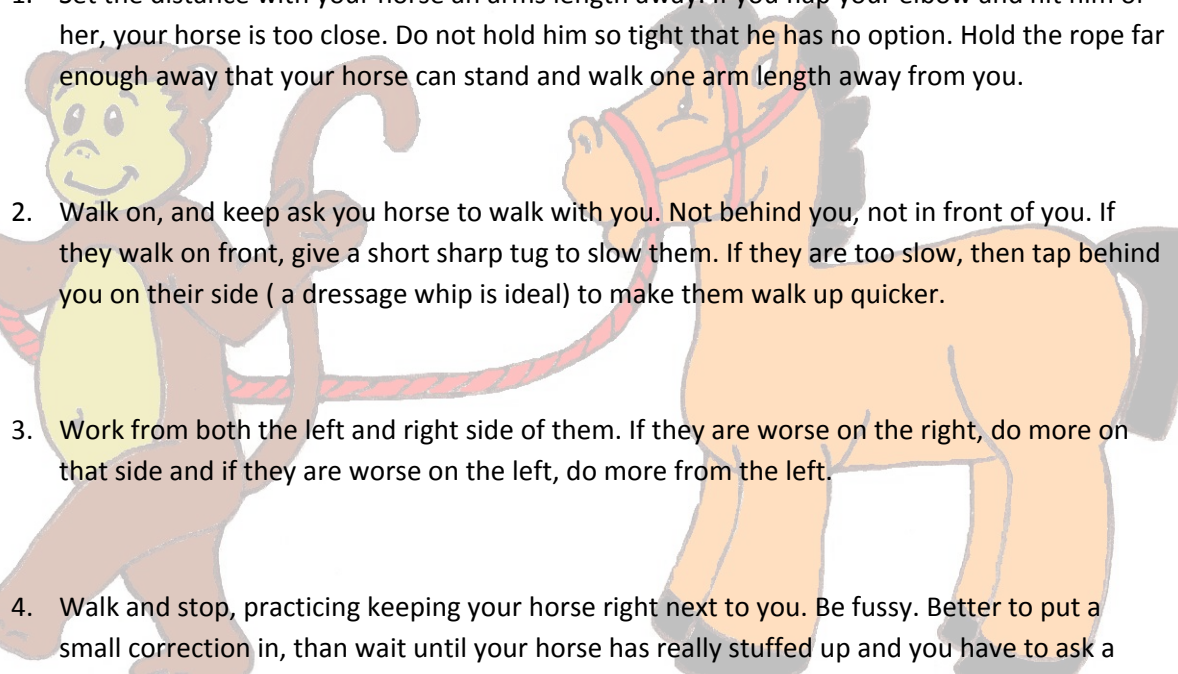


EXAMPLE LESSON

Student lesson 1

Ground work lesson. - Exercises from the ground.

First Off

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1. Set the distance with your horse an arms length away. If you flap your elbow and hit him or her, your horse is too close. Do not hold him so tight that he has no option. Hold the rope far enough away that your horse can stand and walk one arm length away from you.
 2. Walk on, and keep ask you horse to walk with you. Not behind you, not in front of you. If they walk on front, give a short sharp tug to slow them. If they are too slow, then tap behind you on their side (a dressage whip is ideal) to make them walk up quicker.
 3. Work from both the left and right side of them. If they are worse on the right, do more on that side and if they are worse on the left, do more from the left.
 4. Walk and stop, practicing keeping your horse right next to you. Be fussy. Better to put a small correction in, than wait until your horse has really stuffed up and you have to ask a huge amount to bring them back. So, Riders – Pay attention. Watch your horse, fix what is not right straight away.
 5. If your horse is not paying attention (like looking somewhere else) then do the excersises for a very small short bits before changing what you are asking. So, stop, go, slow. Stop, go. Back, walk. Stop, pause, GO!, stop, slow. Until your horse is back looking at you. Then you can relax and go back to a slower pace.

Now, to work.

1. Walk and stop.
2. Vary the speed of the walk pace. When you and your horse are working well then increase the pace to a gentle run. If you get good and feel confident at that, then feel free to run.
3. Turn left and right. When turning away from you, make sure your horse gives away easily.
4. Ask for your horse to back up, walk forward, stop, forward, back.
5. Go over obstacles, like a sack on the ground, up a hill, stop part way across the obstacle or part way up or down the hill. Use logs or poles on the ground too. You can walk over them, or between them. Tyres are good too. Imagination is wonderful. Just think SAFETY first.

Remember, you can use this ground work if you get into trouble while riding. There is no problem getting off and KEEPING SAFE and you can still work you horse.

Practice these exercise in places your horse is likely to be distracted. Remember, while you are working with your horse, he should only be thinking about one thing.

