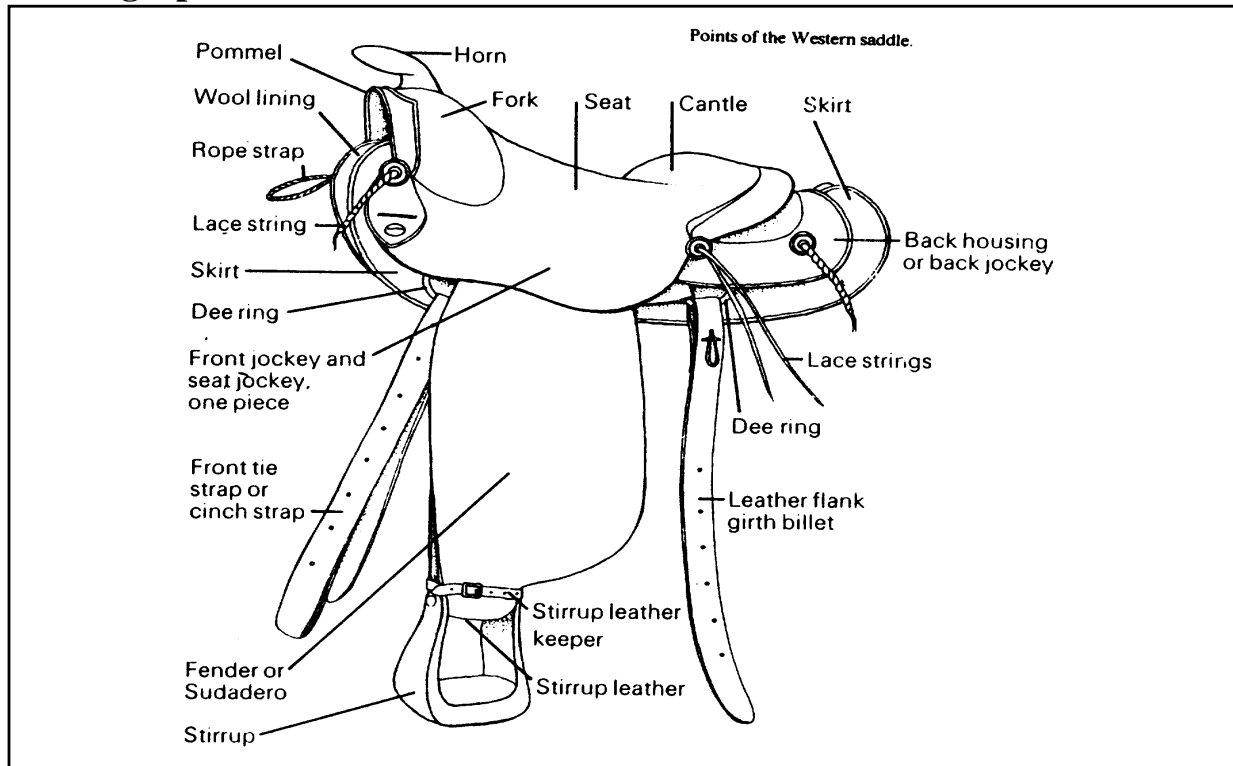
1. Brush your horse (front to back) where the saddle will be. Be sure to brush the girth area; feeling the girth (with your bare hand) to be sure it's clean. Even fine dirt is abrasive and irritating to the horse's skin and can cause sores. Check the horse in general for any signs of soreness, injury, or illness.



2. Pick out your horse's hooves as demonstrated in class. Be sure to take an extra step out while picking up the hind legs. The hooves must be free of packed dirt and any possible stones. Dirt can trap bacteria and fungus; stones can bruise the horses' hooves.



Tacking Up



Choosing and Caring for Tack

Beginner

Identifying basic tack items: bits, bridles, english and western saddles, halters, leads

Know the action of the snaffle bit and curb bit with chain

Identify parts of the bridle and saddle

Know the cost of saddles, bridles, halters and misc. equipment

Cleaning of saddles and bridles

Importance of using only assigned halters and bridles

Importance of returning tack immediately to its proper storage area

Intermediate

Selecting tack for special purposes: martingales, 4-rein bridle, game rein, hackamore, back girth, breast collar, leg wraps, bare-back pad, blankets of varying thickness, different types of saddles, girth extenders

Sizing the bridle and saddle for proper fit

Advanced

Identify and have knowledge regarding the use of special equipment: stud chain, twitch, check rain, side reins, long reins, lunge line, whips, spurs, harnesses

Modifying equipment to fit special purposes

Repairing tack

How to Apply Tack

Beginner

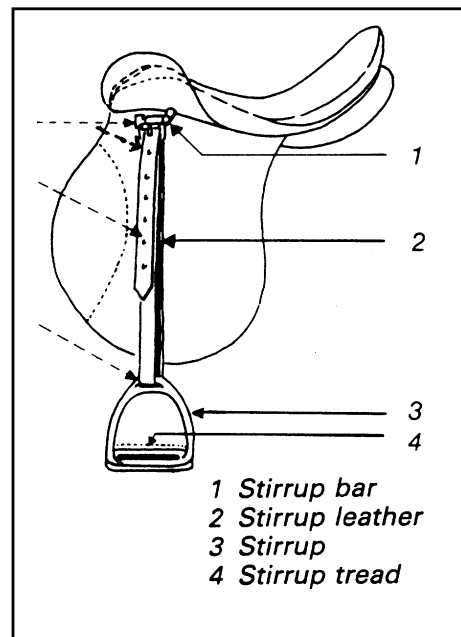
- Saddling and adjusting stirrups
- Bridling
- Inspecting tack for safety

Intermediate

- Proper fit of saddle: length, width, pommel height
- Proper fit of bridle: bit, curb chain, headstall, throatlatch, length of rein
- Adjusting martingales, breast collars, back cinches

Advanced

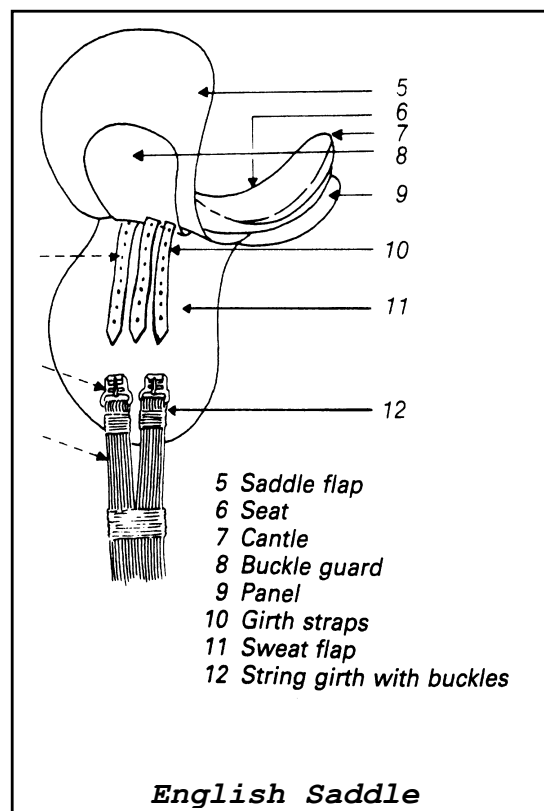
- Applying harnesses: single, double, light, and work
- Boots and Bandages



Summary Notes on Care of Tack:

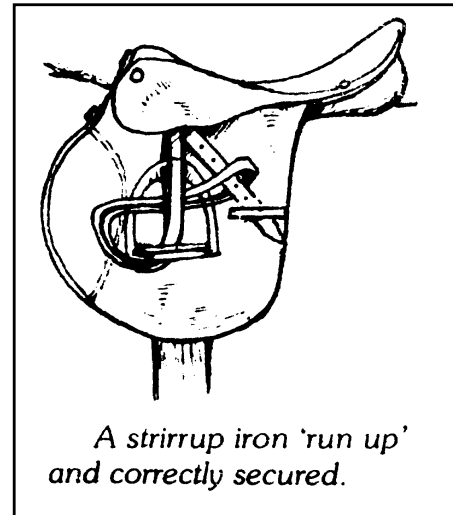
As you may already know, riding equipment is **very** expensive. The ranch provides very high quality equipment for your use. With proper handling and cleaning, this equipment should last a very long time. Students are responsible for the care of the equipment they use.

Horses are very destructive to tack. All of them will bite or chew on it. Never leave tack near a horse for any amount of time -- it belongs in its proper storage area or on the horse. Horses love to chew on the ends of halters (where all the holes are). Therefore, do not leave your halter in the trough while riding -- leave it on the horse or toss it over the far side of the trough. Also be careful that your horse does not bite on another horse's tack while you are on your horse. Don't put hardhats near horses -- they will also chew on these. You will be responsible for the repair or replacement of tack damaged through your negligence.



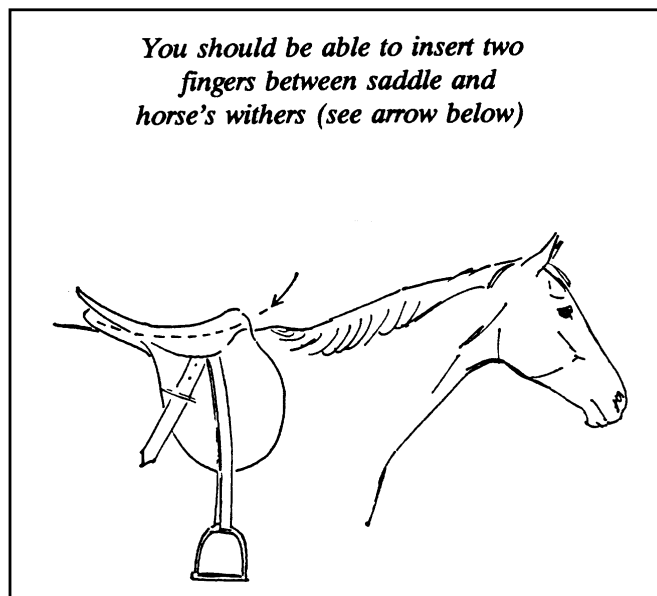
Whenever the horse is worked hard enough to develop a sweat and therefore soil the saddle, the saddle should be cleaned with either saddle soap or Murphy's Oil Soap followed by an application of Lexol. These supplies may be obtained by requesting them from Mark. This procedure should be followed anytime the saddle becomes soiled or wet, i.e., on a trail ride where mud has been kicked up onto the girth or when riding in rain or snow.

It is frustrating not to find the equipment you wish to use in its proper place, therefore, it is important to always use your horse's halter/bridle (not some other horse's) and return the equipment to the appropriate place immediately after you are finished with it. Always return your saddle to the correct rope or holder -- matching the numbers. English saddle stirrups should be run up and secured and the girth placed over the seat. Most western saddles have keepers for the latigo and girth -- use them to eliminate the possibility of tripping over them and to keep these parts of the saddle from dragging in the dirt.



Summary Notes on the Application of Halter, Saddle and Bridle (work from the horse's left side):

1. Saddle Pad - Place saddle pad well ahead of horse's withers. Use thicker pads for horses with high withers. English saddles have the pads attached to them.
2. Center saddle on pad and pull back (but not too far) so that saddle feels secure. Make sure saddle does not touch horse's withers - this is very painful for the horse. If saddle does touch the horse's withers, either get a thicker pad, additional pad or different saddle in order to eliminate this problem. The girth strap should be directly behind the elbows. If the saddle is put on too far back, it will slip forward, become loose, and perhaps slide off sideways. Use knot demonstrated in class or buckle (if saddle has one) to secure the cinch. Before you mount check for these unsafe conditions: elongated holes, cracked or stiff leather, excessive stretch or wear, cracked or bent hardware, loose or worn



stitching. Check girth tautness immediately before mounting, immediately after mounting and periodically during your ride.

3. Bridling. This will vary with the type of bridle and bit assigned to your horse. But basically, the horse's head is lowered and brought toward its left by placing your left hand on its nose and your right hand near the ears. The bridle may be put on over the halter or with the halter removed. With bridle over the left arm, reach down with right hand (remember, left hand is still holding horse's nose) pull reins up over horse's ears. Next, pull bridle up over horse's ears with right hand while guiding bit into the horse's mouth with the left hand. If your horse's bridle has a curb chain near the bit, the chain goes under the horse's chin. Before mounting, inspect bridle to assure that reins are securely fastened and the bit rests in the appropriate place in the horse's mouth (there should be one wrinkle at the corner of the horse's mouth).

Mounting and Dismounting

Beginner

- Proper English mount
- Emergency dismount: vault-off and swing-down methods
- Use of mounting blocks

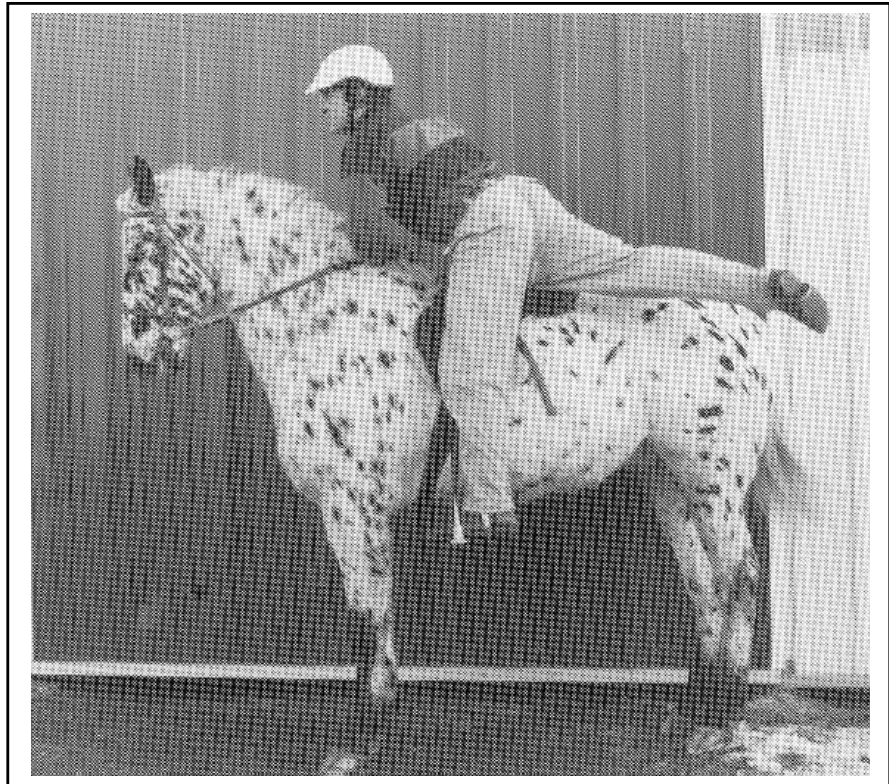
Intermediate

- Western mount
- Step-down dismount
- Emergency dismount at trot

Advanced

- Mounts: swing-up, press-on, vault-on, rescue
- Emergency dismount at lope
- Mount in the saddle with unfastened girth

Notes on mounting and dismounting:



An awkward mounting technique is uncomfortable for the horse and may start it thinking negatively about the upcoming ride. A smooth mount will help convince the horse that you are a well-balanced rider and in control from the beginning. The best all-purpose method is the standard English mount. This mount will afford the greatest control over the horse, the surest balance for the rider, and the best chance of getting up even if the horse moves. Begin by standing at the shoulders on the horse's left side, facing straight at the point of the hip. Your left hand should hold the reins taut and be laid firmly on the horse's neck just ahead of the withers. You may also grab the mane along with the reins, but be prepared to release the mane to pull back on the reins in case the horse moves ahead. The reins should be separated between one or two fingers to allow separate control of each rein by twisting the wrist in order to prevent the horse from turning to either side. While mounting, the left hand will push down on the neck or pull on the mane to provide significant lift to the rider. The right hand turns the stirrup one-half turn clockwise to position it for the left foot, which is inserted just up to the ball of the foot. Then the right hand is placed on the cantle or seat of the saddle, and is used for support and lift as you get on. Now, in one smooth motion, press down in the stirrup with your left foot, push down with your hands, push off your right foot and kick your right leg over the back of the horse, keep your chest close to the horse, and rise into the saddle. Steady the horse immediately, in case it attempts to move. Then find your right stirrup. Avoid pulling the horn or cantle toward you, pulling the reins by mistake, or digging your toe into the horse's ribs when mounting.

For riders who cannot smoothly mount from the ground, a mounting block is highly recommended. Lead the horse next to the block and mount as described above. Riders should bear in mind that horses often don't like waiting for the mount-up and will become nervous if the

rider takes too long to accomplish the feat. Try to mount as quickly and smoothly as you can.

Riding Skills

Beginner

Developing the correct mental attitude

Correct application of natural and artificial aids at all paces

Basic western riding (sitting trot, neck reining)

Basic english riding (posting trot, direct reining)

Simple drills

Ring and trail riding etiquette

Working through the paces:

Use hand and leg cues simultaneously

Independently achieve the walk, trot, and lope

Control speed of walk and trot

Trot around several times without walking

Trotting exercises: sit, post, and stand the trot

Changing paces: practice all possible combinations (lope to stop, walk to trot, etc.)

Reinback (backing)

More exercises:

Limbering up exercises (arm circles, waist twisters, forward and back relax, and alternating toe touchers)

Lope from standstill to end of arena, maintaining a straight course and come to full stop, maintaining balanced seat

Reverse at the walk and trot

1/4 turn on the haunches and on the fore

Knowledge and awareness of leads

Jumping: forward seat position, trot over cavaletti, 8" jumps

Games: Musical sacks, tag, trotting races

Halting a runaway: seesaw-, pulley-, direct-reining

Intermediate

Refinement of application of natural and artificial aids at all paces

Independent seat - exercises on the lunge

Perform beginner exercises smoothly on a variety of horses

Perform trotting exercises with no stirrups



Bareback equitation
 Tandem equitation
 Spiral pattern over cavaletti
 Posting on proper diagonals - serpentine at the trot
 Swing-on mount
 Collect the horse through the paces
 Reduce verbal cueing (except for training purposes)
 Gallop
 Proper lead changes in figures (trotting transition)
 Precision control over simple walking and backing exercises
 Drill work: work as a group through paces, turns, pair turns, circles, row to column, intersecting figure eights, pin-wheels
 Leg yielding
 Full turn on the fore, on the haunches
 Obstacles: work through old and new obstacles (e.g. water, bridges, noise, jumps, tarps, mailboxes, cones)
 Maintain steady speed in regular circles of different sizes
 Post around the ring one full time without stirrups and without once bouncing in the saddle or losing balance
 Posting Dance
 Jumping: Trotting and loping over 2' jumps
 Games: Rope race, equipment race, barrels, poles, jumping figure 8, pennant, keyhole -- performed at 3/4 pace

Advanced

Independent seat - exercises on lunge without stirrups
 Work a horse to its best ability
 Special exercises: pivot, rollback, spin, flying lead changes, counter canter
 Jumping: Design and negotiate a variety of jumps and courses, jump a horse smoothly, 3' jumps
 Speed performance (track racing, western gymkhana at full pace)
 Control over difficult horses
 Precision control of collection, pace, balance, movement
 Serpentine at canter
 Straightening the horse
 Lateral work: shoulder in, Travers, Renvers, Half pass
 Keen awareness of rhythm and placement (knowledge of sequence of footfalls)
 Training

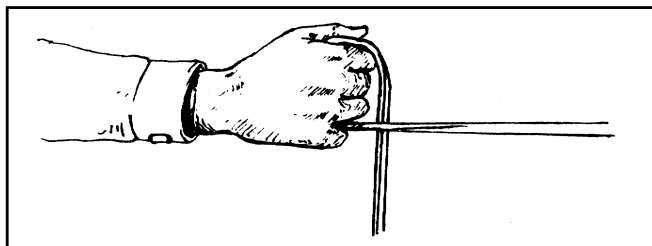
Natural Aids

Seat & Body

Proper posture and balance
 Hand position
 Leg position

Head/eyes
 Steady balance
 Curved back
 Flexibility in hips and back
 Independent seat
 Bracing back for transitions and halting

Leg Cues
 Impulsion (motivation)
 Directing the shoulders and hindquarters



Hand Cues
 Steady hands and mild pressure
 Direct, indirect, and neck reining
 Halting

Verbal Cues
 Stand, Walk, Trot, Lope, Back, Whoa, Side, Jump, On-by, Atta-boy (girl), Good-boy (girl),
 Come, Out, Hup-Hup, Get-up

Artificial Aids

Whips and spurs
 Correct timing
 Use whip or spur to aid leg, *not to replace* leg cue.

Summary Notes on Beginning Riding Skills:

To create a proper attitude in the horse requires first that the rider have the proper attitude. A horse will yield to the rider's cues if and only if the rider has first obtained the horse's respect (see section titled Psychology of the Horse). Consistency in the rider's handling of the horse is absolutely essential to develop a working communication between the horse and rider.

Forming an image of expected behavior is an important part of controlling the horse. Performance is best measured against a definite plan of action which the rider has firmly fixed in his or her mind. The exact direction, placement of hooves, head position, pace and type of action should be preconceived and constantly compared to actual behavior.

Notes on Natural Aids:

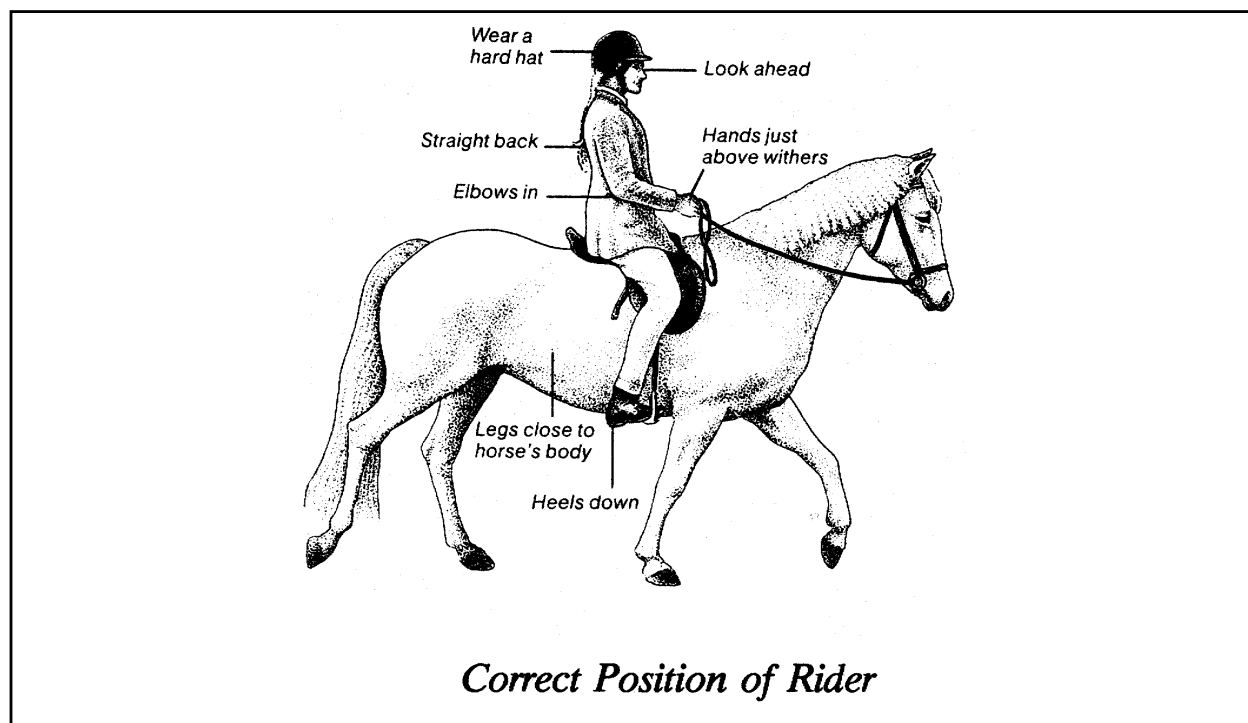
Natural aids are the means by which you communicate to your horse what you want him to do. Aids should be applied as lightly as possible. Aids are exaggerated for younger horses but become lighter as the horse becomes more experienced.

Below is a short scenario to help imagine what it might be like for a horse to be ridden by an inexperienced or insensitive rider who does not use the aids correctly.

Imagine Popeye as an infant, in a baby carrier strapped to your back. As we all know, Popeye was very strong even as a baby. To make matters worse, Popeye has just finished a jar of pureed spinach. In Popeye's tiny (but strong) hands are reins attached to a bridle which is attached to your head. You assume by the way that Popeye is mercilessly kicking your ribs and crying in your ear "loop" (he is a baby after all), that he wants you to run. You take off running at a fairly fast past and, for now, this quiets baby Popeye. You're starting to relax and get into the rhythm of Popeye bouncing on your back when all of a sudden you feel a hard pull which snaps back your head, makes you lose your balance and causes the device in your mouth to apply a nutcracker type force to your jaw. You clench your teeth hoping this will alleviate the pain on both sides of your jaw and you throw your head forward hoping to loosen the tension. Popeye gets upset with your behavior and begins screaming "bad horsey!!" while whipping, kicking, and jerking on the reins. This kid is really beginning to bug you.....

Whenever you're having problems with your horse it may be beneficial to look at it from your horse's point of view.

**Ride smoothly and
get a smooth ride.**



Seat and Body: The rider should have an upright body posture -- head held high and eyes looking in the anticipated direction of travel. Don't stare at the horse's head or the ground in front of the horse. The rider's shoulders should not be hunched nor the chest caved in. Sit tall in the saddle. The horse's comfort and ability to accelerate, halt and turn as requested is affected by the rider's weight in the saddle. Imagine yourself giving someone a ride on your back and how he or she might hinder your desired movement if they are off balance, slouching, or bouncing. To avoid bouncing and increase your ability to control the horse, you should strive to maintain seat contact with the saddle in all the paces (except while posting to the trot). To do this will require flexibility in the hips and back. Many beginning riders react to the natural motion of the horse by bracing themselves against the motion and/or standing in the stirrups. This will only cause more bouncing and pain for you and your horse. Don't get discouraged; try to relax while riding. The more you ride the better you will be able to accommodate the horse's motion.

The majority of your weight should be on your seat bones and inner thigh not your knees or feet (except when jumping). The rider's weight should be brought back for slowing down or for the halt. A more advanced cue for slowing down is bracing the back which is achieved by contracting the abdominal muscles and rotating the top of pelvis back under you, thus reducing the curve and flexibility of the back. This communicates to the horse that the rider's body is no longer moving freely with his movements indicating an upcoming transition or change of pace.

Legs: Thighs and hips should be relaxed. The leg from the knee down should rest in constant equal contact against the girth to guide and control the horse. The ball of the foot should be on the stirrup bar and heels should be down. There should only be enough downward pressure on the stirrup to keep it in place. Without leg control for turning, a rider tends to pull on the reins

too much and loses the horse's respect. With leg control, the rider can have precise control over the execution of turns. Keep in mind that the inside leg is always used for impulsion (motivation to move forward).

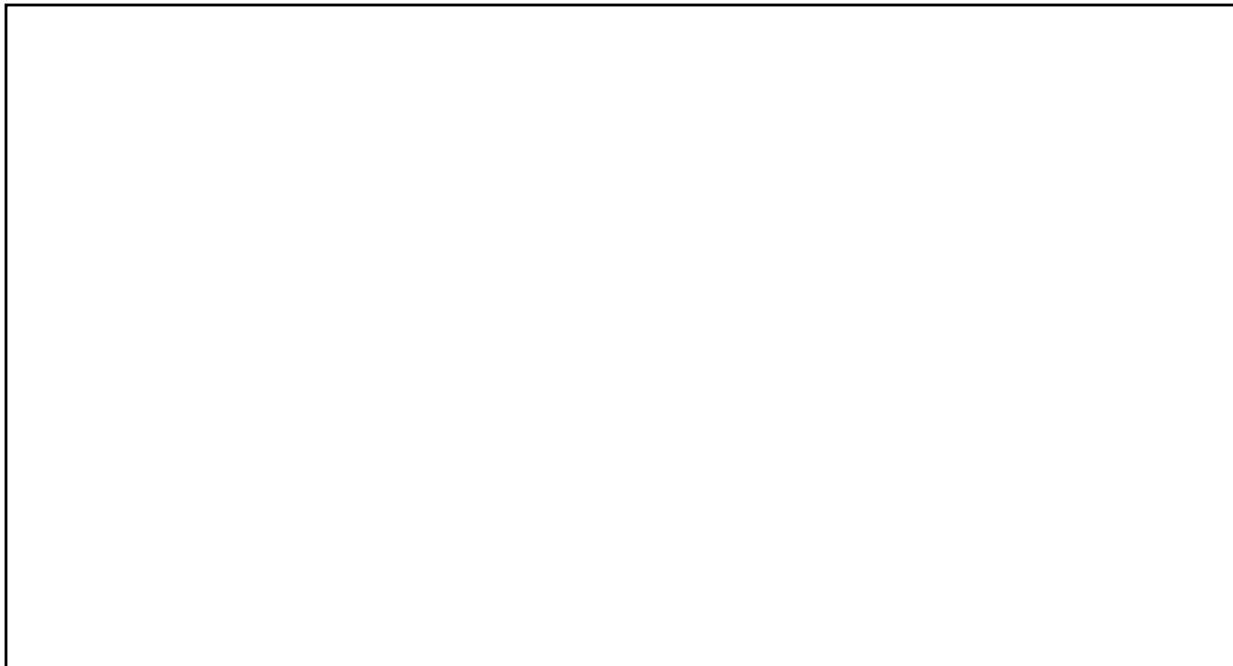
For arc turn, apply pressure with the inside leg at the girth. Guide and encourage the horse to continue moving at the same pace with the outside leg behind the girth (the hindquarters should stay on the circle). Example: left arc turn, right leg comes back 4-8 inches behind girth area and applies appropriate pressure as needed; left leg applies pressure where it normally rests at the girth.

Turning on the fore (moving haunches around while forelegs remain centered in one small area): inside leg rests and outside leg presses behind girth to push haunches around. Example: to move hips towards the left, right leg presses behind girth.

Turning on the haunches (forelegs inscribe an arc while hindquarters remain centered in one small area): outside leg holds hips in place by applying appropriate pressure 4-8" behind the girth while inside leg rests. Example: to move shoulders to the left; rein left, while right leg exerts pressure behind the girth.

Hands/reins: Hands should remain steady and ready to make minute adjustments. Hand cues should be as subtle as possible to avoid causing pain and anxiety for the horse. Heavy hands spoil the horse's willingness altogether. Sloppy hands lose the horse's concentration. Slow hands let a horse misbehave. Elbows should be at your sides and there should be a straight line from the bit to your elbow.

Open or Direct reining: pressure out to the side on one rein (applied on the same side as the



intended new direction of travel). This helps bend the horse through a turn. For example, pull the right rein over towards the right for a right (arc) turn. (In emergencies, this cue can be exaggerated and combined with strong leg pressure to strongly cue an unyielding horse to turn in the desired direction.)

Indirect (or Neck) reining: light pressure against the neck on one side for a turn towards the other side. Example, laying the left rein against the left side of the neck for a right turn. To enhance this cue, add appropriate leg pressure; do not add use heavy neck pressure.

Direct rein of opposition: straight backward pressure on a rein to turn a horse towards the same side, while causing the hips to move over towards the other side. For example, pull the right rein back for a turn on the forehand to the right.

Indirect rein of opposition in front of the withers: backward pressure on the rein in a direction over but in front of the withers, (sometimes resulting in simultaneous pressure against the neck). This reining technique can be used to steer the shoulders out while keeping the head flexed into a turn. For example, backward pressure on the left rein with simultaneous pressure on the left side of the neck to execute a nicely bending left turn with a horse that wants to crowd into the center of the arc or circle.

Indirect rein of opposition behind the withers: backward pressure on the rein in a direction over but behind the withers. Example, pulling back and over with the right rein to execute a shoulders-in while tracking left on the rail.

Combined reining: Most riding will require reining which will actually be a mixture of the above five methods. Accurate control over the entire length of the horse is achieved by using both reins and both legs simultaneously. And sometimes the exact combination of reining cues appropriate for a particular action will vary in accordance with the horse's individual responsiveness to the hands or legs. For example, executing a side-pass to the left could be achieved with an inside (left) direct rein, (to flex the head lightly left at the pole and suggest left-ward motion), with a simultaneous outside (right) direct rein of opposition (to help the hip move left) or an outside indirect rein of opposition behind the withers, (to help the hip and shoulders both move left).

Voice: The voice aid is especially useful to beginners who may be causing confusion in the horse's mind due to their contradictory weight, hand, and leg cues. Using the voice will help the horse to know what is being requested. Horses have very limited vocabularies and should not be confused by incessant chatter from the saddle. Use the words previously listed in the verbal cues section.

Artificial Aids: Artificial aids are used to enforce the natural aids. Kicking, whipping and spurring are all artificial aids used to punish disobedience. The aid is applied behind the leg that has been disobeyed. The rider must be sure the horse has understood his intentions before punishing the horse. The horse will only understand the rider's intentions if the cues are delivered in the same fashion at all times. Any insubordination must be dealt with promptly and

firmly to convince the horse from the start to pay close attention to the rider's cues upon penalty of punishment. When punishing the horse the rider must always give the horse opportunity to escape punishment by the horse performing the proper behavior. The rider must convince the horse that proper behavior is the best choice. Not only must the horse recognize that the rider will punish misbehavior, it must also be able to recognize the immediate rewards of obedience.

The Horse

A Noble Beast

The horse truly is an exceptional animal and it is no wonder that so many are in awe of his beauty and strength. Most enjoyable of all is the horse's capacity to cooperate with us. Schooling horses in particular deserve our utmost respect. They endure hours of lessons by inexperienced riders; many who cannot yet effectively communicate their desires to their mounts. Therefore, always give your horse the benefit of the doubt. Before punishing the horse (by whipping or kicking), make sure you are effectively giving the horse the correct cues. Use enough leg pressure to urge the horse forward. Kicking and whipping are a poor substitute for correctly applied natural aids: balance, legs, hands, and voice. A horse will resent being punished inappropriately. Be compassionate. If you're having a bad day, don't take it out on your horse.

Respecting your horse as a living thing, and fine tuning the aids you use to communicate with your horse will lead to a rewarding and enjoyable relationship for both of you. As each of you come to know the other better, you will be able to use the very lightest of cues and you will notice that your horse seems to read your mind, perceiving and responding to the almost imperceptible change of weight in the saddle or slight closing of the fingers.

Natural History of the Horse

Knowledge of equine evolution is vital to understanding the nature and motivations of the horse. The horse has developed fast reactions to unfamiliar occurrences. This attribute gives the horse extra time it may need to outrun a faster predator. The horse's quick reflexes and its ability to outrun a predator through greater endurance are what have enabled it to survive. While being ridden, the horse reacts to unexpected movement and noise in the same manner as it would in the wild. The horse should not, therefore, be punished when reacting to an unfamiliar movement or noise. He is only reacting as a horse should -- you would be punishing him for being a horse! Simply calm him and immediately encourage him to continue what he was doing before the incident. By using this method the horse will gain confidence in himself and you; through experience the frequency of these incidents will be reduced.

Horse Psychology

If you spend some time watching horses together in a pasture, sooner or later you will witness a demonstration of aggressiveness of one horse to another. This can be as mild as ears pinned back or as severe as biting, kicking, or striking with the front hooves. The horse that is being attacked has one of two alternatives, quickly retreat or respond aggressively in return. Besides responding in a like manner, he may simply back into the other horse with his hindquarters. Horses may respond this way to being pushed to the side by a person on the ground or by the rider's leg while in the saddle. The horse is reacting aggressively by moving toward instead of away from your pressure. This reaction should not be tolerated and should be corrected immediately.

Each of the horses has its own place in the herd. There are horses it dominates and horses it submits to. This hierarchy does change, especially when new horses are added to the herd. There may be a period of a couple weeks until all the horses have again found their new position. It is imperative to the horse to know its position in its society and it cannot completely "relax" until it has found it.

When working with horses, you must make it clear to them that you are the dominant partner in the relationship. The sooner this is conveyed to the horse, the happier the horse will be to submit to you. Be firm and consistent. Your dominance should be established even before you get on him. Someone who is wishy washy, letting the horse make some of his own decisions, will not have the horse's respect. Horses need people to tell them what to do and when. If you are not consistent in your control, he will be continually testing you and controlling him will be a battle.

Assert yourself immediately when you begin working with your horse. Make him walk immediately when you lead him and stop when you stop. Don't let him push you through the gate when bringing him in the barn. Tie him where you want him at the trough, not the spot he pulls you to. Don't let him pull you! He should yield when you push him to the side; if necessary, slap or kick him (with the top of your foot, not the toe), especially if he moves toward you. Be firm when applying the bridle, if he pulls his head away from you, make sure he does not do it again -- hold his nose more firmly (remember to lower and turn his head to the left). When you mount, do not let the horse walk forward and away. If he does, he'll get the idea he can go anywhere he wants. After you have mounted, steer very carefully and precisely. Don't let the horse roam freely with loose reins.

Training

Effective punishment is important in the training of the horse and is outlined in more detail in the section titled Artificial Aids. Punishment is used only to correct disobedience. The rider must be absolutely sure that the horse is disobeying and not simply ignorant of the correct response. Immediate punishment persuades the horse not to repeat an undesirable response or undesirable lack of response. When the horse disobeys/resists, the rider should notice immediately and make exacting corrections at the required moment. Corrections after the moment of error are relatively

useless. The horse will know what behavior is being corrected if correction occurs virtually simultaneously with the behavior in question. This holds true for reward also. Immediate reward is used to encourage the horse to repeat the response the next time the aid is given, and is therefore very important in the training of the horse.

Reward can be feeding a carrot or handful of grain. More often reward will consist of petting the neck and telling the horse "good boy/atta boy" in a soothing tone. The most effective means of reward, however, is cessation of demand. Immediate removal of the aid upon compliance by the horse is the best reinforcement of a horse's positive response to a cue. When a young horse takes one sideways step in response to our leg pressure, the horse should be praised, patted on the neck and the pressure removed and the horse allowed to move forward. The horse must be able to associate his response to the cue with something positive. Although he recognizes the pat and reassuring words he appreciates most the lack of pressure from the rider's leg. Riding for a short period on a loose rein and rest can also be appropriate forms of reward. Poorly timed reward is a frequent cause of misunderstanding between horse and rider. As the horse performs well, reward should be offered and rest should only follow success. (For example, if a horse is repeatedly misbehaving or making a mistake and you feel a rest period is needed, then move the horse through a behavior pattern which it can easily accomplish before resting.)

Practical Horse Husbandry

Anatomy: joints, leg bones, other body parts

Nutrition: type and amount of nutrients, feeding frequency

Health maintenance: deworming, shots, inspections, cleansing wounds, bandaging, common parasites and diseases. Common causes of death - preventative measures.

Common outward signs of health problems:

lameness	bloody urine
lethargy	raised temperature
swollen lymph glands	raised pulse
persistent coughing	profuse sweating
swollen joints	loss of appetite
rippled hooves	dull or rough coat or loss of hair
stinky hooves	labored breathing
lack of flexibility in a joint	stiffness
runny nose or eyes	diarrhea

Conformation: relation of conformation to athletic ability

Farrier work:

Reason for proper trim and shoeing

Use of hoof knife, nipper and file

Squaring the trim

Application of shoes

Preventive maintenance: picking-out, bleach, shaping

Trailerling:

Bandaging

Normal loading (unloading) as well as the problem horse

Tying in the trailer

Driving the loaded trailer

Miscellaneous:

Horse breeding

Determining age by horse's teeth

Horse breeds

Solving behavior problems

Selecting a horse

Foal handling

APPENDIX 1

TERMS TO MASTER

As a Windy Ridge Ranch riding class member, you have at your disposal a broad horsemanship education. Your active participation in the class as well as study outside of the class will be required to improve your skills and knowledge about horses. To serve as a guide to your quest for knowledge, listed below are many of the terms and concepts which a well-versed rider should thoroughly understand. During class time your instructor will explain many of these. Beginning students are expected to learn some, intermediates most, and advanced students will be responsible to learn all these terms and concepts. Please ask about any which you do not understand, read about them in your favorite books, and above all -- put them into practical use by carefully observing and properly handling the horses during your class times.

ANATOMY:

forelock, forehead, supra orbital fossa, face, bridge of nose, nostril, muzzle, upper lip, lower lip, underlip, cheek, chin groove, throatlatch, jugular groove, neck, poll, crest, withers, back, loin, point of hip, croup, buttock, dock, thigh, flank, stifle, barrel, shoulder, point of shoulder, chest, arm, elbow, girth, abdomen, gaskin, hock, chestnut, forearm, knee, hoof, cannon, ergot, pastern, short pastern, fetlock, coronet, hoof: toe, quarter, periople, coffin bone, navicular bone, heel, wall, white line, sole, bars, frog, bulbs

TACK:

Bits: snaffle: egg butt, German, full cheek, D-ring (racing), mullen mouth, double jointed, double twisted wire; curb: cricket, Argentine training bit, gag, high port, tom thumb, pelham (jointed, mullen, port mouth, kimblewick); double bridle bits: Weymouth, bridoon

Bridles: english, double, western, hackamore, bosal,

Bridle parts: headstall (solid, split-ear), crown piece, brow band, noseband (cavesson, grackle, drop, figure 8, flash), curb strap, throatlatch, lip strap, reins (split, joined, rommel, racing, plaited, laced)

Halter (adjustable and plain)

Lead (side snap and bull snap)

Saddles: western (roping, cutting, game, pleasure), english (jumping, show, all purpose, dressage)

Saddle parts: pommel, cantle, stirrup, stirrup leathers, stirrup leather bar, seat, girth, billet, off
 billet, cinch, horn, skirt, fender, gullet, tree, frog, flap, sweat flap, panel
 Grooming and hoof care equipment: brushes (stiff and soft), tail and mane comb, curry (rubber
 and cow), sweat blade, hoof pick, hoof knife, nippers, rasp, caliper, protractor, clincher
 Lunge line, whip, cavesson, surcingle, side reins
 Panic snap
 Bell and fetlock boots

RIDING/TRAINING:

Impulsion
 Dressage
 Posting ("Rise and fall with the leg on the wall")
 Bending the horse
 Straightness
 Resistance
 Bracing the back
 Counter canter
 Lengthening the topline
 Sacking out
 T.E.A.M. (Tellington-Jones Equine Awareness Method)

HORSE NUTRITION

Hay (alfalfa, field, clover, rough, timothy, broom, square and round bales, leaf, flake)
 Pasture (improved, unimproved)
 Grain (oats, corn)
 Supplements (whey, soy bean oil meal, bone meal, vitamins, minerals)
 Prepared feed (sweet feed, hay pellets)
 Water
 Salt
 Maintenance diet versus working, growing, or lactating diet

DRIVING

Cart, buggy, wagon, single, team, heavy and light harness, pole, shaft
 Parts of harness (hames, collar, girth, breast strap, croup, traces, butt strap, holdbacks, bridle,
 evener, tree, neck yoke)
 Verbal commands (haw-left, gee-right)

MISCELLANEOUS

Gymkhana
 Eohippus
 Breeds (quarter horse, thoroughbred, saddlebred, appaloosa, arabian, paint, POA, percheron,
 draft, grade, cold-, warm-, hot-blooded, etc.)
 Coloring (chestnut, bay, buckskin, palomino, pinto (overo, tobiano), grey, roan, dun, black)
 Markings (head: star, snip, stripe, blaze, bald face; legs: coronet, pastern, ankle, half stocking,
 stocking, outside heel, inside heel)

Whorls

Stud

Estrus, estrous

Gender and age terms: stallion, gelding, colt, yearling, foal, weanling, filly, mare

Jumping:

Cavaletti, cross bar, coop, oxer

APPENDIX 2

SUGGESTED READING

Some of following books may be obtained from local libraries; others are available from tack stores in the area or by special order from bookstores.

General

The following books contain miscellaneous information on horses such as history, breeds, care, anatomy, tack, but little riding instruction. The last two are excellent college texts and are more technical than the others listed.

Dossenbach, Monique and Hans, The Noble Horse, Portland House, NY 1985.

Edwards, Elwyn Hartley, Encyclopedia of the Horse, Peerage, London, 1985.

Edwards and Geddes, The Complete Horse, Trafalgar Square, North Pomfret, VT, 1988.

Evans, J. Warren, Horses, A Guide to Selection Care and Enjoyment, W. H. Freeman Company, New York, 1989.

Evans, et al, The Horse, W. H. Freeman Company, New York, 1989.

Beginning to Intermediate Riding/Horsemanship

The horsemanship books contain instruction on riding as well as other useful information on such topics as tack, grooming and anatomy.

British Horse Society and the Pony Club, Manual of Horsemanship, Barron's, New York, 1982. *(Emphasis on english equipment/terms.)*

Harris, Susan E., USPC Manual of Horsemanship, Vol. 1 and 2. *(This is the **very best** series of books on horsemanship available.)*

Shrake, Richard, Western Horsemanship, Western Horseman Inc., Colorado Springs, 1987. *(Emphasis on western equipment/terms.)*

Swift, Sally, Centered Riding, St. Martens/Marek, NY, 1985. *(Excellent instructional book which uses visual imagery and numerous illustrations to help the rider improve his/her posture, balance, other riding skills. Advanced riders will also find this book beneficial.)*

Intermediate to Advanced Riding/Training

Blake, R. L. V. French, Dressage for Beginners, Houghton Mifflin, Boston, 1976.

Brainard, Jack, Western Training, Western Horseman Inc., Colorado Springs, 1989.

Corley, G. F., Riding & Schooling the Western Performance Horse, Arco, NY, 1982.

Crossley, Anthony, Dressage: The Seat, Aids & Exercises, Pelham Books, London, 1988.

Crossley, Anthony, Training the Young Horse, The First Two Years, Stanley Paul, London, 1988. *(This book gives excellent instruction on the application of aids used to train the young horse. Emphasis on dressage but applies to all types of riding.)*

Harris, Susan E., USPC Manual of Horsemanship, Vol. 3. *(This, along with vols. 1 & 2 mentioned above, is the **very best** series of books on horsemanship available.)*

Henriques, Pegotty, Balanced Riding, Half Halt Press, Gaithersburg, MD, 1989.

Klimke, Reiner, Cavalletti, J. A. Allen and Company, London, 1985.

Morris, George, Hunter Seat Equitation, Doubleday, Garden City, NY 1979.

Müseler, Wilhelm, Riding Logic, Arco Publishing, NY, 1976. *(Challenging.)*

Podhajsky, Alois, The Complete Training of Horse and Rider in the Principles of Classical Horsemanship, Melvin Powers, Wilshire Book Company, North Hollywood, CA, 1967. *(Challenging.)*

Tellington-Jones, Linda, Introduction to the Tellington-Jones Equine Awareness Method, Breakthrough Publications, Millwood, NY, 1985. *(Excellent book on improving your horse's obedience/responsiveness through exercises on the ground.)*

Wilde, Louise, Guide to Dressage, Breakthrough Publications, Millwood, NY, 1987. *(Excerpts of the masters' written works and author's interpretation -- challenging.)*

Miscellaneous

Bongianni, Maurizio, Horses and Ponies of the World, Simon and Schuster, NY, 1987.

Harris, Susan E. , Grooming to Win, Charles Scribner's Sons, NY, 1977.

Morris, Desmond, Horsewatching, Crown Publishing, NY, 1988.

Way and Lee, The Anatomy of the Horse, Breakthrough Publications, Millwood, NY, 1983.

Videos

There are many excellent instructional videos available from local tack stores. Store personnel are usually very willing to recommend titles suitable to your needs. The Windy Ridge Riders Horse Club has a wide selection of videos available for free rental by club members.

Tellington-Jones, Linda, Starting a Young Horse. *(An excellent video for improving your horse's obedience/responsiveness through exercises on the ground.)*

Savoy, Jane, The Half-Halt Demystified, Vol. 1 & 2 *(The single best equestrian educational video for beginning dressage.)*

Savoy, Jane, A Happy Horse *(A set of 20 dvds focusing on fundamental elements of dressage. This set provides a wealth of information, training tips, and great exercises to study and practice.)*

APPENDIX 3

