

Training Day Schedule and Agenda Jan. 13. 2018

9:30 AM start in arena – please dress warm so your body stays well prepared to sit on a horse later

Understanding Biomechanics of Motion (GAITS) and how it relates to Soundness, Behavior and Performance

1. View example setting horse – correct movement, correct balance, clean gaits
2. View horse with good topline but less movement
3. View horse with low degree impaired topline – see motion and gaits, learn about clear and clean footfall within each gait, understand the rider's (handler's) influence on horse's body position and gait
4. View horse with higher degree impaired topline, compare motion, learn about the necessary steps to improve use of horse's body and create cleaner and more powerful gaits.
5. Lunge own horses and learn to diagnose and action to improve body position, topline and gaits.

ASK QUESTIONS UNTIL YOU ARE ABLE TO KNOW, UNDERSTAND AND EXPLAIN THE FOLLOWING QUESTIONS AND/OR STATEMENTS

EXPLAIN and DEFINE:

- horse's back extension
 - isometric resistance
 - where/what is the opponent to isometric (passive) resistance
 - what is an opposing force
 - what does an opposing force do
 - what is active muscle use and what does it cause for horse's back position and relating footfall
 - the difference in timing of the application of aids for isometric (passive) versa active influence
 - the difference in horse's reaction to isometric (passive) influence versa active influence
6. RIDE a balanced horse whose gaits are correct
 7. Feel and Learn about Rider's Physiology and the Ability to Separate and Isolate different muscle groups in order to provide passive resistance to the horse's body extensions.

(Participants who are not riding learn to diagnose rider's position and timing and how it relates to horse's performance)