

What is the problem?

Eliminate the resistance and you will eliminate the problem

Sources of Resistance

- 1) Psychological – relating to the mind or mental processes
- 2) Physiological – relating to the way that living things function

Psychological (Mental)

Does the horse want to do what you are asking?

Why does he not want to do what you are asking?

Willing Submission

Are you riding with a loose rein and light leg pressure?

Yes – You will have no resistance (perfection/ true unity)

No – Are you operating with a good level of communication?

Good Communication (driving and underlying factors)

Does your horse have **confidence** in you (determined by head level)?

Where is your horse's head level?

Is he experiencing **comfort** and **companionship** with you?

Or is he being drawn somewhere else, looking for comfort and companionship?

Where is your horse's **self-preservation** level (high, low)?

Where is your horse's **energy** level (high, low)?

Increase in **Confidence** = Decrease in **Self-Preservation** (vice versa)

Comfort and Companionship Increase = Increase in **Confidence** (vice versa)

Comfort and Companionship Increase = Decrease in **Self-Preservation** (vice versa)

As the **Energy level** decreases ~ **Self-Preservation** decreases ~ which opens the door to increase **Comfort and Companionship** (when presented in the correct manner)

Physiological (Mechanical)

Does the horse know how to do what you are asking?

Do you know what and how you are asking the horse?

Willing Submission

Are you riding with a loose rein and light leg pressure?

Yes – You will have no resistance (perfection/ true unity)

No – Do you have good communication, balanced life to direction ratio, and a solid foundation of maneuvers?

Good Communication (Feel, timing, and balance)

Are you helping the horse or hindering the horse?

Where is your weight (**Balance**)?

How long is your rein?
Can you **feel** when the horse does what you want?
Do you know when to apply pressure and give relief (**timing**)?

Balanced life to direction ratio

Life

Do you have to make contact with your feet to get your horse to move?
How much pressure do you have to apply with your feet (light pressure with calves, hard kick with spurs)?
Into what speed can you jump from standing, in less than 2 strides? (Walking, trotting, extended trot, lope, gallop)

Direction

Does your horse put slack in the rein with suppleness through the poll and loin, when you take the slack out?
At what speed will your horse put the slack back in the rein with forward motion? (Walking, trotting, extended trot, lope, gallop)

Solid foundation of Maneuvers

What stage is your horse in (1, 2, 3, or 4)?

Are they solid in Stage 1?

When you take the slack out of the rein does your horse willingly stop the front end and pivot the hind end around the inside front foot at a lope, in less than 3 steps from the initial contact?
After initial contact (quarter turn), will the horse complete a half turn on their own? (Willing submission)

Are they solid in Stage 2?

Does your horse pull with his hindquarters when backing?
Do they step with the hindquarters first, not the front feet?
Do you have to pull on your horse to get them to back, or can you lightly take the slack out of the reins?
Does your horse's head go up when you ask him to back?
Can you speed up your backing by bring the life to the feet, or do you have to pull harder on his head which brings his head up?

Are they solid in Stage 3?

Can you fan your outside leg at a lope and have them willingly move in a lateral motion crossing the front and hind feet without elevating the head?
From standing can you lightly bring your outside calf into your horse and have them step with their inside foot first? (Preparation for Stage 4)
Can you move your horse's front feet and hind feet together in a lateral motion?

Are they solid in Stage 4?

Can you fan your outside leg and have your horse pull (centrifugal force) the front feet around the inside hind foot (holding the pivot foot) on a loose rein?

Can you do this in a quarter turn, half turn, or full turn?

Can you do this in a quarter turn?

If not, do not attempt a half turn

Can you do this in a half turn?

If not, do not attempt a full turn.

What specifically are you asking your horse to do?

You are not asking your horse to open the gate, you are asking him to operate in Stage 3.

What are you asking his feet to do?

Your reins just show them where to go (steering wheel), the feet (gas pedals) get them there.

Can you tell what your horse's feet are doing?

Can you feel the instant your horse crosses his feet, changing a forward to a lateral motion?

Do you relieve the pressure the instant the horse's feet do what you want?

Do the reins control the horse's feet? (Are the reins tied to the feet?)

Or do you pull on the reins and your horse's head goes up?

Are you clear in your mind what you want your horse's feet to do in response to your rein?

Do you know what it will feel like when his feet do what you want?

Can you pick up your horse's feet and set them down one at a time in the direction you want, from the horse's back?

Can you tell me the instant that any given foot leaves the ground and hits the ground?