**Training and Horsemanship**

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Objectives

* Explain the basic principles of training a horse
* Describe basic horsemanship procedures

Understanding the Behavior of Horses

* Behavior of horses is based upon \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* The ancestors of the horse survived by being alert, by hiding, or by running from danger, and by adapting to changing conditions
* Horses’ eyes see independently
  + Can see to the front, side, and rear at the same time
  + The retina of the eye is arranged so that part of it is closer to the lens than other parts
  + Horses must \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ their heads to bring objects into focus
  + It is difficult for horses to judge height and distance
  + Horses’ eye adjust to changing light conditions \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ than do human eyes
  + Believed that horses are colorblind
  + React \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to sudden movement
  + This is why a horse will sometimes shy and throw a rider at a sudden movement of an object along a trail
* Have \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
  + Therefore, they can be trained and will remember what they learned
  + Horses remember the rewards and punishments they are given
    - Reward or punishment must be given immediately following the desired or undesired behavior so that the horse will associate the two
* Horses \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
  + This is a survival instinct that originated when horses lived only in the wild
  + When horses ran wild, the horse in the center of the band was safer from attack
  + The banding instinct also means that horses \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the behavior of other horses
  + This has application when riding in a group
* Horses generally have \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
  + They are able to hear tones higher than the human ear can hear
  + A sound that the rider does not hear may frighten the horse
* Horses have a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ sense of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
  + A stallion can detect a mare in heat from a great distance if he is downwind of the mare
  + The colt should be allowed to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and blanket the first few times it is saddled
  + This helps to reassure the colt that these are not dangerous objects
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ on the body
  + \_\_\_\_\_\_\_\_\_\_\_\_, feet, \_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_, and shoulders
  + These sensitive areas are used in training and controlling the horse
* The rider communicates to the horse through the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
  + The horse can learn and remember voice commands
  + The sensitive mouth responds to the control of the bit
  + The legs of the rider can direct the horse by applying pressure to sensitive areas of the skin
* The horse is able to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ or lack of security of the rider
  + An insecure rider cannot obtain the best performance from a horse

Training the Young Horse

* Training a horse requires \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, and careful handling
* Handling a foal while it is young makes the job easier
* The foal should be handled each day for a short period of time
  + This helps the foal to overcome its fear
  + “\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_”

Haltering

* A foal may be halter-broken when it is only a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
  + Crowd the foal into a corner of the pen and gently place the halter on its head
  + Let the foal become used to the feel of the halter by leaving it on for a short period of time
  + Petting the foal and giving it a small amount of grain will help it to associate the halter with a pleasant experience
  + Repeat this procedure for a week or two
* After the foal has learned to accept the halter, it can be taught to lead

Leading

* To teach the foal to lead, put a loop of rope over the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Fasten a lead rope to the halter
* Have one end of the rump rope passed though the halter
* Pull on the halter rope and the rump rope
  + This \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the foal to move forward
* Working with the foal for about 30 minutes a day for several days will teach it to lead

Working with the Feet

* The foal should be taught to allow its feet to be \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Work with the front feet first and then the hind feet
* Keep working with the feet until the foal learns to yield its feet without struggling

Longeing

* Training the horse at the end of a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* The horse is worked in a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* This training may be begun when the horse is a yearling
* One end of the line is fastened to the halter
* The trainer attempts to make the horse move in a circle
* Training begins with a small circle
  + As the horse learns to respond to commands, the circle is enlarged
  + A light whip may be used to start the horse moving
* Teach the horse to circle at a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
  + After it has learned this, advance to the trot and slow canter
* Work the horse in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ equally so the horse learns skill in moving both ways in a circle
* The faster gaits should be taught only in a large circle
* The horse can be taught to respond to voice commands
* The longe line can be used to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the horse

Saddling

* The horse must be \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ for saddling several days before it is first saddled
  + Use a process known as \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
    - First, the horse is tied and rubbed with a soft sack or saddle blanket
    - Rub the sack over the head, neck, back, rump, and legs
    - The sack is then flipped over and about the body and legs
* To further rid the horse of any fear of movement, a soft cotton rope can be placed over the back and pulled back and forth around the body and legs
* Walk around the horse slowly twirling a rope
* When ready to saddle the horse, first let it \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the saddle
* Slide the saddle blanket on and off the horse several times until it becomes used to it
* Before placing the saddle on the horse, the girths and right stirrup are laid over the seat of the saddle
* Lift the saddle gently into place
* Lower the girth and stirrup on the off side by \_\_\_\_\_\_\_\_\_\_\_\_\_
  + Do not push them off causing them to hit the side of the horse
* Reach under the horse with the left hand and bring the girth up to the latigo
* Slip the latigo through the ring in the girth and fasten into place
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ a steps and then draw the girth up again
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the operation with the back girth
* Do not let the back girth hang too loose or the horse will catch a foot in it
  + There should be room for a hand between the back girth and the horse
* Leave the saddle on for a time to let the horse become used to its \_\_\_\_\_\_\_\_\_\_\_\_
* The saddling procedure should be repeated for several days before attempting to ride the horse

Use of Hackamore and Bridle

* Some horseowners use a hackamore when starting to ride young horses
  + The hackamore \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to the horse’s mouth
* A bridle with a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ may also be used to train young horses
* Be sure that the reins are even in length and tie them to the saddle horn
* The bit should be in contact with the mouth when the head is held naturally
* Lead the horse around for a few minutes
  + Do this for several days to allow the horse to become used to it

Driving

* Some trainers ground drive the horse before mounting and riding
* Driving lines should be about \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* They are passed through the stirrups and attached to the halter, hackamore, or bit
* A lead rope with a helper may be needed the first few times this is done
* Use \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ such as “whoa” and “back” to fit the action
* Start and stop frequently
* Ground driving helps the young horse relax

Mounting and Riding

* When mounting, turn the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to receive the foot
* Hold the reins in the left hand
* Use the right hand to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to boost yourself up
* When the horse is used to the movement slowly swing your right foot up and over the horse
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* When riding for the first time take things slowly
  + Walk for about 15-20 minutes
* Repeat this for several days
* Continue with training
  + Horse responds to voice, leg pressure, and weight
* Advance to the trot then the lope
* Use the reins to steer the horse
* As training continues you can move to a larger area
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ used during the session
  + Change directions for lead changes

Horsemanship

* The \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ a horse
  + Also called equitation
* Two general types
  + Western and English
  + Basic principles are the same
  + Clothes and tack are different
* Shows
  + Rules determined by the individual show
* Learning to ride
  + A \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ activity

Basic Principles

* Mounting
  + Always mount on the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
  + Use the same technique as mounting the beginner horse
  + Be gentle when mounting and get settled before moving
* Dismounting
  + Reverse of mounting
  + Slip right foot free, swing leg around, step down, then release left foot from stirrup
    - Could release both feet and just slide down horse facing backwards
    - Method depends on rider and horse
* Seat Position
  + Sit \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in the center of the saddle
  + Stirrups should be adjusted so that the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ than the \_\_\_\_\_\_\_\_\_\_
  + Balls of feet are placed on the tread of the stirrups
  + Keep toes pointed in the direction of travel
  + Maintain \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ with the saddle with the calves, knees, and thighs
  + Elbows kept close to the body
  + Free hand is held relaxed
  + \_\_\_\_\_\_\_\_\_\_\_\_ with the horse to stay in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Controlling the Horse

* Basic aids used in controlling the horse are the voice, hands, legs, and weight
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to the horse in a soft, quiet, firm voice
* Hold the reins with a small amount of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
  + Be gentle when handling the horse
  + Neck-reining is used
* The riders legs are used to change gaits, change leads, backing, and stopping

Showing at the Halter

* Judged for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, soundness, and action
* Proper grooming and training are essential
* Different techniques are used depending on the breed
* Showcase the horse to the judge
* Always stand and lead on the near side
* Show good \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ throughout the show

Equitation Classes

* Judged on \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and control the horse
  + Position in the saddle, use of the hands, proper tack and dress, performance of the various gaits
* Horse needs to be trained to perform correctly
* Rules vary depending on the show

Western Equitation

* Western tack and clothing
* Proper \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Judged at walk, trot, and lope
* Stay on the rail and keep voice commands minimized
* Different types of events
  + Trail
  + Pleasure

English Equitation

* English tack and clothing
  + Very specific depending on the class
    - Saddle seat, jumping, hunt seat
* Upright, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ position
* Carry reins in both hands

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* \_\_\_\_\_\_\_\_\_\_ during the trot
  + when the rider rises and sits in the saddle
* Stay on the rail

Gymkhana

* Term used for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Typical events (timed)
  + Pole bending
  + Clover-leaf barrel race
  + Wheelbarrow race
  + Keyhole race
  + Rescue race
  + Musical chairs
  + Saddling race
  + Flag race
  + Team baton race
* Varies depending on the show

Rodeo

* Popular in all parts of the U.S.
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ horses
* Highly skilled riders
* Typical events
  + Saddle bronc
  + Bareback bronc
  + Calf roping
  + Steer wrestling
  + Team roping
  + Barrel racing
  + Bull riding
  + Cutting horse contests

Trial Riding

* Very popular equine activity
* One day or many days
* Must prepare both rider and horse for the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of trail riding
* For fun and for competition
* Rules and procedures for the event

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