

Part Three

Stabilization of the Horse



What is Stabilization?

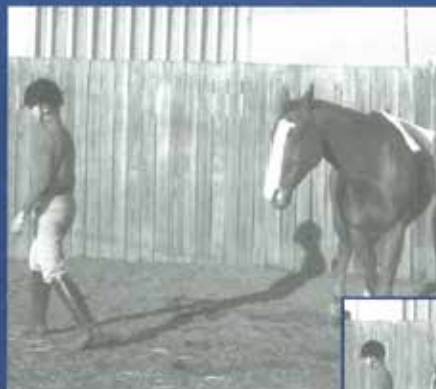
A stabilized horse can maintain his own balance and the speed set by his rider at any gait on all terrains and in many situations. With a non-interfering rider, a stabilized horse is able to work through his body as efficiently as if he were running free because he is mentally and physically relaxed. This attitude makes for sound, sane, confident horses that willingly work in partnership with their riders. It FEELS GOOD to them when they are asked to work through their bodies. Stabilization is a natural base for all mounted disciplines. Stabilization is a foundation concept in forward riding. For more information on stabilization you should read Paul D. Cronin's book "Schooling and Riding the Sport Horse, A Modern American Hunter/Jumper System."

How does a stabilized horse look and feel?

When you sit on a stabilized horse, you will have the feeling that there is more of him in front of your leg than behind it. However, we all know this is not an ideal world and all horses cannot be ridden on loose reins. These horses usually want to know where the rider is and willingly take a feel of the bit. In such cases, it therefore becomes the riders' responsibility to be sure that there is more horse in front of their leg than behind it. Otherwise, the horse will not be able to work through its body correctly. Straightness is a priority—the horse must be able to move its neck freely, and its front end must not be held still or frozen in one frame. You must always follow the balancing gesture of the horse's head and neck with your arms. In a stabilized horse, all the energy comes from the hind end. You can feel the forward motion activated by your urging legs and guided forward by the chute of the hands and legs. Straight forward motion without hurrying comes first in creating a stabilized horse.



It is important to "join up" as taught in natural horsemanship, for the horse to come to you and follow...this demonstrates connection.



Leading, Grooming and Tacking Up

This is the first connection with your horse, your opportunity to check where your four-legged partner is both physically and mentally. When you lead a horse, you want to be connected, so he is always aware of where you are. If your horse maintains eye and ear contact with you, you can be sure you're in sync. If this isn't the case, then ask the horse to "come around" you by stepping back to the hindquarters and using your leading hand to show him the way back so you are shoulder to shoulder. When you are leading your horse, be sure to begin to use the voice and establish his understanding of "walk", "trot" and "whoa".

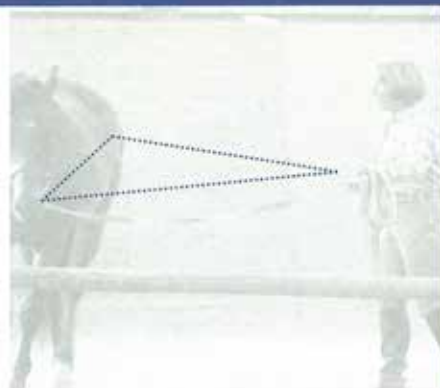
Check your horse out physically—legs for swelling, bumps, or cuts, anything abnormal. Then evaluate his mental outlook—what mood is he in today? Grooming should feel good to your horse, like having a massage, so treat it like that. How does your horse respond as you clean and loosen his tight muscles? Be sensitive to your horse's body language for telltale signs of discomfort or agitation. When you tack up, be sure that everything fits well, and be considerate by tightening the girth gradually. There should be no pinching from any of the tack you use.

Ground work and Round Pen Work

This, too, involves connection with your horse partner, showing the way to achieve the quality movement that feels good to him. Remember that connecting with human beings doesn't come naturally to horses. It's our responsibility to invite the horse to connect with us. Horses "read" our body language, which means we must be consciously aware of what our bodies say to them. For example, stepping in front of a horse's

shoulder during lunging or working in a round pen, means to slow down. Stepping toward the middle of the body signals the horse to maintain movement; stepping toward the hindquarters indicates that he should move on.

Work in a round pen is a wonderful way to create connection. It also allows you to observe how your horse moves naturally without the weight of the rider. Does he lean to the left or to the right? Most horses are left handed or right handed just like people. Use your body just as you do when leading a horse—to ask for a turn around, step in front of the horse and allow space. It is important to "join up" as taught in natural horsemanship, for the horse to come to you and follow, which demonstrates connection. The round pen can also be used to "free lunge" on voice command. This practices constant connection and allows the horse, with the ground person's correct body usage, to find how to keep his body upright and straight. At this point the horse will be able to stretch his neck and "grow" upwards from his withers which feels good to him. Often horses experiment with this good feeling when loose in the round pen, which can be transferred into good flat work to begin to create desirable habits and strong muscles. You want your horse to be physically sound. When mounted, all you need to do is suggest to the horse the same thing that worked on the ground. Often you will find that the horse chooses the option that worked and was comfortable to him in the ground work. All you have to do is praise and use positive reinforcement. Then you must condition him to build the muscles necessary for carrying the rider's weight and maintaining



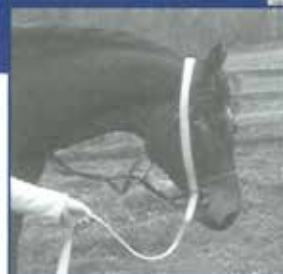
Lunging triangle

quality movement. Free lunging exercises have the same benefits as exercises with a lunge line. Be patient and go slowly.

Lunging Exercises

Having already established voice commands—walk, trot, whoa—while leading, you are now ready to lengthen the lunge line to create a "triangle." The triangle is formed by the horse's body, head to tail as the base and the trainer as the apex. The lunge line and the lunge whip form the sides of the triangle. Always move with your horse. Do not stand still. The intent is that the horse follows your body language. Lunging equipment varies according to the preference of both the horse and trainer and the goal at hand. Often the ring on the nose of the lunging cavesson works best when using lunging to teach beginners and to rehab horses because it creates a gentle leading effect. Lunging in a small enclosed area is ideal. If you are lunging in an open area, as you might do at a horse show, you will probably want to lunge your horse with a leather halter over the bridle to maintain the good habits you have created. If he becomes excited go back to a small walking circle and reconnect with your horse.

Remember the goal is connection, quality, and a good experience for all involved. Lunging is a wonderful training aid if not abused. It is not meant to exhaust your horse. A horse that is calm, relaxed, and attentive on the lunge is set up for a good ride. For more detailed information on teaching the horse to lunge you should read "Schooling and Riding the Sport Horse, A Modern American Hunter/Jumper System" by Paul D. Cronin.



Exercise 1

Lunging at the walk and trot in a confined area teaches voice commands and develops the transitions between ordinary and slow trot. Use your body to show your horse what you want to happen. Leading the horse has already taught him that if

you move forward towards the shoulder, he should slow down. Repeat this position to slow the trot on the lunge. Always walk with your horse, follow the motion so you can be one step ahead.

Exercise 2

If you lunge in a large area with a variety of obstacles, the obstacles just become a part of the flat work. Walk in the center of the circle and let the horse move freely around you to explore the area and become acclimated to a variety of sights and sounds. Lunge over poles on the ground in your confined area, with the poles next to the rail or wall of your work area. Graduate to lunging over flower boxes and/or low jumps.

Exercise 3

If your horse is comfortable and well behaved while being lunged, then progress to an area that will allow you to lunge him on a slight incline or slightly uneven terrain. This will help develop his balance and control his momentum. Use your body to help the horse understand the changes in terrain that are coming up. Going downhill, move to the shoulder to ask him to slow down. When going uphill, step towards the



hindquarters to encourage him to reach forward from the motor, the hind end. Soon the horse will start to see what you see, and he will do it on his own.

Exercise 4

Begin to add lunging work at the canter on a large circle of approximately 50' in diameter. Canter work on the lunge takes better muscle and body conditioning than trot work. Physical damage can be done at the canter if the horse is not physically strong enough. Be smart here. In the beginning as you start asking for canter on the lunge, ask the horse to slow trot and pick the canter up from this shortened stride. Avoid having your horse run into the canter by lengthening the trot. If the horse picks up the canter promptly, be happy with 5 or 6 strides. If he breaks back to the trot ask for the slower speed, then begin again. It is better to create good quality habits one at a time, thus never rush this part of training and communication. Transitions keep the horse tuned to the trainer and preserve the horse's legs. This kind of lunging is a fabulous tool. Be sure to work your horse equally in both directions. Very little hand is required in lunging. Creating the trust that is necessary depends on the trainer's promise that the horse's mouth will be protected and that the neck can be long, free and relaxed. Quality movement is possible only when the horse trusts that he will not have to freeze his neck in anticipation of inconsiderate hands.

As your horse becomes fitter and more comfortable on the lunge line at all gaits, you can ask more from him. If your horse is sluggish, be sure that the upward transitions are prompt. Expect the horse to maintain the

gait for 2-4 laps without too many corrections before allowing a downward transition. If your horse is overly energetic insist he relaxes into a steady and stabilized canter before allowing a downward transition to the trot. Downward transitions should be achieved using the voice and by sending a ripple of pressure down the lunge line for reinforcement. Work your horse equally in both directions or perhaps slightly longer in his more difficult direction. Be sure the lunging is a fun game and the connection is always there. You are creating good habits.

Notes



4) Long Lining (Driving)

This is an excellent exercise for teaching horses how to steer, learn the aids, work through their bodies and build muscles without the rider's weight on their backs. Working with the horse from behind gives you a better understanding of how the horse works through himself. You can use two lunge lines, one on each side, that are connected to the lunging cavesson, or a plain snaffle. With a lunging surcingle, run the lines through the rings on each side of the withers. If you don't have a lunging surcingle, then use your saddle and run the lunge lines through run-up and secured stirrups. Start by walking behind your horse, slowly. Then trot and finally canter slowly. You will be amazed how this connects you and the horse and helps you develop "good hands" that can keep the bit steady in the horse's mouth. When using a surcingle the reins can be placed in the side rings for a feeling that more closely resembles riding. Through the stirrup irons as shown above gives the effect of inside and outside rein.

5) Riding Exercises

When you begin mounted work, all your preparation on the ground will pay off. The horse understands the signals and trusts you. Now it is time to do the conditioning at the walk and trot that will make it possible for the horse to sit on his hocks, round his back, raise his withers, swing his shoulders, and move freely through his head and neck. Slowly work up and down hills, if available, as this is the most efficient way to develop muscular structure. If there are no hills available, more transitions and more work over poles and cavalletti with time will create a horse engaged enough behind to raise his withers.

If you have the opportunity to follow another calm horse on a trail this would be a particularly wonderful exercise for the unambitious horse. Varying the terrain and keeping the horse interested in his surrounding and in you is very important...



Initial Riding Work

Simultaneously with the first four lunging exercises, you should ride the horse at the walk and the trot. Repeating the same exercises on the horse's back that you used on the ground creates consistency for both horse and rider. Again, upward and downward transitions are the key to quality and connection. It's best not to go round and round in circles or to repeat the same path over and over. Instead make staying connected with you a game for your horse by constantly varying the pattern. Then the horse will not go into auto pilot out of boredom, but will stay attentive to the rider and wait to know what the path will be. If your horse is overly impulsive, ride him primarily on large circles, serpentines, and half circles but vary the pattern. You will find that this type of lateral work is the best way to help an impulsive horse find his balance and cadence. If your horse is sluggish, however, focus on riding lots of straight lines. If you build a connection in your ground work with an impulsive horse, you can often transfer this to your riding. Do a lot of walking exercises and wait for the trot until your horse accepts your legs being on and is in front of them. Bill Steinkraus in *Reflections on Riding and Jumping* said that he was able to warm-up for a Grand Prix at the walk

If you have an opportunity to follow a calm horse on a trail, you will find this activity a particularly wonderful exercise for an unambitious horse. Varying the terrain and keeping the horse interested in his surroundings and in you is very important for the horse that doesn't have a strong "play" drive.⁶ Riding outside on trails or lanes with another calm, experienced horse will help you develop your horse's walk. Encourage



your horse to have a forward moving, freely swinging walk. Begin walking and trotting up and down slight inclines giving your horse complete freedom to use his head and neck for balance. Use your body to suggest what is coming next. For example, if you are going uphill, close your hip angle and step into two-point so that your horse can use his back more freely. If you are approaching a downhill area, open your upper body to signal your horse. If your horse loses his balance while going downhill, turn across the hill to give him an opportunity to catch his balance on more level ground. Be sure you begin with short distances spent going downhill and build the distance as your horse becomes better able to handle the challenge of the terrain.

Notes

Work over obstacles at the walk and trot and just let the obstacles get in the way of the flat work.

(see page 21 for ideas)

- While riding be sure to walk your horse over rails on the ground and/or small flower boxes. You want your horse to approach and leave the obstacle at the same pace and gait in order to develop his confidence.
- Work at the posting trot and in two-point over rails on the ground. Start with single rails spaced randomly around the work area. Then put two rails in a straight line at least 24 feet apart and gradually move them inward till the horse is comfortable trotting over two rails spaced approximately 4'6" apart. Add more rails to the line and begin to vary the distances to help the horse develop a shorter, slower stride (4' apart) or stretch and extend for a longer, more ground covering stride. (5' apart)
- Substitute colored rails and then flower boxes for your ground rails and repeat all of the exercises.
- When your horse is comfortable working over rails on the ground, consider using raised cavaletti as part of his athletic training. Cavaletti may be set at various heights and your horse should become comfortable dealing with them at the walk and trot.
- Courses over poles and raised cavaletti are an excellent training tool that saves jumps for the show ring. Start with straight lines on each side and across the diagonals of the arena. Gradually get creative with bending, S lines, and different angles.



Notes

Work at the Canter

As you begin to work your horse at the canter remember to use longer periods of straight lines for the sluggish horse and medium sized circles for the energetic animal. Remember how important transitions are. If a sluggish horse breaks, reorganize and ask again. Often horses find it easier just to keep going rather than constantly doing transitions. Make the connection real for the horse and you through clear aids and transitions. Listen to your horse. He may be telling you that he is not physically strong enough to keep going. Conditioning, which provides the strength to round the back and stay straight, takes time and miles of trotting. Transitions are the key to the energetic horse, who sometimes just needs to take a deep breath and relax.

- When cantering, straightness is essential. Always ride ahead to a point at eye level, whether it is five strides ahead or at the end of the line of jumps, poles, or cavaletti. Lack of straightness makes a sluggish horse fall on its front end and break back to the trot. Straightness helps keep an energetic horse connected. Remember to straighten from the leg first. Is your horse leaning left with his head turned to the right? If so, soften your right leg and in rhythm with the horse's movement, use your left leg to ask the horse to move forward and over toward the right.
- Once your horse becomes stable at the ordinary canter, begin to canter over single rails on the ground. *Again, just let the rails get in the way of the flat work, remembering that straightness is the rider's responsibility. You create the track.*
- Set two cones 70 to 80 feet apart or use two ring letters such as M and F or paint two fence posts to serve as your markers. Then count how many canter strides your horse puts between them. Canter around your work area and come by your markers a second, third, and fourth time, trying to put the same number of strides between them each time.
- Next ask your horse to canter over two ground rails set 66' apart. Most horses will be able to fit five comfortable strides between the two rails. Help your horse by treating the poles just like they're another canter stride. Try cantering the poles several times in succession without breaking gait in order to establish a



consistent rhythm and pace. However, if you jump in long, and the distance is coming up tight, open your body. If

you jump in too easy, allow the stride to open up on the first stride after the pole. Always work on straightness—without it there is no quality. You are trying to create quality as *the* habit. Try to help make the distances work for your horse. You might turn a different direction after the line, come back to the trot and change leads, or come gradually to a halt and try again. Always have the horse land after the poles and look to you for direction, not do the same thing all the time. Repeating an exercise does not mean repetition to boredom. Having a horse on auto-pilot will not create connection or quality.

Notes

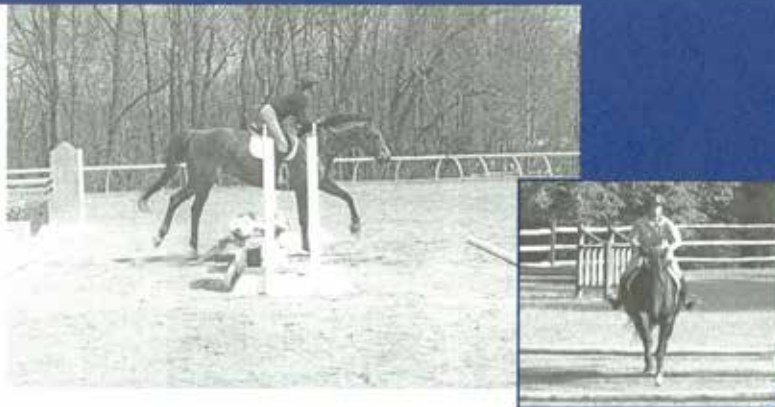
Adding Variety

Trail ride as often as possible with one or two quiet horses and begin to accustom your horse to being passed and going in a different place in the group order. Increase the variety of the settings in which you ride your horse as often as possible, and ride in groups whenever you can. Take your horse to a horse show or other organized event and just ride around the grounds so your horse can adjust to the sights and sounds and increased activity. Ride with friends in the ring and practice passing each other coming head to head and having someone approach your horse from behind at a trot or canter. This will help your horse prepare for the schooling ring if you intend to show him.

Longitudinal Agility

This term refers to your horse's ability to lengthen and shorten his stride and to perform smooth upward and downward transitions. It also includes his ability to go forward and come back while maintaining his own balance and the cadence of his gaits.

- Gradual transitions between the gaits
 - Canter to trot to walk into halt
 - Trot to canter, rather than walk to canter
 - Two speeds at the walk
 - Your horse is most likely to do the ordinary walk while working in the ring.
 - Follow country lanes or trails to encourage your horse to develop a longer- strided, free walk.



Poles on either side of a small X help the horse find the right distance and keep his attention in the air and on the landing side. A good distance is 9' from pole to X, and the same on the landing side. Remember to use ground rails for the X. Vary the distance according to stride length and what you are trying to accomplish with the horse i.e., easy or move up. With a medium pony, the distance is around 6', and 7' for a large pony.

Set a variety of trotting-in combinations that are appropriate for helping a green horse develop regularity of take-off and tempo.

Canter imaginary courses practicing simple lead changes in the turns. Trot into and canter out the lines of a variety of courses. Jump low safe natural obstacles when you encounter them on the trails.

Set low combinations on a slight incline to help your horse develop better balance and athleticism as he jumps up and down hill. Help the horse by signaling with your body what is coming next. The book *101 Jumping Exercises for Horse and Rider* by Linda L. Allen with Dianna R. Dennis offers numerous creative ideas for adding precision and variety to your work.

Notes

Lateral Agility

We use this term to describe your horse's ability to move along a curved track with his hind feet following in the track of the front feet while maintaining his balance and pace throughout the turn. It also refers to your horse's ability to move sideways. As you progress through the Levels, you will add more sideways movements to your work. But first you want to be sure your horse can maintain his balance and the cadence and quality of his gaits

Ring Figures

You should make it a habit to visualize the figures before you attempt to ride them. (See page 42)

- 1) **Circles** • Be sure the horse is not leaning to the inside. Even when riding on loose reins you are trying to develop the habit of riding from your inside leg to your outside rein.
- 2) **Half-circles** • Ride the half circle with your horse shaped around your inside holding leg. As you finish, straighten your horse for several strides; then "change rein" (switch directions), and begin to ride with the new "inside" holding leg and new outside rein when riding on contact. To switch to the other outside rein, stop riding inside leg to outside rein; ride straight for a stride or two; switch legs and ride new inside leg to new outside rein.
- 3) **Half-circles in reverse** • Ride the half circle backwards. Think of the teardrop figure, leaving plenty of room when you ride out before going back to the rail.
- 4) **Serpentines** • Visualize the pattern you are going to ride. The horse is shaped around your inside holding leg on the turns. On the lines joining the half circles straighten for several strides and switch to the new inside holding leg for the new turn and direction that are coming up.

The inside holding leg cues the horse about what is coming next, and a rider is being a good partner when she gives the horse ample warning of what to expect. Horses begin to wait for the rider and listen for the next direction. This creates a good solid base of communication between horse and rider.

Notes

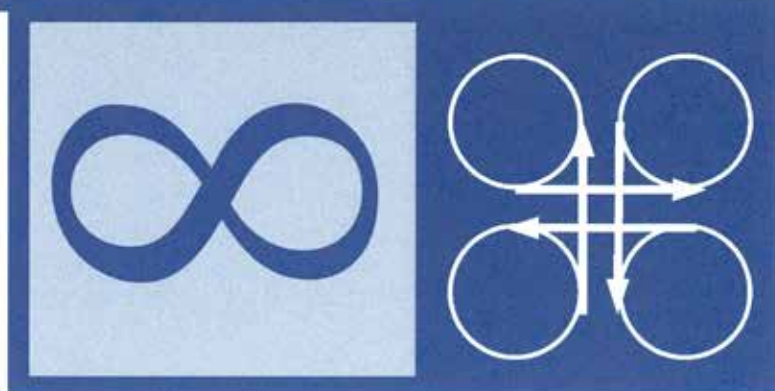
Patterns

The key here is for the horse to understand what is being asked and for you to develop habits for using the aids that will always allow you to ride the horse from “leg to hand.”

Following the rail • Put your horse on the rail at the trot and see if he will continue to trot along the rail without any corrections from your rein or leg aids.⁷ Your outside rein is on the rail, and your inside holding leg is on the inside of the track. This is important to be aware of as you develop the body habit of riding from your inside leg toward your outside rein. Keep count of how many times you must remind your horse to stay on the rail each lap. Make a game of it to see how few reminders you have to give him to stay on the rail or to stay at the same pace in the trot. Once you have achieved this at the trot in one direction, try the same thing in the other direction. Don’t move to the canter until your horse has mastered this exercise in both directions at the trot. This is a great exercise for a sluggish horse, especially if you are in a large ring so that you can remain on straight lines for a considerable distance before turning.

Figure-Eights

Begin with figure-eights like those you did earlier—two circles joined at a center line. First visualize two circles connected in the middle. Ride a full circle. As you approach the middle, straighten and change the bend, switching inside leg and thinking about riding leg-to-hand. (See diagram on page 42). You will work at this exercise at the trot but later when you want to canter you can do variations of the figure-eight. You might begin your canter work with three circles to the right and then a simple change of lead through the center of the eight followed by three circles to the left. You can change the size and number of circles to suit your horse’s level of education. You may have a horse that is ready to do a series of figure-eights with simple changes. An even more sophisticated use of this exercise at the canter is to stay on the same lead through the whole figure-eight so that you are practicing the counter canter on



one of the circles. Be sure your circles are very large (90' minimum) if you are going to maintain a counter canter. You can also use the figure eight illustrated above that uses diagonal lines to join the circles of the figure-eight.

Cloverleaf

This series of four circles are all performed in the same direction. It is a great exercise for the horse's balance and lateral agility. You can make it more challenging by doing it on a slight incline in a field. Again, start practicing the pattern at the trot before trying it at the canter. For a horse that is impulsive, the short straight lines keep him turning for the majority of the exercise. The emphasis is on maintaining the bend and positioning the horse's weight so that he knows and is set up to do what will be asked.⁸

Notes

Affiliated National Riding Commission

Introductory Level Tasks

These tasks may be self-assessed or you may be assessed in person or via videotape. All Level One candidates should be able to successfully perform the Introductory Level Tasks. Riders who want to be assessed may begin their official assessment at Level One if they feel confident that they have mastered the tasks required at the Introductory Level.

Position Phase

- Demonstrate a correct, functional position at the walk, posting trot, and canter while riding on loose reins or passive contact.
- Trot over cavaletti poles to a small crossrail followed by a low vertical (2' – 2'6" maximum) demonstrating the ability to maintain a correct position with security, while taking an early release and holding the mane.

Control Phase

- Demonstrate the use of alternating leg aids at the walk and the ability to follow the head and neck gesture with your arms.
- Trot over a course of cavaletti poles or small crossrails, demonstrating good steering, at least one change of direction, posting between the obstacles, and correct two point position over the poles or crossrails.
- Perform secure, prompt, and non-abusive trot/canter/trot transitions using elementary control techniques.
- Using an opening rein, demonstrate the ability to canter large, round circles on both leads while sitting the canter and following with your arms.

Schooling Phase

- Show the proper use of a crop with each hand.
- Demonstrate lateral agility by performing a circle and a half circle at the trot while maintaining a consistent rhythm and a correct track.

Theoretical/Horse Care Phase

(Please submit your explanations in writing to your chosen assessor.)

- Explain how the horse's instinctive behavioral responses affect the safety of the riding setting.
- Explain the aims of the elementary level of riding.
- Know the four natural aids available to the rider and the sequence of their use in upward and downward transitions at the elementary level.
- Explain how to evaluate the fit of a horse's bridle and bit.
- Explain how to tell whether your horse's saddle fits properly.
- Explain how to properly care for and inspect tack for safety.

Affiliated National Riding Commission

Level One Tasks

Riders who are currently Cx Pony Clubbers, hilltopping with a recognized hunt, eventing at the Novice Level, or showing hunters successfully at 2'6" or 2'9" should be ready to become a candidate for Level One. All Level One candidates are expected to be able to successfully perform the Introductory Level Tasks.

Level One is the foundation level of the Forward Riding system. Throughout all the tasks of this level the horse should demonstrate stabilization and the rider the ability to ride on the elementary level of control with consistency and confidence.

Position Phase

- Demonstrate a generally secure position at the walk, trot, and canter while riding on loose reins with the rider's hands being independent from the rest of her body while the horse is in motion and following the balancing gesture of the horse's head and neck.
- Demonstrate a sitting trot with and without stirrups while riding on loose reins on a comfortable, quiet horse.
- Demonstrate a united and non-abusive position and a secure release while using elementary control techniques over combinations that are 2'6" in height, include at least one oxer, and have at least three elements.

Control Phase

(all tasks should be ridden demonstrating elementary control techniques)

- Demonstrate the correct use of elementary aids for trot-canter-trot and walk-canter-trot-walk transitions.
- Demonstrate the leading rein, one direct rein of opposition, and two direct reins of opposition.
- Demonstrate the three leg aids, each in an appropriate situation or movement for its use.
- Demonstrate the correct method for addressing the reins. Bridge the reins to shorten. Know how to move the hands forward and shorten the reins without interfering and so the bit remains still and then release the bridge immediately.

- Demonstrate picking up the right and left leads from the trot on the center line of the ring and a following arm in the transitions.
- Perform a three loop serpentine at the trot maintaining the correct track and showing a consistent rhythm throughout the movement.
- Demonstrate a strong trot rising across the diagonal or down the long side of your work space.
- Demonstrate early two point while holding mane on approach and throughout a three element combination with jumps 2'6"

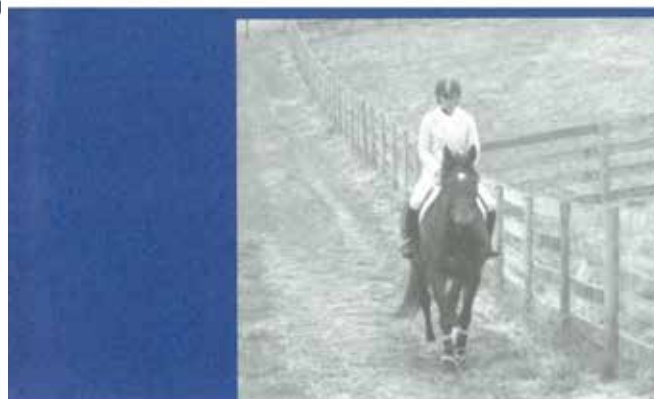
Schooling Phase

- Execute a 1/4 turn on the forehand off both the right and left displacing leg aids.
- Trot in and canter out of the lines of a simple course of fences at 2'3"-2'6" using elementary control techniques.
- Demonstrate the correct aids and a good backup of two or three steps.

Theoretical/Horse Care Phase

(Please submit your explanations in writing to your chosen assessor.)

- Clearly explain the aims of the elementary level of riding and the techniques for the use of the rider's natural aids at that level of riding.
- Explain the effect of the following rein aids and when each should be used: leading rein, one direct rein of opposition, and two direct reins of opposition.
- Explain how the urging leg, holding leg, and displacing leg affect the horse.
- Describe a good performance of a 1/4 turn on the forehand and the purpose for teaching the horse the movement.
- Describe a good backing performance.
- Explain the importance of a non-abusive rider position. How can this make both the horse and rider's job more efficient on the flat and over fences?



We have given you a great deal of information and many ideas to process. Watch the DVDs several times with the workbook out. Use your DVD's slow motion and close-up functions so that you can clearly see and understand the demonstrations provided. Then take the workbook to the stables to use as a reference when you are working with your horse. It will help you stay on track and stimulate you to be creative in the work you do with your horse. We have left you places throughout the workbook to take notes about things that were difficult for you or your horse, "ah ha!" moments that you will have, questions that you might want to email to an ANRC instructor for clarification or suggestions, and your thoughts about what is and is not working for you and why, etc. Making notes will help you remember and process what you are experiencing. It will facilitate the learning process.