

HEART IN YOUR HAND HORSEMANSHIP LLC

Young Horse Handling Class



**WITH SHERRY JARVIS AND
ERICA GURNSEY**

- *Presenting a natural beginning for your young horse*
- *Teaching both the horse and human to be in a learning frame of mind so that communication improves resulting in confidence.*
- *Developing qualities of calmness, willingness, attentiveness and adaptability.*
- *Developing movement which has energy, balance, relaxation, rhythm, flexibility, mobility, collectability and overall freedom*



Day One:

Learning Connection and Catching:

1. Access Your Horse: (Learning about your horses emotional mental and physical nature)
2. Join Up: (Learning to make a connection both mental and physical)
3. Haltering: (Learning to accept and receive)

Learning Frame of Mind:

4. Stand with Attention: (Learning to wait)
5. Moving with Attention: (Learning to move free and still stay focused)

Qualities to look for in Learning Frame of Mind:

- Calm: (Learning to trust, relax and be brave, not be nervous or afraid)
- Willingness: (Learning to cooperate, not resist or brace)
- Attention: (Learning to focus and stay connected, not be distracted)
- Adaptability: (Learning to allow for change of context and still keep other qualities)

Qualities to look for in Movement:

- Energy: (Learning how to put forth effort)
- Balance: (Learning to move straight and from back to front with equality)
- Relaxation: (Learning about impulsion where go equals whoa)
- Rhythm: (Learning to maintain speed, and cadence)
- Overall Freedom: (Learning to let loose, find self-carriage with posture of rounded top-line)
- Flexibility: (Learning to be supple and stretch)
- Mobility: (Learning to move lateral, separate HQ and FZ, increase straightness)
- Collectability: (Learning to carry self in uphill fashion, engagement, lightness of the shoulders and more power in the HQ)

Learning to be Ready and Responsive:

6. Synchronized Leading: (Learning to lead up freely)
7. Life Up (Send) Life Down (Friendly): (Learning to control energy)
8. Lateral Flexion: (Learning to be soft and supple)
9. Head Down: (Learning to be light and flexible)
10. Backing up One Step at a time. (Learning the basics of the feel of a good stop)

Learning to Move Freely because Harmony Feels Good:

11. 15 Minute Circle L&R (Learning to relax and let loose in movement to find purity of gait, self-carriage)
12. The invisible human: (Learning to allow the person to move with them, harmony)

Learning about change of direction, turning:

13. Rope over butt: (Learning to follow a feel)
14. Disengage HQ: (Learning to yield HQ)
15. Step Forward over FQ; (Learning to free the shoulders)

Learning to accept handling and enjoy it:

16. Rope around girth leading (Learn to take pressure)
17. Handle Feet with rope: (Learning to give)
18. Stand above horse, friendly all over with hands, legs, body: (Learning to accept touch of human all over)

Day Two:

Review: *(Any exercise which has a star* beside it is new. All others are review in order to establish a habit patten for you and your horse.)*

Learning Connection and Catching:

1. Access Your Horse: (Learning about your horses emotional mental and physical nature)
2. Join Up: (Learning to make a connection both mental and physical)
3. Haltering: (Learning to accept and receive)

Learning Frame of Mind:

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Learning to be Ready and Responsive:

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***Learning to be Curious and Brave:**

11. *Put nose on Things: (Learning to be curious)
12. *Put foot on Things: (Learning to be confident on different terrains)
13. *Put tarps, plastic bags, pads on horse: (Learning to be brave)

***Learning to be saddled and move freely carrying saddle:**

14. *Saddling (Learning to accept saddle)
15. *Saddling –Turn Loose (Learning to carry saddle)
16. 15 minutes circles L&R (Learning to move relaxed under saddle)

***Learning about change of direction, turning under saddle:**

17. Rope over butt: (Learning to follow a feel)
18. Disengage HQ: (Learning to yield HQ)
19. Step Forward over FQ; (Learning to free the shoulders)

***Learning to listen to communication and respond appropriately**

20. Driving with two reins (Learning to follow feel for riding)
21. Trail Walk (Learning about going out)
22. Sit on Fence, pet and mount without saddle (Learning to accept rider without saddle)

Day Three:

Review: *(Any exercise which has a star* beside it is new. All others are review in order to establish a habit patten for you and your horse.)*

1. Join Up
2. Haltering/Bridling*
3. Stand Attention (carry bit*)
4. Moving Attention (carry bit*) (Learning to carry the bit)
5. Synchronized Leading with Bit*
6. Life Up and Life Down (carry bit*)
7. Lateral Flexion with Bit* (Learning to give to the bit)
8. Head Down (carry bit*)
9. Back up with Bit*
10. Put Nose and Foot on Things (carry bit*)
11. Saddle horse (turn loose, join up) (carry bit*)
12. 15 minute circles L&R (carry saddle and bit*)
13. Rope over butt with Bit*
14. HQ Yields with Bit*
15. Step Forward over FQ with Bit*
16. Driving with Bit*
17. *Jump Barrels (Learn to jump and not buck)
18. *First ride under saddle (Learn how to carry person as passenger and move out freely)
19. Sit on Fence petting horse all over, reassure how perfect they are.

ACCESS YOUR HORSE (10 minutes)

Observe your horse like you were sent to a stable to look at a horse and bring a report back to us. Remember it is about observing, not judging. Pretend you have never seen your horse before. We often miss what our horse is offering if we are tainted by the past.

How would you describe:

1. **His basic attitude:** the feeling you get when you play with him. List some personality characteristics you observe during the session. Don't list things from the past, or say he usually. Stay in the moment with the horse, like you have never met him.
2. **What quality of movement does the horse tend to offer?**
 - Freedom and regularity of gaits
 - Energy
 - Activity of hind legs
 - Relaxed spine
 - Attention/Confidence
 - Lightness of forehand
 - Engagement of hindquarters
 - Ease of movements
 - Feel on the line
 - Clarity of communication
 - Responsiveness
3. **What do the gaits look like:**
 - Bouncy
 - Stabbing/jarring
 - Fluid
 - Elastic
 - Flat
4. **What are you able to talk to this horse about?**

If he is low energy, what happens if you ask for more?
If he is not paying attention, what happens when you ask for his attention?
Just experiment...you are not training, just gathering information.
5. When does he **look the most like your dream horse** and when does he look the furthest from your target?
6. Which parts of his body move the most freely? Which are tight and stiff?

NOW ANSWER THESE QUESTIONS AS HONESTLY AS POSSIBLE.

1. "What are the positive features that I would like to keep?"
2. "If only _____
was better, I think everything would be better."
3. "How would my horse answer those questions about me?"
"I like that my human _____.
If only my human changed _____
I think everything would be better."

Schedule:

Of course the schedule will have to remain very flexible according to the needs of horses, people, and weather. Speaking of weather, I don't usually mind a little uncomfortable weather, but if it is too nasty we will have to haul to Switzer's Indoor Arena at Calamus Outfitters which means traveling about 12 miles and paying an additional arena fee of \$10/horse/day.

So if we have to haul to the indoor the schedule will have to be changed to accommodate the loading, traveling, etc. So bottom line is we will remain flexible.

We will feed your horses at **6:30** each morning so they have 2 hours to eat. So you can sleep in. But please arrive by about **8:15**.

From **8:15-9:00** Take turns putting your horses in the round corral for about 8-10 minutes.

- Use the rake to remove any left over hay from the pen first.
- Use the **ACCESS YOUR HORSE** Chart to evaluate your horse each morning.
- Just turn your horse loose let him be or maybe let someone else other than you go in and move him around. Just move him, then let him be.
- Remember you are not training him but observing.

At **9:00 am** we will gathering in front of the south side of our barn for discussion and instruction. (Bring your chair)

9:30 or 10:00 we will go to the play area to begin the exercises.

10:00-12:00 Playing with our horses taking the time it takes to develop a habit pattern in each exercise and gain the horses confidence and relaxation.

- Anytime you or your horse needs a break during this time, please feel free to relax and just watch others.
- Feel free to go in my house to use the bathroom, get a drink of water, or warm up.
- Every time you put your horse away offer him a drink because we will only have water in their pens at night. Taking your horse to water is a great bonding exercise because he is totally dependant on you for survival, and you know whether he is drinking or not.

12:00-1:00 Lunch Break

- Don't forget to take your horse to water
- You can bring your lunch and eat in my house, outside if it is nice, or go to town, Sandstone Grill is my favorite restaurant

1:00-1:15 Bucket sit with your horse in his corral.

- Do not try to catch him. Do not stare at him.
- Take your notebook and review your notes, or write more notes, or reread the material I have given you, or just sit and think.) Let your horse touch you first.
- This is hang out time together.

1:15-1:30 Halter your horse, give him a good grooming, massage him, and don't forget to pick his feet. This is feel good time together.

1:30-3:30 Playing with our horses

3:30-4:00 Break for both you and horses, take them to water.

4:00-6:00 Playing with our horses

6:00-6:30 Put horses back in pens, feed, water, groom.

6:30-7:00 Gather in front of the barn again for a final discussion.

