

ARENA – STEP 4

Dance in Circles

Using the five levels of pressure learnt in level 2 guide your horse circles. Much like when in a dance with humans it is important to know where to place your hands.

When going to the left, you will need to stand facing your horses middle and place your left hand forward towards your horses halter and your right hand out towards your horses haunches to move your horse around you. The distance your horse dances around you is dependant on how long of a line you allow your horse to have. A fun way to dance begins by moving your horse around you with only three feet of line, as your horse moves forward allow him to take another foot, and again another. Then slowly gather your line closer to your body. This way as your horse dances he is spiraling his body away and into you as he moves. Start slow to ensure you and your horse are comfortable and confident in this dance, as your horse becomes more confident in you and you in him you may ask him to move into faster gaits and slower ones without tiring him or yourself too much!