

Progress Checklist: MODULE #1 - CONNECTION

"Are You With Me?"



GROUND SKILLS

Manners • Trust • Leading • Handling

MATCH THE ENERGY TO CONNECT

Be the leader - Have a picture, a plan, be centered and calm.

My idea is stronger than your idea.

☐ **Self Evaluation**

☐ **The Nature Of Horses (L1)**

- 3 reasons horses have trouble:
Fear • Dominance • Confusion
- Empathy: See their perspective

☐ **What Horses Need (L2)**

- Safety • Comfort • Play
- Match the energy - Mental, Emotional, Physical
- Have a clear picture
- Break things down into simple pieces
- Not that, THIS

☐ **How To Use Rewards (L3)**

- When & Why

☐ **Love: Too Much, Too Little (L4)**

- Do as horses do

☐ **How To Read a Horse (L5)**

- Fear • Dominance • Confusion • Happy

☐ **Connection (L6)**

- Match the energy; Match the movement
- Bring back a lot
- Have a plan they can connect to

☐ **The Connection Game (L7)**

- Make sure YOU are connected!
- Go to the tail, widen out, melt away
- Made you look!

☐ **Stay Back (L8)**

- Stay at the end of the rope

☐ **Come To Me (L9)**

- Drive the shoulder, draw the nose
- Repeat until you have positive ears

☐ **Behavior Fix (L10)**

- Know your horse's character and memorize the best FIX strategies. Is your horse...?
- Mover (move the mover)
- Stopper (stop the stopper)
- Pushy (push the pusher)
- Tense (relax the tension)

☐ **Talking Without Speaking (L11)**

- Gestures, energy, touch, clarity
- Don't increase pressure, let the horse think

RIDING SKILLS

Walk • Trot • Stop • Back Up

CONNECTION WHEN RIDING

Leadership - Have a picture, a plan, a feeling
My idea is stronger than your idea. Persist

☐ **Self Evaluation**

☐ **Control is Not a Dirty Word (L12)**

- Body • Speed • Direction • Behavior
- Control = safety
- Non-negotiable: Go, Stop, Turn, Back up
- Boundaries & rider position
- Collaboration, agreement

☐ **What Is Your Picture? (L13)**

- When you know where you're going, you'll know what to do.
- Where are you going? What do you want? What does it look like / feel like?

☐ **Fix The Nose (L14)**

- Keep your horse's nose on the same line as yours

☐ **Watch Out! (L15)**

- Let something stop you (a tree, etc.)

☐ **Timing is Everything (L16)**

- Not too quick, not too late, and not nothing!

☐ **Good Driver Good Rider (L17)**

- Would you let your car do that?