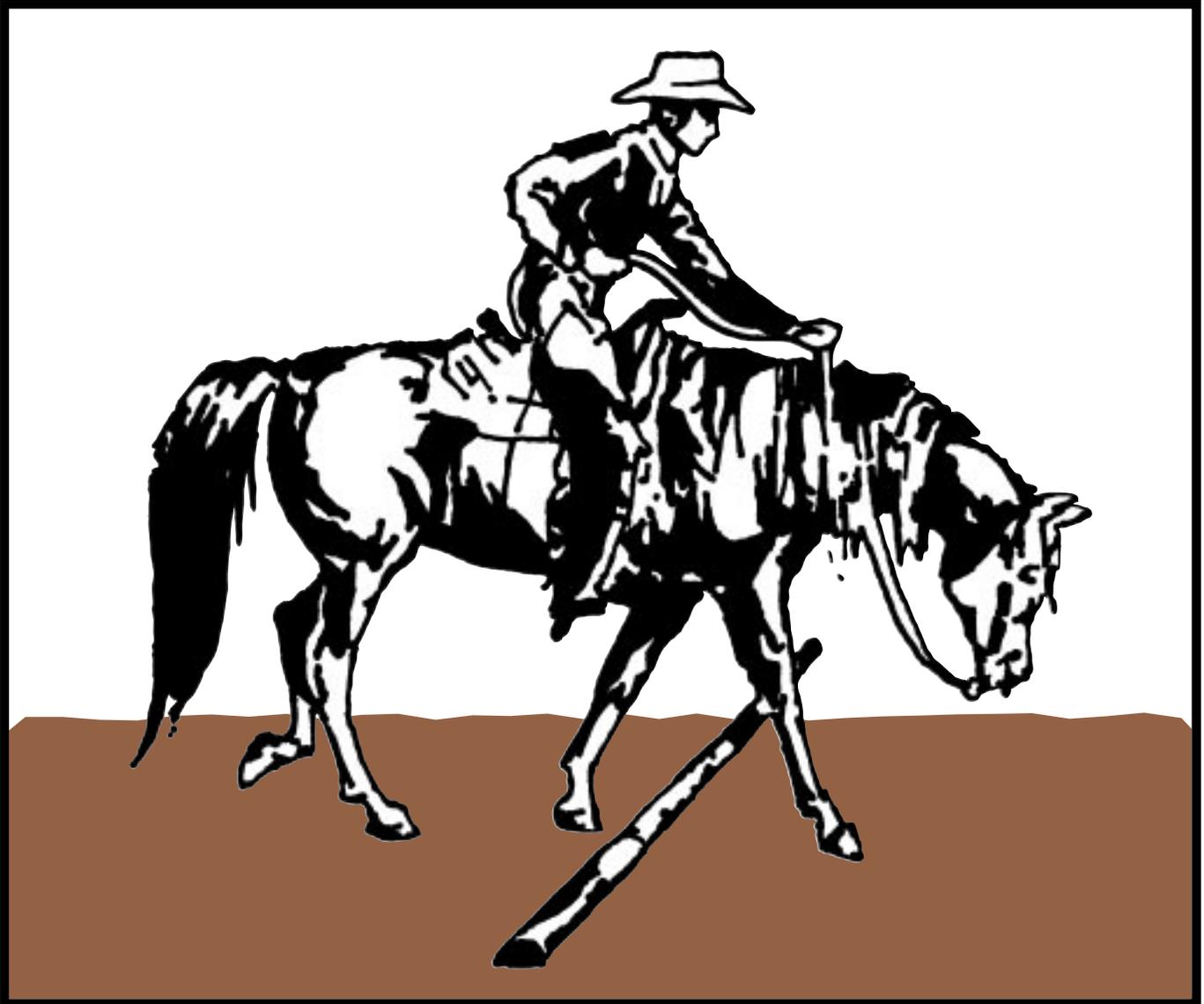


# 4-H MEMBER MANUAL



# TRAINING HORSES

Yearlings to Five-Year-Olds



## **WASHINGTON 4-H YOUTH DEVELOPMENT POLICY ON PROTECTIVE HEADGEAR IN THE 4-H EQUINE PROGRAM**

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“All Washington 4-H youth participating in all equine projects and activities must wear American Society of Testing Materials (ASTM)/Safety Engineering Institute (SEI) approved headgear when riding or driving. The headgear must have a chin strap and be fitted properly.” Additionally, we strongly encourage all equestrians (including adults) to wear headgear at all times when riding or working around horses.

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# TRAINING HORSES

## (Yearlings to Five-Year-Olds)

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### OBJECTIVES

- Develop leadership, initiative, self-reliance, and good sportsmanship.
- Accept responsibility by having an animal to care for regularly.
- Learn the principles of livestock nutrition and what constitutes a balanced ration.
- Skill in horsemanship, patience, and understanding in handling horses and ponies.
- Knowledge of safety precautions to prevent injuries to yourself, other riders, and their mounts.
- Learn about proper equipment and its care.
- Consider alternate methods of doing a job.
- Gain an appreciation and understanding for research and improved methods and how to use them.
- Accept the results of your work and how to use these in planning and managing your next goal.
- Seek out the scientific principles involved in raising and training horses.
- Encourage interest and provide an opportunity for members in horse related industries.

### PROJECT

This project is for members who have a saddle-type horse or foal available to care for and train. It is designed to help a member select a horse and train it to maturity. Beginning with a yearling, the requirements are for a five-year progressive project. For each year of the project there will be a project description, requirements, and methods showing how to accomplish the requirements.

Before starting the project, members should have completed at least one year of the Horsemanship Project. NOTE: Stallions will only be allowed in the yearling phase. The following describes the saddle type horse allowed in each phase of the project:

- Yearling horse that will grow to 14 hands (56") or more
- Two-Year-Old Horse Under Saddle
- Three-Year-Old Horse Under Saddle
- Four-Year-Old Horse Under Saddle
- Five-Year-Old Horse Under Saddle

### SELECTING A HORSE

Plan ahead in selecting a horse for your individual needs and goals. Horse ownership is a lifetime commitment. The horse will become your partner in a business in which a lot of money, time, and affection can either be gained or lost. Guidelines to follow are:

1. Analyze your financial abilities, economics, and direction of interest.
2. Get competent guidance in selecting a horse.
3. Seek advice from a veterinarian.
4. Learn about the horse.
5. Acquire a basic knowledge of horse psychology.

### ANALYSIS

Financial ability to purchase and maintain a horse should be your first consideration. Do a cost study of the hay, grain, pasture, equipment needed, etc., for a

one-year period. Think about your interest or direction of study for the next two to five years. This will allow you an opportunity to analyze cost and the possible chance to recover money spent. Be honest with yourself. Ask for help if needed. Are you capable of achieving your goals?

Look at your own body conformation. That will help indicate the type of horse conformation to allow you a more comfortable ride. Two good examples are:

- Narrow hips and short legs do not fit comfortably on wide, tall horses.
- Long legs and long trunks don't look good on short horses.

## **GUIDANCE**

It takes a lifetime to become a good equestrian. Seek advice from people who have spent a lot of time with horses.

Ask around the horse community about people who can give competent guidance in selecting the animal suited to your finances, abilities, intended direction, and conformation. Explain your thoughts to these people and ask them to evaluate your thinking.

## **VETERINARIAN & FARRIER**

Two of the most helpful people in the horse industry are a farrier and a veterinarian. A veterinarian should give a prospective horse a soundness examination before purchase. This can save a lot of money and possibly a good friendship. The veterinarian and the farrier can also give you a good idea of the yearly maintenance cost.

A thorough knowledge of the parts of the horse and their function is necessary. (Refer to Fig. 39, the Conformation Chart in the Glossary.) With the guidance of your 4-H leader, farrier, and veterinarian, gain an understanding of the important relationship between the horse's anatomy and its ability to move.

## **HORSE STUDY**

Study the horse at the walk, trot, and canter. Look for freedom and length of stride, balance, and any apparent lameness. The stride and sequence of each gait are very important guidelines to recognize lameness or coordination.

The conformation of a horse should be relative to the type of work for which you intend to use it. Watching a horse at play will often show what the horse likes to do and what its abilities might be. Many training problems and mismatches in ownership are caused by using a horse for work for which it isn't suited.

Consult a veterinarian about any blemishes on the horse. Many blemishes create a weakness. Discuss any blemish with the veterinarian and decide if it will affect the horse's ability to function in your chosen field of horsemanship.

It seems all breeds are advertised to be the most versatile. Study the type of horse each breed has to offer, and remember that within each breed there are hundreds of different individuals. Choose a breed, and the individual within the breed, to fit your area of horsemanship. (Refer to Fig. 40, the Proportional Horse Chart, in the Glossary.)

Three criteria that make horses saleable with regard to breeding are: (1) old foundation line breeding, (2) current popular breeding, and (3) marking, color, or style.

## **HORSE PSYCHOLOGY**

It is important to understand horse psychology before owning a horse. Let's discuss this in two parts: behavior patterns and major senses.

### **I. Behavior Patterns**

- A. *Ingestive Behavior.* This is how a horse responds when food is involved. Ingestive behavior can be used as a training aid, such as giving the horse a pellet for doing well.

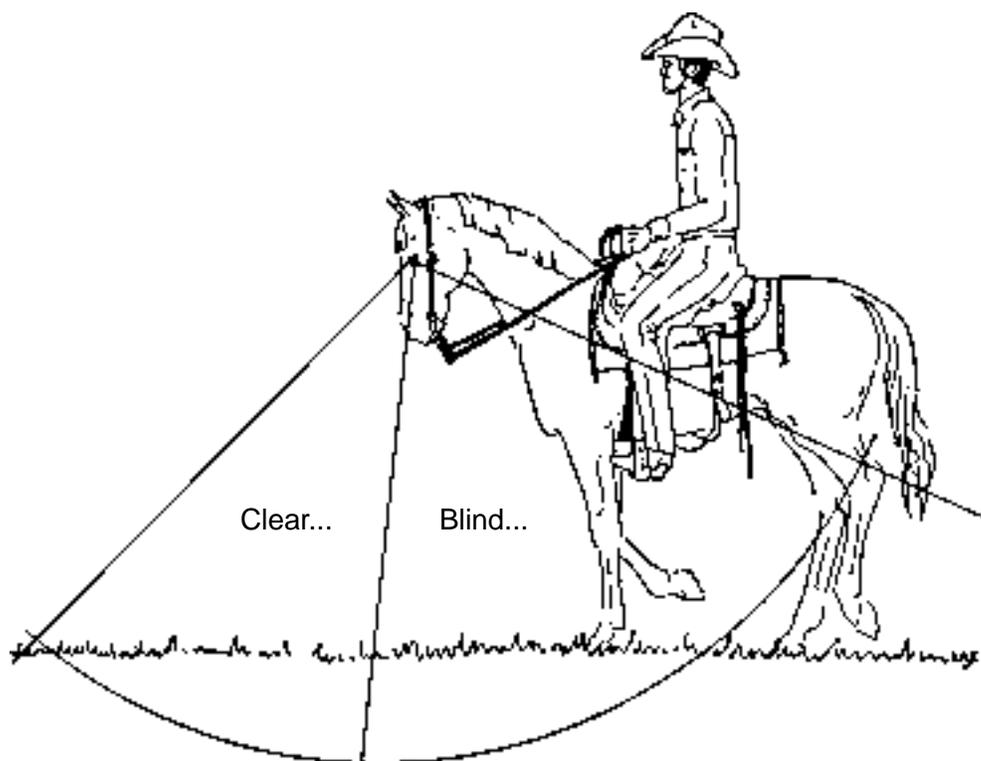
- B. *Social Behavior*. This is the way a horse functions in a group. This is an important point because “one rotten apple can spoil a whole sack.”
- C. *Sexual Behavior*. This is the effect that being a stallion, mare, or gelding has on disposition. Mares change during estrus (heat), or foaling. Stallions should never be trusted. Two geldings with a group of mares will usually separate the mares and fight over them. This is why you may be told to never put a mare in with a herd of geldings, or a second male in a herd already containing either a gelding or stallion.
- D. *Fear Behavior*. This is how a horse responds when it is afraid. It is a very important point in discipline. A horse will respond differently when it is afraid than when it is being naughty.
- E. *Protective Behavior*. This refers primarily to the mare and foal relationship, but it can also be observed in one horse protecting another.

## II. Major Senses

- A. *Sight*. Know where and how a horse sees. Many horses with shying, head tossing, and general confidence problems can be cured by education through vision. It is also possible that a horse may have near- or far-sighted problems, which can explain its seeming stupidity. Try to see yourself as the horse sees you. This will help you avoid any training inconsistencies. (See Figures 1 and 2.)

The degree of frontal or forward vision a horse has usually determines how easily it can be trained.

Horses are color blind and must depend upon brightness or lightness, rather than color, for their visual information. Thus, a metal gate may be spookier than a painted wooden gate.



**Fig. 1.** The horse with a perpendicular head set can clearly see the ground in front where it will be placing its feet at a walk, trot, or collected lope. At the gallop or run, the horse will extend its nose forward to see at a greater distance. Note the method of holding the reins which is conducive to this type of head set.

B. *Hearing.* The ears and eyes almost always work together, and therefore provide an excellent method of knowing where a horse is looking. If the ears point straight ahead, the horse is looking straight ahead. A wildly active ear can indicate blindness.

Some horses have more sensitive hearing than others. Thus, we cannot speak to all horses in the same tone of voice. Some horses cannot tolerate the sound of clippers or of a hammer hitting the horseshoe nail. These horses must have cotton put in their ears to be clipped or shod.

Horses have the ability to feel ground vibrations so slight that humans have no practical experience or acquaintance with them. These vibrations are transmitted through the limb bones, carried to the skull, and registered by the internal and middle ear. This is why horses will sometimes spook for no apparent reason and then stare off into space.

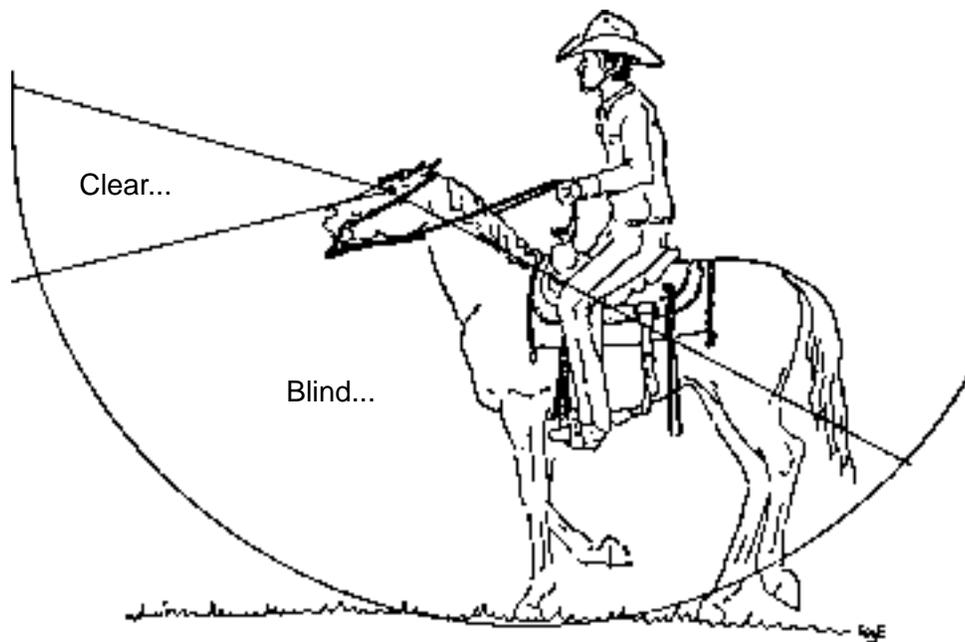
C. *Touch.* The most acute faculty of the horse is the

sense of touch. The horse is able to sense the intention and share the thrill, doubt, or loss of confidence that the handler or rider feels.

Since the horse's sense of touch is so acute, it is not a good idea to match a nervous rider with a nervous horse. The rider's tension will drive the horse to nervous "dancing," popping of the lips, darting from side to side, and even rearing. A calm, confident rider can often turn a nervous horse into a pleasant, agreeable animal.

An old saying in the field of horsemanship is: "You can lie to your parents and cheat on your job, but a horse knows his rider's soul, and to deny your horse your true emotions is to forsake his friendship."

Be sure you make every effort to find a horse that will really fit your lifestyle, will get along with your personality, will have the conformation to fit your needs as a rider, and will be a good financial investment with regard to your goals in the field of horsemanship.



**Fig. 2.** This high-headed horse would be dangerous to ride because it cannot see the ground. Reins coming out of the top of the hands and hands held high produce this type of head set.

## FITTING THE HORSE FOR SHOWING AT HALTER

The cornerstone of any fitting program is good nutrition and periodic deworming to assure freedom from internal parasites. Without proper nutrition and deworming programs, all other elements of fitting the horse will be to no avail. Ideally, when properly fitted for showing at halter, the horse will be the picture of good health and perfect manners.

One part of proper fitting is exercising or conditioning the horse every day over a period of several months. Start the horse with about 10 minutes of daily exercise and work up to 20 minutes of school exercise daily. This can be done on a long line (not shorter than 20 feet) ponied from another horse, or by itself in a round corral. The horse's legs should be protected by properly fitted shin guards and bell boots. A satisfactory substitute may be towels wrapped with ace bandage. A brisk trot is preferred to a lope or gallop for proper muscle development. If the horse tends to be a little heavy in the neck, a sweat hood or jowl sweat should be put on it while exercising. A sweat hood can simply be a plastic sack tied around the horse's neck. Leave the sweat hood or jowl sweat on for one-half hour after exercise while cooling out the horse. **CAUTION:** Do not exercise in deep, heavy ground like summer fallow, hard packed gravel, or pavement because it is too stressful on a young horse's legs.

The horse should be curried with a rubber curry and brushed thoroughly each day after the exercise period. To assure a very glossy, smooth coat, the horse should be kept out of the sun. This may mean keeping the horse in a clean stall during the day and turning it out at night during the summer months. For best results, keep the horse out of the sun and blanketed at all times. If you undertake a program of blanketing, have at least three different weights of blankets available: a sheet, a lined blanket, and a thermal blanket. If a hood is used in addition to the blanket, it should have a silky smooth lining. To prevent the horse's mane from falling out, remove the hood a portion of each day regardless of how cold the weather is.

An important part of daily care is to clean the horse's feet and apply hoof conditioner as needed. The feet should be trimmed at least every six weeks.

To prepare for a horse show, clip a bridle path or roach the entire mane depending on what looks best on the horse. This will vary with breeds and show rules. If the mane is not roached, it should be shortened and thinned as needed. The tail should also be shortened and thinned as needed. Clip the long hairs on the fetlocks and the back of the legs. Clip the whiskers as close as possible and excess hair from inside the ears. Do not trim pasture horses' ears to protect the horses from insects.

On the day of the horse show make sure the horse is clean and the mane and tail are combed. A coat dressing may be applied for extra gloss—not oily to the touch. Make sure the hooves are clean inside and out. Hoof polish can be applied. Clean the muzzle and apply a light coat of baby oil on the muzzle and around the eyes. Remove the baby oil immediately after class or the sun may blister the horse's skin. The tail can be dampened and wrapped with a tail wrap (ace bandage works well); this will be pulled off just seconds before entering the horse into the ring.

Practice the halter class routine daily, decreasing it if the horse becomes sour or ill-tempered. This is as much a part of fitting the horse for show as are exercise and grooming. Practice daily leading the horse in a straight line at a brisk walk and at a trot, as well as stopping from a walk and a trot. The horse should learn to stop when the handler stops, without jerking or pulling on the halter. Practice backing the horse, making sure it tucks its nose while backing. This will be important not only in showing at halter, but later when asking the horse to back while mounted.

Daily, rehearse having the horse stand square on all four feet while moving away from it, and from one side to the other. Practice having the horse turn on its haunches as required when leading to and away from the judge. An ideal time to practice these various elements of showing at halter is after the daily exercise period. The freshness is worked off so a horse will listen more intently, and therefore, learn quickly. **CAUTION:** Do not practice the elements of the halter class in the same order each day. The horse will begin to anticipate what is coming next, and as a result, will perform poorly in the show ring.

If properly fitted and trained, the horse will look as though it is showing itself.

Many horses are raised or trained under ranch conditions and may not be able to do all the show requirements. However, at a horse show the best presented animal will definitely have an advantage.

## EQUIPMENT

### HEADGEAR

Many different kinds of headgear are available for a horse. Anything placed on the horse's head should be to aid the handler in communicating with the horse. This holds true in the simplest maneuver, such as leading from the stall, to the most complex maneuvers of highly schooled horses. The best methods of communication most often are the simplest and the least harsh. Keep in mind that a mild form of bit or headgear can be harsh and cruel if used by misinformed or misguided hands.

The **halter** is the first headgear used on the horse—often to tie or load a horse. It may be used to longe a horse if a cavesson is not available. However, halters used for longeing (French: meaning “long” line) will not be as satisfactory as the cavesson. Some people recommend driving a two-year-old the first few times with the lines attached to the halter, thus avoiding injury to the horse's mouth until it figures out what is expected.

The **snaffle bit** is one of the first bits many trainers use on a young horse. There are several types and styles of snaffle bits, such as D-ring, eggbutt ring, and side-bar. The action of any snaffle is on the corners and bars of the mouth. Pressure on the reins transfers action directly to the bit with no leverage involved. The snaffle is used to break horses because the rider may pull the head in the desired direction without injuring the horse's mouth. Communication with the horse is easier because the rider can show the horse exactly where to go. The snaffle bit is such a versatile bit that dressage people use it on their horses. Dressage is the ultimate in disciplined training.

The **cowboy snaffle** and **tom-thumb snaffle** bits have broken mouthpieces, as does the snaffle, but have shanks that cause them to have curb bit action with

leverage. The tom-thumb is a very short-shanked bit. The cowboy snaffle is a longer-shanked bit that has more lever arm and may be more severe. Because of the nutcracker effect of these bits, both can be severe on a horse.

**Curb bits** come in a number of styles, all having the same basic action. This action is the leverage between the bars of the mouth and the curb strap or chain. The length of the shank indicates how much pressure will be transferred to the mouth of the horse with a given amount of pressure on the rein. The rider should strive to make the horse respond to lighter and lighter pressure from his or her hands.

A **pelham bit** is basically a curb bit with an area at the mouthpiece for attaching a second set of reins. This gives the rider the advantage of the snaffle bit to direct rein or pull the horse's head around, and the curb bit which causes the horse's neck to flex. For the English equestrian the curb action will flex the horse and drop its head, while the snaffle reins will raise the head. These two actions allow the rider to place the horse's head for the best balance possible. For the novice rider or trainer, the pelham may serve as a means of transferring the horse from the snaffle to a curb bit. Open English Pleasure classes allow the use of the pelham or snaffle when riding the forward seat saddle.

The **weymouth** is a light curb bit used in conjunction with a light snaffle to constitute a double bridle. This type of bridle may be considered better than the pelham because the two bits tend to stay in proper position whereas the pelham may not. Weymouth bridles are most often used on park, gaited, or dressage horses. The four reins of the weymouth have the same basic action as do the four reins of the pelham.

The rawhide **bosal hackamore** is the type considered proper equipment for 4-H'ers. The bosal is a much slower method of breaking and training the horse than mechanical hackamores, which do not have the same action as the bosal. The use of the hackamore is much the same as the snaffle bit.

No matter what type of headgear is used to train and ride the horse, the gear is not as important as the methods used to get the result. PATIENCE, CALMNESS, and PERSISTENCE are the most important factors in breaking and training a horse.

## TYPES OF MARTINGALES AND TIEDOWNS

### Standing Martingale or Tiedown

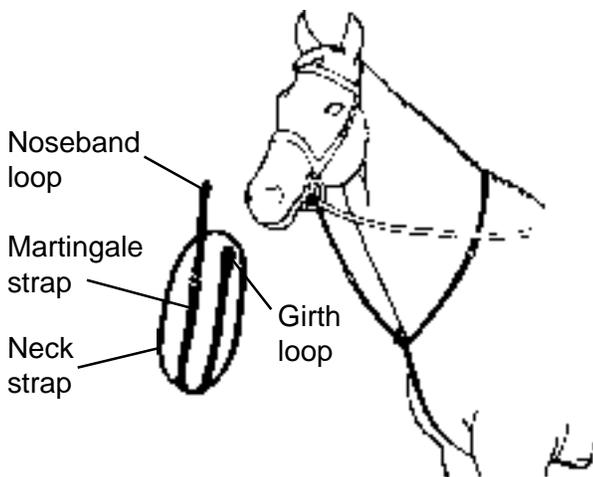
The standing martingale or tiedown must be considered a temporary device rather than standard schooling equipment.

The leather strap or cable attaches from the girth or cinch to a cavesson (noseband), or bosal, and restricts the horse from being able to raise its head beyond a certain point. A tiedown will not be allowed because it doesn't teach the horse to lower its head; it only holds the head and allows the horse to push against it. When the equipment is taken off, the horse will almost always continue to be very high-headed (see Figure 3).

### Running Martingale

The running martingale can be an asset to good training, but must not become a crutch (see Figure 4). To properly adjust the rings:

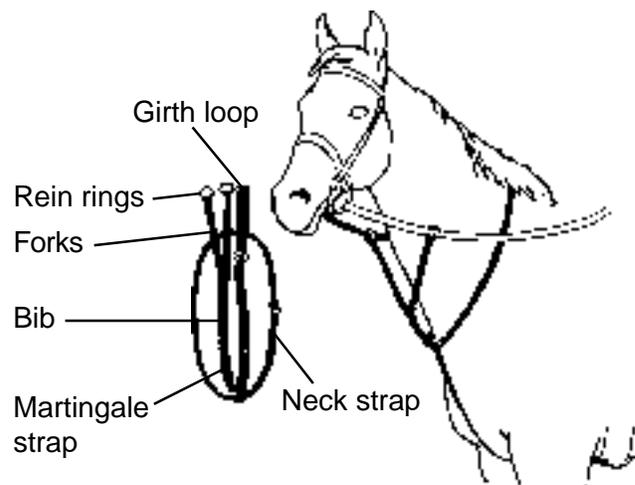
1. Draw a line from the hand held in normal riding position to the bit; the rings should pass through this line.
2. If the horse is high-headed, shorten the strap, thus increasing the angle of leverage from the mouth



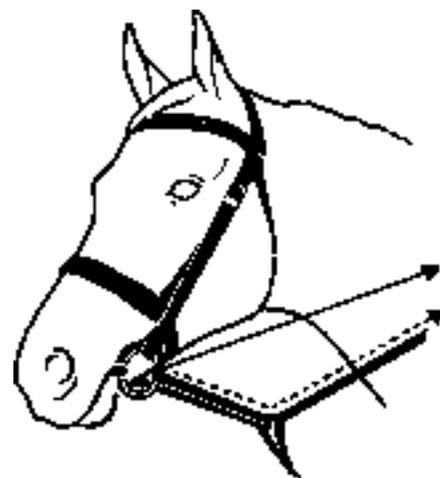
**Fig. 3.** A standing martingale attaches to the noseband. It merely prevents the horse from lifting its head too high or pushing its nose too far out. It does nothing to correct bad habits.

to the hand. When the horse resists the bit and tries to go above it, the rider's hand also resists, but doesn't pull. The moment the horse releases the pressure or tries to put its head down, the hand must yield (see Figure 5).

3. Done consistently, the horse will learn to carry its head down. As the head starts to come down, lengthen the martingale until it is back to the desired position. If the horse will work with adjustment, the running martingale really isn't needed and should be removed.



**Fig. 4.** A running martingale allows the rider to correct the horse's faulty head carriage while at the same time giving the horse plenty of freedom.

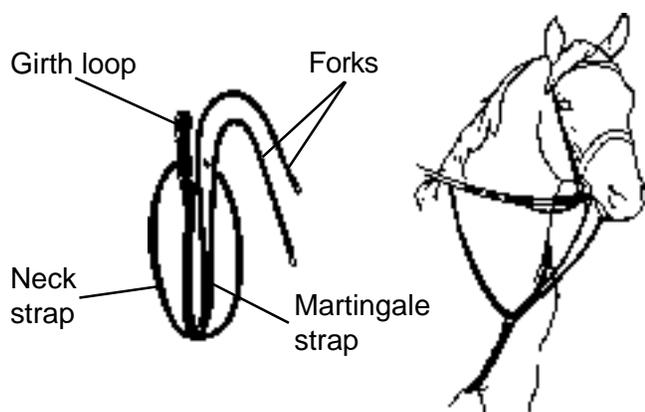


**Fig. 5.** A running martingale changes rein pressure to a downward-backward pull. This encourages the horse to tuck its head and flex.

## German Olympic Martingale

The German Olympic martingale-rein set is a version of the standard running martingale, but it provides greater lateral control. It forks into long straps which run through the bit and snap into D-rings on the reins. The forks may be snapped tighter or looser depending on how much flexion is desired (see Figure 6).

This martingale prevents the horse from thrusting its head up and out too far. If the rider holds the reins firmly, the horse cannot push its head out past a certain point. However, if the horse needs head freedom, the rider can release his or her grip. With the martingale attached through the bit, there is little, if any, downward pressure on the reins. The downward pressure appears only when the martingale is in use. The main problem with a German Olympic martingale-rein set is with the horse that overflexes; it does nothing to alleviate this problem. A regular running martingale usually works well for most riders.



**Fig. 6. A German Olympic martingale is a modified running martingale, which passes through the bit instead of attaching to the reins. It gives the rider more definite control than a regular running martingale.**

## SADDLES

The reasons for using a saddle are security, control, and comfort. Most people feel more secure when riding in a saddle, either English or Western. A higher degree of control over the horse and the rider's body is attained using a properly fitted saddle. Dressage is an example of the extreme control of both rider and horse in unison. Rider comfort becomes increasingly important as the

length of the ride increases. Riding bareback is fun, but it may quickly become uncomfortable, and is associated with a higher injury rate.

All saddles should place the rider over the center of balance of the horse. The center of balance is slightly behind the horse's elbow. English type saddles place the rider over the center of balance with ease. Western saddles tend to put the function of the saddle over the center of balance, but not necessarily the rider.

An example of this is the full double-rigged roping saddle. Texans found their horses could control a critter on a rope much easier if the saddle horn was over the center of balance rather than over the withers, as it would be if the saddle were moved forward so that the rider was over the center of balance.

The saddle should fit and be comfortable for the horse on which it will be used. It may be best to select a saddle with a deep gullet and sloped bars to fit the average horse. Sometimes horses will not respond to the trainer's cues because the saddle hurts. Examples may be the rope horse that won't stop when the rope tightens, or the pleasure horse that won't go downhill because the gullet is bumping its withers. These problems could be caused by a saddle with bars that are too wide and flat, or bars that are too narrow. Extra blankets might help if the saddle is too wide.

Some activities you may want to do with the horse include jumping, roping, barrel racing, dressage, western pleasure, saddle seat pleasure, bronc riding, breaking, and training. Many of these can be performed with the same saddle; some cannot.

Since the saddle will be the most expensive piece of riding equipment needed, a 4-H'er who is still growing may want to borrow a saddle that is the correct size. Purchasing a saddle that fits at age 12 will certainly mean another saddle before the rider reaches physical maturity.

It is not necessary to buy a new saddle to participate in 4-H, but it is important to have a proper fitting saddle for both the rider and horse. Problems in riding and training are often related to the improper fit of the saddle.

Also, silver and buck-stitching make saddles look fancier and cost more, but they add nothing to the fit of the saddle.

## English Saddle

There are three basic types of English saddles: (1) forward-seat, (2) cut-back seat, and (3) dressage (see Figure 7).

The **forward-seat saddle** is somewhat self-explanatory in that it sets the rider forward well over the center of balance. This saddle is meant for jumping and hunting and has heavy knee rolls to give the rider maximum security. This saddle may be used in Open English Pleasure class as well as for cross-country riding. The forward-seat is probably the best English saddle for the novice rider because it is the most versatile of the three types of saddles.

The **cut-back saddle** is used on gaited horses and horses ridden as Park horses, which move with much animation or lift of the legs. This animation, combined with an arched neck and head set, tend to move the center of balance of these horses somewhat to the rear of where it normally is found.

The **dressage saddle** has a deeper seat than the cut-back or forward-seat. The leathers are positioned more to the rear of the saddle than on the other two styles, allowing the rider more exactness of leg position for riding the highly schooled dressage horse. Novice equestrians will have little need for this type of saddle.

## Western Saddle

Western saddles today are mostly the same type. They are usually double-rigged (two cinches). The positioning of the forward cinch relative to the swells or pommel indicate full,  $\frac{7}{8}$ , or  $\frac{3}{4}$  rigged saddles. Full, double-rigged saddles place the horn over the center of balance, while the  $\frac{3}{4}$  rigging tends to place the rider over the center. The old Mexican center fire rigged saddle positions the rider most correctly, but doesn't allow for "hard and fast" roping. The most useful western saddle for most people is the  $\frac{3}{4}$  double-rigged saddle. It puts the rider toward the center of balance and still allows for extensive roping. Some saddles are designed to combine the points of both Western and English

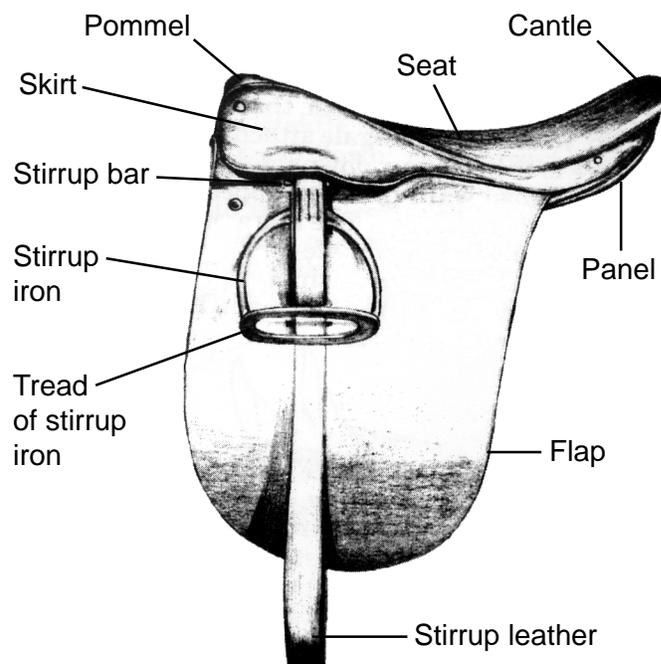


Fig. 7. English Saddle.

horsemanship. These saddles have a low ground seat which does not rise up near the pommel, and has the rigging in the skirting which reduces the bulk under the rider's legs, similar to the English saddle (see Figure 8).

### Blankets

Blankets are used to protect a horse's back. They also function to keep the saddle lining clean, allowing more years of dependable service. English equestrians usually use light pads just the size of the saddle and

flaps. It is important that the blanket fits close to the horse. A thicker blanket should be used with the Western saddle. Additional blankets help absorb the shock for a rope horse, and help keep the bars from pinching a horse with high withers. Clean blankets are necessary to protect the horse's back and prevent the spread of disease. When washing blankets, be sure to remove all the soap to prevent scalding the horse's back during the next ride.

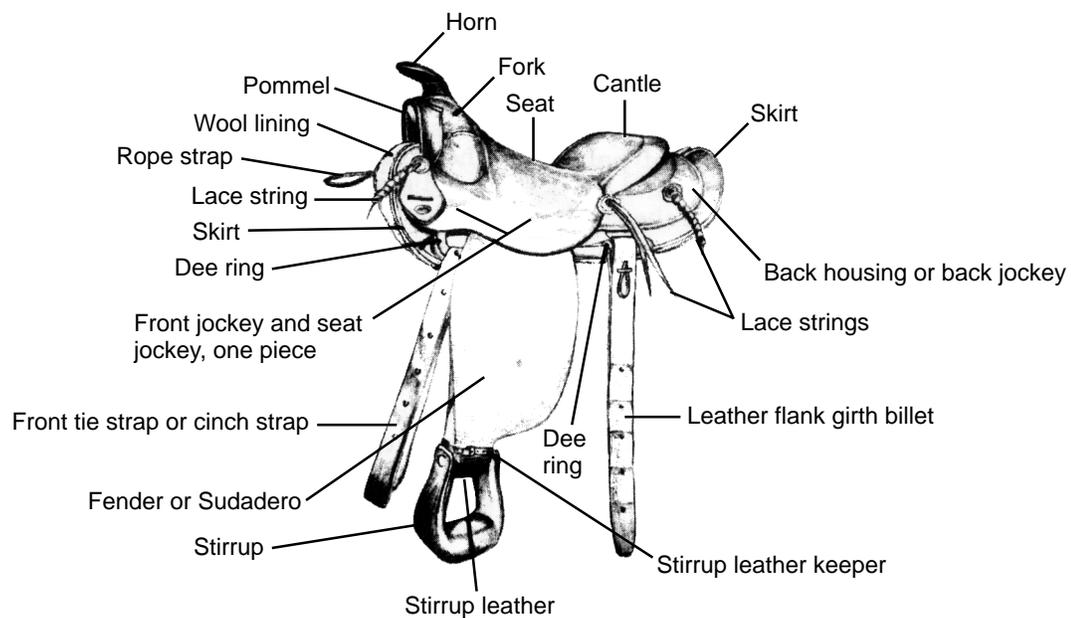


Figure 8. Western Saddle.

# THE YEARLING YEAR

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In the five-year program, the yearling project is the first step to develop a yearling, in progressive stages, until it is five years old. A year's requirements provide the foundation for the next year's requirements. The yearling year is particularly important since it is the beginning of the horse's education and will set the pattern for future training. It introduces the horse to the discipline of the handler, to being touched all over its body, and to yielding its legs to the handler. After a horse has been trained to the requirements of the yearling project, the 4-H'er should have little trouble starting the horse on the two-year-old project.

## PROCEDURE

### PREREQUISITES

Before starting the project, members should have completed at least one year of the Horsemanship Project.

### CONDITION AND TYPE OF HORSE

1. Open to yearlings.
2. Stallions, fillies, or geldings are eligible. Stallions will only be allowed in the yearling phase. Check individual show and event rules for exhibiting.
3. Find information on conditioning the horse for showing at halter on page 8, "Fitting the Horse for Showing at Halter."

### PROJECT REQUIREMENTS

1. Halter training.
2. Tying.
3. Manners and safety—description of a well-mannered horse.

4. Leading—includes walk, trot, stop, back, turning, and show pattern.
5. Picking up the horse's feet (when showing in the ring, adults may assist).
6. Standing square.
7. Be able to answer basic questions about horse nutrition.
8. Maintain records for feed, equipment, and costs.
9. Maintain health records.

### EQUIPMENT

1. The horse should be fitted with a properly adjusted halter.
2. Riders are required to wear an ASTM/SEI approved equestrian helmet when mounted. It is highly recommended that anyone working around horses, at any time, wear a helmet.
3. It is recommended that riders wear riding boots for safety, and long sleeve shirts. Western attire should be worn in Western classes, English attire in English classes. Check individual show or event guidelines for specific rules.

### SHOWING THE YEARLING

1. Enter the ring by leading the horse on the left side and circle the ring in a counter-clockwise direction.
2. Line up in a straight line as directed by the ring steward. Leave at least 10 feet between horses for safety and be sure the horse is standing square on all four feet (see Figure 9). Always be in a position to see the horse and the judge. Stand at the front, slightly to one side of the horse, facing it. English exhibitors can stand more directly in

front and farther away (up to six feet). Western exhibitors must be closer and show according to their association or county rules.

If the judge approaches from the right, stand to the front and left of the horse. After the judge passes, step to the right front. Do not change hands on the lead rope. Do not stand directly in front of the horse.

If the judge approaches from the left, reverse the procedure. Move quickly and smoothly to either side without drawing attention to yourself.

When the horse is in place, step back a foot or so, holding the lead approximately two feet from the halter. If the horse steps out of position, quickly reposition it with the least possible disturbance. If the horse becomes uncontrollable, ask the ringmaster to be dismissed. A horse that gets away, or is unmanageable or dangerous, will be disqualified.

If the judge asks for the horse to be moved to another position in the line, back it out promptly and lead it into the new position. Speak calmly to the horse while moving, or when another horse is moved in close to you.

3. Ask the ringmaster questions if needed.
4. Be ready and prompt when called. Unless otherwise instructed, lead to the judge at a brisk walk, pause, turn the horse to face directly away from the judge (always turn to the right unless turn is less than 90 degrees). Looking forward, lead

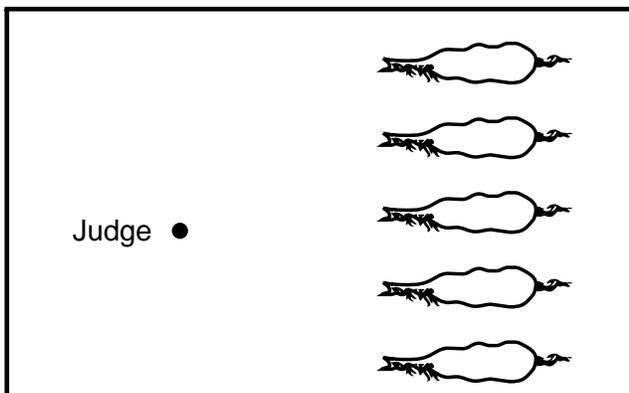


Figure 9.

straight away at a brisk walk far enough so the judge can see the horse travel. When the turning point is reached, stop the horse, hesitate (no longer than two seconds), make a right turn about on the haunches by gently pushing the horse away from you. Then walk or trot the horse, as instructed, in a straight line back to the judge. Stop six feet from the judge and set up the horse (see Figure 10).

5. Back the horse by turning to face it, change hands on the lead shank, and back straight back for about ten feet. Change hands on the lead shank again, lead the horse forward, and stop in front of the judge.

Lead horse at a brisk walk or trot as directed. After right turn, allow horse to walk several paces before the trot.

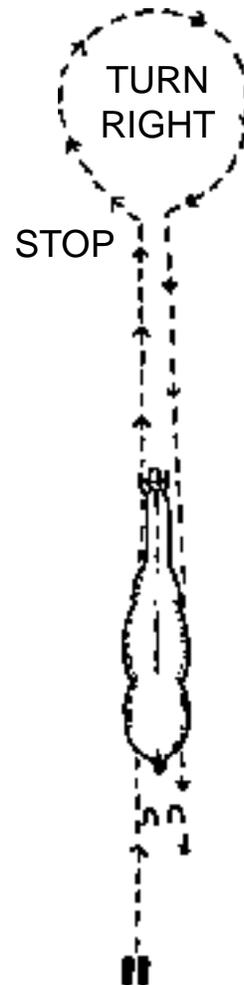


Figure 10. Pattern for showing light horse individually at halter.

6. Pick up the horse's feet as directed by the judge. (The local committee may elect to have someone hold the horse while the 4-H'er is picking up the horse's feet.)
7. Answer the judge's questions concerning parts of the horse, feeding, diseases, and unsoundnesses of horses. (Remember to recognize the judge as an official. It is appropriate to address the judge as "sir" or "ma'am".)
8. When dismissed, lead around the judge rather than between the judge and the other horses. Re-enter lineup from the rear.

## **SUGGESTED JUDGING CRITERIA**

Check individual show and event rules for specific judging criteria.

The class will be judged on the following basis:

Performance and manners	30%
Soundness and body conformation	50%
Appearance of horse and exhibitor	20%
	100%

Ribbons may be awarded on the following:

Blue	90%-100%
Red	75%-89%
White	74%-Below

## **FAULTS IN SHOWING AT HALTER**

1. Allowing the horse to remain out of position.
2. Exhibitor using his or her feet to move the horse's feet.
3. Failure of the horse to lead up properly.
4. Failing to stop before turning when showing at the walk or trot.
5. Failure to back on the halter.
6. Loud voice commands to the horse or other unnecessary actions.

7. Horse refusing to have its feet picked up.
8. Horse kicking.
9. Discourtesy to other exhibitors.

## **PREPARATION**

### **HALTER BREAKING**

It takes a lot of time to gain a horse's trust. Start handling the horse at an early age—if possible, while it is still on the mare. Handle it in a very slow and careful manner. If the horse becomes scared, it will be even more difficult to begin training. Halter breaking the horse will be one of the hardest and most important parts of training. The training pattern is started at this time.

When first catching the horse, always stay out of positions in which it could strike or kick. Make sure the halter is adjusted properly. The lead rope should be a type that will not give a rope burn to either the horse or handler. A soft cotton rope works well. The suggested length of a lead rope for use in halter breaking is ten feet.

### **TYING THE HORSE**

Always tie the horse to an object that is solid enough it cannot be moved or broken. Halters and lead ropes should be strong enough to withstand the horse's efforts to break loose. A nylon halter made of 1" to 1 1/2" flat nylon material in good condition is recommended. The lead shank should be made of cotton rope, 3/4" to 1" diameter, and about ten feet long. If possible, tie the horse to a post five feet or taller that stands in the middle of an open space. Never leave the horse unattended, or tied near materials it could become tangled in, such as poles, planks, or anything made of any type of wire.

Tie the horse long enough so that if it falls it can get up, and yet short enough to prevent the horse from hitting its head on the ground. A distance of about two feet between the post and the halter is usually considered safe. The best distance may vary with each horse and conditions at the time. Tie the horse for no more than five minutes a day for the first week. Slowly increase

the period of time the horse is tied. It is best to wrap the lead rope around the post twice, then tie a slipknot around it. Leave a small loop through the knot. Leave the end hanging out the starting side of the knot so it can be pulled loose.

## LEADING THE HORSE

Start leading the horse by walking along its left side with the shank of the lead in your right hand (see Figure 11). Use a rump rope around the horse's hindquarters to encourage it to lead forward easily. Start teaching the horse to lead no more than 10 minutes a day, then work up to 20 minutes a day. If the horse has been tied and handled often, it should resist very little.

Always lead from the horse's left side, walking forward with your shoulder parallel to the horse's neck. Walk about an arm's length away from the horse. Hold the lead about 12 inches from the halter and carry the loose end folded (not coiled) in your left hand. *Never hold the halter; this has a claustrophobic effect on the horse.*

## BACKING THE HORSE

It works best to teach a horse to back before teaching it to stand. To teach the horse to back, stand facing the near side of the horse's head with your left hand on the snaffle bit or hackamore reins. Push and slack the



Figure 11. Leading at Halter.

reins easily and say, "Back." With the thumb of your right hand, push on the horse just inside its shoulder joint, where the neck and chest join. If the horse won't back, push harder with your left hand. If the horse does step back, immediately stop and reward it with a pat on the neck (see Figure 12).

If the horse doesn't back with thumb pressure, you can use a light, stiff whip on its chest. Do everything the same, except tap across the chest with the whip held in your right hand. Be careful, some horses will come ahead instead of back. If the horse will back a step or two on two or three different tries, that is enough for the first day.

Repeat the lesson until the horse will back several steps easily; this may take four to eight sessions. Don't try backing away from the barn or other horses. You would be fighting the horse's very basic instinct of leaving security. It may help to back out of the corner of a fence. End the session as soon as the horse does what you want.

## TEACHING THE HORSE TO STAND SQUARE

When the horse has learned to back well, you can begin teaching it to stand square. Do this by teaching it to stay in a set position without moving sideways, forward, or back, for a certain period of time. Here again, do not work the horse too long at one time. Start by

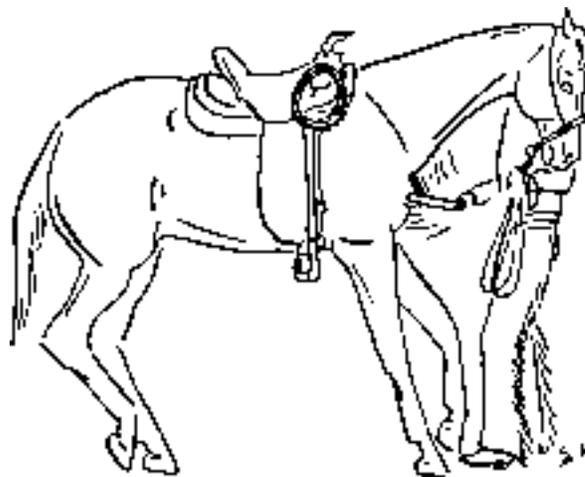


Figure 12.

making the horse stand still for about two minutes, then gradually increase the time period. If this fails, repeat, first backing the horse.

After the horse has learned to stand still at the command “Whoa,” you can begin training it to stand with all four feet square. (NOTE: Use of the handler’s foot to nudge the horse is acceptable during training, but not permitted when showing in a class.) Start with the hind feet. Get the horse to place its right hind foot, then lead forward or back one-half step so the left hind foot checks even with the right. (see Figure 13). At first you may have to pick up the left hind foot and place it even with the right hind foot. As soon as this is accomplished, reward the horse with a friendly voice and a pat on the neck. Don’t worry about the position of the front feet. Continue this procedure for a week or two until the horse will place its hind feet even with a minimum of direction from the halter.

To train the horse to place its front feet, first have it stand correctly on the hind feet. Then, using the toe of your boot maneuver one foot forward or back until the horse is standing square. You may also need to use your hand on the halter leading from side to side, forward and back to correctly position the front leg. Don’t demand perfection at first. As it comes close to the ideal stance, congratulate the horse with a friendly voice and pat on the neck, then let it stand (see Figure 14).

It is better to do two sessions a day when practicing, rather than one long session. This should be done daily; don’t skip several days between sessions.

## PICKING UP THE HORSE’S FEET

**Front Feet.** Hold the lead rope short enough in your left hand to keep the horse still. Place your left hand on the shoulder of the horse to steady yourself and have a feeling of the horse. Run your right hand down the horse’s left front leg and pick up the foot. Hold it long enough for inspection by the judge; release the foot gently back to the ground. When picking up the right front foot, move to the offside of the horse, reverse hand positions, and repeat the procedure.

**Hind Feet.** Stand close to the left side of the horse and hold the lead rope in your left hand tightly enough

to keep the horse’s head steady. Still holding the lead rope, place your left forearm along the horse’s back. Keep the lead rope under your elbow for leverage. Run your right hand down the back of the horse’s hind leg. To relax the horse, begin well up on the hindquarter. Pick up the foot and hold for the judge’s inspection; release the foot gently back to the ground. To pick up the right hind foot, move to the offside, reverse hand positions, and repeat the procedure.

**NOTE:** It is preferred that both front and hind feet be picked up on the near side first before the contestant moves to the offside. A demonstration by a farrier would be valuable.



Figure 13. Use halter pressure to set up squarely.

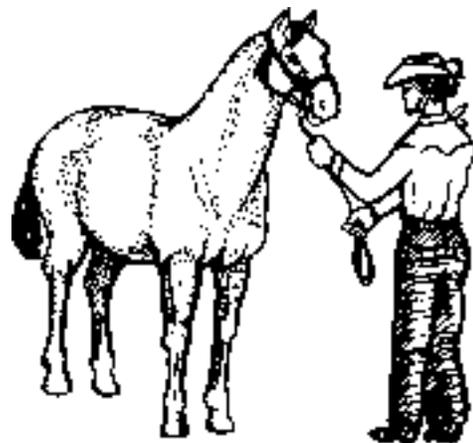


Figure 14. Horse set up squarely.

# THE TWO-YEAR-OLD HORSE

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The two-year-old project requirements have been designed to continue the progressive training of the horse. They will include bridling, saddling, mounting, reining, and beginning riding.

## PROCEDURE

### TYPE OF HORSE

1. Open only to two-year-old fillies and geldings.
2. Stallions are not eligible.

### PROJECT REQUIREMENTS

1. Proper bridling and unbridling.
2. Proper saddling and unsaddling.
3. Back the horse one horse length from the ground exhibiting your control, and the horse's response through the bridle.
4. Mounting and dismounting the horse.
5. Riding under saddle.
6. Direct rein of the horse.
7. Ride under saddle at a walk, trot, and canter, showing recognition of proper lead. (Refer to Three-Year-Old section for leads.)
8. Halt the horse from a walk.
9. Maintain records for feed, equipment, and costs.
10. Maintain equipment in good working condition.
11. Be able to answer questions related to basic nutrition, management, horse anatomy, and equipment.

### EQUIPMENT

1. Entries must be shown with either a Western or English saddle. Spurs are permissible, but not encouraged.
2. Two-year-olds will show best with a ring snaffle bit or a rawhide noseband hackamore (bosal). The use of a running martingale or German Olympic martingale are permissible, but not mandatory. Other martingales, tie downs, and bits are not permitted. (See Equipment section, pg. 9).
3. Riders are required to wear an ASTM/SEI approved equestrian helmet at all times when mounted. It is highly recommended that anyone working around horses, at any time, wear a helmet.
4. It is recommended that riders wear riding boots for safety, and long sleeve shirts. Western attire should be worn for Western classes, English attire for English classes. Check individual show and event guidelines for specific rules.

### INSTRUCTIONS TO RIDERS

1. Horses will be direct reined only.
2. Spurs should not be used forward of the cinch.
3. While the horse is in motion, the rider's hands should be clear of the horse and the saddle, except to prevent a fall.

### WORKING

The horses will be judged on their ability to perform the following:

1. Walk, trot, and canter both directions in the ring. Show recognition of proper leads. The horse must

follow its head and show flexion. The change in gait will be progressive: walk, to trot, to lope, to trot, to walk (see Figure 15).

2. A halt (not sliding stop) will be asked for from the walk.
3. Line up in center of the ring.
4. Unsaddle in combinations at judge's discretion.
5. Saddle in combinations at judge's discretion.
6. Back horse six to ten feet while dismounted.
7. Mount as judge indicates, ride forward out of the line to the judge, and halt.
8. Judge may question the rider to determine knowledge of equipment, horse, training techniques, and nutrition.

## FAULTS OF THE HORSE AND RIDER

The following characteristics will be considered faults:

### 1. Equitation Faults

- a. Improper saddling
- b. Improper mounting and dismounting
- c. Bouncing in saddle at any gait
- d. Heavy handed
- e. Jerking the horse's head
- f. Excessive whipping or spurring
- g. Incorrect foot, leg, and body position of rider while mounted

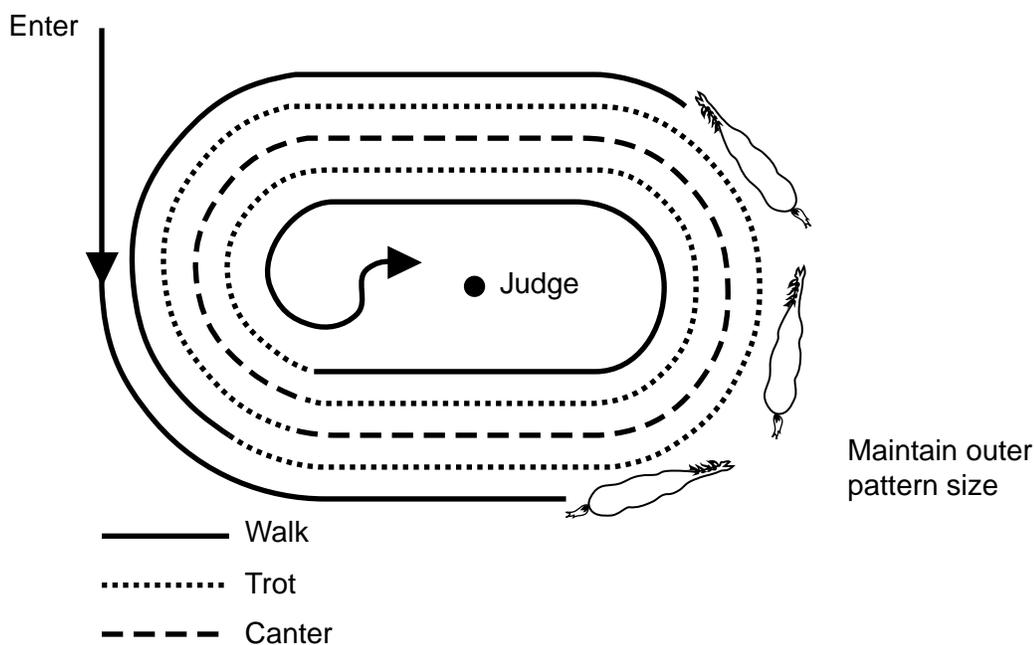


Figure 15.

## 2. Horse Faults

- a. Opening mouth, throwing head
- b. Nervousness
- c. Switching tail
- d. Moving while rider mounts or dismounts
- e. Breaking gaits
- f. Unwillingness to back on command
- g. Failure to properly execute any of the required movements
- h. Failure to yield or give to the bit

## PREPARATION

### WHAT TO KNOW BEFORE RIDING

The secret of all training methods is to get the horse to do what you want with the least amount of resistance. Horses learn by habit. Know what you want from the horse and ask for it exactly the same way each time. BE PATIENT.

Be careful not to ask the horse to learn too much too soon. A confused horse will lose interest and become balky and sour. Training a two-year-old is done from the ground and the saddle. Teaching certain things from the ground will make it easier for the horse to do them with you mounted; for example, backing. A true equestrian does not spend all of the time in the saddle.

Each horse responds differently to training; some learn more easily and rapidly than others. Learn to recognize how your horse is progressing and when to advance the training.

Riding a two-year-old for 60 days (2 months) will be all the time needed to accomplish the requirements in this project. Overuse of a young horse can hurt it physically, as well as mentally. The last 30 days of riding should be done almost entirely outside the confines of the corral or ring. No more than 10 to 15 minutes of riding a day should be spent in a corral or ring. Follow-

ing cows or trail riding are good experiences for a young horse, and can help keep up its interest.

## TRAINING THE TWO-YEAR-OLD HORSE

**Supervision or assistance from an experienced adult will be necessary.** Groom the horse each day to help it relax. Start all training sessions by suppling the horse with a five- to ten-minute walk.

### 1. The Longe Line

Longe line training is very useful for early training on young horses. A longe line may be a lariat or light nylon rope not less than 30 feet long. One end is fastened to the halter and the rest of the rope is held in your hand. Stand in a small area and work the horse as it circles around you on the line. Do not attempt to use small diameter ropes since these tend to tangle instead of coil properly.

Up till now you have trained the horse to walk by your shoulder. Patience is now required to teach it to circle around you.

Start by teaching the horse to walk a small circle around you. As the horse learns and responds, increase the size of the circle by increasing the amount of line you let out. A light whip may be used to make the horse move out. But, never strike the horse hard; a touch of the whip or a light flick on the hindquarters is sufficient. Soon a whip will not be needed.

Figure 16 shows the position you need to be in to keep the horse moving around you. It is possible to train the horse to stop when you step forward from this position.

After the horse has learned to circle freely at a walk and stop when you step forward and say "Whoa," begin working at the trot and slow canter. Always circle equally in both directions so the horse will develop muscles and skill working in both directions. This is an excellent way for the horse to learn and use the correct leads at the canter and develop a natural balance and grace without the weight of a rider.

Do not work the horse at the faster gaits in a small circle. This will cause it to develop a swinging action of the feet and legs. Keep the circle large.

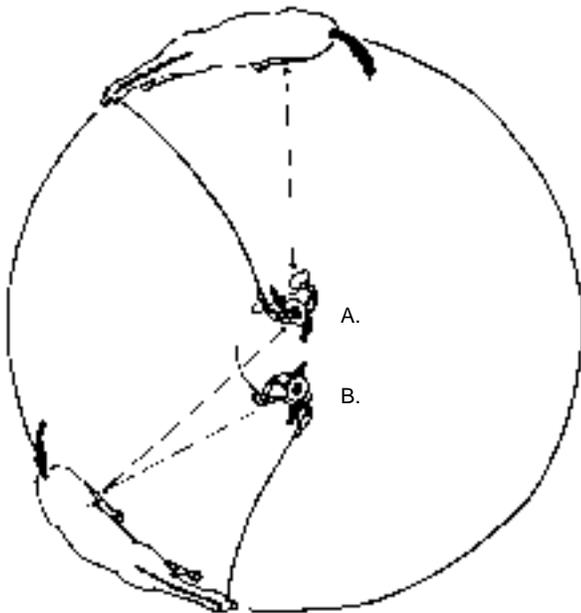
Always use the same voice commands, and soon the horse will respond to these words.

Use a longe line for regular exercise and training periods. This is a good way to exercise the horse at a show. Both young and old horses should be trained to respond to the longe line.

Learn the fun of training and working the horse from the ground. You will experience a difference in the way it responds when you do ride.

## 2. Bridling

Gently slip on the bridle, being especially careful around the horse's eyes and ears. Sometimes it may be



A. Stand in position from hip as shown ("behind" the horse) to keep the horse moving.

B. Step "forward" to get "ahead" of the horse to signal a stop.

Note the angles formed by the longe line and dotted lines at the two positions.

Figure 16. Working on the longe line.

necessary to open the horse's mouth. Do this by putting your thumb in the corner of the mouth where there are no teeth, and press down on the tongue and jaw. If this doesn't work, try pressing the horse's lip against a tooth until it hurts enough to open the mouth. You will have the most trouble getting the horse to take the bit the second or third time.

During a show, the judge may ask you to unbridle and bridle the horse.

**Unbridling.** Put a rein around the horse's neck, undo the throat latch, take the head stall off near the horse's ear, then off the ear; don't drop the bit against its teeth. As the horse opens its mouth, let the bit fall from the mouth.

**Bridling.** Hold the head stall in your right hand, lift and guide it into the horse's mouth with your left hand.

**Proper Adjustment.** The head stall should be adjusted so the snaffle bit is snug against the corners of the horse's mouth.

## 3. Saddling

**Preparation.** As the horse approaches two years of age it should be getting ready for saddling. If you have worked patiently and frequently with the horse, it should not fear movement close by, but to help it conquer any remaining fear, tie the horse and rub it with a soft sack. Then work the sack over and about its body and legs. The same thing can be done with a soft cotton rope by drawing the rope back and forth across the horse's body.

The next step is to use the saddle blanket. Lead the horse around until it is completely quiet, then let it smell the blanket. Slip the blanket over the horse's neck and withers, pushing it back into the proper position. Continue this until the horse accepts the blanket without moving.

Now a surcingle (strap) can be slipped on and tied moderately tight. Then lead the horse around a few times. Repeat this until the horse no longer flinches. The surcingle can then be fastened snugly around the girth. If the horse starts to jump and fuss, put your hand against the surcingle and push the horse away from you. This keeps the horse's movements in a short circle, which prevents a lot of jumping.

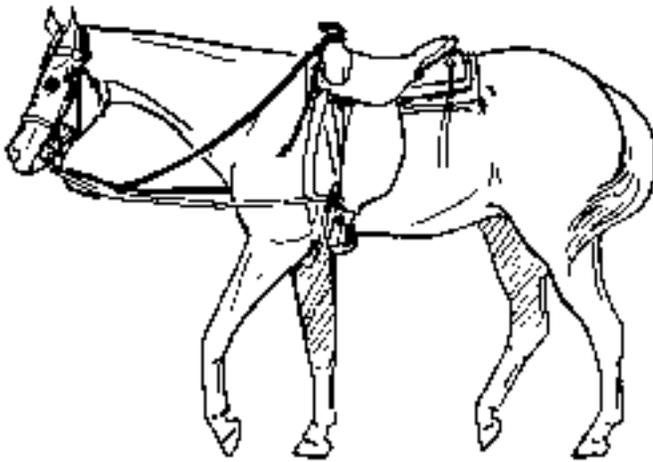


Figure 17.

**Saddling.** The horse is now ready to be taught the feel of a saddle. Slide the blanket on and off several times until the horse is used to it. Then slip on the saddle, cinching it only moderately tight with a single cinch. Lead the horse around the corral at a walk while it gets accustomed to the feel of the saddle. During this session, lead the horse close to you and turn it either way. As the lessons progress, gradually tighten the cinch and continue to lead. Saddle and unsaddle several times to get the horse accustomed to the saddle before ever mounting. After leading the horse with an empty saddle, some trainers like to tie up the bridle reins and turn the yearling or two-year-old loose to trot and canter until it is accustomed to the feel and squeak of the saddle and swinging of the stirrups. If the horse bucks, catch it and lead at a walk before turning it loose again with the reins tied up. (See Figure 17.)

**First saddling and bridling.** Reins are tied loosely to cinch rings. Halter rope should be tied shorter if there is any chance the horse might try to buck.

At this point, some trainers teach the horse to drive so it will learn responses to the bit. Cotton rope lines, 0.3 inch diameter and 20 feet long, are attached to the bit and passed through the saddle stirrups for driving lessons. In the first lesson the line on the near side is left out of the stirrup. If the horse turns and looks at the trainer, this near line can be used as a lead to straighten the horse. After the horse is accustomed to driving, the near line can also be passed through the stirrup. This training teaches responses to the bit and lets the horse become accustomed to having ropes touch its hind legs.

Training the horse to back can also be started at this time.

#### Procedure in Show Ring

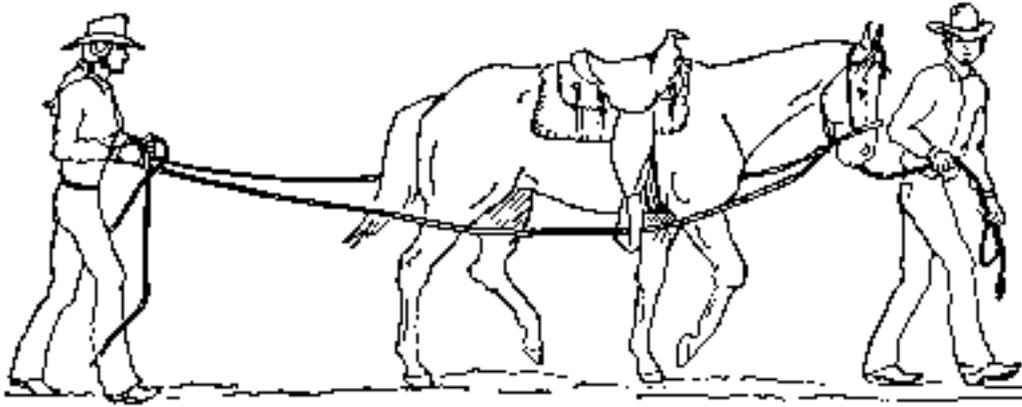
- a. Undo rear cinch.
- b. Undo front cinch.
- c. If you have a breast collar or martingale, undo it before front cinch.
- d. Gently slide saddle and blanket off horse on near side.
- e. Lay saddle on ground to the left and front of the horse, lay saddle blanket on top of saddle.
- f. Saddle at judge's request.
- g. Put blanket on horse far enough forward to slide it back into position. This helps the hair lay properly.
- h. Put offside stirrup and cinches over the seat of the saddle.
- i. Lift saddle carefully onto horse's back.
- j. Step around front of horse to offside and put cinches and stirrup down.
- k. Back on near side, reach under horse to get front cinch and hook it up; then, rear cinch and breast collar, if present.

#### 4. Bitting-up

There are several methods of bitting-up. One example is to run the reins to the cinch or D-ring on each side and tie them there. If the reins are long enough, run them through the ring to the horn and tie. Leave them loose enough that they will not touch the horse's mouth even with its head raised. Tie the halter rope to the horn. If the horse might try to buck, tie the halter rope short enough to keep its head up. Let the horse work around the corral carrying the saddle and worrying with the bit for 30-60 minutes if you choose.

After the horse has been saddled two times you may teach it to give to pressure on the bit, flex at the poll, and flex its body to the left and right.

Each day the horse is saddled, shorten the reins when tying them to the cinch or D-rings. Use a short piece of rubber between the rein and cinch to allow some give



**Figure 18. First driving.** A helper leads the horse around the corral as the driver gently works the lines on the rear legs. Although not pictured, stirrups should be tied together under the horse's belly with a light rope to prevent them from flipping up.

for the horse and still apply pressure. After four or five days the reins should be short enough to make the horse flex at the poll.

During this process, don't leave the horse bitted to the cinch longer than 10 or 15 minutes. This is an unnatural position that will take some getting used to.

Rarely will a horse carry its head too low. Don't worry if the head seems too low at first; it is easier to bring a horse's head up than down.

## 5. Driving

The next step will be to teach the horse to respond to cues through the bit. A good method is to drive the horse in double lines. At the same time you will teach it to carry the weight of the saddle (see Figure 18).

If the horse has been worked on a longe line, it should be no problem to drive. If not, it is a good idea to have someone help you get the horse to move.

### **Additional equipment needed to drive the horse:**

- two 20- to 30-foot ropes about 3/8 inch in size, preferably with snaps on one end; and
- a light rope (baler twine will do) to tie the stirrups together.

Once the horse has been gentled properly, you are ready to drive. Start by going through your procedure

of suppling the horse, then saddle it and tie the stirrups together under the horse's girth.

Hook the driving lines to the halter or hackamore. Don't hook to the snaffle bit at first, in case the horse should fight, and jerk on its mouth.

When the lines are attached, have your helper lead the horse around the breaking corral. Follow directly behind at a safe distance from the horse. Work the lines gently against its rear legs to let it know they are there. After about three times around the corral, have your helper gradually get away from the horse. If the horse stops, encourage it to move with your voice and gentle slaps with the lines. Be patient, this is entirely new to the horse. If it doesn't want to move, you may have to slap harder with the lines, and may even have your helper lead again. When the horse does move by itself, it may want to come to you. Avoid this by pulling hard on the outside line, at the same time moving yourself rapidly to stay directly behind the horse. When you get around the corral three or four times without too much trouble, reward the horse by quitting for the day.

With double lines, the horse turns away from you and toward the fence using the corners to make the turns. Pull easy on the lines when turning; never jerk on them. Yield with the reins, but do not lose contact with the mouth. The first few times you turn, the horse will probably fight the pull on the line. To avoid hurting its mouth, fasten the line to the halter or hackamore, rather than the snaffle. When the horse starts to respond well to the pull—usually in three to five days—you can drive with

the snaffle. Driving in a hackamore is especially effective since the pulls are very similar to the way the reins pull when riding.

Driving a horse for a week to ten days is an easy way to teach it a few important lessons.

- The horse learns to move with you behind it, which is more similar to your being on top of it than leading would be.
- The horse gains experience carrying the weight and feel of the saddle, the movement of the stirrup, and touch of the lines on its legs.
- The horse learns to turn in response to pulls on the snaffle or hackamore. Since the lines are run through the stirrup, this pull will be low, encouraging the horse to flex at the poll.

When you start riding the horse, remember to keep your hands low to simulate the same pull on the reins as in driving.

## **6. Mounting and Riding the Horse**

When the horse is driving well you are ready to start riding. To mount, hold the reins in your left hand and put your right hand on the saddle horn.

Stand in the left stirrup for a second or two to check the horse's reaction, then step down. Do this two or three times, talking quietly all the time. When the horse stands quietly, step up as before, and slowly put your right leg over and ease down. Don't drag your foot or leg over the horse's rump.

When you have both feet in the stirrups take hold of the reins with both hands.

At first the horse probably will not want to move. Provide some encouragement by pulling its head around to your leg. It doesn't matter which way you pull, the horse should give because you have been guiding it with the driving lines. As you pull the head, nudge your heel against the same side, and the horse should start to turn.

As soon as the horse moves, loosen the rein and nudge with your opposite heel. The horse should start to walk. Allow it to wander on its own for a while, then command "whoa" and pull slightly on the reins. When

the horse stops without a problem, nudge forward again. Continue starting and stopping until the horse does it fairly easily. Once the horse is following your commands, it is time to quit for the day. Fifteen to 30 minutes of concentrated riding at one time is plenty.

You are now ready to urge the horse into a trot with leg pressure and heel nudges. The horse can trot squarely and balanced with its head correct even though the reins pull downward through the running martingale. The running martingale and snaffle will minimize pressure on the bars of the mouth if the horse should "spook" and lunge into the reins.

Train the horse for about a week in a walk and trot; practice a lot of turning. The horse should respond to light rein pressure and have its legs collected well under it when turning. Turn the horse into a fence during this training.

Before loping the horse be sure you have control of its head. If a horse is ever going to pitch, it will likely happen the first time you give a command for the lope. The best way to start loping is by putting the horse into a trot, and then urge it faster.

When the horse is in an extended trot, cue for the lope by shifting your weight slightly to the inside stirrup. Keep your lower leg firm against the front cinch and urge forward with your heel behind the cinch on the opposite side. If the horse charges or tries to bolt, restrain it with intermittent pulls and releases on the reins.

At times you will think you have the greatest trotting horse of all time before it finally breaks over into a lope. Then the horse may lope for only four or five strides and go back to trotting. Or it may try to bog its head and pitch when it first breaks over. If this happens, pull on the reins and command "Whoa." This is where your groundwork really pays off; the horse will know what "whoa" means. Begin again by encouraging it to lope. It will not take long until you have the horse loping willingly around the pen.

## **7. Backing**

With the horse standing still, command "back" while pulling and releasing the reins. Backing is difficult for

some horses. They seem to freeze and absolutely cannot move a foot back. If you have difficulty getting the horse to back, practice backing from the ground. Read instructions for backing in the Yearling section of this manual.

## 8. Stopping at the Walk

It is essential to teach each new move to a horse at as slow a gait as possible. This is very important in something like the stop. Teach a horse to stop when it is tired and wants to stop. However, cues are learned better when the horse is fresh, so you may want to use things like a barn or corral fence to help you. Following is one sequence which might be used as you ride to a fence or barn.

1. Say “Whoa.”
2. Sit down to put all your weight in the saddle seat, if you are not already sitting. Do not lean back.
3. Briefly squeeze with your knees and upper legs to help signal the horse to stop.
4. Say “Whoa” again.
5. If the horse stops, reward it. If it doesn’t—and most horses won’t in the beginning—pull and slack easily on the reins, keeping your hands low until it does stop.

If you ride at all gaits by sitting down tight in the saddle, you may wish to try the following method of cuing for the stop:

1. Say “Whoa.”
2. Squeeze with your knees and calves.
3. Roll up on your knees slightly.
4. Pull on all the reins as necessary.
5. Sit down as the horse stops.

Work on stopping at the walk until the horse will stop without using the reins. Do not stop too often, maybe four to six times per session. As soon as the horse makes a good stop, reward it by ending the stopping lesson for the day.

If you need help, ask for it any time during the training process. Doing it right the first time with assistance is better than teaching the horse a bad habit because you couldn’t accomplish what you wanted by yourself.

Once you have started riding the horse, simply ask it to carry you at a walk, trot, and canter for about the next 60 days.

Start all training sessions the same, give cues the same every time, and end the session once you have gotten the desired response.

## 9. Rein Effects

### Two Reins of Direct Opposition.

Both hands must produce tension evenly with the head and neck kept straight. This rein effect is used for slowing, halting, or backing the horse (see Figure 19).

### One Rein of Direct Opposition.

This rein effect is normally used for sharp turns and usually slows the speed of the gait. The active hand is carried slightly outward and then increases tension to the rear. The passive hand must give as much as the active hand has taken in order to produce the true effect (see Figure 20).

### The Leading Rein.

A leading rein does not reduce speed and is usually used for wide turns. With this rein effect the hand is carried outward and in the direction of the turn. Once again, the passive hand must give as much as the active hand has taken (see Figure 21).

### The Rein of Indirect Opposition in Front of the Withers.

For a right flexion, the right hand is carried to the left in front of and across the withers. This shifts the horse’s weight to its left shoulder. This rein effect is used for a turn on the forehand (see Figure 22).

### The Rein of Indirect Opposition Behind the Withers.

The right hand is carried partially to the left but does not cross the neck for a right flexion. This puts weight on the left hindquarter and is normally used for a turn on the haunch (see Figure 23).

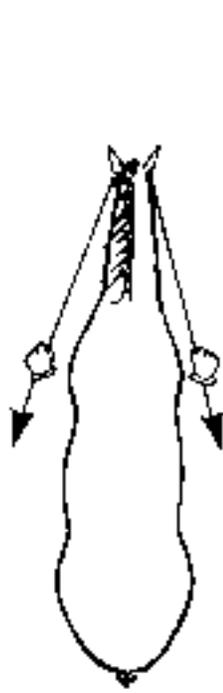


Figure 19.

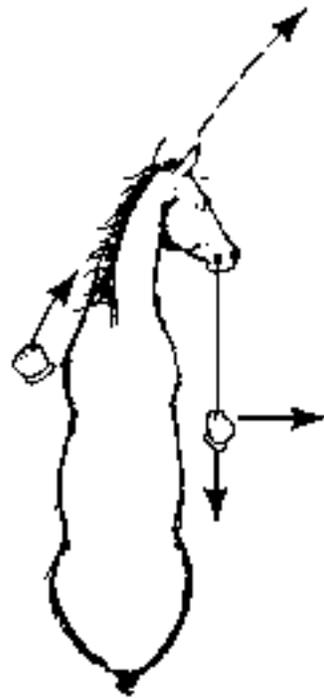


Figure 20.



Figure 21.



Figure 22.

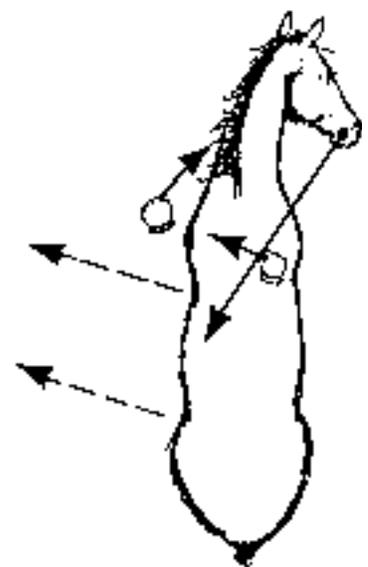


Figure 23.

# THE THREE-YEAR-OLD

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The three-year-old requirements have been designed to continue the process of improving the horse's suppleness by teaching it to:

- take a longer and a shorter stride;
- move its hindquarters left or right by yielding to the rider's leg;
- curve its body to the left or right from the poll to the root of the tail in conformity to the size of the circle it is making; and
- take the proper lead at the canter.

## PROCEDURE

### TYPE OF HORSE

1. Open to three-year-old mares and geldings.
2. Stallions not eligible.

### PROJECT REQUIREMENTS

1. Walk-jog-lope-stop on the rail with correct leads. Be able to extend (lengthen stride of each designated gait).
2. Stop from trot.
3. Back while mounted.
4. Simple change of lead (drop lead).
5. Turn on a forehand pivot.
6. Be able to recognize leads on the horse when mounted.
7. Turn around the haunch.

8. Maintain records for feed, equipment, and costs.
9. Maintain health records.
10. Demonstrate a knowledge of equipment, management, nutrition, and anatomy.

### EQUIPMENT

1. Entries must be shown with a saddle. Spurs are permissible, but not encouraged.
2. The three-year-old will show best with a ring snaffle bit or a rawhide noseband hackamore (bosal). The use of a German Olympic martingale or running martingale is recommended, but not mandatory. Other martingales, tie downs, and bits are not permitted.
3. Riders are required to wear an ASTM/SEI approved equestrian helmet at all times when mounted. It is highly recommended that anyone working around horses, at any time, wear a helmet.
4. It is recommended that riders wear riding boots for safety, and long sleeve shirts. Western attire should be worn for Western classes, English attire for English classes. Check individual show or event guidelines for specific rules.

### INSTRUCTIONS TO RIDERS

1. Horses may be neck reined or direct reined (rein held in each hand). Either method is acceptable. No additional credit will be given for neck reining.
2. Spurs should not be used forward of the cinch.
3. While the horse is in motion, the rider's hands should be clear of the horse and the saddle, except to prevent a fall.

## WORKING

The horse will be judged on its ability to perform the following:

1. Walk, jog, lope on the rail both directions, and lengthen and reduce each gait as directed by the judge. Rider may post the extended trot—must be on correct diagonal, Western or English—but must sit the jog.
2. Retire to one end of the arena where each rider will perform the following pattern individually (see Figure 24).
  - 1-2 Trot along side of fence about 100 feet.
  - 2 Stop.
  - 2-3 Turn on forehand (keep front feet in two-foot circle) with hindquarter moving to the right.
  - 3-4 Trot back toward starting point along the fence.
  - 4 Stop.
  - 4-5 Turn on the forehand (keep front feet in two-foot circle) with hindquarter moving to the left.
  - 5-6 Trot along fence striking into a lope as the rider begins the Figure 8, and go around Circle A once at the lope.
  - 7 Drop to a trot.
  - 8 Pick up new lead and go around Circle B at the lope.
  - 9 Drop to a trot.
  - 10 Pick up new lead and go around Circle A.
  - 11 Drop to a trot.
  - 12 Pick up new lead and go around Circle B.
  - 13-14 Trot to left making the circle progressively smaller until the horse is holding its hindquarters in one spot and crossing its front legs to walk around 180-degree turn.
  - 14-15 Trot to right making the circle progressively smaller until the horse is holding its hindquarters in one spot and crossing its front legs to walk around 180-degree turn.
  - 15-16 Trot.
  - 16 Stop.
  - 16-17 Back 10 feet.
  - 17 Stop, settle horse for 10 seconds.
  - 18 Retire to judge for inspection.

This pattern has been designed for the rider to demonstrate the horse will yield to the rider's leg and move its hindquarter to the left or right. (Penalization can occur for using strong hands or pulling horse's head to the

side to accomplish this turn on the forehand.) The fence is used to help the rider stay off the horse's mouth as much as possible. Control of the hindquarters is needed to be able to direct the horse to take the correct lead at the lope in the Figure 8. The Figure 8 calls for a drop to the trot change of lead to give the rider opportunity to demonstrate that the horse can be directed to take the correct lead, and help prepare the horse to do a flying change of lead in future years of this project.

3. The entire class will gather at far end of the arena. Each contestant will lope to the judge, drop to a trot, then stop and tell the judge what lead the horse was in as it loped. Either lead is acceptable; the intent is for the rider to be able to identify what lead the horse was in.
4. While stopped in front of the judge, the rider may answer questions asked by the judge to demonstrate his or her knowledge of the parts of the horse and equipment and proper nutrition.

## FAULTS OF THE HORSE AND RIDER

The following characteristics will be considered faults.

### **1. Equitation Faults**

- a. Posting on the incorrect diagonal (see Riding section)
- b. Bouncing in the saddle at any gait
- c. Heavy handed
- d. Jerking on the horse's head
- e. Excessive whipping or spurring
- f. Incorrect foot, leg, and body position of rider while mounted

### **2. Horse Faults**

- a. Opening mouth, throwing head
- b. Nervousness
- c. Switching tail
- d. Moving while rider mounts or dismounts
- e. Breaking gaits
- f. Wrong lead at the lope or the canter
- g. Failure to properly execute any of the required movements

## PREPARATION

Practice going faster and slower in each gait as you ride. Change the pace frequently, i.e., ordinary trot, long trot, ordinary walk, jog trot, ordinary walk, long walk, etc.

### Difficulties and possible solutions.

#### 1. Horse does not slow down.

- a. Work horse without demanding changes in speed until horse is warmed up and freshness is worked off.
- b. Make certain you are not leaning far forward which encourages the horse to move faster.
- c. Practice taking the horse from walk to stop, to walk to stop, etc.
- d. If the horse does not slow when you apply a give-and-take to both reins, quietly apply a give-take, give-take to just one rein, taking the horse into a

relaxed circle or semicircle. As soon as the horse slows, release all rein pressure to reward it for doing what you asked. If it speeds up right away, repeat the sequence. Keep the horse quiet and relaxed. You are trying to show the horse that when it does what is asked, it will receive relief from the pressure of the bit.

#### 2. Horse does not speed up from light leg pressure of rider.

- a. Be sure you are giving the horse a loose enough rein to move on.
- b. Check the horse's health. It may be wormy or not receiving an adequate diet for the amount of work being asked of it.
- c. You may acquire a 30" to 35" stiff stick, or use longe reins or spurs. While riding, first apply leg pressure asking for more speed. If the horse does not move on, strike it sharply behind your leg (not on the rump).

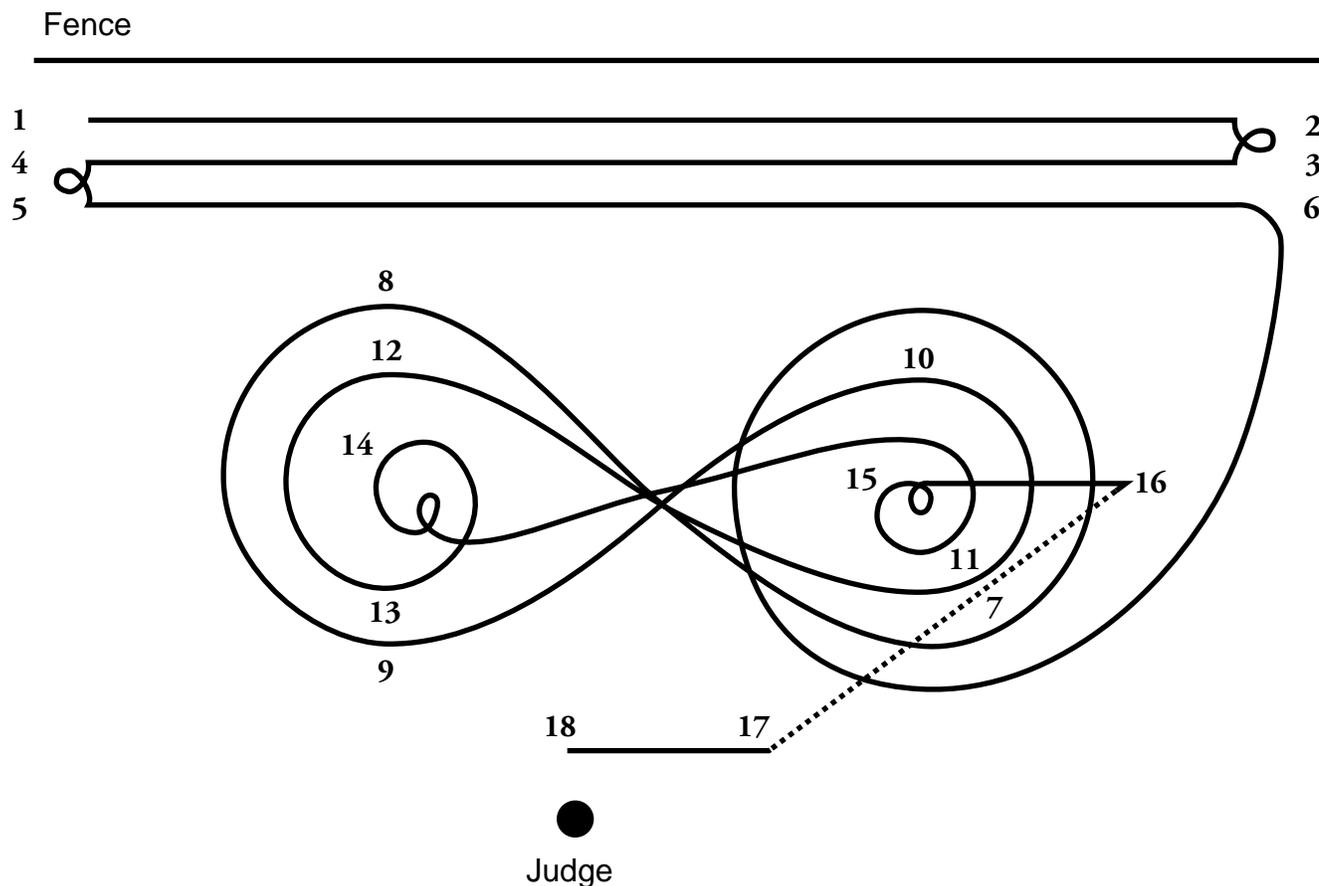


Figure 24.

The use of a 30" to 35" stick is preferred to the use of spurs. The horse naturally associates being struck with the urge to move forward; and the stick can be more easily disconnected from the squeeze of the rider's legs, the cue, whereas spurs are more apt to be used as the cue, instead of a reinforcement of the cue. Young riders are apt to keep their legs on the horse constantly. To be effective, a repeated cue should be given with a time lapse for the horse to react. Also, there is always the hazard that the spurs could be caught up in the flank cinch not allowing the rider to be free of the horse in case of a fall.

## **TURNING ON THE FOREHAND**

The horse should be taught to move or hold its hindquarters in response to pressure from your heel or calf of your leg, just behind the front cinch. This control is very important in backing, side passing, two tracking, holding the hindquarters on pivots and rollbacks, and obtaining correct leads.

Turning on the forehand means that the horse will hold its forelegs in a small area and step with its hind legs in a circle around the forelegs. This is done in response to pressure from your leg that is on the outside of the circle made by the hind legs. Training for this movement can be started from the ground. In fact, a horse trained properly for halter showing will respond quickly and easily to your cues.

Begin with a swing to your right. Stand by the horse's near shoulder and grasp the lead shank with your left hand. Pull the horse's head very slightly to the left to bend its backbone. Use a short hold on the lead shank to steady the horse's head and keep it from moving forward or back. Now push with your right hand at the same spot on the horse's barrel where you will cue with your heel when mounted (see Figure 25).

You may need to push or tap with the stirrup, a stick, or the butt of a crop just enough to get the horse to take just one step. Then reward it with a pat on the neck. Don't expect a full circle right away.

Now go to the off side and work on a turn to the left. Hold the lead shank in your right hand and push on the horse's barrel with your left hand. Work from both sides as you teach.

When the horse is responding to cues from the ground, try working when mounted.

Use two hands on the reins at the beginning and learn the degree of tension needed on each rein to bend the horse's head while steadying the head and forehead in the position required. Do not neck rein; this is a cue to move the forehead. Use the inside rein to bend the horse's head and the outside rein to steady the horse when you have the proper bend. Keep your hands and reins out to the side. Bend the horse's head until you are just able to see its eye. Keep your hand light, soft, and flexible (see Figure 26).

When the front of the horse feels steady and you are lightly bracing against the reins, begin cuing with your outside leg or heel (the left leg or heel for a swing to the right, and the right for a swing to the left). This will start the horse moving its hindquarters away from your leg.

Work patiently and firmly. When the horse makes the first couple of steps, let it relax and reward it with a pat on the neck and a few kind words. Work a step or two at a time until the horse has learned to balance its body.



Figure 25.

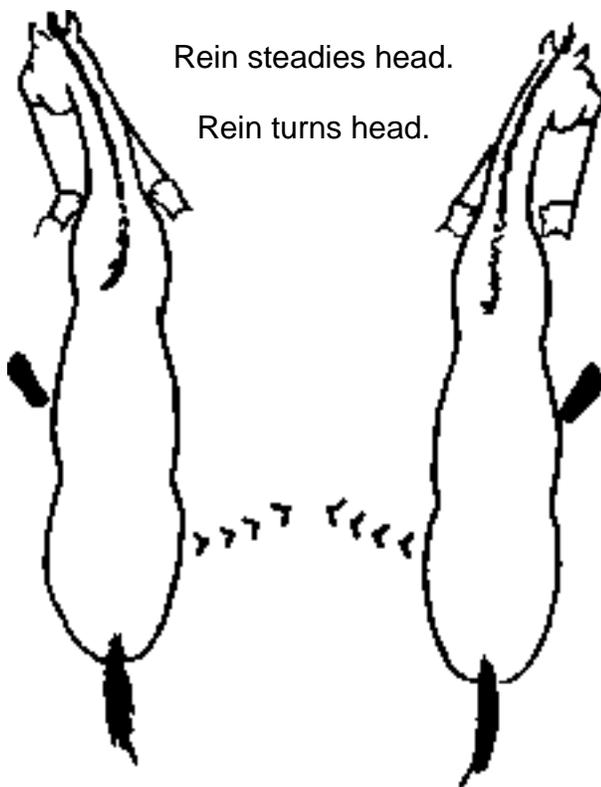


Figure 26.

Control is important. The horse should do a full circle, or be under enough control to stop at any chosen point on the circle. Don't let it get into the habit of moving around out of control (see Figure 27).

### **TURN ON THE HAUNCH (Hindquarter)**

To prepare the horse for the turn on the haunch have it trot in a circle. When the horse is relaxed, make the circle progressively smaller using only your inside rein and outside leg. When the horse gets to the center of the circle where you want it to start walking around the hindquarters, slow to a walk if it isn't already walking. Pick up the outside rein and draw it across the center line of the horse behind the withers (maintain the curvature of the horse's head, neck, and body with the inside rein). Do not bend the horse excessively in the direction you are turning or you will interfere with its foot work and result in getting only a circle, not a pivot. When moving to the left, the horse's right front leg should step in front of the left front, and vice versa when going to the right.

At first, don't be concerned if the horse continues to walk forward and doesn't hold the hindquarters in one place. Be satisfied with one or two correct crossing steps by the front legs. As soon as those few correct steps are taken by the horse, move it straight ahead back out to the edge of the large circle and begin again. Keep it simple and reward the horse for the desired foot work. As time passes, increase the number of steps until finally the horse is doing a complete 360-degree around, or even around two complete times. This should be taught slowly over many months and speed should not be asked for until the horse has the footwork perfect. Always maintain impulsion (the horse's urge to go forward). Otherwise, the horse will not be able to accomplish the required movement and will resist the rider.

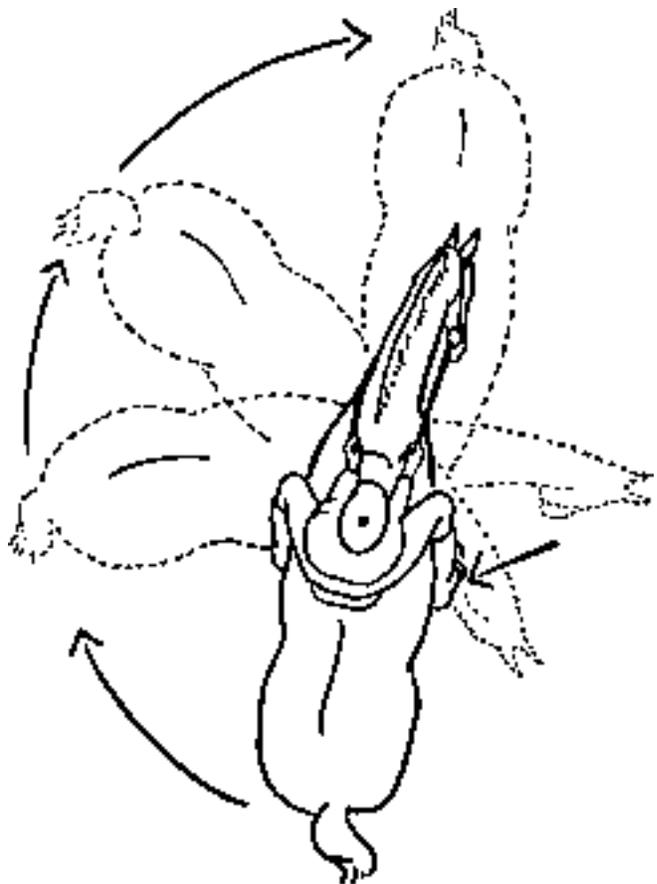


Figure 27. Turning on the forehand.

## Difficulties and possible solutions

### 1. Horse does not cross front legs correctly.

- a. This is caused by holding back too much; as a result the horse does not have the forward propulsion needed. Let the horse move forward; then its legs will naturally cross correctly.

### 2. Horse does not cross legs in front.

- a. Increase the use of the indirect rein, i.e., increase the tension of right rein when horse is being asked to go to the left. But, be sure to maintain correct bend of the horse with the direct rein.

### 3. Horse makes a small circle, but doesn't cross front legs.

- a. This could be caused by pulling the horse too much in the direction of the movement. It can't do the foot work properly if it is overbent—the rider is tying the horse into knots. Have it bent slightly in the direction it is turning.

- b. You may not be using the indirect rein and outside leg strongly enough. Finger the reins as if you were picking up the front end of the horse and setting it over.

### 4. Horse gets heavy on the reins and doesn't move around.

- a. Use the outside leg strongly to increase impulsion.
- b. Finger reins with a slight give-and-take (a vibration), not a steady tension.

## LEADS

When a horse gallops, its body is turned at an angle or diagonal to the direction of travel and it is moving one foreleg and one rear leg, both on the same side of the body, ahead of the other two legs. This is called “leading” and is very important for smooth turns. Use of aids to get the horse into the proper lead requires practice and patience.

The following steps can be used to get a left lead from a trot.

1. Trot the horse in a large circle to the left.

2. Use a slight leading left rein.

3. Step lightly in the left stirrup moving it slightly ahead, which will allow more freedom of movement for the right leg.

4. Apply pressure with your right leg, cuing for a lope.

Unless the horse is sour or hurting, it should take a left lead. Train the horse using both left and right leads.

## Difficulties and possible solutions

1. If the horse does not lope when asked, give the proper signal with your leg as previously described, then strike the horse behind your outside leg (the one that gives the original signal) with a 30" to 35" stiff riding stick, rein, or spur.

2. If the horse takes a wrong lead, drop to the trot or walk to discontinue the wrong lead. Post the trot strongly on the correct diagonal in a large circle, then give the leg signal with your outside leg again.

3. If the horse still takes the wrong lead, trot in a circle and pull the horse's head slightly toward the outside of the circle, then give the signal with your outside leg. As soon as the horse lopez in the correct lead, correct the position of the horse's head. This is only an aid to get the horse to take the proper lead. Through repetition the horse should learn to take the lead by the leg signal alone. Pulling the horse's head to the outside should be discontinued as soon as possible.

## Simple changes of lead

Practice the Figure 8 with a drop to the trot change of lead (see Figure 28).

While practicing the simple change of lead or the drop change, leave the horse at the trot until you know it has mentally discontinued the lead it was just on.

Lope two or more times around Circle A. As the horse completes the last circle, drop to the trot and trot in a straight line to commence Circle B, then pick up the lope. Lope around Circle B two or more times. As you complete the last circle, drop to a trot and trot in a straight line to commence Circle A again, and the routine is re-

peated. (Note this is the pattern used for training; it is not the same as the one used for the three-year-old class.)

### Difficulties and possible solutions

#### 1. Horse consistently misses the lead of a circle.

- a. Don't ask for the lope when approaching the large circle. Instead, let the horse continue to trot around on the large circle, post the trot on the correct diagonal. When the horse is traveling and turning freely on the circle, ask for the lope using the proper aids.

#### 2. Horse will not drop to a trot.

- a. Shorten inside rein with a give-and-take and describe a very small circle in the same direction as the circle just completed (left if you have just made a left circle, etc). As soon as the horse breaks into a trot, trot in a straight line, proceed with the next large circle and pick up the new lead.

#### 3. Horse does not trot in a straight line.

- a. Use your hands and legs to keep the horse as straight as possible.
- b. Trot in a straight line a long distance and do other riding before commencing the next circle of the Figure 8. Doing this breaks up the Figure 8 pattern so the horse does not anticipate.

#### 4. Horse takes the wrong lead when asked to lope on the large circle.

- a. Drop back to the trot and continue to trot on the large circle until the horse is relaxed and moving freely; then ask for the lope again. If problems continue, go back to teaching the horse how to take the requested lead.

### Rider should practice identifying the lead the horse is in when loping.

Practice should enable you to tell what lead the horse is in just by the feel, rather than looking down. Some ways of identifying leads are:

1. Become very familiar with sequence of hoofbeats at the lope in the left and right leads.
2. Notice that, at the lope, your thigh on the lead side will move back and forth more vigorously than your other thigh.
3. Look straight ahead and try to determine by feel which lead the horse is in. Then look down at the horse's shoulders to see which one is ahead. The horse's shoulder of the leading leg will be ahead of the other shoulder.

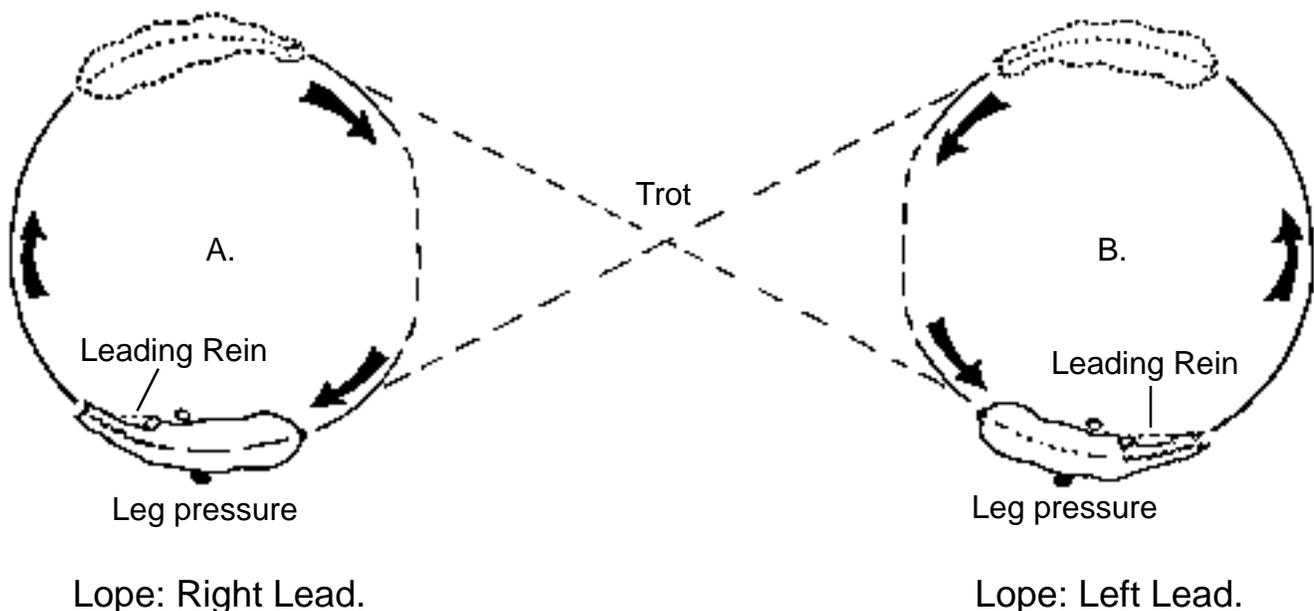


Figure 28.

# THE FOUR-YEAR-OLD

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The four-year-old requirements are designed as a continuation of the progressive development of the horse from beginning mount to a finished horse. This pattern has been designed for the 4-H'er to demonstrate that the horse is supple enough to:

- yield to the rider's leg and maintain impulsion necessary to do a side pass at the trot;
- depart from a standstill at the canter in the lead called by the rider;
- execute a good square stop from the lope;
- back in a fluent manner; and
- begin to learn the foot work required for a spin or pivot.

## PROCEDURE

### TYPE OF HORSE

1. Open to four-year-old mares and geldings.
2. Stallions not eligible.

### PROJECT REQUIREMENTS

1. Side pass (at trot).
2. Back while mounted.
3. Complete stop from lope.
4. Canter departure from stop—straight line on both leads (designated lead).
5. Walk—180-degree turns in both directions on the haunch.
6. Ride pattern as described.
7. Maintain records for feed, equipment, and costs.

8. Maintain health records.
9. Demonstrate a knowledge of equipment, management, nutrition, and anatomy.

### EQUIPMENT

1. Entries must be shown with a saddle. Spurs are permissible, but not encouraged.
2. The four-year-old will show best with a ring snaffle bit or rawhide noseband hackamore (bosal), using two hands. However, if a contestant desires a curb bit, one hand can be used. The use of a German Olympic martingale, or running martingale may be used when using a ring snaffle only, but it is not mandatory. Other martingales and tie downs are not permitted.
3. Riders are required to wear an ASTM/SEI approved equestrian helmet at all times when mounted. It is highly recommended that anyone working around horses, at any time, wear a helmet.
4. It is recommended riders wear riding boots for safety, and long sleeve shirts. Western attire should be worn for Western classes, English attire for English classes. Check individual show or event guidelines for specific rules.

### INSTRUCTIONS TO RIDERS

1. Horses may be neck or direct reined (rein held in each hand). No additional credit will be given for neck reining. The horse will be judged on the quality of performance without regard for the method of reining used.
2. Spurs should not be used forward of the cinch.
3. While the horse is in motion, the rider's hands should be clear of the horse and the saddle, except to prevent a fall.

## WORKING

The horse will be judged on its ability to perform the following:

1. Walk, jog, and lope on the rail, both directions; lengthen and reduce each gait as directed by the judge. Rider may post the extended trot (must post on the correct diagonal), but must sit on the jog trot.

2. Starting at one end of the arena, each rider will execute the following pattern (see Figure 29).

- 1-2 Trot straight ahead 25 feet, sitting the trot.
- 2-3 Side pass to the left 25 feet at the trot.
- 3-4 Trot straight ahead, sitting the trot.
- 4-5 Side pass to the right 25 feet at the trot.
- 5 Strike off right lead.
- 5-6 Lope in right lead for 30 feet.
- 6 Stop and settle the horse.
- 6-7 Strike off left lead for 30 feet.

- 7 Stop and settle the horse.
- 7-8 Strike off right lead for 30 feet.
- 8 Stop and settle the horse.
- 8-9 Strike off left lead for 30 feet.
- 9 Stop and settle the horse.
- 9-10 Back horse 10 to 12 feet.
- 10-11 Trot to the left making circle progressively smaller until the horse is holding its hindquarters in one spot and crossing its front legs to walk around a complete 360 degrees.
- 11-12 Trot a circle to the right making it progressively smaller until the horse is holding its hindquarters in one spot and crossing its front legs to walk around a complete 360 degrees.
- 12-13 Walk horse for 20 feet.
- 13 Stop.
- 13-14 Turn left on the haunch with horse crossing its front legs to walk 180 degrees.
- 14-15 Turn right on the haunch with horse crossing its front legs to walk 180 degrees.
- 15-16 Leave the arena.

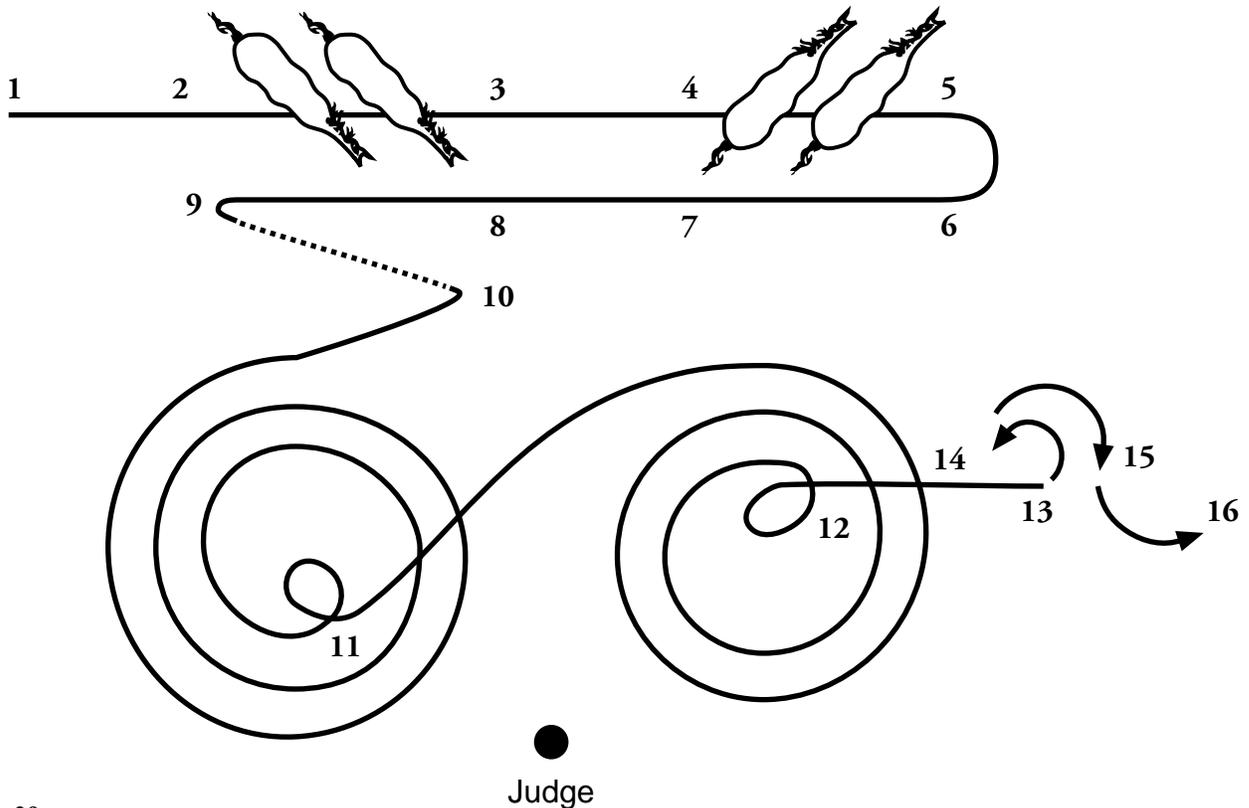


Figure 29.

## FAULTS OF THE HORSE AND RIDER

### **1. Equitation faults**

- a. Bouncing in saddle at any gait
- b. Using heavy hands
- c. Jerking the horse's head
- d. Excessive whipping or spurring
- e. Incorrect foot, leg, and body position of the rider while mounted

### **2. Horse faults**

- a. Opening mouth and throwing head
- b. Nervousness
- c. Switching tail
- d. Breaking gaits
- e. Wrong lead at the lope
- f. Failure to properly execute any of the required movements

## **PREPARATION**

There are many training methods that can work for both the trainer and horse. The following is one of the easier methods for the horse to understand. However, what is important is to have a procedure and repeat it the same way until the horse understands and responds.

### **SIDE PASS**

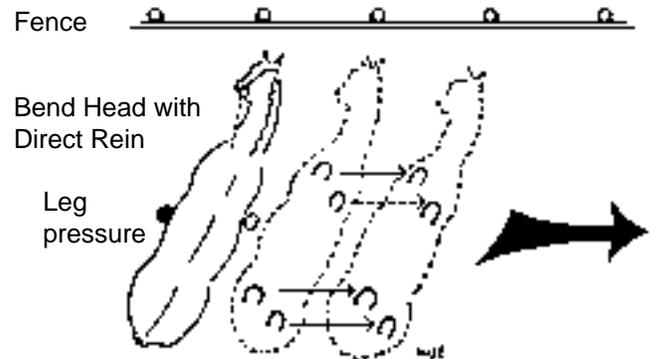
To do the side pass, shift your weight in the direction of travel (weight on right stirrup if moving right, and left stirrup if moving left). Push the horse with your left leg if moving right, and with right leg if moving left. Practice the side pass to the left and the right at the walk and trot.

#### **Difficulties and possible solutions**

- 1. Horse moves straight ahead rather than to the side.**
  - a. Work the horse next to a safe fence (not barbed

wire, etc.). Ask it to move sideways, being sure the shoulder precedes the hindquarters (see Figure 30).

This is just a continuation of what was asked of the three-year-old; but as a four-year-old, the horse is asked to move headquarters farther from the fence. If difficulties persist, go back to performing the three-year-old requirement. Continue until the horse is moving easily in both directions.



**Figure 30.**

### **HALF PASS**

To move the horse in a half pass pattern diagonally across the arena, hold back slightly on the bit and push with the right leg if moving the horse to the left, and with the left leg if moving the horse right. Again, be sure the shoulder precedes the hindquarters. After practicing this pattern, increase the resistance of your hands while maintaining leg pressure (see Figure 31).

### **LEADS FROM A STOP**

Practice having the horse strike off into the lead called for from a complete stop. To do this, stop the horse, make sure it is relaxed and settled, then shift your weight into the stirrup on the side of the lead desired.

Squeeze slightly with both legs to alert the horse that an instruction is coming. Relax your hands and legs momentarily, then apply the left leg strongly to ask for a right lead (or right leg to ask for left lead). If the horse takes the correct lead, continue cantering for a while. Don't pull the horse down to a walk or trot too soon or it will think it made a mistake.

## Difficulties and possible solutions

### 1. Horse does not canter, it just trots off.

- Stop the horse immediately and start over. Do not let it trot into the canter.
- Use leg more strongly.
- Use a whip behind your leg or spurs. (Apply to right side for left lead, to left side for right lead.)

### 2. Horse takes the wrong lead.

- Bring the horse back to a trot, then walk and stop as soon as possible. This will tell the horse it started in the wrong lead.
- Ask for lope again in the same lead and make sure every one of the cues is correct and given clearly.
- For the purpose of training, exaggerate the position of the hindquarters. Move the horse's hindquarters a little more to the right to get a right lead, and more to the left to get a left lead. This should not be necessary when the horse has finished training.

## STOP

Practice having the horse stop from the lope. A sliding stop is not required, but the horse should come to a complete square stop from the lope with hindquarters well engaged.

If previous training was done correctly, the horse will have an understanding of the word "whoa" and will stop at the walk and trot on that word alone. If not, go back and do the basics, reinforcing the halter and longe training. Now as a four-year-old, the horse will stop easily from the lope by the rider saying "whoa" and lightly picking up on the reins.

## Difficulties and possible solutions

### 1. Horse does not stop completely and quickly.

- Rider should make self-analysis of the application of aids or cues.
- If a horse has been stopping well previously, it is possible that the hands or legs are being used too hard. Also, the bit may be too severe.
- Longe the horse at the walk and trot until the horse will stop instantly by just saying "whoa." If the horse has been worked enough to be tired, but does not stop immediately on the command of "whoa," back it a few steps.

- After the horse will stop instantly from a walk and trot by voice command alone, ask for a stop from a slow lope by saying "whoa" and applying a light pull on the reins at the same time. If the horse does not stop completely, it may be necessary to check two or three times with the reins by using a short, quick pull-and-release in quick succession. Preferably, time it so the pull is given when the horse's front feet are on the ground.

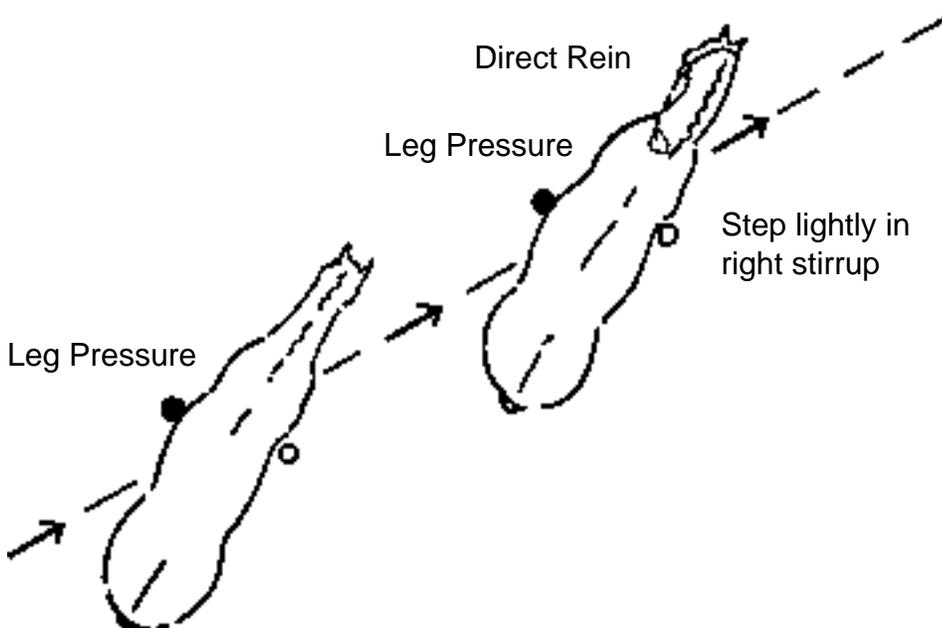


Figure 31.

# THE FIVE-YEAR-OLD

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The five-year-old requirements have been designed to bring together all of the elements of the previous years to produce a supple, responsive, athletic horse that will perform the patterns smoothly and accurately.

## PROCEDURE

### TYPE OF HORSE

1. Open to five-year-old mares and geldings.
2. Stallions are not eligible.

### PROJECT REQUIREMENTS

1. Flying change of leads
2. Neck reining
3. Rollback
4. Sliding stop
5. Spin
6. Riding pattern as described
7. Maintain records for feed, equipment, and costs
8. Maintain health records
9. Demonstrate a knowledge of equipment, management, nutrition, and anatomy

### EQUIPMENT

1. Entries must be shown with a saddle. Spurs are permissible, but not encouraged.
2. The five-year-old stock horse will show best in a curb bit. English horses will show best in the pelham or weymouth bits. Tie down martingales

and other types of bits are not permitted.

3. Riders are required to wear an ASTM/SEI approved equestrian helmet at all times when mounted. It is highly recommended that anyone working around horses, at any time, wear a helmet.
4. It is recommended that riders wear riding boots for safety, and long sleeve shirts. Western attire should be worn in Western classes, English attire for English classes. Check individual show or event guidelines for specific rules.
5. Skid boots are optional for sliding stops.

### INSTRUCTIONS TO RIDERS

1. If riding Western, horses must be neck reined. English riders must hold reins properly.
2. Spurs or reins should not be used forward of the cinch.
3. While the horse is in motion, the rider's hands should be clear of the horse and the saddle, except to prevent a fall.

### WORKING

The horse will be judged on its ability to quietly and accurately perform the following pattern (see Figure 32).

#### **Western Ride Pattern**

1. Starting in the center of the arena make a large, fast circle to the right.
2. Draw the circle down to a small circle until you reach the center of the arena. Stop.
3. Do a double spin (720 degrees) to the inside of the small circle in the center of the arena. At the end of the spins, the horse should be facing the left wall. Hesitate briefly.

4. Begin on the left lead and make a large fast circle.
5. Then make a small circle again, drawing it down to the center of the arena. Stop. Do not hesitate.
6. Do a double spin (720 degrees) to the inside of the circle. Hesitate briefly. Horse should be facing the right wall.
7. Begin on right lead and make a fast figure 8 over the large circle. Close the figure 8 and change leads.
8. Run to far end of arena and do a left rollback.
9. Run to opposite end of arena and do a right rollback.

10. Run back past center of the arena and do a sliding stop. Hesitate.
11. Back over slide tracks.
12. Walk to judge for inspection and dismissal.

### English Ride Pattern

1. Starting in the center of the arena make a large circle at the canter to the right.
2. Decrease the diameter of the circle through two circles, becoming smaller showing the lateral flexion of the horse. Halt at the finish of the second circle.

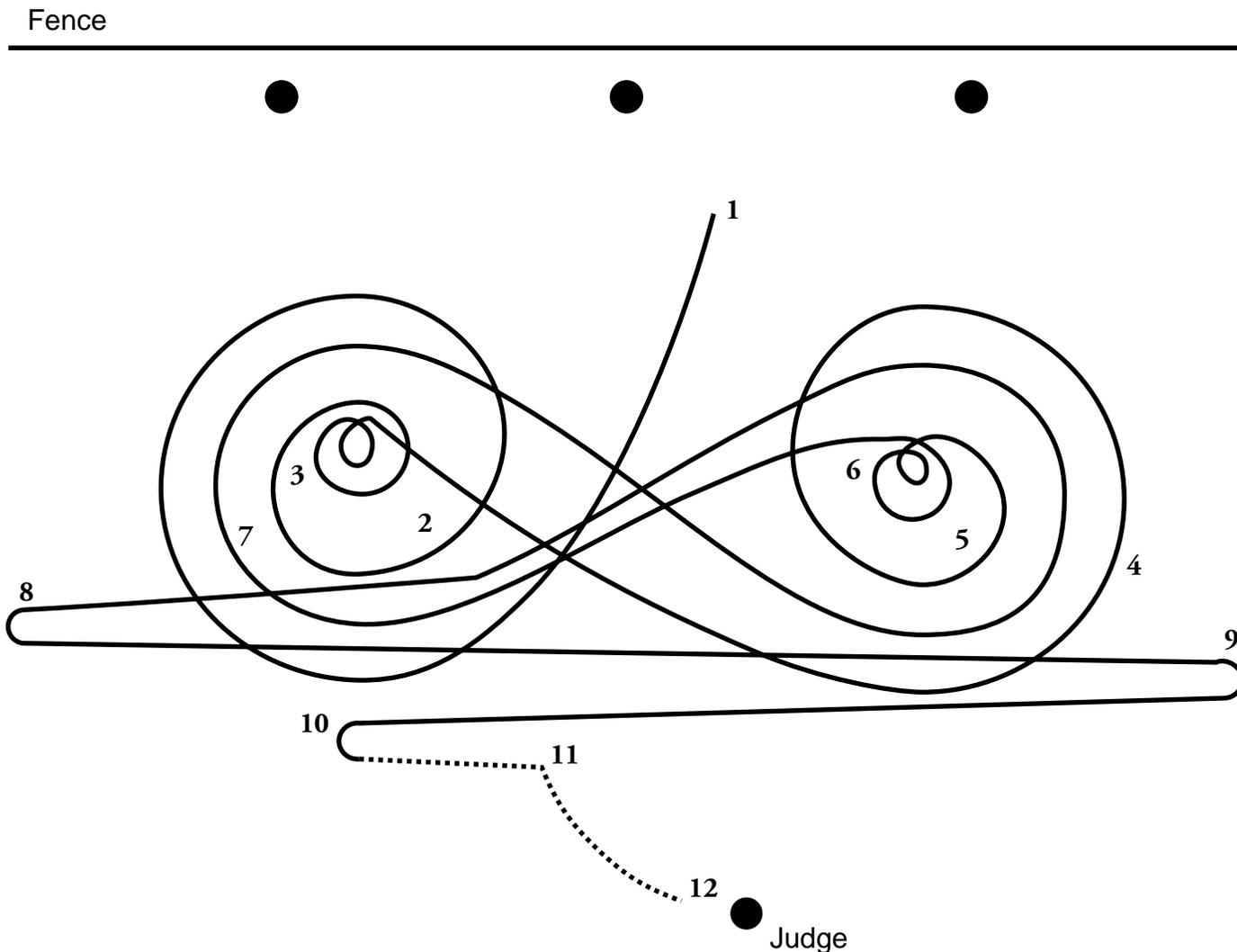


Figure 32.

3. Do two 360-degree turns around the haunch at the walk toward the right.
4. From the halt do a canter departure on the left lead and circle a large circle.
5. Decrease the diameter of the circle through two circles, becoming smaller to show the lateral flexion of the horse. Halt at the finish of the second circle.
6. Do two 360-degree turns around the haunch at the walk toward the left.
7. Beginning on a right lead, canter a large figure 8. Do a simple change of leads through the trot. Halt at the closing of the figure 8.
8. Canter a straight line to the far end of the arena on the left lead. Halt smoothly and squarely. After standing quietly for a few seconds, do a 180-degree turn around the haunch to the left.
9. Canter a straight line to the far end of the arena on the right lead. Halt smoothly and squarely. Stand quietly, then turn around the haunch 180 degrees to the right.
10. Depart on the left lead and canter a straight line to the center of the arena. Do a full halt and stand quietly.
11. Perform a rein back two horse lengths and walk forward.
12. Walk to the judge for inspection and dismissal.

## **FAULTS OF THE HORSE AND RIDER**

The following characteristics will be considered faults.

### **1. Equitation faults**

- a. Bouncing in the saddle at any gait
- b. Using heavy hands
- c. Jerking the horse's head
- d. Excessive whipping or spurring
- e. Incorrect foot, leg, and body position of the rider while mounted

- f. Inappropriate attire

### **2. Horse faults**

- a. Opening mouth and throwing head
- b. Nervousness
- c. Switching tail
- d. Moving while the rider mounts or dismounts
- e. Breaking gaits
- f. Wrong lead at the lope or failure to execute a complete flying change
- g. Failure to properly execute any of the required movements

## **FLYING LEAD CHANGES**

Practice a flying change of lead in a large area with good footing, preferably not in the pattern of a figure 8. Start by asking the horse for a series of haunch yielding exercises. Before working on the flying change of lead, address the following questions:

1. Does the horse yield to the leg well on the turn on the forehand, half pass, and side pass?
2. During the half pass and side pass, does the horse willingly move forward as well as sideways?
3. Is the horse at least 95% accurate on lead departures from the halt?
4. Does the horse come away from bit pressure easily, slow down easily, and not raise its head from a resisting hand?

If the answer is "yes" to all of these questions, you may continue to flying lead changes. If not, continue to work on the basics until all the questions can be answered "yes."

To start the haunch yielding exercise, trot the horse in a large circle with a free rein until the horse is moving quietly and relaxed. Then proceed to the following exercises.

1. Trot a straight line and yield the horse to the right or left into a few steps of a half pass (see Figure 33). Work in a large open arena and away from

fences. Move the horse sideways 5 to 10 feet only. Then continue on a straight line and repeat the same exercise. Be sure to work left and right equally.

2. Trot a figure 8 using a diagonal track (see Figure 34). Stay on this figure until the horse is calm. Then displace haunch on a half pass at the intersection of the diagonal lines. This displacement will be only a step or two. Then straighten and continue until the horse responds willingly. Do this several times both ways.
3. Exercise on a figure 8 using a circular track (see Figure 35). Keep the horse on this figure 8 at the trot until it is calm and relaxed. Now displace haunch toward the intended change of direction.

Continue this exercise until the horse is responding quietly and easily to both legs. Do not turn the forehead toward the change of direction until the haunch is lead-

ing. This teaches the horse to lead with the haunch (hind leg); then the forehead lead should easily follow. Once the horse has the idea when the haunch is displaced, it will begin to follow with the forehead which will enable the rider to use less and less hand to control the haunch.

Now proceed to the flying change of lead using the two figure 8 training plans (see Figure 36).

Figure 33.



Figure 34.



Figure 35.

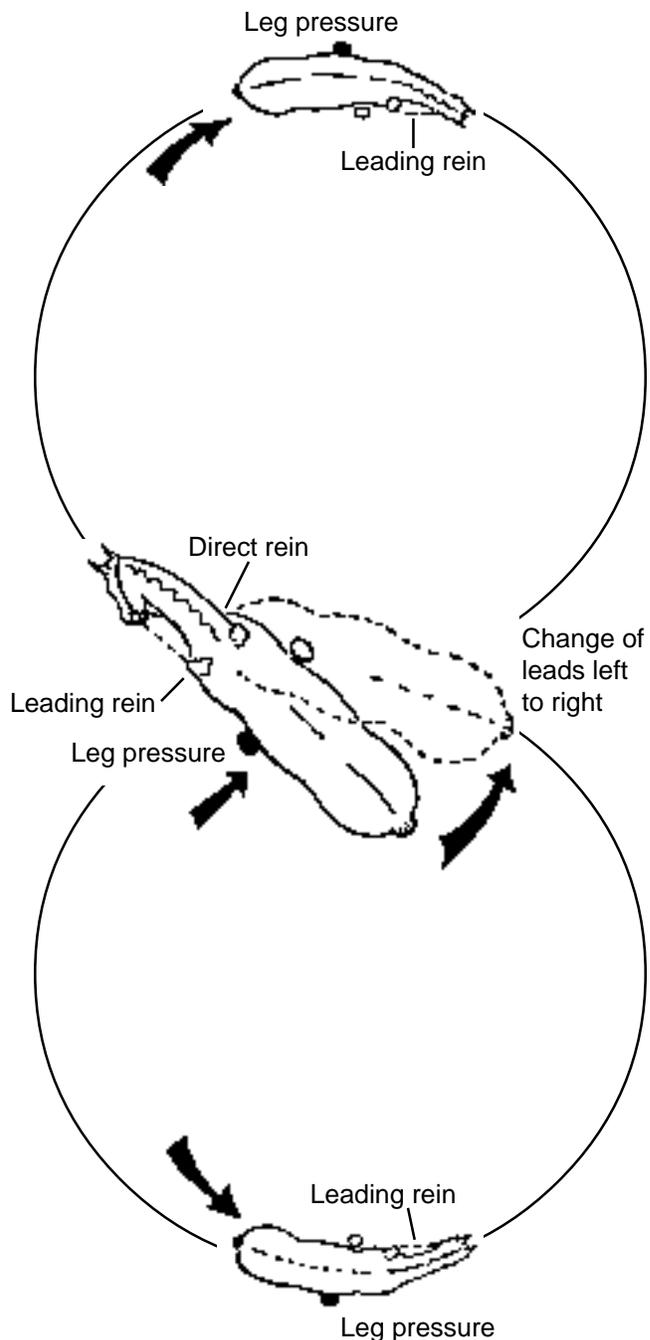
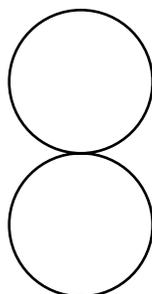


Figure 36.

## **Difficulties and possible solutions**

### **1. Horse goes faster, but does not change leads.**

- a. Go back to the simple change, slow down haunch displacement exercise and try again.
- b. Interchange simple changes with flying changes. This will help keep the horse anticipating coming back, and help organize the horse to the haunch.
- c. If the horse still runs faster and does not change, take a little stronger hold through the reins, at the same time giving the signal for the change.

### **2. Horse does not change leads.**

- a. Frequently misses the hind lead. Most probably the horse is not yielding to the leg or the rider is turning the horse too soon or too suddenly on the forehand. Go back to haunch yielding exercise.
- b. Frequently misses forehand change. Rider may have the horse on the wrong flexion or bound up in the barrel. Release the forehand and let the horse move a little faster.

## **PRACTICE THE SPINS**

To practice the spins, repeat the foundation prepared for the spin in the four-year-old. When the horse will perform the movement in a fluent manner without error, increase speed. Do this by clucking to the horse, or strike it on the outside with the end of the rein, or whip behind the rider's leg. Also, if you have the horse jump out into a lope at the end of the spin, it will learn to spin faster.

## **PRACTICE THE ROLLBACK**

Since the horse already knows how to spin, the rollback will come easily even though the footwork is somewhat different. In a rollback the horse comes into the maneuver in one lead, stops, waits for an instant, then rolls over its hindquarters and out in the other lead. The movement is not a small circle; the hind feet are not to move from one spot.

To start teaching the horse the rollback, it is helpful to trot parallel to a fence, stop square, and wait. Waiting at least five minutes, and sometimes riding ahead rather than doing a rollback, will stop the horse from anticipating. It is better to always lope out of the rollback so the horse does not get the idea of trotting out. Drop to a trot before repeating the maneuver in the opposite direction. When the horse performs in a relaxed way, lope, stop and hesitate a few minutes, roll back, and lope out.

When the horse will finally do a rollback near the fence, move away from the fence and practice.

## **Difficulties and possible solutions**

### **1. Horse does not stop easily and quietly.**

- a. Review procedure for stops as practiced in the four-year-old pattern.
- b. Back the horse after the stop and before rolling back. Or, back the horse and ride it straight ahead, instead of rolling back.

### **2. Horse stops crookedly—moves hindquarters away from the fence.**

- a. Use your inside leg (the leg farthest from the fence) strongly to hold the horse straight.
- b. Walk horse around its hindquarters away from the fence in the fashion of a slow spin, after the stop. This stops the horse from anticipating the turn toward the fence.

### **3. Horse does not pivot on hindquarters, but instead moves around its front legs.**

- a. Tap the horse with a bat on the inside shoulder (shoulder that is farthest from the fence), pick up with the reins, and tap the horse on the hindquarters as you move off in a lope.
- b. Have the horse back up a few steps after the stop. As you are backing, roll the horse over its hocks and move out of a lope.

# GLOSSARY

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**Action:** how a horse moves its feet and legs at walk, trot, etc.

**Active Hand:** the hand that is applying pressure or tension.

**Acute:** sensitive to impressions.

**Aids:** legs, hand, weight, and voice, as used in controlling a horse.

**Anatomy:** the science of the structure of an animal's body, and relation of its parts.

**Appointments:** equipment and clothing used in showing.

**ASTM (American Society for Testing and Materials):** established standards for safety of protective equipment.

**Attire:** see Appointments.

**Back:** to step a horse backward.

**Bat:** see Crop.

**Bearing Rein (neck rein):** rein pushed against neck in direction of turn.

**Blemish:** any mark of deformity that diminishes the beauty, but does not affect usefulness.

**Bloom:** usually refers to hair that is clean and glossy, denoting a healthy appearance.

**Bosal:** the part of a hackamore that fits over the nose.

**Canter (Canterbury gallop):** a three-beat gait; a moderate, easy, collected gallop.

**Cannon:** the lower leg bone below the knee and below the hock.

**Cavesson:** (1) the noseband on a bridle, (2) a stiff noseband on a halter used with longe strap in training.

**Center Fire:** a western saddle with cinch hung from the center.

**Chaps; Chaparajos:** seatless overalls made of leather, sometimes fur covered, for protection when riding in brush, or for protection from cold (also spelled chaparreras, chapareros).

**Chestnuts:** horny growths on inside of horse's leg; also called night eyes.

**Cinch; Cincha:** a wide cord girth used on western saddles.

**Collected:** controlled gait; a correct coordinated action.

**Colt:** a male foal.

**Conformation:** structure, form, and symmetrical arrangements of parts as applied to a horse.

**Cornerstone:** something fundamental or of primary importance.

**Cribbing:** biting or setting teeth against manger, or some other object, while sucking air.

**Crop:** a riding whip with a short, straight stock and a loop.

**Cross Reins:** method of holding single reins where reins overlap in hands across horse's neck.

**Cue:** a signal or motion to begin a course of action.

**Defect:** any mark or blemish that impairs usefulness; unsoundness.

**Disunited or Cross Firing:** when a horse is on the right front lead and left hind lead at the same time, or vice versa.

**Dressage:** advanced exercises and training in horsemanship.

**Equine:** of, or pertaining to a horse.

**Equitation:** art of riding horseback; horsemanship.

**Extended Gallop:** may be a four-beat gait and is about 16 miles per hour; a fast canter.

**Farrier:** a person who shoes horses.

**Far Side:** the right side of a horse.

**Favor:** to spare; to limp slightly.

**Filly:** a female foal up to three years old.

**Flexion:** the act of bending.

**Foal:** colt or filly under one year old.

**Forehand:** the forepart of a horse; the forelegs, head, and shoulders.

**Gaits:** manner of going. The straight gaits are walk, trot, canter, and gallop. Five-gaited horses walk, trot, canter, rack, and do one of the slow gaits—running walk, fox trot, or stepping pace.

**Gallop:** a three-beat gait resembling the canter, but faster—about 12 miles per hour. The extended gallop may be a four-beat gait, and is about 16 miles per hour.

**Gelding:** an altered or castrated male horse.

**Girth:** band put around the horse's belly to hold the saddle.

**Green Horse:** a horse with little training.

**Groom:** (1) to clean and brush a horse; (2) groom also refers to a person who does this.

**Hackamore:** bitless bridles of various designs used in breaking and training (from Spanish word Jaquima).

**Halt:** stop.

**Hand:** a measure of the height of horses; a hand's breadth equals 4 inches.

**Haunch:** the rear part of the horse.

**High School:** advanced training and exercise of the horse.

**Hobble:** straps fastened to the front legs of a horse to prevent it from straying.

**Hoof:** the foot as a whole in horses. The curved covering of horn over the foot.

**Horse:** general term for an animal of the horse kind.

**Horse Length:** eight feet; distance between horses in a column.

**Horsemanship:** art of riding a horse and understanding its needs.

**Jog:** slow trot (a term used in western riding).

**Lead:** the first stride in the canter.

**Lead Strap:** a strap or rope attached to the halter for leading.

**Leading Rein:** the rein that is carried outward in the direction of the turn.

**Long Line:** see Longe.

**Longe:** a strap, rein, or rope about 30 feet long, attached to halter or cavesson, used in breaking and training.

**Lope:** the western adaptation of a very slow canter. A smooth gait in which the lead is carried low.

**Mare:** a mature female horse.

**Martingale:** a strap running from the girth between the front legs to the bridle. (1) The standing martingale is attached to the bit; (2) the running martingale has rings through which the reins pass.

**Near Side:** the left side of a horse.

**Neck Rein:** rein pushed against side of neck in direction of turn.

**Off Side:** the right side of a horse.

**Passive Hand:** the hand that is giving into pressure or tension.

**Pony:** a horse under 14.2 hands.

**Posting:** the rising and descending of a rider with the rhythm of the trot.

**Roached Mane:** mane cut off so part is left standing upright.

**Sacking:** to slap a horse with a sack, saddle blanket, or tarpaulin as part of gentling and training.

**Seat and Hands:** a term referring to the ability of a rider to sit in the saddle with grace and control the horse.

**SEI (Safety Equipment Institute):** certifies products to a specific standard as with ASTM/SEI protective headgear.

**Snaffle-key Bit:** a snaffle with small metal pieces dangling from the center used in training colts to the bit.

**Stallion:** an unaltered male horse.

**Suppling:** flexible, easily bent, yielding.

**Surcingle:** a broad strap about the girth to hold the blanket in place.

**Symmetrical:** proper balance or relationship of all parts.

**Tack:** riding equipment or gear for the horse such as saddle, bridle, halter, etc.

**Traverse or Side Step:** lateral movement without forward or backward movement.

**Trot:** a two-beat pace, snappier than a jog.

**Veterinarian:** person trained and skilled in treating diseases and injuries of domestic animals.

**Walk:** a slow, natural, flat-footed, four-beat gait.

**Winging:** exaggerated paddling, particularly noticeable in high-going horses.

**Yearling:** a horse between one and two years of age.

**180 Degrees:** half a circle.

**360 Degrees:** full circle.

**720 Degrees:** two consecutive full circles.

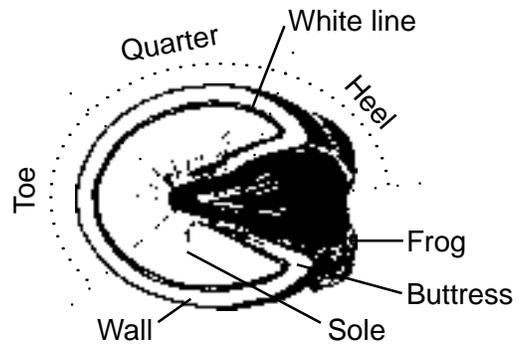
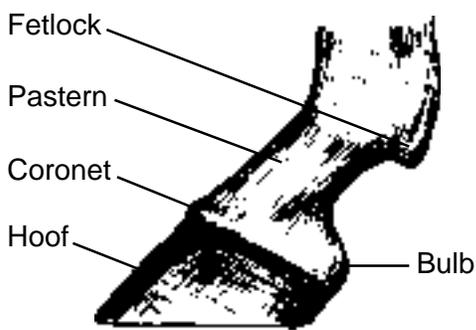
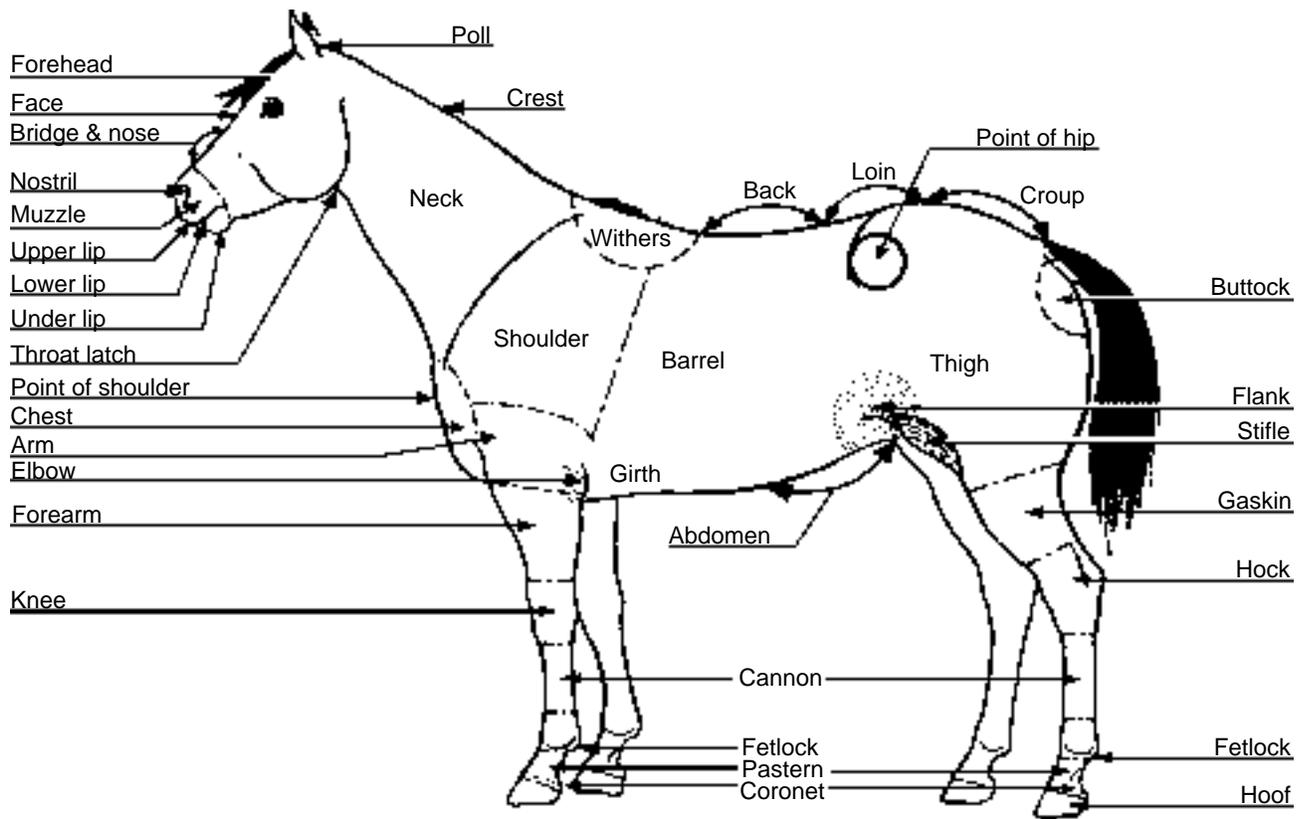
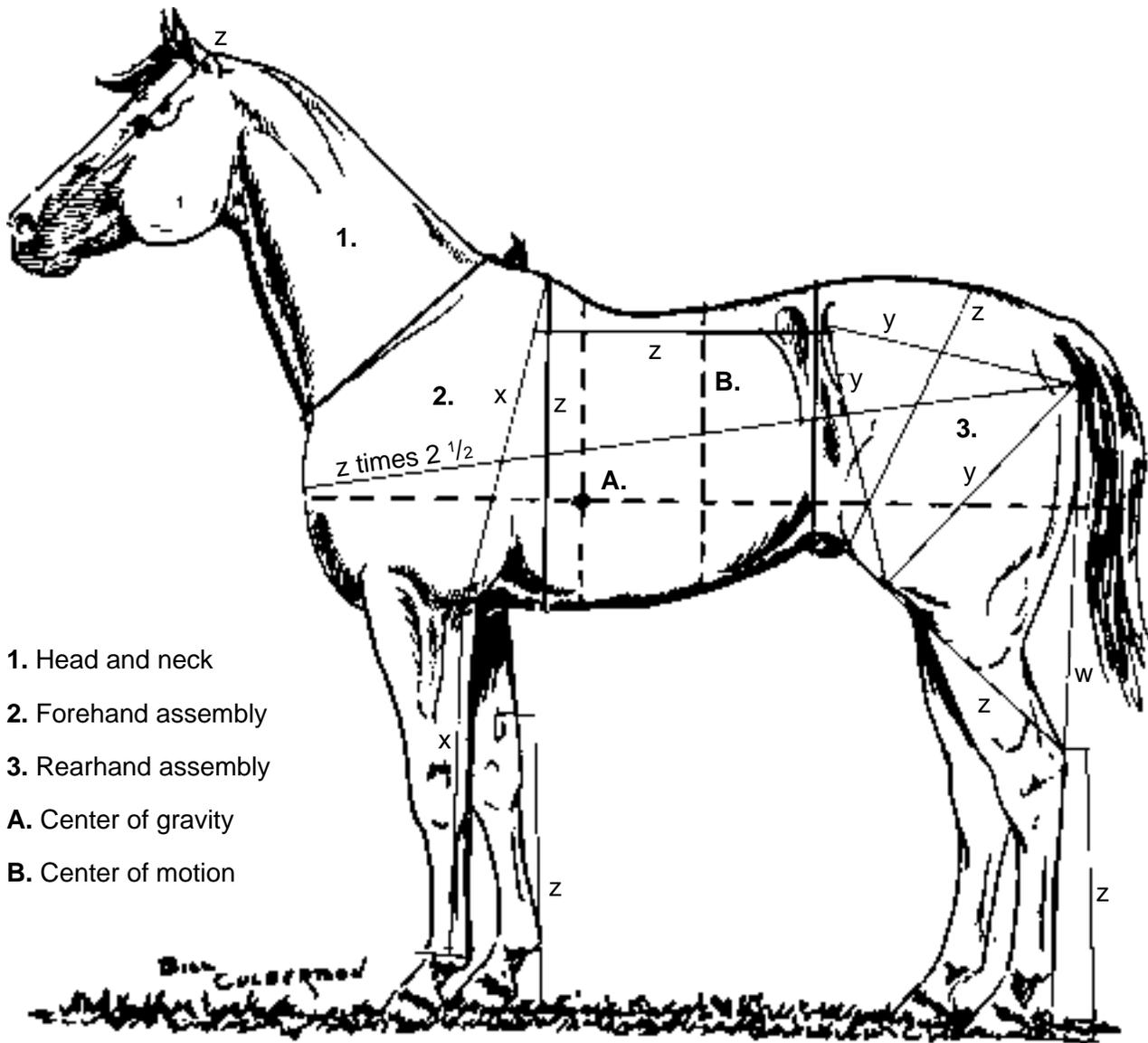


Figure 37. CONFORMATION CHART



- 1. Head and neck
- 2. Forehand assembly
- 3. Rearhand assembly
- A. Center of gravity
- B. Center of motion

Figure 38. FUNCTIONAL DIVISIONS OF THE HORSE AND PROPORTIONAL HORSE

In a proportionate horse, Z equals length of head. Z also equals:

- 1. From point of hock to ground.
- 2. From point of hock to fold of stifle.
- 3. From foot to chestnut.
- 4. Depth of body at girth place.
- 5. Fold of stifle to croup.
- 6. Posterior angle of scapula to haunch bone.

(Some of these measurements are based on Bourgelat and Duhouset, quoted by J. Wortley Axe.)

Length from point of shoulder to seat bone equals  $2 \frac{1}{2}$  times length of head.

**X equals:** Height from fetlock to elbow approximate height from elbow to withers.

**Y equals:** The three lines from seat bone to haunch bone, from seat bone to stifle, and from stifle to haunch bone are all equal length.

**W equals:** A line dropped from the seat bone meets the point of the hock and continues down the back of the cannon.

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