

Foundation for Perfection:

Learning How to Eliminate Resistance When Doing a Job

3 Causes of Resistance

- 1) **LACK OF COMMUNICAITON**
 - Horse needs more **time, patience, teaching** (Slow down!)
- 2) **FEAR**
 - **Self-preservation** shown through **FEAR**
 - Due to lack of **Confidence** (Slow down!)
- 3) **RESENTMENT**
 - **Self-preservation** shown through **RESENTMENT**
 - Due to **false teaching, unwilling submission & unbalanced life to direction ratio.**

5 Factors to Eliminate Resistance

1) WILLING SUBMISSION– **~~AFTER AN INITIAL CUE, THE HORSE PERFORMS THE TASK ON A LOOSE REIN AND WITH NO LEG PRESSURE. “IT IS THE HORSE’S IDEA.”~~**

2) GOOD COMMUNICATION – Learning to read, feel, and understand what the horse is saying in response to our request (Communication involves two individuals, what is the horse saying?). We communicate with horses through their **primary driving factors, underlying driving factors and feel, timing, and balance.**

3 Primary Driving Factors: Self-preservation, Comfort, and Companionship

1 Variable Factor: Hormones

2 Underlying Factors: Confidence, and Energy (motivation and determination)

↑ Confidence (↑ Comfort, ↑ Companionship) = ↓ Self-preservation

↓ Energy = ↓ Self-preservation

Confidence = Head height (Confidence ↑: Head height ↓), (Confidence ↓: Head height ↑)

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

3) BALANCED LIFE TO DIRECTION RATIO – The ratio is determined by the speed which we can willingly bring the life up and willingly direct it on set line (straight or curved), without losing “direction.”

Life – The ability to move the horse, with any given speed at any given time.

1 = Inflict pain to get into a lope, 5 = Gallop at any given time.

Direction – **WHEN THE SLACK IS TAKEN OUT OF THE REIN, THE HORSE PUTS THE SLACK BACK IN THE REIN WITH SUPPLENESS THROUGH THE POLL AND LOIN.**

1 = Direction standing, 5 = Direction loping.

Life > Direction = Confidence ↓ in horse

- a) **Vertical Direction** – (Atlas Vertebrae) – Up and down
- Break in the poll vertically; nose should be perpendicular to the ground.
- b) **Horizontal Direction** – (Axis Vertebrae) – Left to right

3 SIGNS – POLL

- 1) BREAK IN THE POLL HORIZONTALLY (HAIRLINE CURVES BETWEEN THE EARS)**
- 2) NOSE DIRECTLY UNDERNEATH THE EYE**
- 3) SHOULD NOT SEE ANY WHITE IN THE EYE (LOOKING BACK NOT FORWARD)**

3 SIGNS – LOIN

- 4) FRONT FEET AND HIND FEET TRAVEL ON SAME PATH AS THE NOSE**
- 5) POLL AND LOIN SHOULD MAKE A PERFECT “C” AROUND RIDER’S LEG**
- 6) SHOULD BE ABLE TO RIDE A PERFECT CIRCLE (“O” IS HALF OF A “C”)**

Four Levels of Directed Life

- 1) Submit the life (Stage 1 Mechanical Foundation)
- 2) Fill them with life (With no signs of self-preservation)
- 3) Direct the life (1st Straight lines, 2nd Curved lines)
- 4) Led by the life (Stage 2 Mechanical Foundation)
(Life = Hindquarters & Driving Factors)

4) SOLID FOUNDATION OF MANUEVERS- Ability to move the horse feet in any direction to accomplish any job.

FOUR STAGES:

STAGE 1 – STOP THE INSIDE FRONT FOOT AND WALK THE OTHER FEET FORWARD AROUND IT.

STAGE 2 – HINDQUARTERS PULLING THE HORSE IN A REVERSE MOTION.

STAGE 3 – LATERAL MOVEMENT OF FRONT FEET AND HIND FEET TOGETHER.

STAGE 4 – STOP THE INSIDE HIND FOOT AND WALK THE OTHER FEET FORWARD AROUND IT.

5) PHASES OF TRAINING: FOUNDATION TO FINISH

- 1) **Setting** the Foundation:
- Horizontal/ Vertical Direction & 4 Stages w/ Willing Submission
- 2) **Building** the Foundation through Doing Jobs:
- Sacrifice the job to build on the foundation
- 3) **Testing** the Foundation
- Sacrifice the Foundation to do the job (**Finding the holes**)
- 4) **Using and Maintaining** the Foundation while doing jobs:
- Goal of the FFP: Attaining the “**Training Trifecta**”