

Progress Checklist: MODULE #7 - HARMONY



"I'm doing this, how about you?"

Do in your body what you want the horse to do in its body. Lead the dance.

GROUND & RIDING SKILLS

Self Evaluation

What is Harmony? (L1)

- A soft and beautiful feeling
- 7s or better!
- Go / Coast with your horse
- Be the leader – on the ground, in the saddle. Be clear and fair about your expectations.
- Manage your energy

I'm Doing This, How About You? (L2)

- Psychology means 'get to the mind'
- Invisible aids
- Lead the dance
- I'm doing the right things... how about you?
- I'm doing the wrong things... how about you?

Don't blame your horse! It is a clue to what you need to do better or differently.

7 Questions to Ask your Horse (L3)

Harmony is the goal from start to finish, in everything you do.

This checklist reflects each module in training a happy horse. If the answer is "no", go to the corresponding module for strategies & solutions.

1. Are you with me? CONNECTION (M1)
2. Can I give you a loose rein?
RELAXATION (M2)
3. Will you respond to light aids?
RESPONSIVENESS (M3)
4. Are you spooky – to me or things?
CONFIDENCE (M4)
5. Can I regulate your gait?
IMPULSION (M5)
6. Are you flexible? BENDING (M6)
7. I'm doing this, how about you?
HARMONY (M7)

I am the Metronome (L4)

The secret of rhythm and tempo. Rhythm improves your balance, and therefore your horse's balance.

- The metronome tells the truth. Learn it at the trot. Find the right number and experiment.
- Walk: 92-104. Trot: 120-155. Canter: 92-104
- Ride some exercises at your level: Simple, Intermediate, Advanced.

Rider Position & Stability (L5)

- Lateral alignment: The Magic X!
- Maintain your position.
- Hips to opposite shoulder of horse
- In trot, rise towards the outside shoulder
- Vertical alignment: Your "buttons" and horse's neck
- Train your body all the time, not just when on your horse.

The Psychology of Contact. Holding Hands & The Dancer's Embrace (L6)

Synchronize your bodies, combine your energy and ride with more precision.

- Think of contact as holding hands, a nice feeling for you both, not a trap, not against.
- Bit isolations teach the horse to reach down and forward – on the ground (lift the bit) and in the saddle (lift the reins).
- Develop your feel, reach for the mind, the understanding. Release often to gain confidence.
- Trot-Walk-Stretch exercise
- Soft, passive hands and relaxed arms, not tight or resistant. Armpits and elbows "down".
- Structure = The Dancer's Embrace
- Compress your transitions

Now what? (L7)

- A higher level of awareness and skill
- Short, Sweet, Successful
- Arena figures:
 - Large circles, 8s, Serpentine, Mini Circles Down the Long Side, Diamonds, ZigZags, Snowman, Lines, Jumps & Obstacles.
- With Contact (ballroom dancing)
- On Loose Reins (one hand)
- Numbers & Transitions – maintain tempo (speed)
- Synchronized Riding – pairs & groups

You have to know about harmony.

You have to know how to lead the dance.

You have to know how to be easy to follow... for your horse.

* Remember it is YOU who leads the dance.