

®

Inspired by Horses



# Course 2

Unity

## Assessment Form

Student Name: \_\_\_\_\_ Date: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Prov: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Horse Name: \_\_\_\_\_

Breed: \_\_\_\_\_ Age: \_\_\_\_\_

### Results:

#### Ground

Section 1 – Refined Primary Equine Language™

Well Done  Re-Submit

Section 2 – Purpose

Well Done  Re-Submit

Section 3 – Liberty

Well Done  Re-Submit

#### Riding

Section 4 – Refined Primary Equine Language™

Well Done  Re-Submit

Section 5 – Purpose

Well Done  Re-Submit

Assessed By: \_\_\_\_\_ Date: \_\_\_\_\_

*Intention is the main lesson of Course 2. You will learn to develop a more intent based language and not rely solely on a pressure based communication. This body language and focused intent comes from a clear expectation that you have developed in the previous course. Remember - this comes from you. With clear communication your horse will find more comfort with you as a natural leader and his trust level and confidence will grow as a result.*

*The Course 2 assessment is not only a requirement for participation in a Course 3 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 2, Ground – Clear Communication: The Cornerstone of Your Relationship
- ◆ DVD 3, Ground – Developing a Great Riding Horse from the Ground
- ◆ DVD 2, Riding – Becoming a Great Rider

*Remember, 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! Read through every exercise completely for instructions and things to look for. Please note: for all gaited horses, the cantering exercises are not necessary.*

**You don't have to send in the entire assessment at once –you can mail in sections as they're laid out in the assessment.**

## GROUND

### Section 1 - Refined Primary Equine Language™

Show a more refined communication to each of your horse's body parts using the primary language. You must show a clear intention using your body language.

#### **Tools Required:**

-Halter

-Horseman's Stick & 6' String

-12' Lead

-A Variety of Objects for the Friendly Test (eg: Beach Ball, Tarp, Pool Noodle, etc)

#### **Neutral and Friendly Test (NF)**

These ingredients are about *Relaxation* and *Desensitization*. As you get further down the road with your horse, many circumstances will require multiple ingredients of the Primary Equine Language™. This exercise will require you to park your horse in a neutral sweet spot and test how friendly your horse is to many objects – including you. Don't forget that the key of friendliness between you and your horse is determined by how much he thinks you are his friend. You need to become friends and have a friendly approach to challenges. This exercise will be assessed based on how well you approach each challenge and how relaxed and confident your horse is. Do these exercises in an enclosed area.

#### **NF1: Neutral Sweet Spot**

Park your horse in a sweet spot and set the lead rope on the ground. Walk, jog and run all around your horse, getting at least 50 feet away from him.

Well Done!    Please Re-Submit

Comments:

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## **Thorough Friendly Test**

In this session, show a series of exercises to prove that your horse is confident with many foreign objects. Be observant of the difference between acceptance and tolerance and strive for pure acceptance of foreign objects. In helping your horse overcome these challenges, remind yourself that this is not about the object itself but about becoming a strong partner and leader to your horse. He should accept all outside stimuli because he trusts you. Take these examples and use your imagination to make it work for your circumstance. Show how you can do these exercises at both the stand still and while moving. Sometimes, a horse will accept an object if they stand but not if they're moving, so make sure that you can do both.

### **NF2: Friendly Test**

Use the Horseman's Stick & String and swing it vigorously around your horse's head and body. Then, use some additional props (a beach ball, pool noodle, tarp, etc.) and roll them around, over and under your horse. Rub the items all over his body. Use your imagination to show how desensitized he is. Your horse should be relaxed during these exercises.

Well Done!    Please Re-Submit

*Comments:*

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## **Touch & Driving**

These ingredients are about refined sensitivity and movement. In this section please demonstrate how you have developed a clear communication to each part of your horse's body – the head, neck, shoulders, ribs and hind quarters. You will be evaluated based on your use of focus and intention and your horse will be evaluated on softness and relaxation. Show that you have, over time, developed a soft and willing movement from each part of your horse's body with Touch and Driving. You can show these exercises in either short, separate sessions or in one continuous session.

### **Touch**

Your hand must be touching your horse with a steady pressure. Remember, this is not about a push or a shove. Focus on a soft, willing yield from the touch of your hand.

### **T1: Forequarter Yield, Both Sides**

Touch the forequarters around in a complete circle, both directions. Your horse needs to nearly pivot on the hindquarters, the front feet need to step evenly and the foot closest to you needs to step over the other foot. Show how you may need to move your hands to keep the horse balanced in the turn so that he can complete it. Your horse must stop when you release the pressure – this will show that you weren't chasing him and that he wasn't just evading you.

Well Done!    Please Re-Submit

*Comments:*

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## T2: Hindquarter Yield, Both Sides

Touch the hindquarters around both directions. Your horse must nearly pivot on the forehand. The inside hind hoof needs to step in front of the foot furthest from you – this will prove proper bend in the body.

Well Done!  Please Re-Submit

Comments:

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## T3: 10 Foot Back-Up

Back your horse up at least ten feet by touching the nose. Show your horse willingly going backwards with his head down. The exercise should be completed at a moderate pace – not be drudgingly slow.

Well Done!  Please Re-Submit

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## T4: 10 Feet Sideways

Move your horse sideways at least ten feet, both directions, using the touch of your hand. If needed, you can move the position of your hand in order to keep your horse straight. Do this exercise in an open arena – not along a fence. Really show your focus by looking where you want your horse to go.

Well Done!  Please Re-Submit

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## Driving

Use the Horseman's Stick and demonstrate a light, rhythmical pressure to your horse. Be clear with your body language and intent. Show the difference between driving, neutral and friendly.

## D1: Forequarter Yield, Both Sides

Drive the forequarters around in a complete circle, both directions. Your horse needs to nearly pivot on the hindquarters, the front feet need to step evenly and the foot closest to you needs to step over the other foot. Show how you may need to move your stick to keep the horse balanced in the turn so that he can complete it as described. Your horse must stop when you release the pressure – this will show that you weren't chasing him and that he wasn't just evading you.

Well Done!  Please Re-Submit

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## D2: Hindquarter Yield, Both Sides

Drive the hindquarters around both directions. Your horse must nearly pivot on the forehand. The inside hind hoof needs to step in front of the foot furthest from you – this will prove proper bend in the body.

Well Done!  Please Re-Submit

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### D3: 10 Foot Back-Up

Back your horse in a straight line from at least 10 feet away. The objective is to create a space at least 10 feet wide between you and your horse – not to follow him while he backs up 10 feet. Show your horse willingly going back with his head down, yielding from only a light drive with the stick. He should be travelling at a moderate pace and maintain his distance from you when you stop driving.

### D4: 10 Feet Sideways

Drive your horse sideways, with or without a fence, at least ten feet in each direction. Move both your stick and your focus accordingly to cause your horse to go straight. Really show your focus by looking where you want your horse to go.

## Section 2 – Circling, 22' Line

Another form of pre-ride check, the responsibility circle is about getting your horse's systems in order, and showing relaxation in movement. Remember to show a clear send, allow and bring back. In the sends, your horse must first step back and away on to the hindquarters. In the allows, your horse must maintain his speed without your constant coaxing. For the bring backs, show how you disengage your horse's hindquarters to have him face and come back to you.

### Tools Required:

-Halter

-Horseman's Stick & 6' String

-22' Line

### C1: 6 Laps at a Trot

Send your horse into a responsibility circle at the trot. Have him complete at least 6 laps in each direction, or until he relaxes in motion. He should be trotting rhythmically without leaning on the rope, and should circle six times from one send. Show how you remain standing at neutral while your horse is in the allow. Disengage the HQ to bring your horse back to you.

### C2: 2 Laps at a Canter (Optional)

Send your horse into a responsibility circle at a canter. Show how you ask him to make the transition from halt, walk, trot to canter. He should complete 2 laps in each

Well Done!  Please Re-Submit

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Well Done!  Please Re-Submit

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Well Done!  Please Re-Submit

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Well Done!  Please Re-Submit

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direction from one send, or until he relaxes while still in motion. Your horse should canter rhythmically without leaning on the rope. Show how you remain standing at neutral while he is in the allow. Disengage the HQ and bring your horse back to you.

### C3: Sideways Off Circle

Drive your horse diagonally a few steps away from you while you circle him. Show the horse moving diagonally sideways off the circle while **walking and trotting** – he doesn't need to move far, but the movement must be equal in all body parts (this is a bow bend and is setting you up for Course 3). The HQ can't lag and the shoulder can't bulge out. Slow the horse's tendency to go forward while asking him to move out in a nice sideways flow. Show this exercise in each direction, at both a walk and a trot.

### C4: Friendly and Active Neutral

Send your horse into a responsibility circle, and while he's circling throw the end of your rope or the horseman's stick & string over his back. Kneel down and turn your body in a circle, the opposite direction of your horse. Drop your stick and pick it up a few times. Walk in a small circle, again in the opposite direction of your horse. He should maintain his circle and speed while you perform these movements. Your goal is to have your horse lock on mentally and maintain a responsibility circle while you move around, only stopping when you connect and ask him to disengage. Remember your body language and intent, and show this exercise in both directions.

### C5: Change of Direction, Walk & Trot

Send your horse into a responsibility circle. Show a change of direction at a walk, then at the trot. Your horse must maintain the walk or trot completely through the change. Show how you return to your circle after each change. Show this exercise in both directions.

### C6: Jumping – 24"

Set your barrels or rails at least 24" high and send your horse into a circle. From a distance of at least 12' away,

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Well Done!  Please Re-Submit

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Walk:

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Trot:

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Well Done!  Please Re-Submit

Comments:

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Well Done!  Please Re-Submit

Comments:

Walk:

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Trot:

Well Done!  Please Re-Submit

Comments:

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send him over the jump. After the jump, disengage his HQ's, ask him to face you and rest. There should be very little pressure required to cause your horse to jump. You want him to already be confident enough to see the jump and know what to do.

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### **C7: Sweet Spot to Sweet Spot Race**

Mark two different spots in your arena, at least 60' apart (your spots can be up against a fence or just marked with cones). Race your horse from one Sweet Spot to the other a few times. Rest your horse in each new spot until he relaxes. This exercise is to show how you can bring up your horse's energy level, then calmly walk back to the other Sweet Spot.

Well Done!    Please Re-Submit

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## **Section 3 - Liberty**

### **Tools Required:**

- Horseman's Stick & 6' String
- Round Pen (approx. 50')

### **L1: Follow Me Game**

Walk at least two laps in each direction around the round pen. Your horse should stay with your shoulder.

Well Done!    Please Re-Submit

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### **L2: Liberty Transition**

Send your horse into a circle. Show at least one walk to trot transition in each direction.

Well Done!    Please Re-Submit

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### **L3: Liberty Responsibility Circle**

You will be assessed for each step of this exercise. Show this task in both directions.

- Send your horse into a circle.
- Bring him up to a trot and have him maintain his gait for at least 4 laps – show a neutral allow while he's moving.
- Connect with your horse, disengage his HQ's and bring him back to you.

Well Done!    Please Re-Submit

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# ~ RIDING ~

## Section 4 - Refined Primary Equine Language™

Remember, the Primary Equine Language™ is about establishing a basic communication to complete all the moves that are required in every purpose. Show how precise you can be while riding to each of your horse's body parts. Really take time to build this communication. Build on the weak links so there is more of a complete list of what you can achieve. You can use your horseman's stick if you need it for some driving. These exercises should be performed using a more refined, two-handed, close contact rein position. A perfect vertical flexion of the head is not necessary but body parts can not be dribbling out all over. Show more balance and precision.

\*\*Remember your pre-ride check before mounting your horse (does not need to be submitted in video).

### Tools Required:

-Hackamore or Bridle

-Saddle

### R1: Turn on Haunches

Show at least one complete turn in the HQ's with a close contact and supporting rein position. You must clearly show your focus and body position. Your horse must turn on the HQ's and not the forehand half way through the turn. Show this exercise in both directions.

Well Done!  Please Re-Submit

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### R2: Turn on the Forehand

Show at least one complete turn on the forehand while yielding the HQ's around. You will use the indirect body and rein position. Try to refine your body and rein position from the Course 1 level. Show this exercise in both directions.

Well Done!  Please Re-Submit

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### R3: Sideways 10 Feet

Using your direct and supporting positions, move your horse sideways at least 10 feet with or without a fence in front of you (it is more difficult without the fence for support). Show how you can keep the horse from surging forward and maintain relative straightness while moving sideways. Show this exercise in both directions.

Well Done!  Please Re-Submit

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### R4: Back-Up 10 Feet

Ask your horse to move softly back at least 10 feet. Your horse needs to be soft and giving at the pole. Perfect vertical flexion is not required. He should back up willingly and rhythmically – a moderate speed is required. Your focus should be high and your hand position low with your elbows at your sides.

Well Done!  Please Re-Submit

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## Section 5 – Purpose Riding

### **R5: Responsibility Circle - Trot**

Show how well you have developed the circle. Use the responsibility/casual rein to circle around a barrel or cone, 6 laps minimum in each direction. You must show your awareness of path & speed principles. Also show how you correct your horse, then leave him alone, to continue while you actively ride. This is about demonstrating your focus and riding position. Use all the corrections you need, while always going back to the responsibility rein position. Show this exercise in a walk (one direction), trot (one direction) and canter with correct leads (both directions).

### **R6: Sideways off a Circle**

Show how you move your horse diagonally sideways towards the outside of a circle. Show equality of bend in your horse while using the indirect rein position (your inside hand and leg, outside hand and leg support). Start with a brisk walk so you don't get bogged down when you ask your horse to move sideways. This is establishing the bow bend while riding – you want to have all of your horse's body parts moving equally. The control of the bend in his body will be key in the future for safety and greater communication. Show this exercise in both directions.

### **R7: Change Direction on Circle (Indirect and Direct Rein Positions)**

Show this exercise at the walk and in both directions. Use the indirect rein position to do a turn both ways. You need to show that the HQ's are walking around the FQ's. As you achieve the half turn, the hind legs will cross over each other. Now show the direct rein turn as you lead the front around to achieve the turn. This type of turn is one that is good to leave engagement in the horse but not as good for bend and balancing your horse. Show how you understand the difference between these two turns by clearly using different body positions and focal points.

Well Done!    Please Re-Submit

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Well Done!    Please Re-Submit

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Well Done!    Please Re-Submit

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often as you can – if you are saddled then there needs to be at least 75% of this exercise at the trot. Use this as a daily tool to become a great rider.

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*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 HST)**

*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 2 TASK LIST

NAME: \_\_\_\_\_

	Well Done!	Resubmit	Comments
<b>GROUND</b>			
Neutral Sweet Spot	<input type="checkbox"/>	<input type="checkbox"/>	_____
Friendly Test	<input type="checkbox"/>	<input type="checkbox"/>	_____
<b>Touch</b>			
-Forequarter Yield, Both Sides	<input type="checkbox"/>	<input type="checkbox"/>	_____
-Hindquarter Yield, Both Sides	<input type="checkbox"/>	<input type="checkbox"/>	_____
-10 Foot Back-Up	<input type="checkbox"/>	<input type="checkbox"/>	_____
-10 Feet Sideways	<input type="checkbox"/>	<input type="checkbox"/>	_____
<b>Driving</b>			
-Forequarter Yield, Both Sides	<input type="checkbox"/>	<input type="checkbox"/>	_____
-Hindquarter Yield, Both Sides	<input type="checkbox"/>	<input type="checkbox"/>	_____
-10 Foot Back-Up	<input type="checkbox"/>	<input type="checkbox"/>	_____
-10 Feet Sideways	<input type="checkbox"/>	<input type="checkbox"/>	_____
<b>Circling - 22' Line</b>			
-6 Laps at a Trot	<input type="checkbox"/>	<input type="checkbox"/>	_____
-2 Laps at a Canter (Optional)	<input type="checkbox"/>	<input type="checkbox"/>	_____
-Sideways off Circle	<input type="checkbox"/>	<input type="checkbox"/>	_____
-Friendly and Active Neutral	<input type="checkbox"/>	<input type="checkbox"/>	_____
-Change of Direction, Walk & Trot	<input type="checkbox"/>	<input type="checkbox"/>	_____
-Jumping - 24"	<input type="checkbox"/>	<input type="checkbox"/>	_____
-Sweet Spot to Sweet Spot Race	<input type="checkbox"/>	<input type="checkbox"/>	_____
<b>Liberty</b>			
-Follow Me Game	<input type="checkbox"/>	<input type="checkbox"/>	_____
-Liberty Transition	<input type="checkbox"/>	<input type="checkbox"/>	_____
-Liberty Responsibility Circle	<input type="checkbox"/>	<input type="checkbox"/>	_____
<b>RIDING</b>			
Turn on Haunches	<input type="checkbox"/>	<input type="checkbox"/>	_____
Turn on the Forehand	<input type="checkbox"/>	<input type="checkbox"/>	_____
Sideways 10 Feet	<input type="checkbox"/>	<input type="checkbox"/>	_____
Back-Up 10 Feet	<input type="checkbox"/>	<input type="checkbox"/>	_____
<b>Purpose Riding</b>			
Responsibility Circle - Trot	<input type="checkbox"/>	<input type="checkbox"/>	_____
Sideways Off a Circle	<input type="checkbox"/>	<input type="checkbox"/>	_____
Change Direction on Circle (Indirect and Direct Rein Positions)	<input type="checkbox"/>	<input type="checkbox"/>	_____
Simple Lead Changes	<input type="checkbox"/>	<input type="checkbox"/>	_____
10 Minute Mirror Riding	<input type="checkbox"/>	<input type="checkbox"/>	_____

Assessed By: \_\_\_\_\_ Date: \_\_\_\_\_

**PASS! Welcome to Course 3**