

QUICK REFERENCE

THE *Art* OF LIBERTY TRAINING FOR HORSES



These bonus quick-reference sheets are meant as additional resources to support the lessons in *The Art of Liberty Training for Horses* by Jonathan Field. Print out these charts from pages 52, 61, 67, and 104 and carry them with you! Take them to the barn!

1	CARE	Care is about the health of the horse, both physically and mentally.	
2	CONTROL	Control is about being a good leader, knowing when to “hold on” and when to “let go.”	
3	COMMUNICATION	Communication is a two-way street: We must “speak” with our body language and <i>intent</i> , and listen to what the horse has to tell us.	
4	CONFIDENCE	Confidence is about the horse trusting in us, and us trusting in ourselves.	
5	COMPETENCE	Competence is about the horse possessing the physical skills needed to succeed—and we should be just as physically prepared.	
6	CHALLENGE	Challenge is about finding a purpose that we can pursue together with our horse.	

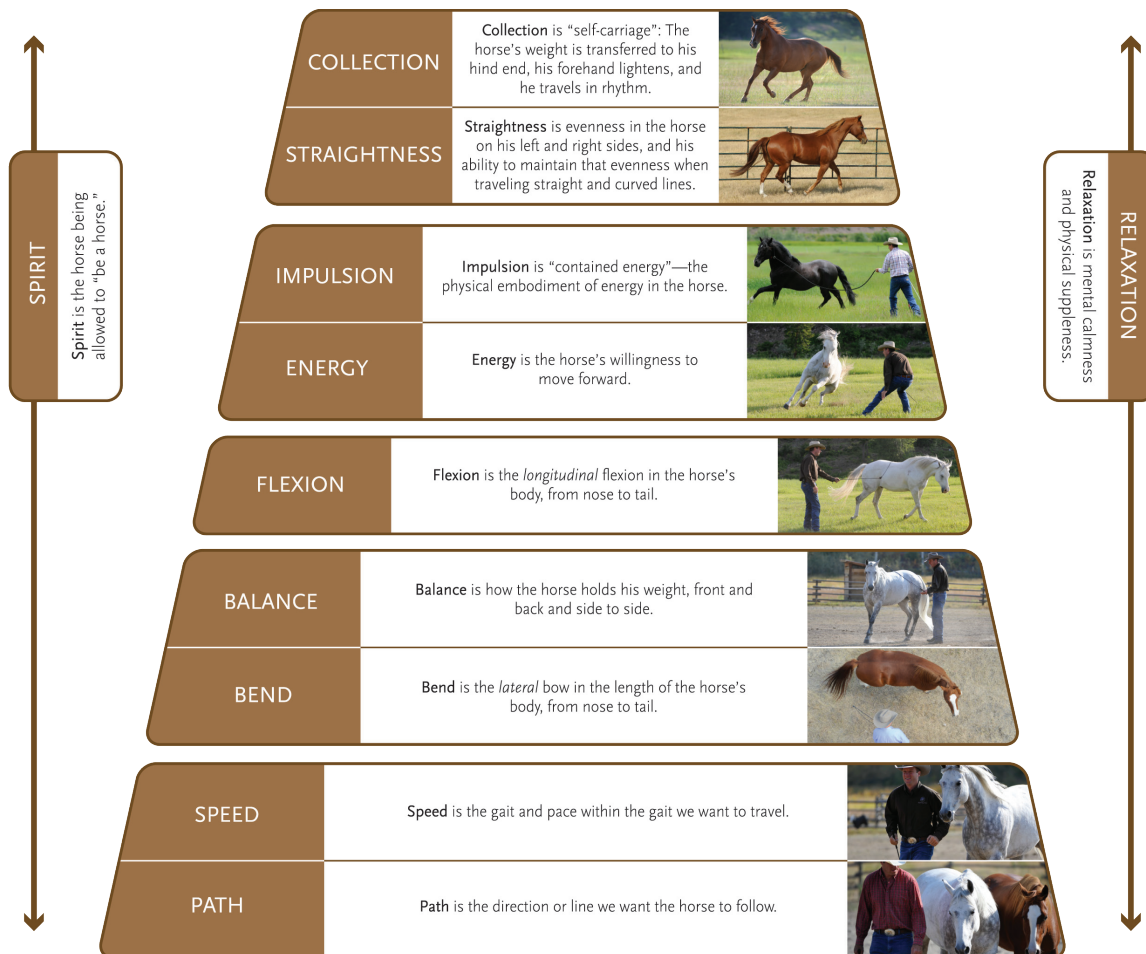
Page 52, Figure 3.1 – *The Six “C”s*.

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Page 61, Figure 3.8 – *The Field Training Scale.*


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RELAXATION

NEUTRAL/ACTIVE NEUTRAL	FRIENDLY
<p>In <i>neutral</i> the horse is at standstill with ease—in his <i>sweet spot</i>. In <i>active neutral</i> he is in relaxation while moving.</p>	<p>This is about your attitude around the horse—he sees you as an ally, not an enemy. It is also about nurturing a “friendly” attitude in the horse toward objects that he might find scary.</p>
 <p>INTENT</p>	
<p>Moving the horse with a constant physical pressure, such as your hand or halter, for example.</p>	<p>Moving the horse with rhythmical pressure, whether waving a stick, your hand, or subtle body language and <i>intent</i> pressing into his personal space.</p>
TOUCH	DRIVING

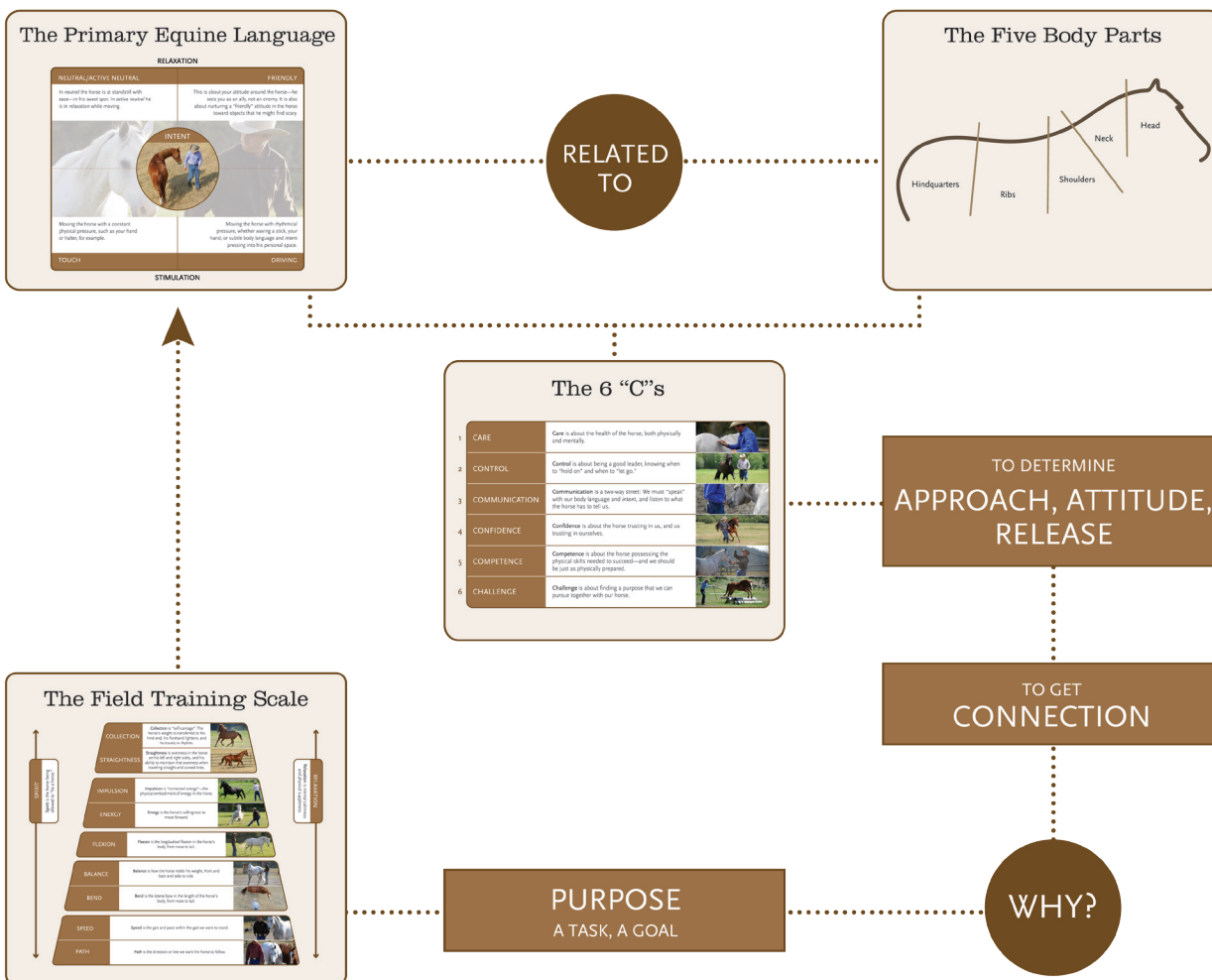
STIMULATION

Page 67, Figure 4.1 – *There are four main elements in the Primary Equine Language, and they need to be administered in the proper balance to create quality communication based on intent.*

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Page 104, Figure 4.19 – Bringing it all together.