

101 Ground Training Exercises For Every Horse Handler

This series of Western Dressage exercises are designed to improve suppleness, balance in movement, and responsiveness. Each exercise has a specific goal in mind, and they are organized by different areas of focus: softness, looseness, rider development, engagement, adjustability, and ground work. With illustrated step-by-step instructions and full arena diagrams, you'll quickly be on your way to mastering this exciting discipline.

Explains the practical aspects of exercise physiology and modern coaching, including energy systems, the aerobic and anaerobic thresholds, VO2 max, running economy, muscle fibers, and more. In addition, it covers how these ideas should inform both your day-to-day workouts and the underlying philosophy that forms the foundation of your training program.

Did you know there is an area of your brain known as the "Lizard Brain" that thinks only about the immediate moment and your means of survival? Yes, in certain circumstances, your "Rational Brain" can effectively "shut down" and you are at the mercy of a reptile ... dry-mouthed, sweating, queasy, unable to think clearly—even though you know better. When does the Lizard Brain run the show? It can happen in any number of unfamiliar, uncomfortable, challenging, or "stressful" riding situations. But here's the thing: with the right kind of training, you can learn to manage the reptile within, which leads to greater confidence with horses, better riding performance, and ultimately, happiness at the barn, at shows, and everywhere in between. Andrea Monsarrat Waldo teaches you how to: handle uncomfortable emotions, such as fear, anger, anxiety, and embarrassment; hone your mental game and focus your riding time to get the most out of your hours in the saddle; care for your emotional injuries the same way you would care for an injured horse; and produce a state of "Focused Calm" and tap into the skills you have (whether you know it or not!) to ensure an outstanding ride.

The controlled stretching of muscles has been an integral part of the training of human athletes for many years, and scientific studies and results in the field have both proven beyond doubt the value of stretch exercise in improving performance and guarding against injury. Active stretching both before and after exercise helps tone the muscles and ensure a good range of movement, and no professional athlete would ever expect to perform at full potential without it—yet riders ask their horses to do so all the time. Following extensive research into the subject, occupational therapist and equestrian trainer Karin Blignault has written this innovative and thought-provoking book to show how the principles so long applied to human athletes can also be applied to the horse to prevent injury, alleviate pain, and improve performance. Blignault thoroughly explains the basic anatomy and physiology of muscles and their associated tissues, how muscles work together in groups, and which exercises benefit which muscles. The individual exercises are explained in detail, with clear, specific instructions designed to ensure that they are carried out with no risk of injury to horse or human. Stretch Exercises for Your Horse will be of great interest to all owners and trainers of sport horses, and, indeed, to all those who wish to contribute to the constructive development of the horses they ride.

Get Fit, Stay Fit, Remain Fit

Snow Buster

The Path to Perfect Suppleness

101 Western Dressage Exercises for Horse & Rider

Better Than Bombproof

Equine Fitness

Over 35 Engaging Exercises to Improve Your Horse's Focus and Response to the Aids, While Sharpening Your Timing and Accuracy

Includes illustrated exercises and routines for horses of very age, ability and discipline, with conditioning aimed at improving soundness,

stamina, longevity and quality of motion, in a book geared toward all types of riders, from backyard horse owners to competitive show riders. Original.

A book to help improve horse riding skills.

The Howell Equestrian Library is a distinguished collection of books on all aspects of horsemanship and horsemastership. The nearly fifty books in print offer readers in all disciplines and at all levels of competition sound instruction and guidance by some of the most celebrated riders, trainers, judges, and veterinarians in the horse world today. Whether your interest is dressage, show jumping, or western riding, or whether it is breeding, grooming, or health care, Howell has a book to answer your needs. Get to know all the books in the Howell Equestrian Library; many are modern-day classics and have achieved the status of authoritative references in the estimation of those who ride, train, and care for horses. The Howell Equestrian Library

If you have seen his weekly television program, Downunder Horsemanship, then you know that Clinton Anderson's training techniques can achieve amazing results with almost any horse. Now his methods are available for the first time in a reader-friendly, highly illustrated book, and you, too, can learn the program that teaches "everyday people"—regardless of riding style, age, or ability—how to better communicate with their mounts.

*New Ways to Make Your Horse a Solid Citizen and Keep You Safe on the Ground, In the Arena and On the Trail
Create Habits That Last*

101 Ground Training Exercises for Every Horse & Handler

Trick Training for Horses

200+ School Exercises with Poles

How to Think Like a Horse

Imperfect Phrases For Relationships: 101 COMMON Things You Should Never Say To Someone Important To You...And What To Say Instead

Groundwork and trick training specialist Sigrid Schope has found that diversifying her training techniques leads to happier, more confident horses, not just on the ground, but even when practicing their regular under-saddle schooling routines. Here she shares her most positive, conscientious methods that are easy to follow and a whole lot of fun!

With instructions on the best ways to teach a horse tricks using positive reinforcement, this guide provides trainers with ways that horses become better performers and be more responsive. The tricks and games featured in this handbook can add variety to your training regimen by combining daily schooling with an element of fun for both the horse and its rider, helping to keep the working horse happy and on the job. Specific tricks include bowing, kneeling, lying down, standing on a box, carrying objects, and rolling objects, and each are broken down into individual steps to help the trainer achieve the best results.

Dressage is the ultimate achievement of oneness between horse and rider. Featuring a full arena diagram and step-by-step instructions for each exercise, this sturdy book is designed to allow the rider to hang it on a hook and refer to it from the saddle. You'll learn

your riding position; master looseness, balance, and suspension; and perfect flying changes as you work toward dressage success. Take your riding to a new level! Bringing together recognized classic exercises for both English and Western riders plus her own patterns and maneuvers, Cherry Hill provides an array of drills that will improve your riding technique. Whether you are a rider expanding your repertoire or an instructor looking for new drills, these exercises will add excitement and variety to your training.

101 Jumping Exercises for Horse & Rider

Barrel Racing 101

From Leading to Liberty

A Conditioning Program of Exercises & Routines for Your Horse

Essential Schooling for English and Western Riders

Modern Training and Physiology for Middle and Long-Distance Runners

Brain Training for Riders

If you broke your horse to saddle and rode it for the first time yesterday, this book (chapter 1) is where you'd start tomorrow. If you have an older horse and you've taught him everything you know and he still don't know nothin', this book is where you'd start, (chapter 2). It's a roadmap to building the foundation every horse needs, regardless of age, breed or background, regardless of what you've got ultimately planned for that horse. Afterwards, when your horse knows this book back to front, go train for barrels, roping, eventing, jumping or dressage. But today, basics are basics. Section I is the stuff your horse needs to know. Section II is the stuff (the theory) you need to know. Practice the first handful of chapters in order, as written. Beyond that, you should feel free to mix and match depending on your needs or abilities. Some chapters are dependent upon others - but in those cases, I've spelled out necessary prerequisites. Question: "I just bought a horse. What do I do now?" Answer: "Buy my book, 'What I'd Teach Your Horse.'" Contents: SECTION I, BASICALLY TRAINING YOUR HORSE - Legs Mean Move (Step 1 if This Is "Day 2" for Your Young Horse) - Hip Control, Part I - Hip Control, Part II - Classic Serpentine - Train Your Horse to Travel Straight - Clockwork: How to Teach Anything to Your Horse - Shoulder Control - The Reverse Arc Circle - How to Fix Leaning Shoulders - Serpentine: Indirect to Direct - Speed Control - Slow Down, Part I: Move the Hip - Slow Down, Part II: Wherein We Train the Brain - Balky Horses: Comatose One Minute, Hot to Trot the Next - Crossing Creeks and Scary Stuff - Teach Your Horse to Lower Its Head While Standing - Better Back Ups - Simple Steps to Power Steering - Diagonal Movement ("Leg Yields Without the Legs") - Softening - Getting Leads - A Fix for Cross-Firing (aka "Cross-Cantering") - Hips, Get Behind the Shoulders (And Stay Put) - Hips-in (aka "Haunches-in" or "Travers") - Neck Reining How-To SECTION II, TEACHING YOU, THE THEORY BEHIND THE PRACTICE - The First Thing I Do - Each Time You Mount Up, Do This - How to Pick Up Your Reins Like a Pro - Training Magic: Release on the Thought - What You're Feeling For - Reins Tell Direction, Legs Tell Speed - Talking Horse - See

Yourself Leading When Riding - Perfect the First Time - Six Easy Ways to Improve Your Training - Rider Checklists - Diagnosing Problems Books by This Author Meet the Author: Keith Hosman "If I had a dollar for every email I get asking "what to do" to make a riding horse out of the mare Uncle Emo just traded for the old RV—or how to retrain a horse that's grown rusty—or some version on either theme, I'd be the world's first gazillionaire. With the publication of this book then, I'm hoping to grab that distinction."

Every horse, from the pampered show-hunter to the family pet, is faced at one time or another with an object or situation that is overwhelmingly terrifying, or just downright confusing. With his systematic approach to "bombproofing," Sergeant Rick Pelicano of the Maryland National Capitol Park Police shares his methods on how to be proactive rather than reactive when it comes to training your horse to deal with such situations. His vividly illustrated manual shows you how to accustom your horse to a variety of circumstances, noises, and objects, thereby turning him into a more pleasurable, submissive, confident, and ultimately safer mount.

There is no secret to losing weight, building muscle, and getting in shape. We have always had the tools. We have lacked in creating habits using the tools we have. In this breakthrough book you will not hear the same old advice you have always heard about health, fitness, and dieting. This book is about truly creating a healthy lifestyle and making exercise a lifelong habit. Get Fit, Stay Fit, Remain Fit is a discovery of: - How to build a system for achieving the healthy body you want. - How to set goals, achieve goals, and stay on track as you go after your goals. - How to stay motivated with exercise for the long-term so that nothing will stop you in the pursuit of what you want to accomplish. It's time for you to achieve your health and fitness goals. Forever. No more fitness-related New Year's resolutions. No more going on diets. No more temporary results. With Get Fit, Stay Fit, Remain Fit you will create habits that last and create results that last.

An outstanding manual for training young horses by America's most trusted horseman, featuring 178 step-by-step color photos.

101 Horsemanship Exercises

The Equine Listenology Guide - Essential Horsemanship, Horse Body Language and Behaviour, Groundwork, In-Hand Exercises and Riding Lessons to Develop Softness, Connection and Collection

The Handy Book of Horse Tricks

20 Progressive Ground-work Exercises to Develop Your Young Horse Into a Reliable, Accepting Partner

What I'd Teach Your Horse

50 Best Arena Exercises and Patterns

Supply and Demand Trading 101 for Beginners

A highly illustrated guide to simple yet effective methods for keeping horses sound, healthy, and

performing their best. Over time, horses (like people) acquire postural habits, compensate for soreness and injury, and develop poor movement patterns. This limits performance ability, causes unsoundness and health issues, and ultimately undermines the horse's overall well-being. Jec Aristotle Ballou has made a name for herself advocating for the horse and providing sensible instruction in his schooling, conditioning, and care. Her bestselling books and popular clinics are designed to enable any horse person to correctly apply proven principles that bring measurable progress while avoiding boredom and confusion. In her latest collection of mounted and unmounted corrective exercises, Ballou demonstrates how we can actively work to improve the horse's posture and movement, whether he is: An active performance or pleasure mount. An aging or older horse that benefits from gentle exercise. A horse being rehabilitated following injury, illness, or lack of conditioning. Ballou's positive cross-training techniques are free of shortcuts, and her guidelines for analyzing the horse's posture and way of going help readers gain a new awareness of the equine body. Applicable for all disciplines and full of quality color photographs to explain the exercises, this is an integral collection that optimizes how the horse uses his body and helps ensure he stays sounder and healthier for more years of his life.

Enjoy this 'Listening to the Horse' inspired book, packed full of stories, lessons, case studies and exercises for you & your horse. This book is the first book in the Equine Listenology trilogy, which includes a companion workbook & journal. "I absolutely love the methods Elaine has taught me. They are easy to understand and share. I want to make things better for the horses I meet!" Mary, USA. "Elaine's kindness and gentle teaching style and listening to the horse approach is exceptional. Thank you for all you share" Kathy, USA. Other books in this series: Equine Listenology guide Equine Listenology workbook Equine Listenology journal Elaine Heney is the #1 best-selling author, award-winning film-maker, director of Grey Pony Films, and creator of the 'Listening to the Horse(tm)' documentary. She has helped over 120,000+ horse owners in 113 countries to create awesome relationships with their horses. She lives in Ireland with her horses Ozzie & Matilda. Discover Elaine's series of world renowned online groundwork, riding & training programs at www.GreyPonyFilms.com

This book discusses ground-pole training for all disciplines and shows how you can make the most of precious schooling time. It provides quick and easy pole layouts, using just a handful of poles. Different exercises are given for each pole layout, so there is no need to move the poles during a session. Exercises range from the simple to the more intricate, with the inclusion of more transitions, lateral work, raised poles/cavalletti, or riding in a different gait. Claire Lilley explains how these pole exercises can help you to ride with precision and improve your horse's way of going, adhering to the scales of training. You can also use the different layouts to check whether you are sitting straight, turning correctly, and riding transitions and lateral movements properly. She lists common rider faults for each exercise to help riders self-correct if schooling alone. As an experienced trainer

herself, Claire knows that this book will prove an invaluable resource for riding instructors, providing a veritable cookbook of ideas for lesson plans. Poles are a great teaching tool, adding variety to every lesson and helping the teacher to explain lessons to the pupil. Teacher's tips are given for each exercise. Claire says: "Try the exercises for yourself and I'm sure you will be amazed at the improvements that can be made both in your riding technique and in your horse's way of going. You will never be bored with schooling again!"

Few equestrian sports are more exciting than barrel racing, in which horse and rider carve a lightning-fast cloverleaf pattern around three barrels, then gallop down to the finish line. Time is measured in hundredths of seconds, and winners receive substantial prize money and the admiration and respect of fellow competitors and spectators alike. As thrilling as barrel racing is to watch, doing it is even more fun, as thousands of people are discovering every year. To help them--and you--get started, champion racer and internationally respected instructor and clinician Marlene McRae shares her program that has taken hundreds of her students to success in the arena, as well as to becoming educated horsemen and-women:

- * *Selecting Your Champion Horse:* Choosing a barrel-racing prospect based on conformation and temperament; finding a qualified veterinarian to help you assess the prospects.
- * *Choosing and Using Equipment:* Determining the right saddle, bridle (including bits), leg protection, and other tack to buy, as well as their proper fit and use.
- * *Feeding and Nutrition:* Establishing a basic commonsense feeding regimen for your horse; the role of supplements, as well as their possible misuse.
- * *Shoeing and Foot Care:* Proper foot care, with an emphasis on working with your farrier and veterinarian to avoid foot- and leg-related injuries.
- * *Conditioning and Exercising:* A comprehensive program for developing your horse's stamina and fitness, along with ways to avoid unsoundness problems.
- * *Getting Started in the Barrel-Racing Patterns:* How to set up the pattern correctly; techniques for training the horse, with an emphasis on rider position, balance, and using hands, legs, and voice as communication aids.
- * *Competing:* Locating entry-level local events, clubs, and associations; the "mental game of competing to stay focused; achieving teamwork with your horse."

Barrel Racing 101 is the perfect textbook for the sport. Study it and use it, and you're bound to finish at the top of your class.

Unlock Your Riding Potential with StressLess Techniques for Conquering Fear, Improving Performance, and Finding Focused Calm

Teach Your Horse to Be Confident, Obedient, and Safe, No Matter What You Encounter

The Essential Handbook for Understanding Why Horses Do What They Do

The Art of Liberty Training for Horses

Resolving Postural Problems, Improving Movement Patterns, and Preventing Injury

Godstones

Training & Re-Training the Basics, Second Edition

Get jumping! This collection presents a logical series of fun and rewarding exercises that are designed to develop your horse-jumping skills. With straightforward instructions and clear arena maps, this guide can be hung on a pole and easily referenced from the saddle. In addition to clearly articulated goals and progressively difficult variations, each exercise also includes encouraging advice on what the rider should keep in mind while jumping. Saddle up and get ready to fly through the air with grace and confidence.

Enjoy a comfortable long-distance ride on a well-trained gaited horse and you ' ll be surprised at how easygoing these handsome animals can be. But unique challenges can arise when horse owners more familiar with the standard walk, trot, and canter try to train these complex and multigaited horses to gait correctly. Author Lee Ziegler guides riders through the finer points of developing and maintaining these extra gaits, using humane training methods that stress patience and good horsemanship.

Offering a wide variety of ideas to spice up training routines, this handy reference provides fresh exercises for daily schooling. A well-designed training plan is indispensable for keeping a horse fit and healthy, and riders are constantly looking for new inspiration to keep boredom at bay in both horse and rider. This guide provides upbeat patterns and exercises that take the necessary task of essential schooling and add variety and challenge to everyday workouts. Equestrians looking for new tools to add to their training arsenal and those looking to create a supple and gymnasticized horse will relish this fun collection of practice routines.

If you are like most people, you know what you want your horse to do and how you want him to behave. You want your training experiences to be safe and enjoyable for both you and your horse. But maybe you aren't sure what to do and when. In 101 Longeing and Long Lining Exercises you'll find complete ground training lesson plans from square 1 to square 101.

Longeing and Long Lining, The English and Western Horse: A Total Program

Easy-Gaited Horses

Dressage Training In-Hand

Clinton Anderson's Downunder Horsemanship

Gentle, humane methods for training and riding gaited pleasure horses

Groundwork Training for your Horse

Fun Ways to Engage, Challenge, and Bond with Your Horse

Designed to help develop a bond between the horse and the trainer, this book includes step-by-step guides on how to improve the horse's suppleness, obedience and education from the groundwork level. It teaches the trainer how to tune in to the subtle body language of the horse and communicate with it in a much clearer way. |Designed to help develop a bond between the horse and the trainer, which leads to greater trust and the ability to get the most from the relationship. This book includes step-by-step guides on how to improve the horse's suppleness, obedience and education from the groundwork level. It teaches the trainer how to tune in to the subtle body language of the horse and communicate with it in a much clearer way. It also contains techniques developed and applied by top trainers and equine behaviourists.

Clinton Anderson's method for redirecting a horse's wayward energy and correcting his negative behavior while on the trail. You'll learn how to solve such common on on the trail problems as spooking, jiggling, grass-snatching, fear of traffic and refusing to cross water.

Softback 105 day Fitness Journal with Goal & Schedule Planner (\$4.99/\$3.99) IF LOOK INSIDE ISN'T LOADING, the blue smART bookx link by the title will help you out. Equally suitable for competition training or your own private fitness goals. Record all sessions on one daily log page (no jumping around between different sections). Each daily log provides space to record: - An Interval Session with target pace, rest, achieved pace and difficulty for each rep, - A Multi-exercise Session, such as weights or circuit training, with up to 6 sets of 15 different exercises, - A Flexibility Session, - Nutrition, including a food log, glasses of water, fruit & veg portions, medications or supplements and hours of sleep, - One 'Other Exercise' Session, - A Daily Review including an injury log, and - A complete Balance of Calories consumed and expended. At the front of the book: - A User Guide - An at-a-glance Schedule Planner to set goals, plan session types and record achievements. At the back of the book: - A Statistics Tracker table and graphing paper to periodically record health or exercise data. Add your own categories alongside the common ones we've provided. - A Session Store. Write, just the once, sessions you repeat regularly. Give them a code and just jot the code down on your daily log (particularly useful for flexibility sessions). - A Muscle Map of the body, - Calorie Look-up Tables and a space to Store Regular Meals ... all to help calculate daily calorie balances quickly and easily. - A Fitness Expenses Log, and - Keep Addresses and Passwords for all your sports related contacts in one place. BOOK SPECIFICATIONS: - Pure white acid-free 55 lb paper minimizes ink bleed-through, - Large size - 8.5" x 11" (21.6 x 27.9 cm), - Tough matte cover, bound securely with professional trade paperback (perfect) binding, i.e. it's built to last; pages won't fall out after a few months. SIMILAR PRODUCTS: We publish several Fitness Journals. Each has the same interior but there are covers to suit all tastes. To view search 'fitness' & 'bookx' on Amazon (don't forget the 'x'). We also publish food diaries, travel journals, password journals, meal planners, reading logs, composition books and much more. Thanks for looking, The smART bookx design team Buy With Confidence Because Our Customers Love Our Stationery: ***** Affordable, But Still Good Quality! ... Very satisfied with this product ... an affordable option that is also very thorough. Many other planners just didn't have all of the sections I needed, or they did and cost too much ... cover is kind of soft. (Jun 1, 2016) ***** Love This! ... This planner is super cute, and I absolutely love the cover. Lots of room to include all kinds of information. (June 13, 2016) ***** Great for taking theory notes or writing music! ... I'm a music major, and I needed staff paper ... This is a cute product and the staff paper is great. (Feb 1, 2016) ***** Amazing Recipe Book ... the 3rd smART bookx recipe book I've purchased. Highly recommended. (Dec 28, 2015) ALL BOOKS ARE MADE IN THE COUNTRY PURCHASED

In order to avoid risking life and limb when the unexpected strikes, this definitive follow-up manual provides further in-depth instructions on how to "bombproof" horses. This method of training works for any number of unexpected incidents and unusual terrain, such as backfiring cars, speeding motorcycles, floating plastic bags, and crossing water and ditches. After reviewing the techniques from the first volume, this guide simplifies an array of new challenges: behavior problems, trailer loading, navigating parades and large gatherings, defensive riding, and self-defense techniques for the rider.

101 Arena Exercises for Horse & Rider

101 Ground Training Exercises for Every Horse and Handler

Develop a Deeper Bond with Your Horse Through a Range of Exercises and Games

Attain New Levels of Leadership, Unity, Feel, Engagement, and Purpose in All That You Do with Your Horse

Fitness Journal & Planner

Lessons in Straightness, Suppleness, and Collection from the Gound

101 Dressage Exercises for Horse & Rider

Training your horse to concentrate on a lesson, bend his body from nose to tail, and pay attention to where he places his feet—whatever your discipline or level of expertise, these are necessary foundation skills. Here you will find an incredibly handy guide to introducing and solidifying these concepts, as well as many others, with exercises using two very basic training tools: traffic cones and ground poles. Incorporating cones and poles in your daily lessons not only provides visual interest and physical guidelines for your horse as he moves around the ring, it also gives you a means of developing accuracy in your schooling figures and transitions. With these exercises, your horse's movement and response to your aids will certainly improve, but so will your overall riding performance.

Since the Civil War ended eighteen years ago, Eristead has been a place of peace thanks to Meredith, the ambassador between the realms. After her untimely death, war threatens to break out once again over the land. Her son, Adaam, is the only chance Eristead has to prevent the next war. He must travel the land, hunting down the eight godstones, and use them to bring his mother back to life. But his mother's killer is still out there, and unbeknownst to him, so are other perilous creatures. During his travels, he will learn the secret behind the stones that were forged by the gods, and uncover something larger than he could ever imagine.

Supply and demand trading is not rocket science and no one owns it or has a patent on it. The good news is that anyone can learn it, it is a simple market principle that has been in existence since there was a market and it will always be the same principle till there is no more market which will be the end of days. The even better news is that you don't need an MBA or even a high school diploma to learn it and use it to make an unlimited income from trading. Using supply and demand is a no brainer and doesn't require years to learn it and use it. Supply and demand is the only way live markets work meaning for every buyer there has to be a seller and for every seller there has to be a buyer, it's that simple. Supply and Demand Trading 101 is written for brand new beginner traders who wish to be a self-directed investor and trading and do trading on their own. The best way

to learn supply and demand trading is by actually learning it the right way from the start. There are a lot of tips and tricks in the book that can help a beginner cut down their learning curve and get them making real money right away. When you have completed the reading of this entire book you will have an understanding of what a brand new self-directed beginner trading needs to know to make an unlimited income from trading the financial markets and how and where to get further information and even mentoring to help you to expedite your learning curve so you can begin making money right away.

Ground training is the key to a safe and pleasurable riding experience. Designed for easy reference while working with your horse, this guide can be hung on a post. Riders of all disciplines and skill levels will benefit from these exercises that reinforce good habits and help develop a strong bond between horse and rider.

Training and Riding with Cones and Poles

Including Three-Loop Serpentine, Cinnamon Buns, Carousel Pairs, Thread the Needle & 97 more

Bombproof Your Horse

A Complete Program For Horse And Rider

100 Training Games Your Horse Will Want to Play

Establishing Respect and Control for English and Western Riders

55 Corrective Exercises for Horses

In this fascinating best seller, Cherry Hill explores the way horses think and how it affects their behavior. Explaining why certain smells and sounds appeal to your horse's sensibility and what sets off his sudden movements, Hill stresses how recognizing the thought processes behind your horse's actions can help you communicate effectively and develop a trusting relationship based on mutual respect.

Horse trainer Jonathan Field has made a name for himself with his unique ability to give people simple, understandable, doable steps that lead to working with a horse "at liberty" in a safe and progressive manner. True engagement with a horse at liberty isn't just about removing tack and stepping outside the arena—it's about connection, trust, and communication through movement. Enrich your relationship with your horse, improve your "feel," and teach your horse to respond to the subtlest of cues; no matter your discipline, whether you compete or ride for pleasure, liberty training can change the way you interact with horses forever.

Presents ground training exercises for every horse and handler, including catching, yielding, turning, sacking out, backing, long

lining, doing obstacle work, and more.

Over the course of her riding and horse training career, Kathrin Roida has progressively gained a deep appreciation for the benefits of gymnastic exercises, particularly those that can be taught to the horse from the ground. "In-hand" training has long been used to help develop the dressage horse, conditioning and suppling his body while at the same time preparing his mind to grasp the movements that may eventually be expected. Roida relies on these techniques when working with young horses, which she prepares for under-saddle training with exercises first learned on the ground, improving balance and enhancing confidence by refining the horse's sense of his body and where it is in space. Roida also uses in-hand techniques to vary the training of the fully schooled riding horse and to solve problems that may be more safely dealt with from the ground. In this book she details her methods, sharing the stories of a number of horses of different ages, breeds, and training backgrounds, and demonstrating the steps to teaching them: shoulder-in, travers, renvers, pirouettes, half-pass, piaffe, passage, canter work, the Spanish walk, and much more. Throughout her conscientious attention to what is best for the horse ensures that not only do the lessons result in a horse that is healthy in body but also one that is healthy in mind and happy in his work.

101 Longeing and Long Lining Exercises: English and Western

John Lyons' Bringing Up Baby

Easy Training Methods for Great Results

101 Drill Team Exercises for Horse & Rider

Training on the Trail: Practical Solutions for Trail Riding

Stretch Exercises for Your Horse

Build teamwork and good horsemanship as you work through these fun and rewarding exercises. With clearly drawn arena diagrams and step-by-step instructions for each exercise, your team will become a cohesive unit as you progress from basic skill-building drills to fun and challenging synchronized formations. Debbie Kay Sams even includes 10 complete performance routines with choreography that incorporates the skills and exercises you've mastered. Get ready to dazzle the crowd at your next event!

For ages 3 to 5 years. With the city blanketed in a deep snow, Ryan's dad is worried about how he will get to work. However, four year old, Ryan, knows just what to do. With the help of his snow blower, snowplow, dump truck, front loader, and a train, he clears the streets so that his dad can safely get to work.

In this book Jutta Wiemers describes 100 smart games through which you can achieve a perfect partnership with your horse. The games are progressive and range from simple leading and lunging, through to circus tricks. Along the way there are other fun-packed games involving balance, sure-footedness, agility and confidence building.