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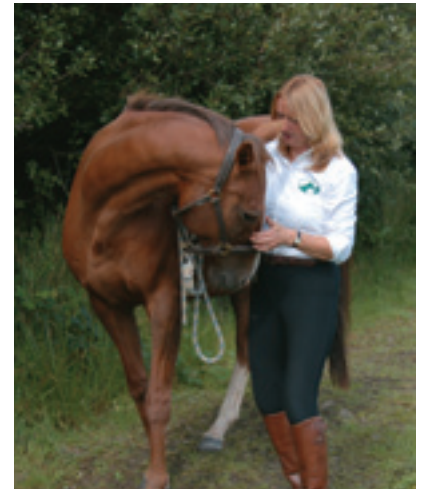
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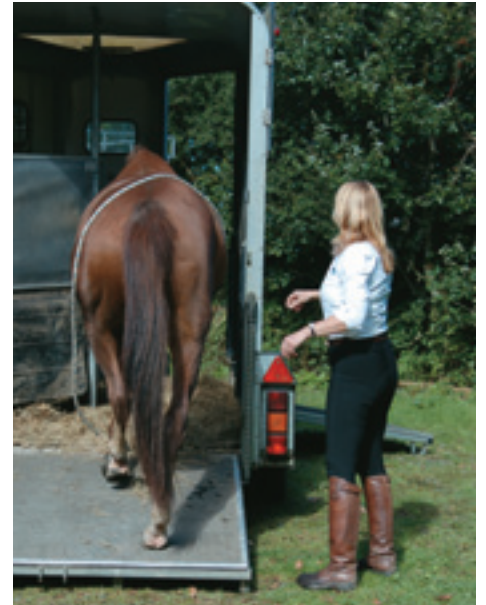
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#### REQUIREMENTS

##### Exercise 7: Teach Standing Still

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It is much safer for you when your horse is calm and controlled as you lead him through any narrow space.

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#### HELPFUL HINT

Using a longer rope than usual may be helpful here as you must ensure you don't pull on the horse when you pass through the gap, causing him to move before you've asked him to join you.

## Lead Through a Narrow Gap

#### WHY DO THIS?

This will help your horse be more comfortable loading into a trailer and make leading through narrow gates, doors, and into stalls and stables safer.

#### HOW TO DO IT

- 1 Use an existing narrow gap (or create one with two barrels)—anything that is safe.
- 2 Lead your horse to the gap and stop in front of it (fig. A).
- 3 Ask the horse to stand still (fig. B).
- 4 Pass through the gap yourself while the horse waits.
- 5 Ask the horse to join you (fig. C).

#### HOW DO YOU KNOW WHEN YOU'VE DONE IT?

The horse will wait calmly on one side of the gap until you ask him to come through and join you on the other side.

#### WHAT YOU CAN DO IF IT DOESN'T HAPPEN

- Make sure the horse knows how to stand still. You can help him in this by adding a visual cue (hand held up in a stop signal) or vocal cue (saying “Wait”). If you use these cues regularly he will soon connect them with standing still (see *Exercise 7: Teach Standing Still*).
- If the horse rushes through the gap then it is too narrow. Create a gap using barrels or use a wider gate to get this exercise solid before making it progressively narrower (fig. D).

#### OTHER THINGS YOU CAN DO WITH THIS EXERCISE

Load the horse into a trailer and move through gates more easily and safely (fig. E).



**A.** Ask your horse to walk to the gap.



**B.** Ask him to wait.



**C.** Ask him to join you.



**D.** You might need to make the gap much wider at first.



**E.** Leading through a narrow space is made easier this way.



## Move Sideways

### WHY DO THIS?

This is a great way to loosen up your horse and help him feel more elastic. It's also very useful when maneuvering the horse around gates and corrals.

### HOW TO DO IT

It is really just moving the horse's front end over, then *immediately* moving the hind end over. But don't rush it. Give the horse the chance to answer each individual request for a movement before going onto the next.

- 1 Ask the horse to move his shoulders over one step to the right ([Exercise 39](#), p. 88). This means you close your left leg and left rein; and open your right rein and right leg (fig. A).
- 2 Ask the horse to move his hindquarters over one step to the right ([Exercise 40](#), p. 90). This means you ask the horse to flex to the left; put your left leg on; and ask his left hind leg to step underneath him (fig. B).
- 3 Repeat Steps 1 and 2 smoothly one after the other until there is a seamless continuity in the movement (fig. C).
- 4 As the horse learns the pattern, the feeling of moving the front end over and then moving the back end over will diminish, and the horse will just *move sideways*.

### HOW DO YOU KNOW WHEN YOU'VE DONE IT?

The horse will step sideways with no forward or backward movement.

### WHAT YOU CAN DO IF IT DOESN'T HAPPEN

- Always check that you are not blocking his movement with your weight, your legs, or your reins, and that you have created a space for the horse to move into.
- Make sure the horse is consistently moving his front end and hind end separately whenever you ask for it.
- If he keeps moving forward when you ask, do this exercise with a fence in front of you to prevent this from happening. If he keeps moving backward, try using a pole on the ground behind you.

### OTHER THINGS YOU CAN DO WITH THIS EXERCISE

Try side-passing over a pole or an object such as a cone or bucket. Start this by riding over a pole until his front feet are on one side and hind feet on the other. Stop, then ask the horse to go sideways: The pole should remain between his front and back legs under his belly as he moves. When he can do this, ride him into position at the end of the pole and side-pass along the complete length of the pole. You can then sidepass over other safe objects.

### REQUIREMENTS

**Exercises 39 & 40: Moving the Front and Hind End Over, both need to be solid before you start on this sideways exercise.**

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Being able to move your horse sideways will help with lateral work.

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### HELPFUL HINT

Ensure you can move the front and hind ends over smoothly without resistance before you start on sideways. Going sideways on a horse is such an impressive-looking movement, we often rush through the preparation to get there. Stiffness can then ruin the movement.



**A.** Here, I am asking the front end to move over.



**B.** Now, I am asking the hind end to move over.



**C.** Everything is moving together.





## Stop a Horse from Barging Into You

**GOAL:** To lead the horse on a loose rope without him pushing into you with any part of his body.

Many horses use their shoulder or body to push you out of the way. This could be because they are afraid and have become unaware of their handler in their bid to escape, or they want to get closer to you so they feel safer. Sometimes it is a learned technique, which means *they* are trying to move *you* by choosing the speed and direction of the movement.

### WHY DO THIS?

This is a safety issue. A horse that uses his body in this way is capable of seriously hurting a human. It is also important the horse understands that the handler is in charge of *how* and *where* they are both going.

### HOW TO DO IT

**Task A:** *Lead the horse on a loose rope.*

When the lead rope between you and the horse is loose it gives him the opportunity to look after his own balance and allows him to feel less claustrophobic.

**Exercise 15: Lead with a Loose Rope.** Establish this exercise first in a safe quiet place where the horse is unlikely to barge into you to teach him the rules of correct leading so that when and if he starts to barge he already knows how you want him to behave.

**Task B:** *Create a safe personal space around you*

Know how to quietly and assertively protect yourself so that if the horse starts to run into you, you are able to respond.

**Exercise 2: Measure a Horse's Personal Space.** As I said above, some horses try to get closer to their handler when they are scared. This is not a safe option for you so make sure he knows that pushing into your space at *any time* is unacceptable (fig. A).

**Exercise 3: Calculate Your Personal Space.** Are you capable of training this type of horse to lead? If you step away or hesitate when he starts this behavior, you will actually make it worse. All your energy must be sent toward the horse to move him away from you—if it is safe to do so.

**Exercise 6: Back Up Away from You.** Have the signal to back away solidly understood by the horse—so solid that

even when he is really trying to run into you, he will respond to your request to back away.

**Exercise 7: Teach Standing Still.** When the horse is pushing into you, you might need to be quite “big” with your body language, but as soon as he has moved away, the best thing to do is to stay still so that he sees a definite change in energy level from you.

**Task C:** *Have a strategy if the horse tries to barge into you.*

Although you might be able to lead your horse on a loose rope, you do need to know how to create a safe distance should the horse start pushing into your personal space (figs. B–D).

**Exercise 5: Get a Horse's Attention.** You may need to make yourself pretty “noisy” and big to ensure the horse knows you are there. As soon as he acknowledges you, first ask him to back away, then be still.

**Exercise 12: Bend the Head Around to the Side.** This action “shapes” his body to be able to step his hind end away.

**Exercise 16: Move the Front End Over.** “Read” the horse so you can see what he's going to do long before it becomes “big” and dangerous. What does he do before he barges into you? Toss his head, look away and push his cheek toward you (the shoulder will follow this), or does he simply just lean in your direction? A horse always does something before he barges, so get good at seeing it coming; you can deal with the small thing first.

### HELPFUL HINT

Barging can be a really ingrained habit in some horses. Consistency is the key here. Your horse has to earn the right to be allowed into your personal space. Even something as small as the horse leaning into you at halt can be the start of a full-scale barge.

**HOW DO YOU KNOW WHEN YOU'VE DONE IT?**

You can lead your horse on a loose rope without him pushing into you with any part of his body.



**A.** Keep a safe distance between you and a lively horse.

**WHAT YOU CAN DO IF IT DOESN'T HAPPEN**

Slow down and start to look for the small things. Ask a friend to video a walk with your horse so you can see what the horse does before he barges. Look for a pattern so that you can begin to read what is about to happen and deal with it before the big stuff occurs!



**B.** You can do something about it when you can see the barge about to happen.



**C.** This horse, Ziggy, always tosses his head before he barges.



**D.** Clancy walks toward Ziggy to move him away from her.