

®

Inspired by Horses



Course 1

Leadership

Assessment Form

Student Name: _____ Date: _____

Address: _____

City: _____ Prov: _____ Postal Code: _____

Phone: _____ Email: _____

Horse Name: _____

Breed: _____ Age: _____

Results:

- Well Done! Welcome to Course 2
- Please Re-Submit Some Exercises

Assessed By: _____ Date: _____

Course 1 covers the basics – what we call the Primary Equine Language™. This language consists of four main components: ♦ **Neutral** ♦ **Friendly** ♦ **Touch** ♦ **Driving**. Have you ever sat and watched two or more horses interact with each other over any length of time? Next time you do, watch for these four components being used by the horses. It's a language they already understand – your task is to understand it yourself, and apply it in your equine relationships.

The Course 1 assessment is not only a requirement for participation in a Course 2 clinic or camp, it can also be used to solicit feedback on your progression through the Jonathan Field Horsemanship program. At the beginning of each session you will see a brief instruction from Jonathan relating to that exercise. For more clarification and virtual one-on-one explanations, the Natural Foundation DVD program can be an invaluable tool to guide you through this course – specifically:

- ♦ DVD 1, Ground - Becoming the Leader Your Horse Needs You to Be and
- ♦ DVD 1, Riding - Safety: The First Step to a Great Ride

The following exercises are fundamental skills that will help your horsemanship journey be a safe and progressive one and are **not** designed to start a green horse under saddle. (The part of the program **SHOULD NOT** be attempted with an un-rideable horse).

Horsemanship is more than just getting your horse to do specific maneuvers – a session showing you and your horse going through the ups and downs of completing an exercise is just as important as the final outcome. Don't let the prospect of receiving a 're-submit' on an exercise deter you from submitting it in the first place. The important thing is to tape it, send it in, receive feedback and move forward! Note: Please read through every exercise completely for instructions and things to look for.

GROUND

Tools Required:

- Halter
- Horseman's Stick & 6' String
- 12' Lead

Ground 1 (G1) – Hands-On Touch

A hands-on touch is a steady pressure, not a shove or a push. It is important that your horse yield the body part desired by moving off a soft pressure with your hands on him – he can't be moving to get away from your hands touching him. This distinction is very important. If your horse doesn't move off a soft pressure on the first try, show how you teach him to do so by intensifying the pressure enough to be effective, then releasing the pressure the instant you get what you want. (You can show a session for each body part or combine all body parts into one session.)

G1a: The Forequarters, Both Sides

Move the forequarters around. Your horse must be yielding the forequarters by crossing one foot over the other and not just walking away from you in a circle.

Well Done! Please Re-Submit

Comments:

G1b: The Hindquarters, Both Sides

With your hand on the horse's hindquarters or near

Well Done! Please Re-Submit

Comments:

the flank, ask your horse to yield the hindquarters at least half a circle. Do this for both sides. A perfect pivot is not required but your horse must be yielding the hindquarters and not just walking away from you.

G1c: Back-up

Back your horse up at least 10 steps by either the nose or the chest. Your horse must go relatively straight without a lot of resistance.

Well Done! Please Re-Submit

Comments:

G1d: Lower the Head

Ask your horse to lower his head to the ground using a hands-on touch at the poll. This can be done in stages. He doesn't have to lower his head all the way down with one touch, but he does have to lower his head without an extreme amount of resistance. Release pressure with each yield downward. Remember – it's the release that teaches!

Well Done! Please Re-Submit

Comments:

Ground 2 (G2) – Driving

Driving is a rhythmic pressure. Your use of body language and intention will be important in showing the assessor that you understand the difference between friendly, neutral and driving. Your horse should move off a light, rhythmic pressure. If your horse doesn't move off a light, rhythmic pressure, show how you teach him to do so by intensifying the pressure just enough to be effective, then releasing the pressure the instant you get what you want. *(You can show a session for each body part individually or combine all body parts into one session.)*

G2a: The Forequarters, Both Sides

Drive the forequarters around both directions. Your horse must be yielding the forequarters by crossing one foot over the other. Your horse must be moving the forequarters more than the hindquarters, not just walking in a circle. If your horse is moving too much forward, finish each turn by backing him up – this will teach him to get more of his weight on the hindquarters.

Well Done! Please Re-Submit

Comments:

G2b: The Hindquarters, Both Sides

Drive the hindquarters around both directions. A Perfect pivot is not required but your horse must be yielding the hindquarters and not just walking away from you.

Well Done! Please Re-Submit

Comments:

G2c: Back-Up

Back your horse up to the end of a 12' lead using a driving pressure. You can start by using the Horseman's stick and switch to wiggling the lead if required. Be specific about where you want your horse to go – think of putting him into a sweet spot at the end of your lead.

Well Done! Please Re-Submit

Comments:

Ground 3 (G3) – Friendly Desensitization Check

This component of the Primary Equine Language™ is about becoming friends with your horse, desensitizing him, and showing how you have built his trust enough to accept many types of foreign objects being rubbed on him, waved around him, etc. You will be assessed on this exercise based both on the foreign object and in how you use it throughout your submission – how often you stop and show your horse how much you Care is a major key to success. Remember that your body language and intent during this exercise needs to be friendly.

G3:

Show your horse's acceptance of the horseman's stick & string and at least one other foreign object (eg: jacket, plastic bag) by rubbing his whole body with it. Your horse should stand still and be relaxed.

Well Done! Please Re-Submit

Comments:

Ground 4 (G4) – Neutral Sweet Spot Test

The Neutral Sweet Spot is another way of saying that your horse is in sync with you. Use body language and intent to show how your horse is in sync enough with you to understand whether you want him to go or to whoa – simply by changing your intent.

G4a: Neutral Sweet Spot

In 2 locations in an arena or an enclosed pasture, park your horse in a chosen sweet spot and leave him there. You can hold on to the very end of the rope or leave it on the ground to show your horse that you want him to stay there. Walk and jog around both sides of your horse while he stands there quietly.

Well Done! Please Re-Submit

Comments:

G4b: Active Neutral Sweet Spot

Place your horse at a distance of 10 feet away from you and have him follow you at a walk, trot and stop. This exercise is to show your understanding of the concept of the Active Neutral. When communicated clearly, your horse will understand that you have set the distance of neutral at 10 feet away from you. At this distance, with a change of your intent to walk, trot and stop he will stay in sync with you.

Well Done! Please Re-Submit

Comments:

PURPOSE SECTION – GROUND(GP)

Tools Required:

- Halter
- Horseman’s Stick & 6’ String
- 12’ Lead
- Barrels, cones, jumps

Remember – in order for your horse to become a willing partner, it is important to give him a reason for learning all this stuff. Here are three exercises designed to give you and your horse a purpose for using the Primary Equine Language™.

Well Done! Please Re-Submit

GP1: Back Up Between Objects

Keeping your feet still, use a driving pressure to back your horse between 2 barrels or cones spaced no more than 4 feet apart.

Comments:

Well Done! Please Re-Submit

GP2: Send Your Horse Over a Jump

Keeping your feet still, send your horse over a jump (min. 20” high) both ways. Be sure to demonstrate your send and show your release as soon as your horse does what you ask of him. If he refuses, show your ability to release pressure at the right time in order to teach him to do it. Place your horse in a neutral sweet spot at the other side of each jump.

Comments:

Well Done! Please Re-Submit

GP3: The Responsibility Circle

Have your horse go out into a circle by sending his front end away – ensuring he doesn’t invade your personal space before moving out. Show at least 6 laps in each direction, then disengage the hindquarters to bring him back to you. This exercise is about getting your horse to remain moving without you having to continually coax him. It is to create a responsibility of mind in your horse and to get people to stop micro-managing them.

Comments:

SAFETY ON THE BACK

Tools Required:

- Halter
- Horseman's Stick & 6' String
- 12' Lead
- Saddle
- Saddle Pad
- Rope Hackamore (or use Halter & 12' Lead, tying the end of the lead at the halter to make a rein)

Riding 1 (R1) – The Pre-Ride Test

The pre-ride test contains steps that prepare you and your horse for as safe a ride as possible. Look at it as a pre-flight check – making sure all systems are a go *before* taking off. Once you're in the air, there's no going back to check the landing gear or the flaps – it's the same with your horse. Remind yourself to check your horse's state of mind that particular day *before* you mount - if your horse is reactive and disconnected don't proceed past this step at this time. Keep in mind that even a pre-ride check will not guarantee safety when it comes to horses. When riding, things like environment change, or even an off day, can send your horse into a reaction. Prepare as much as possible before you get on, don't over challenge yourself or your horse with a new situation and be ready to dismount to get your horse's mind re-connected using your ground exercises. As you work through these riding exercises you will see where the ground exercises you just completed come into play. Think '*Friendly Desensitization Check*' & '*Neutral Sweet Spot Test*' while saddling or mounting your horse. As you work through all the previous steps, envision yourself already on his back: if he does react in any way – you'll be glad you found about it beforehand. Good luck & safe ride!

R1a: Standing for Saddling

Show yourself saddling your horse from the right side. Show how your horse stands to be saddled and respects your personal space while doing so. Set the saddle on his back as politely as possible. Be sure to show how you desensitize your horse to any equipment he has a reaction to.

Well Done! Please Re-Submit

Comments:

R1b: Move Your Horse Around

Once saddled, show how comfortable your horse is with moving around while saddled – walking, trotting, and cantering in a circle in different areas of the riding ring. Make sure to let his nose lead at times. Remember to tighten the cinch at least twice after some movement.

Well Done! Please Re-Submit

Comments:

R1c: Disengagement

Show how, from the ground and from both sides, you get your horse to disengage his back end. Do this with a lateral bend of the head and neck. Now ask

Well Done! Please Re-Submit

Comments:

your horse to do at least a full circle of yielding the hindquarters both ways. The back legs should cross over continuously, demonstrating your ability to depower your horse. Remember, lateral bend is the key to depowering your horse – if he can stay straight, he can stay strong.

R1d: Half Mount

Once you’ve placed the hackamore on your horse, half-mount your horse from both sides. A half-mount is standing up in the stirrup but not swinging your leg up and over the other side. Go up and down a couple of times on both sides to show that your horse will stand while mounting. You can use a block or a step if required.

Well Done! Please Re-Submit

Comments:

Riding 2 (R2) – On The Back

Once all previous exercises are completed and you’re confident in your connection, mount your horse fully. Refer back to the worksheet at any point to refresh your memory and to see where those steps come into play once you’re mounted and ready to go. The last two exercises in this session are OPTIONAL and will not affect your overall assessment. We’ve added these exercises so that your assessor can better gauge how well you understood and were able to apply the skills just covered. Also – even though they won’t be marked, you will still receive feedback on these tasks which will give you a better idea of your progression.

R2a: Neutral Lateral Flexion

Once you’ve mounted your horse, from a stand still, show lateral flexion from both sides. Run your hand down the rein in a preparatory command, close your fingers slowly and ask your horse to yield his head around. Show how you can ask for a bend respectfully by holding the pressure and not pulling. Wait for 3 ingredients before releasing:
1) He’s standing still 2) His head is bent 3) He’s relaxed
Remember – it’s the release that teaches.

Well Done! Please Re-Submit

Comments:

R2b: One Rein Disengagement

Using the indirect rein, disengage your horse’s hindquarters with one rein in both directions. Clearly show the three stages of body positioning (turn your head, then turn your body, then apply pressure with your leg) before using the rein. A perfect

Well Done! Please Re-Submit

Comments:

pivot is not necessary but your horse must clearly be yielding his hindquarters and not just walking around in a circle.

R2c: One Rein Back-Up

Using one rein, ask your horse to back-up at least 10 steps. Bump the rope in an upwards motion to back your horse up, while keeping your focus high and straight ahead. Show how you ride the back-up by having the same intent, energy and body movement as you want in your horse.

R2d: Direct Rein Half Turns

At the walk, show a series of half turns off the rail using a direct rein. Clearly show the three stages of body positioning (turn your head, then turn your body, then apply pressure with your leg) before using the rein. Use the open direct rein position and really show opening and leading with your inside leg & rein, and closing with your outside leg.

R2e: Two Rein Back-Up

Back your horse up at least 10 steps using the two rein back-up. Show all steps, from how you pick up the reins in two hands, run them down the reins and slowly closing your fingers. This is a fixed rein position, so make sure you hold the feel on the reins and don't pull to get your horse to back-up. Shorten your reins so they don't come past your saddle horn or pommel, keep your seat in the saddle and focus straight ahead. Show how you ride the back-up by having the same intent, energy and body movement as you want in your horse.

R2f: Bend to the Stop - Trot

Show 2 bends to the stop from a trot for each side. Your horse must come to a complete stop, not just drop to a walk and turn in circles. Don't worry if it takes him a while to completely stop moving. Show your ability to wait with your horse until he stops and relaxes. If he is over sensitive and stops right away, you must still show him bending his head around and relaxing. All three com-

Well Done! Please Re-Submit

Comments:

Well Done! Please Re-Submit

Comments:

Well Done! Please Re-Submit

Comments:

Well Done! Please Re-Submit

Comments:

ponents must be shown – bending, complete stop and relaxing.

R2g: OPTIONAL: Bend to the Stop – Canter

Show 1 bend to the stop from a canter for each side.
Show your ability to wait with your horse until he comes to a complete stop. All three components must be shown – bending, complete stop and relaxing.

Comments:

R2h: OPTIONAL: One Rein Riding Session

In a continuous session show a series of laps around the arena or enclosed pasture using one rein.

Demonstrate the following:

- Walk, trot transitions on the rail.
- Flip the rope over your horse's head at least 2 times
- Do figure 8's around cones or barrels
- Finish with a one rein stop and back-up

This is a an optional riding session, so feel free to incorporate the exercises in whichever order you prefer.

Comments:

Thank you for your submission. You will receive your results within 4 – 6 weeks from receipt.

Please include payment with your submission - \$1.00 per minute Plus GST

Indicate Method of Payment:

Cheque Enclosed (made payable to Jonathan Field Company Ltd.)

Credit Card: Visa / Mastercard

Card #: _____ Exp. Date: _____

Name **AS IT APPEARS** on Card: _____

Credit Card Billing Address: _____

(if different from Student Mailing Address) _____

Signature: _____

Would you like your video / DVD returned to you:

- Yes, please**** **No, thank you**

****If yes, please include a self-addressed, postage paid envelope**



COURSE 1 TASK LIST

NAME: _____

	Well Done!	Resubmit	Comments
GROUND			
Hands-On Touch			
-Forequarters, Both Sides	<input type="checkbox"/>	<input type="checkbox"/>	_____
-Hindquarters, Both Sides	<input type="checkbox"/>	<input type="checkbox"/>	_____
-Back-Up	<input type="checkbox"/>	<input type="checkbox"/>	_____
-Lower the Head	<input type="checkbox"/>	<input type="checkbox"/>	_____
Driving			
-Forequarters, Both Sides	<input type="checkbox"/>	<input type="checkbox"/>	_____
-Hindquarters, Both Sides	<input type="checkbox"/>	<input type="checkbox"/>	_____
-Back-Up	<input type="checkbox"/>	<input type="checkbox"/>	_____
Friendly Desensitization Test	<input type="checkbox"/>	<input type="checkbox"/>	_____
Neutral Sweet Spot	<input type="checkbox"/>	<input type="checkbox"/>	_____
Active Neutral Sweet Spot	<input type="checkbox"/>	<input type="checkbox"/>	_____
Back-Up Between Objects	<input type="checkbox"/>	<input type="checkbox"/>	_____
Send Your Horse Over a Jump	<input type="checkbox"/>	<input type="checkbox"/>	_____
The Responsibility Circle	<input type="checkbox"/>	<input type="checkbox"/>	_____
Standing for Saddling	<input type="checkbox"/>	<input type="checkbox"/>	_____
Move Your Horse Around	<input type="checkbox"/>	<input type="checkbox"/>	_____
Disengagement	<input type="checkbox"/>	<input type="checkbox"/>	_____
Half Mount	<input type="checkbox"/>	<input type="checkbox"/>	_____
RIDING			
Neutral Lateral Flexion	<input type="checkbox"/>	<input type="checkbox"/>	_____
One Rein Disengagement	<input type="checkbox"/>	<input type="checkbox"/>	_____
One Rein Back-up	<input type="checkbox"/>	<input type="checkbox"/>	_____
Direct Rein Half Turns	<input type="checkbox"/>	<input type="checkbox"/>	_____
Two Rein Back-up	<input type="checkbox"/>	<input type="checkbox"/>	_____
Bend to the Stop - Trot	<input type="checkbox"/>	<input type="checkbox"/>	_____
OPTIONAL			
Bend to the Stop - Canter	<input type="checkbox"/>	<input type="checkbox"/>	_____
One Rein Riding Session	<input type="checkbox"/>	<input type="checkbox"/>	_____

Assessed By: _____ Date: _____

PASS! Welcome to Course 2