

01 WHAT'S YOUR HORSE'S STORY?

It's important to be aware of your horse's story before we can write a new story.

Every horse has a story, for example, that he's spooky, lazy or horse shy. However, the only way to create a positive new story, is to work in the moment. And not think of what happened yesterday or what might happen tomorrow.

I talk about this concept in the first video.

It's important to be aware of your horse's story before we can write a new story. Answer the questions below for more awareness.

WHAT DO YOU THINK IS YOUR HORSE'S STORY?

DO YOU BELIEVE YOUR HORSE'S STORY CAN BE CHANGED?

LOOK AT YOUR ANSWER TO THE FIRST QUESTION. DID YOU DESCRIBE THE SYMPTOMS OR THE CAUSE?

02 PROJECTING YOUR ENERGY

What's your level of energy and does it match your horse's level of energy?

We're all looking for answers on how we can get our horses better and how we can get a better ride. But it's important to know how you're influencing your horse. What's your level of energy and does it match your horse's level of energy?

Watch the second video to learn more about this.

WHAT KIND OF PERSON ARE YOU? HOW DO YOU INTERACT WITH OTHER PEOPLE?

HOW DO YOU THINK PEOPLE PERCEIVE YOU?

WHAT IS YOUR LEVEL OF ENERGY NORMALLY? AND WHEN YOU'RE INTERACTING WITH YOUR HORSE?

WHEN YOU'RE LEADING YOUR HORSE, IS YOUR HORSE THE TYPE OF HORSE THAT WANTS TO TAKE THE LEAD? DO YOU FEEL YOU HAVE TO DRAG YOUR HORSE? OR DOES IT CHANGE? AND IS HE SOMETIMES LISTENING OR SOMETIMES OVERREACTING?

WHAT IS YOUR HORSE'S LEVEL OF ENERGY?

WHAT TYPE OF HORSE DO YOU HAVE?

03 STARTING POINT OF THE TRAINING

This is my starting point whenever I start training a horse.

This is my starting point whenever I start training a horse. It's the leading exercise, which has several benefits. In this video I talk about the benefits and show you how to do the leading exercise with your horse.

Watch the two videos to learn more about this.

HOW DO YOU THINK YOUR HORSE WILL RESPOND WITH THE LEADING EXERCISE?

WHAT LEVEL OF ENERGY WILL YOU NEED TO HAVE IN THIS EXERCISE? HOW MUCH ENERGY WILL YOU NEED TO USE TO EXPLAIN TO YOUR HORSE WHEN HE'S IN THE WRONG PLACE?

HOW DID THE LEADING EXERCISE GO? DID IT GO AS EXPECTED?

04 TENSION POINTS

Where are the tension points in your horse's body?

If your horse is in a resting position, you can start feeling where the tension points in his body are. I explain how in the two videos.

WHERE DID YOU FIND THE TENSION POINTS IN YOUR HORSE'S BODY?

05 WHAT IS THE CAUSE?

Instead of focusing on the symptoms, we want to focus on the cause.

Instead of focusing on the outcome or the symptoms, we want to focus on what's causing certain behaviour. There are four elements of pressure you need to be aware of to find the cause: 1. touch; 2. sound; 3. movement and 4. Approach.

Watch the video to learn more.

LOOK BACK AT YOUR ANSWER TO THE FIRST QUESTION ON PAGE 1. WHICH OF THE FOUR PRESSURES ARE CAUSING THE SYMPTOMS?
