

Progress Checklist: MODULE #4 CONFIDENCE - QUALITY

Large & small Circles, Spirals, Destinations, Fig 8, Serpentine, Walk, Trot, Canter, Stop, Back up, Obstacles, Jumps, Trail, Arena, Field



#4 Confidence					
<p>HOW TO BUILD IT (L1)</p> <ul style="list-style-type: none"> <input type="checkbox"/> Wait for horse to think <input type="checkbox"/> Lots of breaks <input type="checkbox"/> Repetition <input type="checkbox"/> Redirect vs correct (Not that, this) <p>YOUR CONFIDENCE (L2)</p> <ul style="list-style-type: none"> <input type="checkbox"/> Don't push through fear <input type="checkbox"/> Approach & retreat <input type="checkbox"/> Rehearse – mentally at first <input type="checkbox"/> Get “bored” before progressing! <input type="checkbox"/> Don't let others push or force you! <p>TOUCH THIS, TOUCH THAT (L3)</p> <ul style="list-style-type: none"> <input type="checkbox"/> Ground (targets) <input type="checkbox"/> Riding (targets) <input type="checkbox"/> Longer Lines <input type="checkbox"/> Liberty <input type="checkbox"/> Speed <input type="checkbox"/> Different objects <input type="checkbox"/> Various body parts – nose, feet, ribs, tail 	<p>EXPOSE AND EXPAND (L4)</p> <p>Thresholds, new places, obstacles, etc.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Raincoat, umbrella <input type="checkbox"/> Tarps & curtains <input type="checkbox"/> Ditches, poles, jumps <input type="checkbox"/> Indoor arenas <input type="checkbox"/> Tracks & trails <input type="checkbox"/> Trailerpalooza! <input type="checkbox"/> Clinic & Competition environments <input type="checkbox"/> Other horses <input type="checkbox"/> Strange feelings – fly spray, rope around legs <input type="checkbox"/> Moving objects <p>JOBS & GOALS (L5)</p> <ul style="list-style-type: none"> <input type="checkbox"/> Your job, my job - <i>no micromanaging!</i> <input type="checkbox"/> Clear goals <input type="checkbox"/> Pedestal <input type="checkbox"/> Mounting block <input type="checkbox"/> Keep Going – <i>ground, riding</i> <input type="checkbox"/> Back through a space – <i>ground, riding</i> <input type="checkbox"/> Sideways over pole – <i>ground, riding</i> <input type="checkbox"/> Multiple Parking Spots – <i>ground, riding</i> <input type="checkbox"/> Grooming spot <input type="checkbox"/> Saddling spot <input type="checkbox"/> Bridling - <i>Take the bit</i> <input type="checkbox"/> Trailer Load <input type="checkbox"/> Seek the Jump – <i>ground, riding</i> <input type="checkbox"/> Stay on the circle – <i>riding</i> <input type="checkbox"/> Figure 8 – <i>keep going</i> 	<p>DIMENSIONS OF CONFIDENCE (L6)</p> <p><i>Nature-New-Learner-You</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> Innate nature – <i>confident or not?</i> <p>New environments:</p> <ul style="list-style-type: none"> <input type="checkbox"/> <i>You don't change</i> <p>Other horses:</p> <ul style="list-style-type: none"> <input type="checkbox"/> <i>You control your horse</i> <p>Learner:</p> <ul style="list-style-type: none"> <input type="checkbox"/> <i>Patience, clarity</i> <p>In You:</p> <ul style="list-style-type: none"> <input type="checkbox"/> <i>Protect your horse</i> <input type="checkbox"/> <i>Good leadership</i> <input type="checkbox"/> <i>Good teacher</i> <input type="checkbox"/> <i>Feeding protocols</i> <p>JUMPS (L7)</p> <ul style="list-style-type: none"> <input type="checkbox"/> Loves to jump <input type="checkbox"/> Talent <input type="checkbox"/> Desire for partnership <input type="checkbox"/> Seek the Jump – <i>ground</i> <input type="checkbox"/> Seek the Jump – <i>riding</i> <p>WATER & PUDDLES (L8)</p> <ul style="list-style-type: none"> <input type="checkbox"/> Simulations – <i>tarp, rubber mats (dry/wet)</i> <input type="checkbox"/> Shallow puddles <input type="checkbox"/> Deeper, bigger <p>TRAILER LOADING (L9)</p> <ul style="list-style-type: none"> <input type="checkbox"/> Don't load! – <i>Touch this; The trailer, ramp, inside door, divider, manger, front of trailer</i> <input type="checkbox"/> Load & Unload – <i>step by step</i> <input type="checkbox"/> Stay in – <i>without tying or closing rear bar</i> <input type="checkbox"/> Shut the door – <i>approach & retreat</i> <input type="checkbox"/> Trailerpalooza! 	<p>BEST PLACE TO BE IS WITH ME (L10)</p> <ul style="list-style-type: none"> <input type="checkbox"/> You have to be the best place! <p>Come to me under pressure</p> <ul style="list-style-type: none"> <input type="checkbox"/> <i>On a line</i> <input type="checkbox"/> <i>In round corral, at liberty</i> <p>NEW ENVIRONMENTS (L11)</p> <ul style="list-style-type: none"> <input type="checkbox"/> Do nothing, park, relax <input type="checkbox"/> Touch This <input type="checkbox"/> Don't get distracted – YOU! <input type="checkbox"/> Practice, go often - <i>not just once in a while.</i> <p>SPOOKING (L12)</p> <ul style="list-style-type: none"> <input type="checkbox"/> Understand horse's perspective & innate tendencies – <i>Horse Behavior-Fix Model</i> <input type="checkbox"/> Overall trust & respect – <i>always be improving this, every day, not just about spooking</i> <input type="checkbox"/> Stay calm & in control of yourself – <i>you have to be the brave one!</i> <input type="checkbox"/> Simulate – <i>noises, distractions, stay focused, approach & retreat</i> <input type="checkbox"/> Reduce tension – <i>Relaxation strategies</i> <input type="checkbox"/> Honor thresholds <input type="checkbox"/> Face the danger <input type="checkbox"/> One rein stop – <i>ultimate control, get off quickly</i> 	<p>OTHER HORSES (L13)</p> <ul style="list-style-type: none"> <input type="checkbox"/> Know your horse's bubble <input type="checkbox"/> Who is in charge? <input type="checkbox"/> Control your dominant horse – <i>my job, not yours; turn the nose away</i> <input type="checkbox"/> Protect your submissive horse – <i>stay away</i> <input type="checkbox"/> Choose your lane <input type="checkbox"/> Watch the road, not the wheel <input type="checkbox"/> Arena protocol – <i>no ride rage!</i> <p>PUSH DON'T PULL (L14)</p> <ul style="list-style-type: none"> <input type="checkbox"/> The Wheelbarrow <input type="checkbox"/> Elbows down, hands forward <input type="checkbox"/> Stay between the reins <input type="checkbox"/> Simulations <input type="checkbox"/> Two-handed <input type="checkbox"/> One-handed <p>LEARNING-PRACTICING-PERFORMING (L15)</p> <p><i>Don't blend them!</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> Learning is hard – <i>Break it down, simplify.</i> <input type="checkbox"/> Practicing should be a bit boring – <i>improve a little each day</i> <input type="checkbox"/> Performing is pressure – <i>show what you know 1-2 times per month</i> 	<p>TRUST & RESPECT (L16)</p> <p><i>Can your horse trust you?</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> Don't force, teach <input type="checkbox"/> Give your horse what he needs – <i>not just what you want</i> <input type="checkbox"/> Keep your word <input type="checkbox"/> Be consistent <input type="checkbox"/> Live up to your values & principles <input type="checkbox"/> Care about your horse's experience <p><i>Does your horse respect you?</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> Your choices - <i>good for the horse, the relationship, the outcome</i> <input type="checkbox"/> Your decisions – <i>appropriate, well thought out, values and long-term outcomes</i> <input type="checkbox"/> Allow the horse to think and make a choice <input type="checkbox"/> Ask & encourage vs tell or make <input type="checkbox"/> Patience and wait for response <input type="checkbox"/> Vision, direction, conviction, confidence, collaboration <p>CONFIDENCE+CURIOSITY=SUPER LEARNER (L17)</p> <ul style="list-style-type: none"> <input type="checkbox"/> Don't Make confidence #1 - <i>learning & practicing</i> <input type="checkbox"/> Encourage curiosity <input type="checkbox"/> Don't punish, repeat It's OK to fail 😊