

# Contents

<b>Objectives.....</b>	<b>3</b>
<b>Prerequisites For Training - Building A Solid Foundation:</b>	
Psychological stability.....	6
Physical Stability.....	12

## Section 1: OUTSIDE THE ARENA

### **Starting at the beginning**

Approach Philosophy.....	16
Forming Your Approach.....	18

#### **Preparatory Handling Skills:**

##### **1. First Rung of the Ladder:**

    Working with a horse unaccustomed to any human handling....24

**2. Leading the Young or Inexperienced Horse.....27**

**3. Tying and Grooming.....33**

**4. Challenging Operations: Clipping, Hoof Care and Dentistry.....42**

**Exercise 1 *Energy Connection: Boundary Awareness*.....52**

## Section 2: INSIDE THE ARENA – ON THE GROUND

### **Working On Yourself**

Building the Trust Bond.....	59
The Good Will Philosophy.....	62

### **Working With Your Horse**

The Value of Gymnastic Preparation.....	67
Lungeing Equipment.....	70
Handling the Equipment.....	87
Understanding the Groundwork Goal.....	94
Lungeing Procedure.....	105
How To React To Extreme or Difficult Behaviour.....	152
Ideas for Exercises on the Lunge.....	165

**Exercise 2 *Energy Connection: Resolving Fears*.....179**