

power

self-evaluation

Knowing where you are gives you a good baseline and starting place. It is also motivating as you have a clear goal and can keep track of progress. This is especially helpful if you're struggling at some point, as we all do when it comes to training horses and reaching our goals!

Even more importantly, this is a way to take control of your own improvement. You can progressively advance and enhance the quality of your training from a zero to a three, from a three to a five, from a five to a seven, and even have some eight to tens along the way!

Get in the habit of scoring yourself and your horse. It's what great horsemen, trainers and riders do naturally.

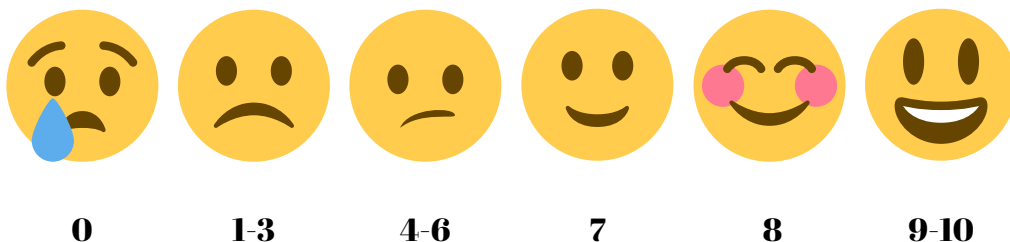
How to Score

In many competitions the scores are well defined, but it often does not apply to every day riding, training and the harmony you experience between you and your horse. Here are the important factors to keep track of as you train your way into a happy relationship with a happy horse... mentally, emotionally and physically.

In the chart to follow you'll be invited to score yourself and your horse on some important elements. On the left side you'll see the higher scores and ideal goals. On the right side you will see the lower scores and problems you might be experiencing.

Take a few minutes to focus on this and write down your scores, together with a date. Depending on how rapidly you progress, you might want to retake the evaluation again in 3 – 6 months.

How to know your score? Your facial expression and feeling will help you know!



power

DATE _____

Goals

7 - 10

Score

Write your score
between 1 - 10

Reality

0 - 6

Positive power: Your horse responds to you with effort, enthusiasm, and energy.

Negative power: Your horse resists you, takes over, avoids, escapes, rebels.

You know what motivates horses: Connection – Comfort – Choice.

You don't know them, or don't know how to use them.

You access all three types of power: mental, emotional, physical... and what specifically is needed for your sport.

You only access physical power.

You know what kind of physical power is needed for your sport: Strength, speed, energy.

You haven't thought about that.

You know the secret of power is in less pressure and more **RELEASE!**

You think the secret of power is more pressure.

You **TEACH** your horse the movement or **GOAL**, so it can do more than partner with you. He or she can now contribute to more brilliance!

You **MAKE** your horse do the movement and micromanage and shape every step

mental power

DATE _____

Goals 7 - 10	Score <i>Write your score between 1 - 10</i>	Reality 0 - 6
You have 'conversations' with your horse... ask a question, wait for the answer, respond accordingly.		You tend to work more with commands than ask questions. Your horse's opinion / answer doesn't matter. Needs to be obedient.
You know how to tell your horse he's right and you do it a lot - give, give, GIVE!		
Your conversations are progressive.		You tend to have the same conversations, it gets boring.
You keep sessions short, sweet, and successful.		Your sessions can be too long, your horse gets mentally tired, you tend to be a perfectionist, too picky, work on too many things in a session.
You only ask for maximum effort every four days... or at a competition / performance.		You ask for maximum effort every time you play with or train your horse.
You are clear about what you want your horse to do / learn; can break things down and make it easy for your horse.		You ask for too many things at once - seat, hands, legs.
You give your horse a chance to think & understand what you want.		You keep adding pressure when your horse doesn't do what you want.
You know that 'giving' - the release of pressure, is the secret to horses wanting to give more effort and power.		You increase pressure to produce more energy and power.

emotional power

DATE _____

Goals 7 - 10	Score <i>Write your score between 1 - 10</i>	Reality 0 - 6
You are emotionally calm and focused when training and performing with your horse.		You get emotional – frustrated, angry, nervous, scared, self-critical, confused.
Your horse is calm and focused, trusts you and tries hard for you.		Your horse gets emotional – nervous, tense, argues, fights, shuts down.
Your horse has little to no sweat during training sessions – only what is appropriate for physical effort or hot climate.		Your horse sweats a lot, has froth between the hind legs, on the neck under the reins, under your leg, under the saddle pad. Or sweats in unusual places, or excessively.
Your horse has a quiet mouth, a little moist.		Your horse chomps on the bit, grinds teeth, displaces the tongue, has froth around the bit, drools saliva.
You bring high energy frequencies to your horse – 350hz and above (acceptance, reason, love, joy, peace)		You bring low energy frequencies to your horse – 175hz and below (pride, anger, fear, grief, apathy, guilt)
You work on your, and your horse's emotional fitness – expose and expand.		You keep things calm and avoid things that might upset your horse... or you!
Clarity: Your horse knows the goal, what you want him or her to do.		Your horse does not know the goal, does not know what you want.

Goals

7 - 10

Score

Write your score
between 1 - 10

Reality

0 - 6

You are clear about what you want your horse to do / learn; can break things down and make it easy for your horse.

Your aids are confusing and make the horse emotional – tense, worried, nervous, reactive, defiant, argumentative, mad.

Your timing, knowing when and how to release, makes it clear for your horse when he's right or on the right track.

You don't release or your release is too late, or too early – before the horse understands the goal.

You are familiar with your horse's behavior profile and use the BehaviorFIX model strategically in training.

You treat all horses the same.

You have good self-control - know when to stop, when to keep going, what your horse's limits are, what your limits are and how you affect your horse.

You expect a lot from your horse, tend to blame him or her when having trouble or it doesn't work.

physical power

DATE _____

Goals

7 - 10

Score

Write your score
between 1 - 10

Reality

0 - 6

You understand the three areas of power: Strength, speed, and energy and which it is you need for your sport.

You never thought of the differences.

You know how to produce positive power, where the horse puts more effort into what you are asking... GIVE

You tend to produce negative power through constant restraint, pushing or pressure.

Release... Give!
It's the release that motivates horses.

You don't, or cannot 'give' the reins (horse will get out of control)... or cannot stop pushing with seat or legs (horse will stop). Constant pressure demotivates (or disturbs) horses.

You understand the biomechanics necessary to produce power, balance, and maintain good emotions, healthy joints and body.(Good Banana / Bad Banana)

You are not aware of your horse's way of carrying itself, need to know more. The horse travels head-high, hollow-backed, hind legs out behind... cannot carry the rider in a healthy or powerful way.