

Progress Checklist: MODULE #5 - IMPULSION

"Can I regulate your gait?"

Ready to GO... Ready to SLOW



GROUND & RIDING SKILLS

While this is mostly focused on riding, as you become more aware your horse will improve on the ground as well.

☐ Self Evaluation

☐ Balance Forward & Backward (L1)

Spirals for Calm & Slow
• Ride forward & direct, don't hold back
Destinations for Motivation & Speed

- Light aids
- Corner to corner, post to post, tree to tree
- Get creative on the way
- Transitions
- Behavioral tendencies:
- BehaviorFIX for Impulsion

☐ The Engaged Back Up or Rein Back (L2)

- Light, calm, willing
- 4-20 steps
- Stretch back of neck, look ahead
- Heels, elbows, bellybutton back and down to the hocks
- Ride downward transition as a mini back up/rein back

☐ Speed Control by the Numbers (L3)

- Develop a 1,2,3,4 in each gait
- Always ride with a number in mind
- Energy vs speed

☐ Ride the Gaits in Your Body (L4)

- Do it in your body...
- Walk (hip-shoulder)
- Trot (bob your chest)
- Canter (outside elbow, circle sternum)
- Gallop (flat and forward!)
- Stop (stop your whole body, don't slouch or lean back)
- Back Up (stretch tall, heels, elbows & belly button back & down to the hocks)
- Vertical balance, relaxed hips
- Tailbone to go, belly button to slow
- Stop (rest) vs Halt (ready)

☐ Transitions Between Gaits (L5)

- Endless & frequent transitions
- Have the energy of the next gait
- Upward: Change gait, not speed
- Downward: Get 'taller'
- Advanced: Skip a gait

☐ Ready to GO / Slow (L6)

- 1-3 transitions on a circle
- Figure 8
- Serpentine
- Straight lines

☐ Downward Transitions Without Using the Reins (L7)

- Wiggle/flap feet to stop from walk, trot, canter (advanced)

☐ Control Your Body (L8)

- Balance, stability
- Stand in stirrups (lower body)
- Windmills (upper body)
- Study your horse's physique

☐ Keep it the Same - The Gait • Speed • Rhythm (L9)

Same speed, same rhythm:

- When turning
- Changing direction
- Circles
- Slopes

☐ Figures & Plans (L10)

Don't ride around mindlessly! Know where you're going, be a good leader:

- Circles, spirals
- Straight lines, diagonals
- Figure 8s, Infinity
- Serpentine