

# Progress Checklist: MODULE #2 - RELAXATION

*"Can I give you a loose rope / rein?"*



## GROUND SKILLS

Handling-Leading-Stand Still-Circles & Spirals

### Self Evaluation

Where are you? Aiming for 7s or Better!

### TRUST ME (L1)

- Are you trustworthy, consistent, clear?
- Don't get tense, mad, scared, overreact...

### Lower The Head (L2)

- With the lead rope: Fix a high head.

### It's Not a Trap (L3)

- Give one rein, allow drift.

### Lots Of Breaks (L4)

- When it's good; When it's hard!

### Back Up (L5)

- Nose
- Halter
- Wiggle rope

### Stand Still (L6)

- Parking Spot
- Quiet Feet

### Mini & Maxi Lateral Flexion (L7)

- At halt
- Above your horse (stand on something)
- Maxi: Bend until calm
- Mini: Bend and let go. Repeat as needed.

### Maxi HQ Disengagement (L8)

- Bend neck, tap the rump

### Mini HQ Disengagement (L8)

- On circle – pushing HQ slightly out
- **SPIRALS** help to slow down & relax (vs. holding back or stopping the horse)

### BehaviorFIX (L9)

Know your horse's character and best psychology strategies. Is your horse...?

- Mover (spirals)
- Stopper (destinations)
- Pushy (zero fight)
- Tense (give)

### Train OUT Tension, Train IN Relaxation (L10)

- Be aware of what you are teaching your horse! Make relaxation a priority.

### Teach & Improve Relaxation (L11)

- Lower the head
- Spirals
- Breaks
- Walk (stay slow)
- Soften the brace (mini bends)
- Gentle repetition, etc.

## RIDING SKILLS

Stand Still-Walk-Trot-Canter (Advanced)

### It's Not a Trap (L3) GIVE- GIVE- GIVE!

Give (and softly re-take) one rein every 3 seconds. Giving the outside rein is best for relaxation.

### Parking Spot (L6)

### Quiet Feet (L6)

### Maxi Lateral Flexion (L7)

- At halt / Park only

### Mini Lateral Flexion & Lower the Head (L7)

On straight line & circle

- At walk: 1 & 2 o'clock...11 & 10 o'clock
- At trot: 1 & 11 o'clock
- Stretch Down (lower head by lifting the reins)

### Maxi HQ Disengagement (L8)

- 360 degrees
- Switchbacks: 180 degrees, front feet do not step forward

### Mini HQ Disengagement (L8)

- On circle: Push HQ out for downward transition

### Spirals are relaxing (see M3, L9)

- Spiral in quickly as you ride forward softly.
- Direct inwards with your reins, don't hold /pull back.
- Allow the horse to find walk or halt because the circle gets too small.
- Don't overbend the neck, keep it fairly straight.