

## TRAINING THE YOUNG HORSE

!!! IT SHOULD BE FUN !!!

RESPECT, TRUST, FELLOWSHIP, LOYALTY!!!

IF A MARE DOESN'T LIKE YOU, KEEP YOUR HANDS OFF!!!  
BECAUSE THINGS WILL DEFINITELY NOT GET BETTER BETWEEN YOU  
AND THE MARE IN THE FUTURE!!!

IF YOU WANT TO COMMAND NATURE, YOU MUST FIRST OBEY IT!!!  
!!! So first learn its rules and then apply them !!!

A HORSE WILL CLOSE ITSELF OFF TO YOU IF YOU LISTEN TO TEACHINGS  
OTHER THAN THOSE OF NATURE! THIS MAKES A SPECIES-APPROPRIATE /  
HEALTHY / ENERGY-EFFICIENT TRAINING IMPOSSIBLE AND  
A HORSE, WHEN YOU FIND YOURSELF IN DIFFICULT SITUATIONS WITH IT, BECOMES  
UNRELIABLE AND, IN THE WORST CASE, DEFIANT/DANGEROUS!!!

It is always the horse itself that counts!!! That means its training, intelligence, feed  
efficiency, robustness, health, performance, talent,  
character, temperament and conformation! Because you can't ride a beautiful head  
or pedigree! Not even a golden one!!! English proverb: A good horse needs no papers!!!

!!! TIME IS UNIMPORTANT, ONLY LIFE / THE HORSE COUNTS !!!

!!! A GOOD RIDER ALWAYS HAS MORE TIME THAN HIS HORSE !!!

The goal of training is always progress, not perfection!!! Enjoy  
the progress your horse makes!!!

Those who take their time at the beginning will progress all the faster later on!

Less is always more with young horses! So don't ride every day!

Breaks, variety, daily grazing and one day off per week are important for  
building up fitness and muscle, and for storing and promoting motivation.

and to PROMOTE and MAINTAIN MOTIVATION and  
HEALTH! The horse should only be challenged, not overchallenged!

Otherwise, muscle loss, loss of fitness and chronic damage will follow.

TRAINING MOTTO: AS MUCH AS NECESSARY, AS LITTLE AS POSSIBLE!

The driving force and often the solution to everything is the hindquarters!  
Their thrust (also known as carrying power) must be encouraged and maintained!  
Therefore, always allow a young or stubborn horse to push forward and  
always ride a horse from behind to the front! So do not pull on the reins  
and try to restrain the horse by force  
! Pain only causes flight in a flight animal such as a horse!!!

When a horse's concentration is exhausted, it becomes distracted and needs a  
short break to process what it has learned!

A horse can only be dominant, high-spirited, lazy (healthy enough to  
eat?), skittish (poor eyesight, blindness, stomach ulcer?), taking  
advantage of opportunities (bucking, fleeing, etc.) or rebellious  
(dominance, teeth, illness, pain, growth, high spirits, unsuitable  
equipment, overwhelmed?)!

But it cannot deliberately/consciously annoy/anger a human being!!!

## CONTENTS

- GENERAL Page 3 REWARD TREATS Page 4 ATTITUDE /
- AMATEURS Page 9 PSYCHE I Page 10 VISION Page 19 TRAINING: Page 24
- CAVALETTI I Page 27 FREE JUMPING Page 28
  - OBSERVATION CRITERIA Page 35 LUNGING Page 36
  - AIDING REINS Page 45 CHAMBON Page 46 GOGUE Page 49
    - LONGING Page 52 BREAKING IN Page 58
    - WEIGHT TRANSFER Page 68 RHYTHM Page 69
  - LEARNING THE AIDS Page 70 SUMMARY Page 81
    - PRACTICAL IMPLEMENTATION Page 84 SPURS Page 76
  - LESSONS FOR THE FIRST/SECOND HALF OF THE YEAR Page 86/88
    - TRAINING PLAN FOR THE FIRST YEAR Page 89
      - SUMMARY Page 100
    - TRAINING PLAN FOR THE WEEK Page 106 / 108
  - PRACTICAL TIPS FOR DAILY TRAINING SESSIONS Page 109
  - CVALETTI II Page 112 FASCIAL TRAINING Page 115
- APPENDIX: Loading training with assistance Page 136 / alone Page 139 Getting used to water jets Page 143 Clipping winter coat Page 145 Collecting lessons for the second year of training Page 158 Collecting lessons for 5-6-year-old horses Page 159
- Horse purchase saying / maximum rider weight Page 161 Hooves Page 162
- Equipment sizes Page 165 Bridle Page 169
- Bitless riding Page 171 Saddle Page 173 Age determination Page 178
- Estimation formula for final height and weight Page 179 Training parameters
- PulseBreathingTemp Page 181 Training theory Page 185 Psyche II and motivation Page 192 Aptitude test n. Kikkuli Page 193 Distance riding Page 197 Thoroughbreds / gallopers Page 226
- Mental training for riders Page 233 Fitness test Page 239 Basic fitness training Page 241 Basic speed training Page 244
- Stable requirements Page 247 Feeding Page 253
- Composure training Page 283 Breeding strategies Page 290
- Cavaletti III Page 299 Jumping Page 305 Jumping distances Page 306 Jumping sequences Page 307 Cross-country riding - cross-country jumps Page 309
- Dressage training goals for show jumping, hunting and cross-country horses Page 324
- Concentration exercises Page 326 KISSING SPINES Page 327
- Mash Original Page 330 Anti-Laminitis Feed 330 Horse Whispering 331 DON'T FORGET PAGE 332 SOURCES Page 333

!!! THE AUTHOR OF THIS MANUSCRIPT ACCEPTS NO GUARANTEE OR LIABILITY FOR THE ACCURACY OF THE CONTENT AND ANY PERSONAL INJURY OR PROPERTY DAMAGE RESULTING FROM THE APPLICATION AND IMPLEMENTATION OF THIS CONTENT!!!!!!

#### GENERAL

!!! YOU LEARN TO RIDE ON OLDER, EXPERIENCED HORSES !!!

IF YOU ARE NOT YET GOOD ENOUGH AT RIDING,  
IF YOU ARE NOT YET CONFIDENT IN THE SADDLE AND HAVE NOT YET DEVELOPED BASIC TRUST IN THE HORSE, YOU CAN READ THIS SCRIPT BUT NOT USE IT! IT TAKES AT LEAST TWO YEARS OF THE BEST TRAINING AND SUPPORT, EVEN IN CHILDHOOD AND ADOLESCENCE, TO LEARN AND DEVELOP THESE SKILLS!

!!! TRAINING A YOUNG HORSE IS NOT SOMETHING YOU CAN DO ON YOUR OWN WITHOUT THE HELP AND SUPPORT OF OTHER PEOPLE!!!

THE SIMPLE PRESENCE OF AN OLDER, CALM HORSE, AS WELL AS THE LEADING AND JUMPING OF AN EXPERIENCED HORSE, CAN HAVE A POSITIVE EFFECT ON A YOUNG HORSE IN TERMS OF THE DESIRED TRAINING GOALS. JUMPING OF AN EXPERIENCED LEAD HORSE USUALLY HAS A MIRACULOUS EFFECT ON A YOUNG HORSE IN TERMS OF THE DESIRED TRAINING GOALS AND BEHAVIOUR

AND SAVE A LOT OF TIME AND ANNOYANCE!!!

!!!! TRAINING SHOULD BE FUN FOR BOTH HORSE AND RIDER AND NOT STRESSFUL !!!!

Therefore, as a "TEAM-BUILDING MEASURE", always do the following before work Groom the horse yourself, even if only briefly, as this corresponds to the social mutual grooming of horses in the herd that are best friends with each other.

In addition, while grooming, you may notice any injuries or changes in the horse's behaviour due to illness that may have occurred since the last training session.

In addition, after work, if the weather and the horse's level of training allow it, you should take the horse for a relaxed ride or walk in the countryside at a walking pace and let it graze, for example, to relax and bond again after any difficulties in the previous training session.

Small rewards are also very important, e.g. treats (small apple/small carrot, NO SUGAR due to CARRIES and the risk of becoming copper-coloured, give !!!) or strokes or pats on the neck during training for correct behaviour and progress.

When getting used to new objects/procedures, the horse should be given a special reward, known as a jackpot, in the form of a handful of concentrated feed/muesli, etc., e.g. after each successful round of free jumping, or after the horse has entered the horse trailer and is standing still, or when standing quietly at the farrier.  
In this way, the horse mentally associates new processes and situations with pleasant feelings through eating. However, some horses can be so excited that they refuse to eat.

The horse cannot mentally associate its "normal" daily feed rations from its feed trough with friendship or as a reward for its daily work and must therefore be rewarded promptly (within 2 seconds) during training and work and groomed before the training session for team building, otherwise it will only think of us as a feeding machine!

So never forget to praise the horse so that it gains confidence and a positive attitude towards its daily work and to maximise the learning success of the training!

#### A few more IMPORTANT WORDS ABOUT TREAT REWARDS

(e.g. an apple or a carrot, NO SUGAR, because of TOOTH DECAY and the risk of becoming a COPPER, give !!!) :

It is VERY IMPORTANT to only give the horse a treat when it has achieved something and done something correctly (e.g. finally standing still after being restless or stepping sideways correctly during ground work, etc.). In addition, the treat/praise must be given within 2 seconds, as a horse cannot mentally associate the treat with something that happened earlier. If you have exceeded this time frame, it is better not to praise the horse, otherwise there is a risk that the horse will display undesirable behaviour in the future, which will be accidentally reinforced by the treat/praise, or that it will become a habit.

Never just give the horse a treat, even if you have something left in your pocket after lunging, riding or ground work.

Put the leftover treats in the feed trough or save them for next time.

WHY?

Treats are a very powerful reinforcer of CORRECT BEHAVIOUR, but unfortunately also of INCORRECT BEHAVIOUR if used incorrectly. If you give your horse treats without any prior performance, this MAY LEAD to your horse starting to search for treats from every person in a more or less demanding to aggressive manner.

If your horse starts doing this or starts performing unsolicited tasks/lessons in order to demand treats more or less aggressively, YOU SHOULD STOP GIVING TREATS COMPLETELY IN FUTURE!!!

This may all seem very humanised, but a horse is and remains a highly developed mammal and is not a machine!

NEVER LOSE SIGHT OF THE MAIN TRAINING GOAL

E.G. A-VERSATILITY / HUNTING RIDING OUT OF SIGHT!!!

and get hung up on minor details and trivialities, tense up and slow down, wasting endless time and potentially jeopardising the entire training process!!!

BE SATISFIED WITH SMALL PROGRESS AND DON'T TRY TO ACHIEVE TOO MUCH AT ONCE, ESPECIALLY NOT PERFECTION!!!

RUTHLESSLY REPEATING LESSONS THAT ARE NOT YET GOING WELL ONLY UNSETTLES THE HORSE AND MAKES IT UNENTHUSIASTIC!

!!! IF YOU TAKE YOUR TIME AT THE BEGINNING OF THE TRAINING, YOU WILL MAKE FASTER PROGRESS LATER ON!!!

ALWAYS  
FROM EASY TO DIFFICULT  
and  
FROM THE FAMILIAR TO THE NEW  
(e.g. from a cross jump to a  
steep jump;  
or cross oxer to teach steep jumps or  
oxers)

DO NOT EXHAUST THE HORSE WHEN WARMING UP/RELAXING!!!!

ALWAYS MAKE SURE THE HORSE IS COMPLETELY FAMILIAR WITH THE  
EQUIPMENT AND PROCEDURES BEFORE YOU  
STARTING THE ACTUAL TRAINING SESSIONS!!!

!!! TIME, PATIENCE AND CALM ARE THE BASIC REQUIREMENTS FOR THE  
SUCCESSFUL TRAINING OF A YOUNG HORSE !!!

!!! THE SADDLE AND BRIDLE MUST BE INDIVIDUALLY ADJUSTED TO THE  
HORSE AND MUST NOT CAUSE THE HORSE ANY PAIN OR PRESSURE POINTS  
AND PRESSURE POINTS

As the young horse is still developing physically due to its training and  
growth, which can continue until the age of 5 or 7,  
As it is constantly changing, it is best to initially purchase a saddle that  
can be easily adjusted, e.g. from WINTEC.

Depending on your knowledge, you can either measure the saddle position  
yourself before ordering the saddle and then adjust the saddle yourself  
or have it done by a professional.

ALWAYS WEAR Gaiters at the front and back for  
training work and possibly also  
JUMPING BELLS!!!

YOU MAY ALSO WANT TO PUT GANTIES AND JUMPING BELLS ON  
THE HORSE FOR THE PASTURE!!!

Nothing is more annoying than an injury to a horse that prevents it from  
working/training for weeks or months because you were too lazy  
to put on gaiters and bell boots!!!

!!! THE HORSE "MUST" ALWAYS BE "COMPLETELY HEALTHY" FOR  
WORK/TRAINING !!!

(TEETH [have them checked by the vet every 6-12 months]  
/SKELETON/MUSCLES/LEGS/HOOVES [trimmed or shod by a farrier  
every 6-8 weeks] / INFECTION, etc.)

OTHERWISE IT WILL RESIST, MAKE NO PROGRESS AND MAY BECOME  
PERMANENTLY UNUSABLE DUE TO  
CHRONIC DAMAGE AND/OR NEGATIVE  
EXPERIENCES!!!

!!! IN ADDITION, THE HORSE MUST NOT BE "OVERWORKED" DURING  
TRAINING, BUT "ONLY CHALLENGED" !!!

FEAR REACTIONS / RESISTANCE DUE TO  
OVERLOADING AND OVERDEMANDING  
BLOCK TRAINING AND, IF REPEATED OFTEN AND CONTINUED FOR A LONG  
PERIOD OF TIME, LEAD TO THE EXACT OPPOSITE  
THE TRAINING GOAL AND CAUSE HEALTH PROBLEMS FOR THE  
HORSE!!!

Here, FEAR REACTIONS / RESISTANCE refers to:

Running at a trot or gallop under the rider or on the lunge and  
no longer obeying aids or otherwise evading work, e.g. by rearing or bucking,  
even though the horse was initially balanced, bent and relaxed in accordance  
with its level of training  
and responded to the aids.

Provided, of course, that this is not a dominance problem, which can  
sometimes be difficult to distinguish and is therefore often mistaken for  
the horse's detriment.

After reducing the demands, allowing the horse to recover and later, if  
it still does not perform better in training,  
the difference can be easily identified by means of dominance training.  
However, please note that with some strong-willed horses,  
you should have a professional do it to be on the safe side! (DANGER TO LIFE!)  
Health problems, a growth spurt or tooth change in the horse, or an ill-  
fitting, uncomfortable saddle or horseshoe must also be ruled out as  
causes!

DAILY TRAINING SESSIONS, E.G. FREE JUMPING, DRESSAGE, JUMPING AND  
CROSS-COUNTRY, AS WELL AS NEW DRESSAGE LESSONS AND  
NEW JUMPS SHOULD NOT BE OVERDONE, BUT STOP WHEN IT IS WORKING  
BEST AND ALWAYS TAKE SHORT AND LONGER BREAKS WITH THE REINS OUT  
OF THE HAND AND LET THE HORSE CHEW, VARYING THE TRAINING  
SESSION  
AND THE TRAINING PLAN, AND DON'T FORGET TO TAKE DAYS OFF!!!

AS SOON AS THE HORSE IS HALFWAY ACCUSTOMED TO SOMETHING NEW  
E.G. WHEN THE HORSE IS LUNGED FOR THE FIRST TIME WITH THE DOUBLE  
LONGREIN AROUND ITS HINDQUARTERS AND IS HALFWAY RELAXED, END THE  
EXERCISE FOR THAT DAY!!!

LESS IS ALWAYS MORE WITH YOUNG HORSES!

DON'T FORGET TO ALWAYS PRAISE THE HORSE WHEN IT HAS DONE SOMETHING RIGHT OR GOOD, AND TO REASSURE IT BY PATTERING ITS NECK OR USING YOUR VOICE IF IT BECOMES NERVOUS OR BECOMES AFRAID!!! (In contrast, young dogs up to one year old are allowed to seek protection behind a person's legs when they are afraid, but they should not be praised/stroked or given any other attention or encouragement, otherwise they will think that being afraid is the right thing to do!!!)

SETBACKS IN TRAINING, E.G. TENSION; AND RELEASE PROBLEMS, STUMBLING, BALANCE AND LEANING PROBLEMS AND/OR DIRECT DISOBEDIENCE, CAN ALSO BE CAUSED BY GROWTH SPURTS (horse in Unlike usual, slightly higher at the back/or more overbuilt than usual) OR TEETH CHANGE (central teeth approx. 3.5 years / canine teeth approx. 4.5 years) HAVE !!!

#### CHECKING THE WORKLOAD AND HEALTH:

30 minutes after training, the horse's pulse should return to its normal resting pulse, normally between 26-40, but in any case below 55, and the horse's body temperature should also return to normal, between 37.5-38.2 degrees Celsius!

Observe the horse in its stall for a few hours after training! If it stands there listlessly, reduce the training requirements! If it is not eating, have its teeth checked!

Check its legs and tendons for overheating and swelling! If the horse is dry or still sweating, this may be due to physical and/or mental overload!

If the horse does not move forward properly at the beginning of the next riding lesson and is stiff, it may have sore muscles. In this case, only do light loosening exercises, walk the horse or do light lunging, nothing more on that day.



For all other sudden, unexplained problems/disobedience, such as problems with contact, rearing, stiff movements or not wanting to move at all despite correct

Equipment and proper training/training, you should consult your vet.

This could be due to dental problems (e.g. wolf teeth, stallion teeth or hooks on the cheek teeth), laminitis (splay-footedness) or colic.

#### KEEPING

!!! Paddock box and plenty of daily grazing for at least  
4 hours together with other horses would be optimal!!! Fresh water  
must always be available  
and protection from the sun, wind and rain, i.e. a shelter  
!!!

This gives the horse a higher basic level of fitness even without training, makes it more relaxed both mentally and physically, and therefore easier to train

because it is kept in a manner appropriate to its species and is happier thanks to sufficient daily exercise and company!!!

BETWEEN TRAINING/EDUCATION AND THE PREVIOUS Paddock SESSION,  
THERE SHOULD BE AT LEAST A 2-4 HOUR REST PERIOD  
IN THE BOX / Paddock BOX!!!

#### PHILOSOPHY OF AMATEURS

We only take our horses to competitions to have fun with them and meet people  
, just like in drag hunting. If we then win or place, that's okay, but it doesn't have to be!!!

## THE PSYCHE I AND THE VISION OF THE HORSE

"Everyone (every horse) is a genius (has their talents and abilities)!!! But if you judge a fish (a horse) by its ability to climb a tree (which it can never do), it will spend its whole life thinking he is stupid!!!" ALBERT EINSTEIN

The more fresh blood a horse has, i.e. the less inbred it is, the healthier it usually is, but it also has much more pronounced survival instincts and behaviours!

In contrast to the PREDATOR HUMAN, the HORSE is a FLIGHT and PREY animal!

Its defence therefore consists mainly of flight!

That is why it feels most comfortable when it has plenty of space around it and is not tied up, because this gives it the best chance of escape if a predator attacks!

As a prey animal, a horse is also naturally, in contrast to humans, Not focused on one thing/one prey (the horse itself is the prey), but takes in its environment in a generalised way/many things at once, because predators and dangers can appear/emerge regardless of what it is doing at the moment!

This means that the horse is much more easily distracted than we are, because it must continue to perceive its environment while performing its current action  
perceive its environment and immediately interrupt its current activity in order to perceive a possible danger/predator  
!!!

However, this can also be put to good use to distract the horse somewhat or completely from things that frighten it!

For example, play music in the background or stroke the horse's muzzle and give it something tasty to eat so that it doesn't immediately try to back out of the trailer again before it is closed! The classic nose brake works, for example, works according to the principle of distraction through pain! Except in emergencies, it is not recommended because the horse will then associate what it is actually afraid of with pain!

You can also turn a horse away from a silent object that it is afraid of in the opposite direction and turn so that you can ride past it!  
In other words: out of sight, out of mind, because the horse now sees and perceives something else!

If your horse is skittish and you have the time and inclination, let the horse approach the object calmly and investigate and sniff it, always remembering to praise it and pat it reassuringly on the neck.

If you don't have the time or inclination, simply continue riding and calm your horse with your voice and pats on the neck.

It is important that you do not make a big deal out of it with punishments and shouting, because otherwise your horse will always make a fuss in the future the same place or the same object out of fear, because it will now always associate/mentally connect this place or object with punishment and shouting from its rider and expect it!

"Therefore, do not punish where you should be calming and conveying trust and security!"

Most horses will then pass this spot or object without hesitation after the third time at the latest!

In some cases, it also helps if the rider or handler ignores the object themselves or even looks in the opposite direction (unless, of course, the stable is on fire or a lorry is approaching), as horses that have already accepted the person's leadership with confidence will then orient themselves towards them and often become calmer and no longer classify the object as dangerous!

Horses that have accepted their rider as a trustworthy leader are usually much less skittish anyway, provided the rider also remains relaxed!

Weight on its back, clinging and pressure on its sides and flanks, as well as a shadow above it, means for the flight animal horse in the wild a predator on its back or about to pounce!

However, this also corresponds exactly, except for the flank contact, to a rider sitting upright in the saddle on its back!

So when it equates this with a predator on its back, it behaves accordingly!

This is because the horse does not know that there are no predators in its original habitat, the wild, such as pumas and wolf packs, and therefore has no need to fear them.

A horse normally flees 400-600 metres at first.  
(its so-called escape distance) then stops and turns around to see if the predator is still following it, so that it does not exhaust itself needlessly and become easy prey for another predator when completely exhausted.

Of course, this does not apply if the predator is already attached to it or sitting on its back or has clung on and bitten down.

Then the horse bucks, rears, bites and kicks while immediately continuing to try to escape the predator!  
Some horses even throw themselves onto their backs at full speed to shake off the predator!  
Unfortunately, this also happens with a rider on its back!

That is why horses that are cornered or tied up kick, rear and bite in order to resist or defend themselves against abuse, and take every opportunity to escape!

Incidentally, horses can also kick and strike with their front legs in a life-threatening manner, and their bites can be equally dangerous, as cowboys who deal with wild mustangs can attest from their own experience!

In our domestic horse breeds, such characteristics have been successfully bred out, with the exception of a few individuals!

However, a horse can only rear up from a standing position and only if it has first lowered its neck to gain momentum.

.

A horse can also only buck with its neck lowered, at worst with its head between its legs.

Riders therefore try to keep the neck of horses known for bucking or rearing up short and raised with the reins to prevent the horse from lowering its neck or even getting its head between its legs, and ride it Continue at a brisk pace until the horse has expended enough energy and has calmed down and relaxed accordingly!

A horse whose neck is bent far to the side and which has to turn around itself cannot buck at the same time!

For this reason, if a horse starts to buck when being ridden, the rider or leader pulls it strongly inwards around the reins or lunge line and at the same time calms it down with their voice and by patting its neck!

A horse that is tied up and cannot lift its head to orient itself when it hears an unfamiliar noise (it could be a predator, so it might be best to flee immediately) can panic and try to break free!

The same horse, tied up longer, can stand still as a lamb in the same situation and only briefly raise its head to orient itself, lowering it again immediately after assessing the noise as no danger, it will lower its head again!

Other horses can generally have a problem with being tied up and trailers, as being tied down and the confined space of the trailer make them unable to flee or defend themselves in the event that a predator approaches.

Fortunately, horses are highly intelligent and, if handled correctly, they can learn that a rider on their back is not a predator, that travelling in a trailer and being tied up are not life-threatening and that even water hoses with spray nozzles are not life-threatening poisonous snakes!

So if your horse gets scared while being led, give it more space and use a lead rope so that it can orient itself (raise its head, possibly turn it), pat it on the neck and calm it down! Of course, you should be relaxed and calm yourself, because a horse always senses/recognises your feelings!

Dark rooms in which a horse cannot see well or at all and therefore cannot orientate itself properly, let alone flee, are naturally extremely unwelcome to a flight animal, due to the danger of being attacked and killed by a predator that normally lurks there in the wild!

Otherwise, horses would surely live in caves or seek shelter from the wind and weather there, just like bears and wolves do in the wild. live in caves in the wild or seek shelter from the wind and weather there.

So why not paint the inside of your horse trailer completely white, remove the partition or fold it to one side and try in bright daylight to see if your horse suddenly becomes completely relaxed or even enters the previously black, dark and cramped trailer, instead of not entering at all at dusk or at night, as is usually the case!

Horses are counter-pressure animals, which means they react to pressure with counter-pressure, i.e. the horse pushes against the source of the pressure!

This counterpressure reflex was a vital survival advantage for horses in the wild when a predator had bitten into its flank!

If the horse had pulled away and run even faster,  
the predator would have easily torn open its flank with its sharp teeth,  
or another part of its body, depending on where it had bitten down!

Instead, the horse pressed against it and kicked at the  
predator.

So if I press firmly into my horse's flank,  
it may push back and kick me! These are innate, more or less  
pronounced survival reflexes in horses.  
from the days when horses still lived in the wild!!! So please don't!!!

This is why some horses often lay their ears back and  
lift the hind leg on the same side slightly  
when you groom and clean them in the flank area!

Horses are herd animals!

However, every herd needs an intelligent and capable leader, otherwise the  
herd will perish!

In horses, this is ALWAYS A LEAD MARE,  
the stallion is only there for protection and reproduction!!!

So if you cannot lead your horse intelligently, appropriately and  
consistently without brutality, then the horse must, in order for the herd  
to survive - in this case, the herd consisting of you and your horse -  
instinctively resist you and take the lead themselves, so that, from the horse's  
point of view, which is used to living in the wild with all its dangers, you  
both do not perish!

Because no horse knows that it lives in a safe civilisation!

You should always groom your horse yourself, even if it is only for a short time, because this corresponds to the social mutual grooming of horses in the herd who are best friends with each other. That is why young horses often try to groom the rider as well by nibbling, nipping and rubbing with their teeth when they are first being groomed. (i.e. do not try to bite the rider with your ears flat and your mouth wide open) until they have learned that this is not desirable!!! Older horses sometimes still try this when they want to express their attachment to the rider reflexively  
!!!

The mere presence of an older, calm horse and the leading and jumping of an experienced lead horse usually work wonders for a young horse in terms of the desired training goals and behaviours and save a lot of time and trouble, precisely because a horse is a herd animal  
with the associated herd instinct!

The so-called "sticking" (not wanting to leave the stable or the herd, or pulling towards the exit of the jumping course or not wanting to continue galloping there, but sticking and resisting) translates from horse language as:

"You are not a trustworthy, respected leader who is appropriate for my species, and that is why I prefer to stay safe with my fellow horses and the comforts of the stable or paddock, or try to get back there as quickly as possible!"

That is why it is often the case that horses that stick to you after their riders have done some proper ground work with them a few times or a proper JOIN-UP, or lunged them properly several times (because in principle, every proper lunging session all the initial elements of JOIN-UP), suddenly, as if they had never done anything else in their lives, they no longer stick!

Of course, humans can use brutality to break a horse's will and make it as docile as a puppet.  
But in this case, the horse is no longer of any use, not to mention animal welfare issues!



This is because you have lost the horse's independent cooperation and loyalty. What does this mean? The risk of falling when jumping or in the field or simply being abandoned by the horse in a life-threatening situation increases dramatically. Furthermore, the performance and charisma (important for dressage) of a broken horse is more bad than good!

However, some of these horses that have been made so docile also panic at some point out of fear of the rider, that they put themselves and the rider in a life-threatening situation and seriously injure themselves and the rider or even kill them. Life comes! (E.g. running in panic through a 2-metre-high hedge, running in panic into a wall or jumping into a construction pit, to name just a few life-threatening situations).

Incidentally, horses with strong characters will sooner or later kill their tormentors as soon as the opportunity arises. This has happened more often than one might think, but of course it is not something people like to talk about, as it casts a very bad light on our equestrian community, even though the number of these black sheep among riders has fortunately declined significantly in recent years  
!

Horses that are skittish, especially young horses, like to practise their shying and flight reflexes and use or seek out every opportunity to shying and running away! They also like to buck while doing so!

You should simply ignore it! If the horse starts to run, of course only after reining it in/regaining control! Afterwards, you should work off the horse's excess energy in a sensible way! For example, start with a longer controlled gallop in a light seat! Or, as is often the case with young horses, lunge the horse a little before riding it! Of course, do this on the LARGEST possible circle to protect the joints and prevent overexertion due to the centrifugal force/torque that a small circle would have!

Horses have a strong memory and sense of direction. So if you ever get lost, just sit passively in the saddle, put the reins on your horse's neck and let your horse carry you home!

However, this only works if your horse has been in the stable where you want to go for a while, otherwise it will try to carry you to the previous stable! Some horses try this even if the previous stable was much better for them or if there is a horse or person there that the horse still misses very much!!! No joke, it has all happened before!!! Some horses have even run away to the previous stable!!!

A horse can only be dominant, cocky, lazy (healthy enough to eat?), skittish (poor eyesight, blindness, stomach ulcer?), taking advantage of opportunities (bucking, running away, etc.) or rebellious (dominance, teeth, illness, pain, growth, cockiness, unsuitable equipment, overwhelmed?)! But it cannot deliberately/consciously annoy/anger a human being!!!

A horse only learns through the success and failure of its behaviour what it needs to do to achieve its needs (food, water, reproduction, survival, rest, recovery, social contact, exercise, release of excess energy, mental stimulation, etc.) and inclinations (hard-working or lazy, very curious or less so, affection or aversion towards the rider, etc.)! Depending on its intelligence, this can happen more quickly or more slowly!

That's why horses are actually so easy to train. Once it has understood that it gets what it wants by behaving in a certain way desired by the rider (e.g. it gets to the box faster to eat if it waits quietly in front of the open box door until the rider releases the horse and lets it in), but not otherwise, it will be happy to perform this behaviour in future!

Of course, this only works if the rider can assert themselves with this horse, i.e. if the horse respects them! Otherwise, as always in such cases, it can be very dangerous!

Since the horse is a highly developed mammal with its own emotions/feelings and individual temperament and character, it can naturally feel aversion and affection towards its rider and sense those of its rider!

That's why there are horses and riders who will never really be a good match. In that case, you should sell the horse. Then there are horses and riders who are made for each other, and others where it takes a while for the horse and rider get to know each other well enough to understand and trust each other! NO JOKE!

Whether you and your horse are compatible is usually determined after a year of daily activities together  
(riding, lunging, ground work, very important trail rides, jumping, etc.)!!!

That is why some older horse assessment or riding books still say that you should ask yourself whether the horse would have chosen you too!

However, the pure truth about you and your horse lies in the countryside, and nothing bonds horse and rider more than trail rides in all Three gaits, alone and in a group!

#### VISION

IF YOU HAVE PROBLEMS WITH YOUR HORSE, IT IS ALWAYS VERY IMPORTANT TO HAVE THE HORSE'S EYES AND VISION CHECKED BY A VETERINARIAN!!! ESPECIALLY IN CASES OF EXTREME GENERAL FEARFULNESS, CLEAR AVOIDANCE OF OBJECTS AND MOVEMENTS IN THE NEARBY AREA, FREQUENT FALLS WHEN JUMPING, AND FREQUENT STUMBLING ON UNEVEN SURFACES, FREQUENT SERIOUS MISJUDGEMENT OF DISTANCES, FAILURE TO NOTICE DITCHES AND HOLES, AND FREQUENT BUMPING INTO OBJECTS  
LEADING TO FREQUENT INJURIES!!!

A horse cannot see clearly by changing the curvature of its pupil, but only by changing the position of its head, because it does not have a round pupil, but an elongated one!

!!!! HEAD DOWN MEANS SHARP VISION UP CLOSE, HEAD UP  
MEANS SHARP VISION IN THE DISTANCE !!!!!

When jumping, for example, the horse raises its head to estimate/see the jump, the distance or the take-off from afar.

and then JUMPS the jump BLINDLY based on its SHORT-TERM MEMORY!!!

However, there are also less experienced horses that lower their heads shortly before the jump in order to orient themselves more closely to the jump, or to take a closer look at a very unusual, exotic jump before take-off!

More experienced show jumpers or eventing horses sometimes do this too when faced with exotic or difficult obstacles, and the rider allows them to do so, if possible, so that they can orient themselves better and thus jump with more confidence instead of refusing, running past or making mistakes!

Good riders even ride a little slower if possible (e.g. not at water jumps and extremely high jumps) slightly slower (e.g. water jumps, exotic steep jumps) in order to give their horse more time to orientate themselves, assess and evaluate when approaching a difficult/exotic jump, which also applies to cross-country jumps.  
more time for better orientation, assessment and evaluation.  
(= finding the right take-off point) of the obstacle so that the horse can find the right take-off more confidently, pull in / jump / approach the jump with confidence and remain as error-free as possible!

However, there are also horses that like to run past in such situations, or refuse because they are not yet sufficiently responsive to the leg, have too little experience or need to be motivated even more! Until this has settled down, these horses should be ridden a little faster/at speed and more decisively towards such obstacles so that jumping is easier for them than refusing or running past. However, this also increases the risk of making a mistake, as many horses lose their balance or gallop too flatly and therefore do not hit the jump curve and the correct take-off point accurately, but first of all, the horse has to get through the course in the first place!  
That's why it's essential not to forget to praise, praise, praise afterwards!

When approaching jumps, it is important to give the horse freedom of neck in the course, despite the contact, not only for balance, but also for better visibility, orientation and assessment (= finding the correct take-off point)!

That's why our show jumpers used to be more successful, despite sometimes not having proper contact but a rein length like driving reins and the corresponding free, high-carried horse's neck for a better view of the next jump, in contrast to the dressage-trained competition, some of whom did not give their horses enough freedom of neck!

However, with today's course layouts and jump distances, Show jumpers who do not have sufficient control over their horse's dressage and/or do not give it enough neck freedom will no longer be able to win anything!

Of course, it is always best to ride around the jumps first ride around the jumps and possibly let the horse stand and sniff them, but unfortunately this is not always possible in show jumping and cross-country competitions! In hunting, for example, both of these things, including approaching a jump again, are strictly prohibited for the protection of the hunting field/participants and can lead to exclusion from the hunt due to endangering the hunting field  
!

Horses have eyes that protrude sideways and are among the largest eyes of any mammal!

This gives horses a 350-degree panoramic view, 65 degrees of which is binocular, meaning that the horse can only see and estimate distances clearly in this area, i.e. see spatially/three-dimensionally!

In the other 285 degrees, the horse has practically no depth of field/spatial vision, only two-dimensional vision, because this area is monocular/single-eyed!

This means that the horse cannot see the front and back or top and bottom of an object clearly.  
so that every dark spot or shadow could also be a hole, which is why horses occasionally jump over such spots or at least try to walk past them! That is why, for example, a sheepskin protector on the noseband works wonders for horses that are often skittish around objects directly in front of them on the ground (= are skittish around the ground),  
because they cover the view of the ground in front of the horse!

Racing jockeys also like to use these sheepskin noseband protectors on horses that are skittish about the ground, as a brief pause/shying away from a small defect in the turf, usually the size of a hoof, can cost you a tenth of a second and the victory!

However, the disadvantage of these sheepskin noseband protectors for show jumpers and eventers is that when the horse has to raise its head very high to assess a jump or wants to briefly orientate itself with its head lowered before the jump, it cannot see anything because the sheepskin protector obstructs its view!

Objects that approach the horse from behind and do not change their shape, e.g. cars (as opposed to predators), are practically impossible for a horse to assess in terms of their speed and approach, which is why it is often startled when the object suddenly appears close to it!

This is why carriage horses often wear blinders, so that they only see cars in front of them, but also, of course, so that they are not irritated and distracted by the coachman and his whip! (Blinders must not touch the eyelashes/tactile hairs of the horse's eyes, by the way).

Due to the anatomy of its eye, a horse sees everything 50% larger than we do. A small plastic bag in the bush, from our perspective, is 50% larger for the horse and could also be something dangerous, such as a predator.

Horses see much better than we do at night because, like cats, they have a reflective retina. However, this also means that they can be more easily blinded by oncoming headlights (which, like all objects, they see as 50% larger than we do) and become frightened because, as flight animals, they are temporarily unable to see anything and become disoriented, which could be life-threatening in the wild. In addition, the headlights could also be predator eyes in the moonlight!

Unlike humans, the transmission of what a horse's eye sees to the other half of its brain is very limited, which is why, after always seeing it from the right, it can  
Once they have become accustomed to a new object, start again from the left!

The same applies when mounting from the right if you have previously only mounted from the left as usual!

The horse cannot see an area of approximately 5-8 degrees behind it, so it has a so-called blind spot behind it. If the horse hears something in this area behind it but does not know who or what there, it will kick out, because it could be a predator!

Therefore, ALWAYS clearly address the horse BEFORE you come within range of its rear striking distance in this area, thus making yourself known!

The other blind spot that the horse cannot see, i.e. cannot see anything, is from its forehead down to its nose and approx. 2 metres in front!

This means that the horse grazes blindly, which is certainly one reason why its mouth is so sensitive and mobile!

The eyesight of the horse, a flight animal, is therefore mainly specialised in detecting movement at a distance!

# TRAINING

THE TRAINING GOAL IS ALWAYS PROGRESS, NOT PERFECTION!

As a reminder:

ALWAYS WELL PREPARED WITH A CLEAR SHORT- AND LONG-TERM  
TRAINING GOAL, CALM AND PATIENT  
TRAIN YOUR HORSE IN A RELAXED, FOCUSED AND CONSISTENT MANNER!!!

!!! THOSE WHO TAKE THEIR TIME AT THE BEGINNING OF THE TRAINING  
WILL MAKE FASTER PROGRESS LATER ON !!!

ALWAYS WORK FROM EASY TO DIFFICULT  
AND FROM THE FAMILIAR TO THE NEW!

LESS IS ALWAYS MORE WITH YOUNG HORSES!!!

RUTINELY REPEATING LESSONS THAT ARE NOT YET WORKING WELL ONLY  
UNSETTLES THE HORSE AND MAKES IT UNENTHUSIASTIC!

DON'T FORGET TO ALWAYS PRAISE THE HORSE WHEN IT HAS DONE  
SOMETHING RIGHT OR WELL AND TO REASSURE IT BY PATTERNING ITS  
NECK OR USING YOUR VOICE WHEN IT BECOMES NERVOUS OR AFRAID!

THE PRESENCE AND EXAMPLE OF AN EXPERIENCED LEAD HORSE  
RELAXES THE YOUNG HORSE.  
GIVES HIM MORE CONFIDENCE AND WORKS WONDERS!!!

THE HORSE MUST NOT BE "OVERWORKED" BUT "ONLY  
CHALLENGED"!!!

CHECK THE WORKLOAD AND HEALTH AFTER  
TRAINING SESSIONS BY LATER PALPATING THE LEGS AND OBSERVING THE  
HORSE IN THE BOX. DON'T FORGET!!!

IF THERE IS A STANDSTILL OR SETBACK IN TRAINING, DO NOT  
FORGET TO CONSIDER GROWTH AND TEETH CHANGES AS TEMPORARY  
CAUSES!!!

ALWAYS CHECK THAT THE SADDLE STILL FITS!!! PUT ON GAITERS AT THE  
FRONT/BACK FOR WORK, AND POSSIBLY ALSO JUMPING BELLS!!!



TRAINING  
ABJ= Training year  
1st half-year of training: =  
2nd half-year of training: =

! ONE DAY A WEEK COMPLETELY FREE !

#### AIM OF THE TRAINING:

At the end of the first year of training (1st ABJ), a horse that is  
rhythmical and willing, with beautiful self-carriage on both hands under  
the rider!

#### STRUCTURE OF BASIC TRAINING

The restored natural balance WITH the rider's weight through muscular and  
neural adaptation of the horse, built up through regular training and  
appropriate recovery times, enables 1) and 2) in the first place!

- 1) RHYTHM (under the rider)
- 2) RELAXATION (under the rider)
- 3) CONTACT (with the reins)

#### 4) MOMENTUM

(the thrust of the hindquarters continues forward via the swinging back  
through the neck to the bridle/rider's hand)

#### 5) STRAIGHTNESS

(hindquarters follow the track of the forehand in a straight line, i.e. no sideways  
movement)

Evasion of the hindquarters)

#### 6) COLLECTION

(increased carrying of the rider's weight by the hindquarters and  
thus increased natural /  
relative front elevation of the horse)

Increasing suppleness of the horse, i.e. accepting and responding to the  
aids, develops from rhythm to collection!

Rhythm, suppleness and contact are part of the familiarisation phase and  
building trust and last approximately the first year of training!

Contact, impulsion and straightness are part of the development of thrust and gait!

Straightness and collection are part of the development of carrying and springing power!

The front legs are aligned with the track of the hind legs during straightness exercises , e.g. shoulder-in, the front legs are aligned with the track of the hind legs!

Repeatedly riding forward on the long sides between lessons is very important for maintaining momentum and thrust, as well as for the horse's health!

After about a year of basic training, begin collection, which is also important for turns, when taking off before jumps and water obstacles!

This relieves the forehand and frees up the shoulder!

However, suppleness is only possible in accordance with the level of training, the physical conditions trained (balance, flexibility) and the training condition (endurance, musculature) of the horse!

In an ideal training scenario:  
(Thoroughbreds and high-blooded horses 1 year later due to later  
physical development)

4-year-old A class

5-year-old L class

6-year-old M class

7-year-old S class

#### CAVALETTI WORK I

The ideal sand base should not be too deep!

Set the lowest cavaletti height= to 15 cm-20 cm!

The distances are 80-90 cm for walking and 120-130 cm for trotting! These should be adjusted so that the horse can walk over the cavaletti in a regular rhythm! Cavaletti work trains rhythm, balance, coordination, agility and concentration, and also leads to muscle development in young horses.

concentration and also leads to muscle development in young horses using the usual method of max. (!!!) 5-8 repetitions of the cavaletti row with max. four cavaletti (!!!), then several times e.g. when lunging past them, then again 5-8 times over them, etc., and in between also gait and circle changes! Then change hands and

do the same on the other rein!!! Cavaletti training is one of the loosening exercises, as cavaletti work, together with the gait, circle and rein changes described above, leads to the loosening of the horse!!! Once the young horse has become accustomed to cavaletti work at the beginning of its training (see below), it should be able to negotiate them at a walk and trot in a relaxed manner with its head lowered, neck extended and back arched and swinging, without touching the cavaletti and without losing its rhythm before, over or after the cavaletti, both on the lunge and under the rider in a light seat / remount seat! Cavaletti training with the head raised and the back arched damages the back and

the horse's legs permanently and is worse for the horse than no cavaletti training at all!!! Some young horses initially lose their rhythm due to the new, unfamiliar task, tense up,

raise their heads and arch their backs, but this should only be a short-term exception that quickly improves from cavaletti work to cavaletti work until the horse, as described above, relaxes with an arched, swinging back and moves in time

over the cavaletti as described above! Getting used to cavaletti: Start with one cavaletti in a straight line at a trot, because young horses tend to accelerate, and finish the cavaletti work at a walk over the cavaletti! So you start with one cavaletti in a straight line at a trot and then increase from cavaletti work to cavaletti work to a maximum of 4 cavalettis in a straight line! First at a trot, then at a walk! To begin with, you can also set up 2 cavaletti to balance the trot and walk, skip 1 cavaletti and then set up the next 2 cavaletti! Only when the horse can walk correctly over the 4 cavaletti on the lunge in a straight line, as described above, in trot and walk can it learn to walk on a curved line on the lunge over a maximum of 4 cavaletti, starting again at a trot with one cavaletti!

Free jumping  
THE GOAL OF TRAINING IS ALWAYS PROGRESS, NOT PERFECTION!!!  
Reminder:

ALWAYS BE WELL PREPARED WITH A CLEAR SHORT- AND LONG-TERM  
TRAINING GOAL, AND TRAIN THE HORSE IN A CALM AND PATIENT MANNER,  
REMAINING RELAXED AND FOCUSED.  
TRAIN THE HORSE IN A RELAXED, FOCUSED AND CONSISTENT MANNER!!!

!!! THOSE WHO TAKE THEIR TIME AT THE BEGINNING OF THE TRAINING  
WILL MAKE FASTER PROGRESS LATER ON !!!

ALWAYS WORK FROM EASY TO DIFFICULT  
AND FROM THE FAMILIAR TO THE NEW!!!

LESS IS ALWAYS MORE WITH YOUNG HORSES!!!

STUPID REPETITION OF LESSONS THAT ARE NOT YET WORKING WELL ONLY  
UNSETTLES THE HORSE AND MAKES IT UNENTHUSIASTIC!

DON'T FORGET TO ALWAYS PRAISE THE HORSE WHEN IT HAS DONE  
SOMETHING RIGHT OR WELL AND TO REASSURE IT BY PATTERNING ITS  
NECK OR USING YOUR VOICE WHEN IT BECOMES NERVOUS OR AFRAID!

THE PRESENCE AND EXAMPLE OF AN EXPERIENCED LEAD HORSE  
RELAXES THE YOUNG HORSE.  
GIVES HIM MORE CONFIDENCE AND WORKS WONDERS!!!

THE HORSE MUST NOT BE "OVERWORKED" BUT "ONLY  
CHALLENGED"!!!

CHECK THE WORKLOAD AND HEALTH AFTER  
TRAINING SESSIONS BY LATER PALPATING THE LEGS AND OBSERVING THE  
HORSE IN THE BOX. DON'T FORGET!!!

IF THERE IS A STANDSTILL OR SETBACK IN TRAINING, DO NOT  
FORGET TO CONSIDER GROWTH AND TEETH CHANGES AS TEMPORARY  
CAUSES!!!  
ALWAYS CHECK THAT THE SADDLE STILL FITS!!! PUT ON GAITERS AT THE  
FRONT/BACK FOR WORK, AND POSSIBLY ALSO JUMPING BELLS!!!

## FREE JUMPING

### Goal:

Fun / motivation / independent pulling to the jump Learning to assess  
correctly independently / making the right decisions independently /  
Gain self-confidence / have a good experience / gain confidence in jumping /  
learn the correct jumping technique independently  
(bascule / leg technique / appropriate jump height)

!!!! DO NOT EXHAUST THE HORSE WHEN WARMING UP / LOOSENING UP !!!!  
Therefore, do not let the horse jump during warm-up / loosening, not even over  
poles on the ground, otherwise free jumping will be too physically strenuous  
for the young horse's concentration and learning ability!

NO MORE THAN FOUR OBSTACLES,  
BECAUSE THIS WILL NOT IMPROVE THE TRAINING EFFECT!!!  
MAXIMUM JUMP HEIGHT 60 CM TO 1 M!!!  
ALWAYS USE A RUN-UP BAR FOR YOUNG, INEXPERIENCED HORSES! ALWAYS  
ADJUST THE JUMP DISTANCES TO SUIT THE YOUNG HORSE!!!

IN-; OUT is easier for the young horse at the beginning, e.g. ground pole  
IN-; OUT cross jump IN-; OUT ground pole IN-; OUT steep jump IN-;  
OUT ground pole IN-; OUT steep jump 2 CANTER JUMPS Oxer,  
as longer distances!!! Steep jump IN-; OUT Steep jump directly without a ground pole IN-;  
OUT in between is not meant by this, because  
this is far too strenuous and difficult for young horses at the beginning!

In; Out 3m-3.5m one  
gallop jump 6.5m-7m  
two gallop jumps 10m-10.5m

"Always raise the rear obstacles first (max. 60 cm-1 m)" because the  
horse is already in rhythm by then!  
Always finish on a high note; the jump height can be lower than in the  
previous rounds, the main thing is  
a good finish!!! Because after training is before training!!! After each "good,  
relaxed, fluid round", catch the horse and let it eat the jackpot (see above)  
from the bucket as a reward!!!  
At the beginning, let the young horse eat after each round as well!

Free jumping training once a week in autumn/winter as soon as  
the horse has undergone spring training under the rider in  
spring/summer/autumn  
Cannot do additional free jumping training!!!

Warm up 10 minutes of walking on both reins  
then 10 minutes of trotting and cantering on both sides  
or, if the horse is already good at lunging, lunge it  
to warm up

Jumping time should not exceed approx. 10 minutes, as this strength  
training is very strenuous for a horse!

Therefore, do not let the horse jump during the warm-up/loosening up, not even  
over poles on the ground, otherwise free jumping will be too strenuous for the  
horse's physical condition and concentration! Always train young,  
inexperienced horses with jump poles! Always adjust the jump distances for  
young horses individually!

Organisational:

First set everything up, then place the poles next to it!  
Set up stands for the jumping lane, plus  
2 poles as an introduction/guide for the horse into the lane  
and then another 2 stands to guide the horse out so that it jumps straight and  
does not take the last jump at an angle!

THE INTRODUCTION/GUIDANCE INTO THE LANE MUST BE SUCH THAT THE  
HORSE IS STRAIGHT IN TIME, 3 GALOPPS, BEFORE THE FIRST JUMP OR  
THE FIRST ROD ON THE GROUND. OTHERWISE IT WILL JUMP AT AN ANGLE,  
CLEAR, INJURE ITSELF AND POSSIBLY FALL. IN ADDITION, THE  
FOLLOWING DISTANCES

OF THE JUMPS WILL NO LONGER BE SLANTED EITHER!!! THIS IS NEITHER  
HELPFUL FOR TRAINING/LEARNING NOR PARTICULARLY MOTIVATING, LET  
ALONE CONFIDENCE-BUILDING FOR THE YOUNG  
INEXPERIENCED HORSE!!!

Then connect all the stands with barrier tape along the lane!!! Also  
connect the stands to the fence with barrier tape and at the first jump  
between the fence and the stand, otherwise some horses will try to jump  
between the stand and the fence and  
injure themselves! The corners must be rounded off with barrier tape or cones  
or poles placed on the fence so that no horse can stop abruptly in the  
corners and pull or even tear a muscle!

!!! AS SOON AS THE HORSE STARTS TO MOVE AND GOES THROUGH THE JUMPING LANE ON ITS OWN, IT SHOULD ONLY BE DRIVEN INTO THE LANE IF NECESSARY, BUT NO LONGER BEEN DRIVEN WITHIN THE JUMPING LANE, SO THAT IT CAN FOCUS ON THE JUMP.  
DRIVEN/LED INTO THE CORRIDOR BUT NO LONGER DRIVEN WITHIN THE JUMPING CORRIDOR SO THAT IT CAN WORK INDEPENDENTLY, CONCENTRATE, LEARN OPTIMALLY AND RELAX MORE AND MORE, AS WELL AS DEVELOP JOY, MOTIVATION, SELF-CONFIDENCE AND THE CORRECT JUMPING TECHNIQUE!!!

THIS APPLIES TO EVERY FREE JUMP, INCLUDING THE FIRST FREE JUMP!

OTHERWISE, IN FUTURE, THE HORSE WILL ASSOCIATE JUMPING WITH AN UNCONTROLLABLE, STRESSFUL OBSTACLE RACE, WHICH WILL THEN LEAD TO THE HORSE BUCKING VIOLENTLY UNDER THE RIDER IN THE COURSE!!!

This is also referred to as the horse becoming or being "hot" when jumping, and therefore no longer being able to be controlled sufficiently or cannot be controlled at all in terms of speed and direction !!!!!

First free jumping / only over poles on the ground:

Get used to the jumping equipment and the sequence!  
First, let the horse jump over poles on the ground, one at a time, always at a suitable distance. Here, still from both hands. 1-3 poles the first time, in-out or with a gallop jump in between, depending on the horse. Start with one pole!!!  
From the second free jumping onwards, the jumping rows / always have the jumping lane jumped from one and the same side, if possible towards the hall exit!

Don't forget to bring a bucket of concentrated feed, carrots or muesli (in short, the jackpot) for generous rewards in between and at the end of each free jumping session!

Second free jumping / first jump / cross jump 30-50 cm high:

When jumping over an obstacle for the very first time, preferably a cross jump approx. 30-50 cm high, it is essential that the young horse is driven over the jump with all consistency if it hesitates or even refuses!

It will probably knock down the jump on the first attempt, but on the second attempt, with encouragement, it will jump over it, albeit still very stiffly and awkwardly, and on the third attempt it will jump reasonably well on its own and with fluidity.

This is the point at which the second free jumping session should be ended!

Don't forget the jackpot after the second and third rounds! If the horse jumps reasonably well the first time, you should give it the jackpot after the first round and do  
do two more rounds!

Note: Some horses stumble over jumps or knock them down frequently, usually because they do not take the low jumps seriously. In this case, you should raise the jumps to see  
if this is the reason and adjust the height of the obstacles in  
future!  
But do everything carefully and don't overdo it!

Then there are horses that are described as "COLD" (on the leg) when it comes to jumping because they hit/touch every pole and usually knock them down!

If you are lucky, these horses are more cautious when jumping cross-country, but normally such horses have a high risk of falling and injury when jumping cross-country.  
(including riders, of course), because they hardly feel when they hit something and can easily get caught on a solid obstacle and fall due to disrespect for the jump!

However, with the appropriate physical conditions, nothing stands in the way of such a horse pursuing a dressage career or becoming a leisure horse!



Further free jumping:

Then gradually build up more jumps to the jumping series from session to session. UP TO FOUR JUMPS IN TOTAL NO MORE NOTHING MORE!!! Since a jump series with more than four jumps has no further training or learning effect, it can only get worse!!!

ALWAYS START WITH A CROSS JUMP AS THE FIRST JUMP FROM THE TROT

.

This is inviting and trains the horse to jump in the middle!

e.g. pole -in / -out cross jump -in / -out pole -in / -out steep jump /  
-1 gallop jump oxer

Always build an oxer at least approx. 10 cm higher at the back than at the front! (max. 60 cm-1 m high!)

Do not build any jumps too high (max. 60 cm-1 m high) but make them inviting!

It is best to practise a cross jump in the same position first and then later add a pole above a cross for a steep jump (max.

60 cm-1 m high). Do the same for oxers, first a double cross and then hang a pole straight above a cross (max. 60 cm-1 m

high), at the back of course approx. 10 cm higher again ( max. 60 cm-1 m high)!!!

Later, hang a pole diagonally or straight under the top pole instead of the pole cross to practise steep jumps and oxers! (max. 60 cm-1 m high!)

So, no free, unsupported empty jumps for young horses!

If the distances are not suitable, they must be adjusted to suit the individual horse!

A pole at a distance of approx. 2.20 m is RECOMMENDED for coming out of the trot before the jump (here a cross jump)!

A pole approximately 3 m before the jump

(here steep jump) is NOT RECOMMENDED for young horses IN A NORMAL

20X40M INDOOR ARENA, as young horses still have

assessing distances and often step on this pole, which could cause injury.

Unlike trotting, the speed of galloping  
too fast for the young horse and the distance after the corner too short  
to easily reach this ground pole!

Furthermore, the ENTRY AFTER A CORNER  
WHEN COMING OUT OF THE CANTER IN A NORMAL 20X40M HALL  
NOT BE A CROSS JUMP, because if the young horses, due to their  
own speed and weight are carried too far into the curve/corner before the  
jump series, they jump at the fence and cannot jump over the middle of the  
cross,  
i.e. the jump is significantly higher (usually too high) for the  
outside leg, so the horses strike out.  
They may stumble or even fall!  
If the horse does manage to jump over the crossbar, it jumps  
diagonally, clears the obstacle, injures itself and may fall.  
If not, the subsequent distances between jumps will no longer be suitable  
will no longer be correct because the horse will then sway/swerve through  
the jump lane!!! Neither case is helpful for training/learning, nor is it particularly  
motivating, let alone  
confidence-building for the young, inexperienced horse!

Because young horses still have problems assessing and judging jumps  
and distances, they often jump initially even if the distances in the  
jump sequence are correct.  
but not IN-; OUT are specified, but one or more gallop strides are too early  
or too late (they are said to underrun the jump) and/or too high!!! With  
increasing practice, experience and composure in advanced training of the  
horse, however, this will improve together with the jumping technique  
(leg technique / bascule / appropriate jump height)!!!  
The same applies to the horse when jumping individual jumps, of course!

TIP: NO GOOD HORSE JUMPS HIGHER THAN IT HAS TO!!! NOT EVEN  
UNDER THE RIDER!!!  
NEITHER IN THE COURSE NOR IN THE FIELD!

IT IS EASIER FOR INEXPERIENCED HORSES TO JUDGE AND LEARN TO  
JUDGE IF YOU RIDE THEM A LITTLE MORE FRESHLY TOWARDS THE JUMP  
INSTEAD OF HOLDING BACK AND, OF COURSE, AS RHYTHMICALLY AS  
POSSIBLE!!!

## FREE JUMPING OBSERVATION CRITERIA

How does the horse jump:  
Smoothly or stiffly?

How does the horse move after the jumps: relaxed  
or tense?

What is the pace like?  
Is the horse pulling towards the jump or is it behaving normally?

Does the horse appear relaxed and focused, or is  
its attention elsewhere?

Is the take-off correct?  
Did the horse come too close to the jump,  
i.e. did it underrun the obstacle? Or was  
it still too far from the optimal  
take-off area?

Does it round itself over the jump or  
does it push its back away?

How is its front leg technique?  
Does the horse let its front leg hang from the elbow or  
carpal joint  
or does it bend both joints strongly over the jump?

How is the hind leg technique?  
Does the horse extend its hind legs backwards for landing or does  
it pull them tensely under its belly?

How fluid and smooth is the landing, and how  
smoothly does the horse return to a gallop after the  
jump?

back into a gallop?

If the distances are not right, they must be adjusted to suit the individual  
horse!

# LUNGING

THE TRAINING GOAL IS ALWAYS PROGRESS, NOT PERFECTION!

As a reminder:

ALWAYS BE WELL PREPARED WITH A CLEAR SHORT- AND LONG-  
TERM TRAINING GOAL IN A CALM AND PATIENT MANNER  
TRAIN THE HORSE IN A RELAXED, CONCENTRATED AND CONSISTENT MANNER!!!

!!! THOSE WHO TAKE THEIR TIME AT THE BEGINNING OF TRAINING WILL  
MAKE FASTER PROGRESS LATER ON !!!

ALWAYS WORK FROM EASY TO DIFFICULT  
AND FROM THE FAMILIAR TO THE NEW!!!

LESS IS ALWAYS MORE WITH YOUNG HORSES!!!

RUTHLESSLY REPEATING LESSONS THAT ARE NOT YET WORKING WELL ONLY  
UNSETTLES THE HORSE AND MAKES IT APATHETIC!

DON'T FORGET TO ALWAYS PRAISE THE HORSE WHEN IT HAS DONE  
SOMETHING RIGHT OR WELL, AND TO REASSURE IT BY PATTERNING ITS  
NECK OR USING YOUR VOICE WHEN IT BECOMES NERVOUS OR AFRAID!

THE PRESENCE AND EXAMPLE OF AN EXPERIENCED LEAD HORSE  
RELAXES THE YOUNG HORSE,  
GIVES IT MORE CONFIDENCE AND WORKS WONDERS!!!

THE HORSE MUST NOT BE "OVERWORKED" BUT "ONLY  
CHALLENGED"!!!

CHECK THE WORKLOAD AND HEALTH AFTER  
TRAINING SESSIONS BY LATER PALPATING THE LEGS AND OBSERVING THE  
HORSE IN THE STABLE.

IF THERE IS A STANDSTILL OR SETBACK IN TRAINING, DO NOT  
FORGET TO CONSIDER GROWTH AND TEETH CHANGES AS TEMPORARY  
CAUSES!!!

ALWAYS CHECK THAT THE SADDLE STILL FITS!!! PUT ON FRONT/REAR  
GAITERS FOR WORK, AND POSSIBLY ALSO JUMPING BELLS!!!

## LUNGING

1) Double lunge / 2) On a long rein / 3) Simple lunging

!!! LUNGING IS ONLY A "MEANS TO AN END", NOT AN END IN ITSELF, TO TRAIN THE YOUNG HORSE CORRECTLY WITHOUT THE RIDER'S WEIGHT

MUSCULATURE CORRECTLY WITHOUT THE RIDER'S WEIGHT; TO BUILD UP, GYMNASTICISE, IMPROVE ITS BALANCE AND COORDINATION

TRAIN ITS BALANCE AND COORDINATION, TO RELAX IT AND TEACH IT

SOME AIDES ON THE GROUND IN ORDER TO PREPARE IT OPTIMALLY FOR BREAKING IN

AND TO SUPPORT IT IN FURTHER TRAINING AND DAILY EXERCISE!

In addition, lunging serves as a change of training and for rehabilitation after injuries!

!!! LATER, WHEN THE HORSE IS TRAINED UP TO A-DRESSAGE AND KNOWS ENOUGH ABOUT THE AIDES TO MOVE / RELEASE / EXERCISE AND TRAINING

BALANCE / COORDINATION AND MUSCLE TRAINING, INCLUDING LUNGING WITH A CAVESSON!

!!! THE SADDLE AND BRIDLE MUST BE INDIVIDUALLY ADJUSTED TO THE HORSE AND MUST NOT CAUSE THE HORSE ANY PAIN

!!!

!!! THE SAME APPLIES TO THE CAVESSON !!!

GET THE HORSE USED TO THE SADDLE WHILE IT IS EATING IN THE BOX AND TO THE BRIDLE AFTER EATING!!!

First get the horse used to the girth (preferably an elastic girth) and only then to the saddle to avoid the development of girth pressure (inflation) and only takes a little longer!

The more regularly the horse is lunged "correctly" and its training condition improves with the muscles used and

The more flexible it has become or been adjusted, the better it is able to walk balanced and relaxed on the circle line!!!!

OTHERWISE NOT!!!

WHEN LONGING, RELAX THE HORSE BUT DO NOT EXHAUST IT!!!!

ALWAYS PRACTICE TRANSITIONS/PARADES IN THE SAME PLACE AT FIRST!!! THIS MAKES IT MUCH EASIER FOR THE HORSE TO LEARN THE VOICE AND REIN AID FOR THIS!!!

THE BEST THING IS TO USE THE "DOUBLE LUNGING" TO PREPARE FOR BREAKING IN AND RIDING!!! IF YOU CAN!!!

E.g.: for easier/more frequent hand changes through the circle or out of the circle without interruptions  
(with stops to reattach the lunge) for better symmetrical gymnastics / bending / straightening and also for teaching the rein aids!

BUT ALSO, ABOVE ALL, BECAUSE OF THE FLEXIBILITY OF THE DOUBLE LUNGING SYSTEM, WHICH ALLOWS FOR "STEADY, INDIVIDUAL ADJUSTMENT TO THE HORSE" EVEN IN DIFFERENT LUNGING SITUATIONS, IN CONTRAST TO RIGID AIDING REINS AND ADJUSTMENT METHODS.

IN ADDITION, THE "POSSIBILITY FOR THE HORSE TO STRETCH MORE AND TEMPORARILY RELAX SO THAT IT IS NOT OVERLOADED AND DOES NOT SUFFER PERMANENT HEALTH DAMAGE DUE TO MUSCLE TENSION, incorrect posture and poor posture, PROVIDED THAT THE LONGERER RESPONDS AT THE RIGHT MOMENT BY GIVING WAY WITH THE DOUBLE LONGREIN AND DOES NOT LONGREIN TOO MUCH OR FOR TOO LONG!!!

FURTHERMORE, THE DOUBLE LUNGING REINS ARE LOOSE FROM THE OUTSET AND DO NOT DANGLE FROM THE BIT!

THESE ADVANTAGES OF THE DOUBLE LUNGING REIN MAKE THE HORSE MORE RELAXED AND THEREFORE MORE RECEPTIVE TO TRAINING IF YOU DO NOT LUNGING FOR TOO LONG, AS THERE IS NO MUSCULAR TENSION/OVERLOADS / PAIN AND NO IRRITATION OF THE BIT!!!

On the "long rein" 2 metres behind the horse, you can then continue with the double lunge in later training to practise voltes, half-turns, larger half-turns, leg yielding, shoulder-in, even piaffe and passage, as well as speed training with the horse, including backing up  
!!!

#### 1.) DOUBLE LUNGING

Horses must always first learn simple lunging (see page 45) with a bit before working with them with a double lunge.

Always bring the horse to the centre at a walk when changing hands! Equipment:

Double lunge line 16-18 m long, lunge whip 3 m with 5 m strap,  
handwork whip 2.20 m  
Lunge girth with several rings or snap  
hooks 6 cm  
or Ringoese for short girths

When using a TWO-HANDED DOUBLE LONGING LINE, the INNER and OUTER LONGE runs from the horse between the little finger and ring finger into the hand and out again between the index finger and thumb at the top, i.e. it corresponds to the normal rein position. Here, too, the hand is naturally closed into a fist with the thumb on the longe.

With ONE-HANDED DOUBLE LUNGING, the INNER LONG REIN runs from the horse between the index finger and thumb into the hand and over the palm of the hand at the bottom back out to the hand and The outer lunge between the middle and ring fingers into the hand and also over the palm of the hand down to the hand again.

The hand is naturally closed into a fist with the thumb on the longe.

The rest of the lunge is placed over the little finger in large loops.

FIRST, PRACTICE DRY, ALTERNATING  
BETWEEN ONE-HANDED AND TWO-HANDED, AND  
THEN ONE-HANDED AGAIN ON THE LEFT AND  
RIGHT WITH THE DOUBLE LONGE!

ALWAYS START WITH TWO HANDS FOR YOUNG HORSES IN TRAINING AND ONLY  
WORK WITH ONE HAND WITH THE DOUBLE LONG REIN EARLIER OR LATER,  
DEPENDING ON THE HORSE!

Single-handed: Turn the lunge over the back of your hand for  
position/bend and bend/stretch the wrist to accept and yield,  
Possibly also from the elbow/shoulder joint!

The INNER LUNGING LINE initially runs from the INNER lunging ring (or from  
the saddle girth on the snap hook or from the short girth on a ringose) and  
from the inside through the bridle ring to the lunge leader, and the OUTER  
LUNGING LINE runs from the bridle ring through  
the outer lunging ring/carabiner/ringose, initially over the back, i.e. the  
seat of the saddle or behind the lunging girth, to the lunge leader.

So HOOK the INNER LUNGING REIN onto the INNER "LUNGING STRAP RING" /  
"carabiner hook" / "ringose" and HOOK THE OUTER LUNGING ROPE onto  
the OUTER "BRIDLE RING", and do not yet  
around the hind legs yet!!!!

This is the INITIAL STRAPPING / the INITIAL PROCESS  
of the double lunge for the young horse to learn the double lunge. This is  
because the horse must first get used to the lunge lead around the hind  
legs!  
If the horse shows tension or bucks and runs, the outer lunge, as the cause,  
should be left loose for the time being.

If you do not want to change your horse's circle with the double lunge, do  
not want to work with your horse on the long rein later on, and do not want  
to accustom your horse to the touch of driving reins as a driving horse, you  
do not need to lunge your horse with the double lunge  
around the hind legs and therefore do not need to get it used to this!



You can simply continue lunging your horse with the double lunge in the BEGINNER'S STRAP.

This still gives them the advantage of flexibility and the rein aids of the double lunge system!

He/she may also be able to strap in the INNER LONGE in the same way later on in the training process.  
like the OUTER LUNGING REIN, i.e. from the bridle ring through the lunge ring of the lunging girth to the lunge leader.

However, with the INITIAL STRAP, the effect of the INNER LONGE by the lunge leader is already softer due to the course of the INNER LONGE, as the bit effect of the INNER LONGE is blurred and it is therefore much more difficult for the horse to lie on the hand or pull outwards.

During INITIAL LUNGING, the lunger brings the horse to the centre of the circle at each change of hand, as in simple lunging at a walk!

As with any lunging, it is important to note that the horse should only ever be brought to the centre at a walk for the change of hand!

The aim of simple lunging with double lunge:

Rhythm, suppleness, contact  
through training of mobility, muscles, balance and  
coordination training via ground work  
with a soft, elastic hand!

ON THE LONG REINS 2 metres behind the horse with a hand whip!

Always let the horse lead the helper on the track first.  
Later, if the horse mistakenly steps on two hoof tracks  
, it may not be correctly loosened, but this usually resolves itself over time with repeated practice on the long rein!  
If necessary, apply the whip on the inside in the area of the thigh position, even if the horse swerves inwards!

Groundwork on the long rein:

Leg yielding, backing up and shoulder-in, corners, circles, half-circles, larger half-turns!

Piaffe and passage are also possible, depending on the horse's ability and the trainer's objectives!

The aim of ground work on the long rein:

Momentum, straightening and collection through

the previous exercises

Problems with lunging with double lunge lines:

(see lunging below for more problem solutions) Pulling inwards and head

outwards:

Solution:

Move inwards and drive more!

Pushing outwards:

Solution:

Do not tighten, accept/position and give back just as much outer limit!

The horse does not accept the aids for the change of gait:

Solution:

Resolve thoroughly!!!

Improve the interaction between voice, lunge and whip! ALWAYS WORK ON/PRACTICE TRANSITIONS IN THE SAME PLACE WITH THE SAME COMMANDS!

The horse does not respond to the aids during "full" halts:

Solution:

Always practise halting from a walk first! Always practise trotting halts at the same spot! Prepare well with half halts!

Always use the same command!

Hesitant transitions:

Solution:

Do not get stuck in the half-halt, yield in good time! Drive sufficiently with your voice and whip!

The horse does not canter uphill from a walk: Solution:

First practise cantering from a trot at the same spot every time!

Then bring the horse securely to the aids!

Then try cantering from the same spot as before, from a walk rather than a trot!

The horse comes onto its forehand when transitioning to walk or only transitions from trot to walk:

Solution:

Beforehand, make the canter more pronounced by reducing the size of the circle! Give way immediately when transitioning!

Becoming stiff in the neck after a deep stretch or release:

Solution:

Be lighter with your hands!

Set the double lunge a little higher, then lower it again!

Drive more!!!

Reduce the friction resistance of the lunge!!! Do not use a double lunge that is too heavy!!!

Throwing the head back:

Solution:

Check teeth!!!

Lunge with emphasis on stretching position!!!

Compare the attachment height of the lunge on both sides!!! Loosen thoroughly!!!

Change hands frequently!

The horse leans on the hand:

Solution:

Drive sufficiently!

Only give "short", sustained lunge aids!!! By "giving way", you are "taking away" the horse's "support"!!!

The horse does not go through the neck:

Solution:

Use "driving" and "sustained" aids to "make the horse yield"!!!

Check the attachment height of the double lunge on both sides! Set the horse low!

3) SIMPLE LUNGING: for stretching, loosening and exercising the horse, at a trot for suppleness, rhythm and fitness, at a walk for even muscle development and at a canter for abdominal muscle training! Always start with a limited circle and a cavesson, later (after several lunging training sessions!) then with a bit. If you do not have a cavesson, you can also use a Hanoverian noseband and buckle the lunge line into the equilateral bit ring and noseband ring, which is also good for relief.

of the horse's mouth is !!!

ALL TRANSITIONS SHOULD ALWAYS BE PERFORMED IN THE SAME PLACE AT THE BEGINNING PLACE AT THE BEGINNING SO THAT THE HORSE LEARNS THE VOICE AND REIN AIDES MORE EASILY!!!

ALWAYS USE THE SAME AID FOR THE SAME EXERCISES/TRANSITIONS

OTHERWISE THE HORSE WILL NOT BE ABLE TO LEARN ANYTHING!!!

FIRST MORE CLEARLY, THEN, DEPENDING ON THE HORSE'S ABILITY TO LEARN, FROM TRAINING UNIT TO TRAINING UNIT, ALWAYS MORE DELICATELY!!!

Always bring the horse to the centre for the change of lead at a walk (otherwise there is a risk of injury to the horse's legs and possibly causing dominance problems)!!!

Always use rein aids together with voice aids at first:

Accept the lunge for 2-3 seconds and as soon as the horse begins

Let go of the lunge completely; the horse should then stretch its neck, drop it, chew and change to the next slower gait, giving the appropriate voice command!

When the lunge line is released, the horse will usually briefly turn its neck outwards before stretching it and dropping it!

If the horse jerks, take the lunge, drive it harder for 2-3 seconds and then release the lunge completely!

Under no circumstances should you allow the jerking to continue!

Later (after several lunging training sessions!), a slight acceptance and yielding from the wrist should lead to the horse responding. Otherwise, the lunge should hang loosely!

#### AIDING REINS for lunging

IN GERMANY, THE TRIANGULAR REIN IS MOST COMMONLY USED.

But there are other ways to show the horse the way down! All auxiliary reins can also be made yourself from light, thin sailcloth from the DIY store (with at least one plastic hook as a predetermined breaking point, otherwise a snap hook) to protect the horse's mouth, in contrast to heavier swinging leather reins!!! However, for some horses, the contact is a wider connection to the bit, such as with leather reins, is more comfortable for some horses!

#### Gymnastic reins by and according to Horst Becker

Simple buckling for getting used to

for approx. 3-4 weeks initially:

Belly ring Lunging girth

→ Bridle ring from the inside to the outside

→ Lunging girth 3rd ring from the top or horizontally back!

Fasten the gymnastics rein so that

that the horse can find a slight contact!

Then start at a walk on the hollow side and loosen the horse thoroughly!

Later, also start at a trot, but again on the hollow side!

The horse must first get used to the gymnastic reins and gain confidence in the contact! As the horse gains confidence, loosens up and relaxes, the reins can gradually be shortened to the vertical position of the nose!

Normal buckling

(approx. 3-4 weeks after getting used to the simple fastening): Belly ring

Lunging girth

→ Bridle ring from the inside to the outside

→ Chambon ring from outside to inside

→ Lunging girth 2nd ring from the top!

Only temporarily, because here the horse goes a little deeper than in the relaxed position and also swings more over the back, and the hindquarters and abdominal muscles are also trained a little more!!! At the end of the lunging session, return to simple buckling to cool down at a walk!!!

Buckling with a stronger restraining effect (temporary and only if necessary!):

Belly ring Lunging girth

→ Chambon ring from the inside to the outside

→ Bridle ring from the inside out

→ Lunging girth 2nd ring from the top!

Relaxed posture / stretched posture:

Withers and neck at the same height (memory aid: WG) and the slightly arched neck in between  
(like a slightly arched bridge)

The horse should move forward in a relaxed, rhythmic and diligent (but not hectic!) manner!

Do not lunge for longer than 20 minutes at the beginning, then increase the duration and purpose of lunging to 45-50 minutes, depending on the horse's condition and concentration and purpose (20 minutes is usually sufficient for loosening up) of lunging, increase the time to 45-50 minutes!

Chambon auxiliary reins:  
(Source: Show Jumping A. Paalman)

THE CHAMBON DOES NOT PROVIDE ANY EXTERNAL RESTRICTION/SUPPORT LIKE THE TRIANGULAR REINS, FOR EXAMPLE. THEREFORE, IT SHOULD ONLY BE USED IN ENCLOSED LUNGING CIRCLES OR LUNGING HALLS WITH YOUNG HORSES SO THAT THEY CANNOT TWIST THEIR NECKS AND/OR AVOID/BREAK OUT OVER THE OUTER SHOULDER, BUT INSTEAD USE THE BAND AS AN EXTERNAL BOUNDARY!

FOR YOUNG HORSES, THE CHAMBON SHOULD BE FASTENED LOOSER THAN NORMAL AND IN THE FIRST TWO MONTHS ONLY WHEN THE HORSE CARRIES ITS HEAD VERY HIGH!

Only then should the chambon be gradually fastened to its normal length! When galloping, however, it must initially be fastened longer until the horse gets used to it.

The normal length/setting is when the horse's nose and hips form a horizontal line and the chambon is tightened!

Later, the Chambon is used for 30 minutes of lunging, fastened normally for the first 15 minutes and then shortened for the last 15 minutes at the trainer's discretion so that the horse really has to use its back when driven accordingly!

Auxiliary reins: The chambon  
(Source: [www.tipps-zum-pferd.de](http://www.tipps-zum-pferd.de) Franziska Goldmann)

The chambon is an auxiliary rein that is only used for lunging. It is intended to show the horse the way forward and down. Since the chambon does not frame the horse or dictate its position, it is only suitable for working on the first two points of the training scale, rhythm and suppleness.

The chambon consists of three parts:

- a leather strap or curb rein that is passed between the front legs from the girth
- a neck piece that is buckled under the bridle
- a rope

The rope is hooked into one bit ring and from there it is fed through the ring of the neck piece on the same side. From there, it passes under the horse's jaws to the second ring of the neck piece and from there down to the other bit ring. The curb chain is hooked into the middle section of the rope under the horse's throat. The length of the chambon is adjusted using the curb chain.

The chambon is designed to prevent the horse from raising its head and pushing its back away. At the same time, however, it should also give the horse enough leeway to use its neck as a balancing bar.

The rope should tighten when the horse's nose rises higher than a hand's breadth above the fetlock joint. The rope then exerts pressure on the horse's neck via the neck piece, causing it to lower its head. At the same time, however, the bit is also pulled upwards.

Some horses are very sensitive to the pull on the corners of their mouths caused by the raised bit and consequently raise their heads even more violently. This creates a vicious circle of pain and panic for the horse. You should therefore carefully accustom the horse to the chambon and initially lead it carefully

with this auxiliary rein.

If the horse continues to resist the chambon, a neck extender may be an alternative. However, the neck extender has a backward-acting component and is therefore not entirely

for teaching the horse how to balance itself.

When lunging with the chambon, the horse can stretch its neck forward and move freely, using its neck as a balancing aid. This is particularly important for young horses that have not yet learned to keep their bodies in balance. The chambon offers the horse the opportunity to develop body awareness without being forced into a certain shape.

To promote rhythm and balance, it is important that you let the horse run at the correct rhythm on the lunge. The horse should walk diligently but not hurriedly.

The chambon is ideal for showing the horse how to move forward and downward in a relaxed manner. For further training steps such as contact and straightness, other auxiliary reins such as the lunge reins are more suitable.



What you should know about the gogue (source:  
[www.tipps-zum-pferd.de](http://www.tipps-zum-pferd.de) Franziska Goldmann)

The gogue works in a similar way to the better-known chambon. The horse feels a pull in its mouth when it raises its head. The pull eases as soon as it lowers its neck again. The gogue has an additional component. The rope, which is pulled back, also guides the horse is also guided into the correct contact and the lips are relieved. The gogue is particularly suitable for lunging. However, the lower form of the guided gogue is also used when riding.

This is what a gogue consists of

The standard gogue consists of a curb chain, a neck piece and a rope with carabiners. The neck piece consists of a wide leather strap with a narrower strap and ring attached to each side. This neck piece can be attached to the bridle's neck piece with shackles. The rings should be positioned behind the throat strap. This neck piece looks exactly like the one on a chambon. However, the rope on a gogue is significantly longer.

The curb chain is attached to the centre of the girth and passed between the horse's front legs. The centre of the rope is hooked into the carabiner of the curb chain. From there, the rope is passed through the ring on the neck piece on each side and then through the bit ring and back to the curb chain, where the hook is then attached. The rope thus forms a triangle on each side of the head.

To hook it in, you should fasten the curb chain relatively long. Then shorten it so that the horse's nose is vertical when its mouth is at the level of the poll. If the horse now raises its head, the curb chain and rope tighten. This causes the gogue to exert pressure on the neck and pull the bit upwards. The pull on the bit is uncomfortable for the horse and it wants to avoid it. The pressure on the neck causes the horse to lower its head.

This effect also occurs when the horse stretches its head forward. This forces it into contact. After a few attempts, the horse learns that it is more comfortable to carry its head low and arch its back. The gogue should be used very carefully, as it can also have a negative effect. If the horse reacts with panic and resists the gogue, it can injure the corners of its mouth. Unlike most other auxiliary reins, the pressure here is not directed towards the lower jaw, i.e. the bone, but vertically upwards. Only the relatively soft corners of the mouth hold the bit in place. If the pressure becomes too strong, the skin can tear. This is a very unpleasant and painful injury for the horse.

Therefore, you should only use the gogue very gently, in a calm environment. and do not use on strong horses. A predetermined breaking point between the curb chain and one of the rope ends can prevent injuries. You can easily make such a predetermined breaking point yourself. Cut a piece of straw cord about 20 cm long in half lengthwise and tie the ends together tightly. Hook the resulting ring between the curb chain and the rope. This construction is quite stable and holds up well under normal use. However, if the horse pulls hard on it, the knot will come undone and the gogue will give way before the horse can seriously injure itself.

There is another variant of the gogue, known as the guided gogue. This variant is used for riding. In addition to the items required for the normal gogue, the guided gogue reins with eyelets, as used with the Tiedemann rein.

With the guided gogue, the rope is threaded through the eyelets on the neck piece and the bit rings from the curb chain, as with the normal gogue. In this case, however, the carabiners are not hooked back onto the curb chain, but into the eyelets on the rein.

The guided gogue runs from the saddle girth via a neck piece and the bit to eyelets on the reins.

When the rider takes up the reins, they exert pressure not only on the bit, but also on the neck via the gogue. At the same time, the bit is pulled upwards, as with a draw bit.

This makes the guided gogue a very sharp instrument.

In the skilled hands of experienced riders, this auxiliary rein can show the horse the way to a deep, arched back. However, if used incorrectly, the guided gogue causes the horse severe pain and can injure its sensitive mouth. This auxiliary rein is therefore not suitable for unauthorised experimentation. Those who are unfamiliar with it should keep their hands off it or at least seek expert guidance.

LONGINGING ACCLIMATISATION PHASE  
THE TRAINING GOAL IS ALWAYS PROGRESS, NOT PERFECTION!!!  
Reminder:

ALWAYS BE WELL PREPARED WITH A CLEAR SHORT- AND LONG-TERM  
TRAINING GOAL BE CALM AND PATIENT  
TRAIN THE HORSE IN A RELAXED, FOCUSED AND CONSISTENT MANNER!!!

!!! THOSE WHO TAKE THEIR TIME AT THE BEGINNING OF THEIR TRAINING  
WILL MAKE FASTER PROGRESS LATER ON !!!

ALWAYS WORK FROM EASY TO DIFFICULT  
AND FROM THE FAMILIAR TO THE NEW!!!

LESS IS ALWAYS MORE WITH YOUNG HORSES!!!

RUTHLESSLY REPEATING LESSONS THAT ARE NOT YET WORKING WELL ONLY  
UNSETTLES THE HORSE AND MAKES IT UNENTHUSIASTIC!

DON'T FORGET TO ALWAYS PRAISE THE HORSE WHEN IT HAS DONE  
SOMETHING RIGHT OR WELL AND TO REASSURE IT BY PATTERNING ITS  
NECK OR USING YOUR VOICE WHEN IT BECOMES NERVOUS OR AFRAID!  
THE PRESENCE AND EXAMPLE OF AN EXPERIENCED LEAD HORSE  
RELAXES THE YOUNG HORSE,  
GIVES IT MORE CONFIDENCE AND WORKS WONDERS!!!

THE HORSE MUST NOT BE "OVERWORKED" BUT "ONLY  
CHALLENGED"!!!

CONTROL OF THE WORKLOAD AND HEALTH AFTER  
DO NOT FORGET THE TRAINING UNITS BY LATER SCANNING THE LEGS AND  
OBSERVING THE HORSE IN THE BOX!!! IN CASE OF STAGNATION OR  
SETBACKS IN TRAINING  
DON'T FORGET TO CONSIDER GROWTH AND TEETH CHANGES AS  
TEMPORARY CAUSES!!!

ALWAYS CHECK THAT THE SADDLE STILL FITS!!! PUT ON GARTRETS AT THE  
FRONT/BACK FOR WORK, AND POSSIBLY ALSO JUMPING BELLS!!!

#### LONGING PHASE OF ACCLIMATISATION:

(DVD Rudolf Zeilinger Part I: Breaking in and lunging "very good"!!)

1.DAY 30 minutes / Preferably in the round pen!!!

"Inside" on the circle line, if necessary with the help of an assistant who holds the lunge "in front" of them and the horse next to

"beside" them, holding the cheek piece of the bridle.

(only walk/trot, of course) and, if necessary, have the helper lead the horse around the circle (only walk/trot, of course) until it understands what is required.

Don't forget the voice commands and praise! The lunge

whip is only used on the second day.

2.DAY

Alone at a trot on the circle line "without helper"

After 3-8 days, the familiarisation phase at walk and trot on both hands should be complete!

#### CANTER

After one week at the earliest! 3-4 laps on both hands are sufficient!

Support the horse in taking off by giving way on the lunge!

Several short canter reprises promote the canter jump on the circle better than a longer section!

However, the focus should be on a relaxed, rhythmical working trot! This initial lunging takes 2-3 weeks!

#### GOAL 2-3 WEEKS AFTER STARTING LONGING

Forward and backward with the nose stretched out, leaning on the bit, calm and relaxed in all three gaits on both hands!

## DURING LUNGING

Slight slackening of the lunge: no tight contact Soft

contact/connection:

for sufficient control of gait and tempo Accepting: to

regulate and reduce tempo Yielding: enables subsequent acceptance of gait changes

corresponds to parades and promotes suppleness!

Reduce and enlarge circles to improve

contact!

Walk and trot over max. 4 poles

For coordination and concentration as well as independent work!

Later, 15-20 minutes of lunging before riding for horses with neck or back problems or, for example, after a day of rest to loosen up and reduce overexcitement!

Lunging can also be used as training instead of riding!

## Problems with lunging: Horse

pushes outwards:

Solution:

Keep sufficient distance from the boundary of the lunging circle when lunging, as young horses tend to run directly "along" the boundary of the circle instead of using the lunge line as a gentle guide/boundary for the circle if the distance to the outer boundary is not large enough.

Do not allow the horse to lean on the hand; by gently accepting the lunge and quickly yielding, the horse will come off the hand.

HOWEVER, ONLY GIVE IN AS MUCH AS BEFORE

!!! The lunge leader remains in place and only turns around!!!

To loosen up, however, first lunge the horse along the boundary here you can give way and drive sufficiently.

Place the horse in front of the open side early enough before turning and do not pull it around at the last moment! If necessary, walk behind the horse on the open side so that it is driven by the lunge leader's position and no longer from the side.

If the horse always pushes outwards at a certain point, then it is not sufficiently prepared and must be gently turned inwards approximately 10 metres beforehand, if necessary driven from behind by position.

Through varied and regular training, the horse becomes increasingly gymnastic, more flexible and balanced, enabling it to move better on the circle without pushing outwards!

Horse pushes inwards (contact problem):

Solution:

"Be very gentle with your hand!"

"Drive the horse forward and sideways from behind, but without rushing it!"

"Keep shifting the circle in all directions and at all gaits!" If you start a little in front of the horse to shift the circle, It is better to go straight ahead; the better the horse responds to the rein, the less you move in front of the horse, but always straight ahead and not in a circle!!!

"By alternating between walking and standing in a straight line, the horse will respond to your hand!"

"Enlarge and reduce the circle!"

When enlarging, the horse should take the entire lunge as directly as possible in a straight line.

If the horse becomes hasty, shorten the lunge line and walk parallel to the horse in a circular arc.

This brings you closer to the horse, prevents the lunge from sagging and allows you to regulate the pace better.



## RUNNING ON THE

### LUNGING LINE

### DEPENDING ON THE

### REASON

- 1) Energy, 2) Anxiety/agitation, 3) Dominance issues,
- 4) overwhelmed
- 5) Lack of concentration, easily distracted, runs away from work

### FOLLOWING SOLUTION

- 1) Let off steam and possibly  
let them run around a lot (run off steam)!!! Lots of variety!!!
- 2) Have a calming effect!!! Lots of variety!!!
- 3) Clarify position and ensure commands are followed  
Walk, trot, gallop by changing your position in relation to the horse  
in line with the lead animal!
- 4) If, after prolonged lunging, although everything was going well at first  
was going well, nothing works anymore, then end the lunging session with a  
very easy exercise and finish positively at a walk without auxiliary reins  
(e.g.  
Triangular rein or chambon) allow the horse to run freely
- 5) Place a pole on one or all four sides of the circle  
on the ground so that the horse has to concentrate and collect itself  
again and again, later possibly also placing a maximum of four poles in  
a row on only one side of the circle! Leave the outside of the circle  
free! In addition, provide plenty of variety (move the circle; make it  
smaller; make it larger, change gaits frequently)

!!! ALWAYS PRACTISE TRANSITIONS IN THE SAME PLACE AT FIRST AND,  
OF COURSE, ALWAYS USE THE SAME COMMANDS/AID  
OTHERWISE THE HORSE WILL NOT LEARN ANYTHING!!!

BREAKING IN (2 helpers / lead horse)  
HORSES SHOULD NOT BE BROKEN IN BEFORE THE AGE OF 3.5  
YEARS!!! (SEE ALSO TRAINING THEORY PAGE 178)  
This is because only then are the epiphyseal plates of the legs closed and the  
horse can only grow in height via the vertebral processes.  
However, the muscles must adapt to the stresses and demands over weeks,  
the tendons and ligaments over months, and the bones over years.  
The nervous system adapts the fastest, followed by the horse's  
circulatory system.

Reminder:  
THE TRAINING GOAL IS ALWAYS PROGRESS, NOT PERFECTION!  
• ALWAYS BE WELL PREPARED WITH A CLEAR SHORT- AND LONG-  
TERM TRAINING GOAL TRAIN THE HORSE IN A CALM AND PATIENT  
MANNER  
RELAXED, CONCENTRATED AND CONSISTENT TRAINING OF THE HORSE!!!  
• !!! IF YOU TAKE YOUR TIME AT THE BEGINNING OF THE  
TRAINING, YOU WILL MAKE FASTER PROGRESS LATER ON  
!!!  
• ALWAYS FROM EASY TO DIFFICULT AND  
FROM THE FAMILIAR TO THE NEW!!!  
• LESS IS ALWAYS MORE WITH YOUNG HORSES!!!  
• STUPID REPETITION OF LESSONS  
THAT ARE NOT YET WORKING SO WELL ONLY UNSETTLE THE HORSE  
AND MAKE IT UNWILLING!!!  
• DON'T FORGET TO ALWAYS PRAISE THE HORSE WHEN IT HAS  
DONE SOMETHING RIGHT OR WELL AND CALM IT DOWN BY  
TAP IT ON THE NECK OR USE YOUR VOICE TO CALM IT DOWN IF IT  
BECOMES NERVOUS OR AFRAID!!!  
• THE PRESENCE AND EXAMPLE OF AN EXPERIENCED LEAD HORSE  
RELAXES THE YOUNG HORSE,  
GIVES IT MORE CONFIDENCE AND WORKS WONDERS!!! THE  
HORSE MUST NOT BE "OVERWHELMED"  
BUT SHOULD "ONLY BE CHALLENGED"!!!  
• DO NOT FORGET TO CHECK THE WORKLOAD AND HEALTH AFTER  
TRAINING SESSIONS BY LATER PALPATING THE LEGS AND OBSERVING THE  
HORSE IN THE BOX!  
• IF THERE IS A STANDSTILL OR SETBACK IN TRAINING, DO NOT  
FORGET TO CONSIDER GROWTH AND TEETH CHANGES AS TEMPORARY  
CAUSES!  
• ALWAYS CHECK THAT THE SADDLE STILL FITS!!! PUT ON Gaiters  
at the front/back for work, possibly also bell boots!!!

BREAKING IN (2 assistants / lead horse)  
 (DVD Rudolf Zeilinger Part I: Breaking in and lunging "very good"!!)

From the horse's perspective, when the rider sits upright in the saddle, a shadow suddenly appears above him behind his head with an unfamiliar weight on its back. In the wild, this would normally be a predator!!! This can also otherwise calm young horses can become frightened, agitated and violent.

For this reason, young horses should be broken in by an experienced expert.

This is also the reason why smaller, lighter riders are best suited to breaking in young horses!

This means that the shadow is smaller and the weight in the saddle is not so heavy for the horse! In line with the training and learning process rule:

ALWAYS FROM EASY TO DIFFICULT!!!

We don't start strength training with 70-100 kg maximum strength training!

...and if someone wants to force us to do so, then...

!!! IT IS IMPORTANT NOT TO FORGET TO PRAISE AND REASSURE THE HORSE BY PATTERNING ITS NECK IN ORDER TO CALM IT DOWN

AND RELAX IT AS MUCH AS POSSIBLE

!!!

IT WOULD ALSO BE GREAT IF THE LEADING PERSON COULD HOLD OUT THE JACKPOT TO THE HORSE WHEN BREAKING IT IN OR AT LEAST GIVE THE HORSE A CARROT/APPLE!!!

TRAINING A YOUNG HORSE CANNOT BE DONE ALONE WITHOUT THE HELP AND SUPPORT OF OTHER PEOPLE

!

THE SIMPLE PRESENCE OF AN OLDER, CALM HORSE AND THE LEADING AND JUMPING OF AN EXPERIENCED LEAD HORSE CAN WORK WONDERS FOR A YOUNG HORSE IN TERMS OF THE DESIRED TRAINING GOALS AND BEHAVIOUR

AND SAVE A LOT OF TIME AND FRUSTRATION!!!

!!! THE SADDLE AND BRIDLE MUST BE INDIVIDUALLY ADJUSTED TO THE HORSE AND MUST NOT CAUSE THE HORSE ANY PAIN OR CAUSE PRESSURE POINTS!!!

ALWAYS MAKE SURE THE HORSE IS COMPLETELY FAMILIAR WITH THE EQUIPMENT AND PROCEDURES BEFORE STARTING PROPER TRAINING SESSIONS!!!

GET THE HORSE USED TO THE SADDLE WHILE IT IS EATING IN THE BOX  
AND TO THE BRIDLE AFTER EATING!!!

! DO NOT RIDE EVERY DAY, TAKE TRAINING  
BREAKS TO BUILD MUSCLE !  
INSTEAD OF RIDING, LONGING, FREE JUMPING, CAVALETTI, GETTING  
USED TO THE LONGE, ETC.

LONGING BEFORE RIDING!!!

However, you can also lunge the horse for 5-10 minutes before  
riding to loosen it up and reduce its exuberance, instead of  
letting it run freely in the hall.  
Correctly placed cones in front of the corners can prevent the horse from  
cutting corners!

Stiffness in the neck and back, pushing forward, leaning on the reins,  
stumbling and other disturbances in gait and posture are normal at first!  
This is because the horse's muscles are  
completely untrained for the rider's weight and the horse has not yet been  
trained under saddle!

#### Mounting

One helper supports the rider's lower leg! Another helper  
holds the horse!  
In the hall, first lie across the horse a few times to get used to the saddle!

Then carefully lift your leg over the horse's back.  
Sit forward in the saddle and immediately lead the horse along the usual  
circle line! Or lead the horse behind the lead horse  
along the fence on the track, but keep a safe distance from the lead horse, approx. one  
horse length!

In addition, the horse cannot break out to the outside at the  
fence!

Always start with your left hand, as the horse is used to being led on the  
left!  
Of course, the person leading should always walk in the track and  
not between the young horse and the fence. When changing hands,  
always change to the leading side on the inside!

"If the horse becomes tense, stop, praise it and lead it again!"

On the first day, walking is perfectly sufficient.

On the second day, the horse can already be trotted a little, guided  
by the helper, but only for short bursts!

IT TAKES APPROXIMATELY TWO WEEKS TO GET USED TO THE RIDER'S  
WEIGHT. ONLY THEN SHOULD YOU SET YOUR SIGHTS ON NEW  
TRAINING GOALS!

[ EXCURSUS:

METHODS OF BREAKING IN/TRAINING IN THE  
EARLY WILD WEST OF THE USA:

In the past, cowboys would saddle the captured wild mustangs without any  
preparation and break them in in the round pen. To  
hold on with one hand, they only attached a rope to the horse's halter, using  
their other arm to balance themselves, among other things!

The Native Americans swung themselves onto the backs of their  
captured wild mustangs without any preparation,  
using only a neck ring or halter to hold on, and used the horse's flight  
instinct to gallop across the prairie until the mustang was exhausted, or  
they  
The horses were led into a shallow, wide river with a sandy bed, where they  
were mounted!

FIRST WEEK OF TRAINING  
THE TRAINING GOAL IS ALWAYS PROGRESS, NOT PERFECTION!!!  
Reminder:

ALWAYS BE WELL PREPARED WITH A CLEAR SHORT- AND LONG-TERM  
TRAINING GOAL, AND TRAIN THE HORSE IN A CALM AND PATIENT MANNER,  
REMAINING RELAXED AND FOCUSED.  
TRAIN THE HORSE IN A RELAXED, FOCUSED AND CONSISTENT MANNER!!!

!!! THOSE WHO TAKE THEIR TIME AT THE BEGINNING OF TRAINING WILL  
MAKE FASTER PROGRESS LATER ON !!!

ALWAYS WORK FROM EASY TO DIFFICULT  
AND FROM THE FAMILIAR TO THE NEW!!!

LESS IS ALWAYS MORE WITH YOUNG HORSES!!!

STUPID REPETITION OF LESSONS THAT ARE NOT YET WORKING WELL ONLY  
UNSETTLES THE HORSE AND MAKES IT UNWILLING!

DON'T FORGET TO ALWAYS PRAISE THE HORSE WHEN IT HAS DONE  
SOMETHING RIGHT OR GOOD, AND TO REASSURE IT BY PATTERNING ITS  
NECK OR USING YOUR VOICE WHEN IT BECOMES NERVOUS OR AFRAID!

THE PRESENCE AND EXAMPLE OF AN EXPERIENCED LEAD HORSE  
RELAXES THE YOUNG HORSE,  
GIVES IT MORE CONFIDENCE AND WORKS WONDERS!!!

THE HORSE MUST NOT BE "OVERWORKED" BUT "ONLY  
CHALLENGED"!!!

CHECK THE WORKLOAD AND HEALTH AFTER  
TRAINING SESSIONS BY LATER PALPATING THE LEGS AND OBSERVING THE  
HORSE IN THE BOX.

IF THERE IS A STANDSTILL OR SETBACK IN TRAINING, DO NOT  
FORGET TO CONSIDER GROWTH AND TEETH CHANGES AS TEMPORARY  
CAUSES!!!  
ALWAYS CHECK THAT THE SADDLE STILL FITS!!! PUT ON GAITERS AT THE  
FRONT/BACK FOR WORK, AND POSSIBLY ALSO JUMPING BELLS!!!

## FIRST WEEK OF TRAINING

10-15 minutes before each RIDING session, lunge or let the horse run freely!

During the breaking-in training sessions, take regular breaks to loosen up the horse's muscles! During these breaks, for example, mount and dismount several times, lift the horse's legs or lead it over ground poles, lunge it briefly or let it run freely for a short time!

Keep correcting the saddle position; it can take months for the saddle position to develop!

1st and 2nd week: walk and trot only!

Only adapt smoothly to the movements!

No aids or initiative yet except for the voice and whip that the horse is familiar with from lunging!

1. Approximately 20 minutes per session in week 3.
2. Approximately 30 minutes per session  
Between changes of hand, take 2-3 short walking breaks to recover from trotting!

The goal of breaking in is achieved when you feel that the horse is willing to walk and trot! So don't practise galloping yet!

It is normal for many young horses to buck later on, when they are stronger and more balanced, usually completely unexpectedly, to see how far they can go, and this should be responded to immediately with a negative reaction from the rider!

Therefore, the young horse should have the opportunity to burn off its excess energy before riding, either on the lunge or by running free in the indoor arena.

If a young horse manages to throw you out of the saddle, you must get back in the saddle immediately, provided your health allows it otherwise the horse will become accustomed to bucking due to its success.

When a horse rears up, you should simply wait until it lands back on its front legs and then continue riding/working as if nothing had happened!

IT IS IMPORTANT THAT THE HORSE LEARNS DURING TRAINING THE UNSUCCESS OF ITS RESISTANCE AND THE CALM, PATIENT CONSISTENCY OF ITS TRAINER, SO THAT IT LEARNS THAT, WHATEVER IT TRIES AND COMES UP WITH, IT CANNOT WITHDRAW FROM THE WORK/TRAINING AS LONG AS IT IS HEALTHY AND NOT OVERWHELMED, IT CANNOT WITHDRAW FROM IT!!!



# TRAINING SESSION

THE TRAINING GOAL IS ALWAYS PROGRESS, NOT PERFECTION!

Set a programme and goal for each session!

Reminder:

ALWAYS BE WELL PREPARED WITH A CLEAR SHORT- AND LONG-TERM  
TRAINING GOAL CALM AND PATIENT  
TRAIN THE HORSE IN A RELAXED, CONCENTRATED AND CONSISTENT MANNER!!!

!!! THOSE WHO TAKE THEIR TIME AT THE BEGINNING OF THE TRAINING  
WILL MAKE FASTER PROGRESS LATER ON !!!

ALWAYS FROM EASY TO DIFFICULT AND  
FROM THE FAMILIAR TO THE NEW!!!

LESS IS ALWAYS MORE WITH YOUNG HORSES!!!

STUPID REPETITION OF LESSONS THAT ARE NOT YET WORKING WELL ONLY  
UNSETTLES THE HORSE AND MAKES IT UNENTHUSIASTIC!

DON'T FORGET TO ALWAYS PRAISE THE HORSE WHEN IT HAS DONE  
SOMETHING RIGHT OR WELL AND TO REASSURE IT BY PATTERNING ITS  
NECK OR USING YOUR VOICE WHEN IT BECOMES NERVOUS OR  
AFRAID!!!

THE PRESENCE AND EXAMPLE OF AN EXPERIENCED LEAD HORSE  
RELAXES THE YOUNG HORSE,  
GIVES IT MORE CONFIDENCE AND WORKS WONDERS!!!

THE HORSE MUST NOT BE "OVERWORKED" BUT "ONLY  
CHALLENGED"!!!

DON'T FORGET TO CHECK THE WORKLOAD AFTER TRAINING SESSIONS BY  
LATER PALPATING THE LEGS AND OBSERVING THE HORSE IN THE BOX!!!

IF THERE IS A STANDSTILL OR SETBACK IN TRAINING, DO NOT  
FORGET TO CONSIDER GROWTH AND TEETH CHANGE AS TEMPORARY  
CAUSES!!!  
ALWAYS CHECK THAT THE SADDLE STILL FITS!!! PUT ON FRONT/REAR  
GAITERS FOR WORK, AND POSSIBLY SPRING CLOCKS TOO!!!

## TRAINING SESSION

Set a programme and objectives for each training session/lesson!!! FEAR

### REACTIONS/RESISTANCE

OVERWORKING AND OVERDEMANDING THE HORSE BLOCK TRAINING AND, IF REPEATED OFTEN AND FOR A LONG PERIOD OF TIME, LEAD TO THE OPPOSITE OF THE TRAINING OBJECTIVE AND TO HEALTH PROBLEMS FOR THE HORSE!!!

AS SOON AS THE HORSE IS HALFWAY ACCUSTOMED TO SOMETHING NEW E.G. THE HORSE IS BEING LUNGED FOR THE FIRST TIME WITH THE DOUBLE LUNGING REIN AROUND ITS HINDQUARTERS AND IS HALFWAY RELAXED, END THE EXERCISE FOR THAT DAY!!!

LESS IS ALWAYS MORE WITH YOUNG HORSES!!!

SETBACKS IN TRAINING, E.G. TENSION; AND RELAXATION PROBLEMS, STUMBLING, BALANCE AND CONTACT PROBLEMS AND/OR DIRECT RESISTANCE, CAN ALSO BE CAUSED BY GROWTH SPURTS (horse in Unlike usual, slightly higher at the back/or more overbuilt than usual) OR TEETH CHANGE (central teeth approx. 3.5 years / canine teeth approx. 4.5 years) HAVE!!!

DAILY TRAINING SESSIONS, E.G. FREE JUMPING, DRESSAGE, JUMPING AND CROSS-COUNTRY, AS WELL AS NEW DRESSAGE LESSONS AND NEW JUMPS SHOULD BE ADAPTED TO THE HORSE'S TRAINING AND CONDITION.

SHORT AND LONGER WALKING BREAKS WITH REINS FROM THE HAND, AS WELL AS VARIETY WITHIN THE TRAINING SESSION AND THE TRAINING PLAN, ARE ESSENTIAL FOR THE CONCENTRATION, RELAXATION AND PROTECTION OF THE HORSE FROM OVERLOADING.

YOU SHOULD ALSO NOT FORGET TO TAKE BREAKS DURING TRAINING!!!

After the breaking-in phase, the training unit in the first few weeks consists mainly of loosening exercises!

Therefore, at least 15-20 minutes of walking, cavaletti work (walk or trot) and, using lateral and inward rein aids, also light trotting on the circle and moving softly with the movements!

If the horse is not yet sufficiently trained and the exercise takes too long, its muscles will tense up and it will resist!

So stop, do another easier exercise and regain the horse's attention and satisfaction! Then finish the training!

Horses that enjoy walking should be worked more on the circle, while lazy horses more on the straight and in the terrain, ride forward briskly to stimulate the desire to walk!

Take short breaks every 10-15 minutes during the work section!

At the end of the training session, walk for 5-10 minutes on a loose rein!

DON'T FORGET TO CHECK THE WORKLOAD AND THE HEALTH OF  
THE HORSE!!!

#### WEIGHT TRANSFER AND CENTRE OF GRAVITY

If we are given a sack of potatoes to hold, placed on our backs and told to carry it for 1 minute while standing and 2 minutes while walking, we will reflexively lean forward so that the centre of gravity of the sack of potatoes coincides with our own centre of gravity, i.e. is directly above our centre of gravity, and we can carry the sack of potatoes for longer than 3 minutes with our strong leg muscles.

If we sit on a broomstick with our knees slightly bent, which is so high that our feet cannot reach the ground, we can only maintain our balance as long as we distribute our body weight equally on both sides of the broomstick. In other words, our body's centre of gravity is directly above the broomstick!

If we now stretch one leg slightly (which corresponds to the so-called increased protrusion of the stirrup or heel), For example, if we lift our left leg, we immediately fall to the left of the broomstick because we have shifted our centre of gravity to the left of the broomstick!

If you imagine the horse's spine (for illustrative purposes only, of course!) as a broomstick, it becomes clear why lateral weight aids are so effective with horses.

The laws of physics are at work here!

The narrower a horse is, the higher the rider's centre of gravity is from the saddle (e.g. in a light seat) or the heavier a rider is, the more sensitive a horse normally reacts to lateral weight aids/weight shifts!

For example, if you put a little more weight on the left stirrup, you automatically put more weight on the left hindquarters or, in a light seat, on the left stirrup, thus shifting your centre of gravity to the left next to the thoracic spine and the horse's centre of gravity, which lies under the horse's front thoracic spine.

The horse then immediately tries to react reflexively.

(see potato sack example above) to bring its centre of gravity back under the centre of gravity of its rider, i.e. to the left, because this is the most comfortable and efficient way for it to carry its rider.

This is why it deviates from the straight line to the left or even goes left on the circle or even makes a turn to the left.

However, the position of the rider's centre of gravity does not change in relation to the horse's centre of gravity, which is why the horse deviates to the left from the straight line until the rider shifts their weight back to the same side, bringing their centre of gravity back above that of the horse! For this reason, one might sometimes think with young horses that someone has already taught them the lateral weight aid / reaction to lateral weight shift!

#### BEAT

For the horse, it is most efficient, comfortable and, in the long term, healthiest to move rhythmically in time, whether in the open countryside, on the lunge or under the harmoniously resonating rider.

If, for example, you want the horse to trot more slowly and calmly rather than quickly, you can achieve this by slightly delaying/slowing down the upward movement/sitting movement

of the light trot in relation to the horse's rhythm. This is uncomfortable for the horse because the rider's weight slightly disturbs its rhythm and it therefore tries to bring its rhythm back into harmony with that of the rider trotting lightly.

This slows it down and, by concentrating on its beat, it also becomes calmer! Of course, this only works to a limited extent and, depending on the horse's psyche, level of training and energy potential, not always!

Through training and regular exercise, it is possible to improve the thrust, carrying power, duration, expression, momentum and stride length that a horse can achieve under the rider in rhythm (i.e. "in time") with a swinging back, best achieved in the

In this respect, the canter and walk are more genetically determined and therefore, although training and exercise can improve the musculature, duration and expression, they cannot improve the momentum and stride, collectively referred to as gait quality.

If you hear a loud sound when the horse is trotting on the lunge or under the rider, the speed is too high for the horse's rhythm or has been going on for too long, because this is a sign that the muscular attachment of the front limbs to the torso can no longer properly support the front limbs and carry the torso elastically. These muscles naturally improve through the training and exercise of the horse!

LEARNING THE AIDS  
THE TRAINING GOAL IS ALWAYS PROGRESS, NOT PERFECTION!!!  
As a reminder:

ALWAYS WELL PREPARED WITH A CLEAR SHORT- AND LONG-TERM  
TRAINING GOAL, CALM AND PATIENT  
TRAIN THE HORSE IN A RELAXED, FOCUSED AND CONSISTENT MANNER!!!

!!! THOSE WHO TAKE THEIR TIME AT THE BEGINNING OF THE TRAINING  
WILL MAKE FASTER PROGRESS LATER ON !!!

ALWAYS WORK FROM EASY TO DIFFICULT  
AND FROM THE FAMILIAR TO THE NEW!!!

LESS IS ALWAYS MORE WITH YOUNG HORSES!!!

STUPID REPETITION OF LESSONS THAT ARE NOT YET WORKING WELL ONLY  
UNSETTLES THE HORSE AND MAKES IT UNENTHUSIASTIC!

DON'T FORGET TO ALWAYS PRAISE THE HORSE WHEN IT HAS DONE  
SOMETHING RIGHT OR WELL AND TO REASSURE IT BY PATTERNING ITS  
NECK OR USING YOUR VOICE WHEN IT BECOMES NERVOUS OR AFRAID!

THE PRESENCE AND EXAMPLE OF AN EXPERIENCED LEAD HORSE  
RELAXES THE YOUNG HORSE,  
GIVES IT MORE CONFIDENCE AND WORKS WONDERS!!!

THE HORSE MUST NOT BE "OVERWORKED" BUT  
SHOULD "ONLY BE CHALLENGED"!!!

CHECK THE WORKLOAD AND HEALTH AFTER  
TRAINING SESSIONS BY LATER PALPATING THE LEGS AND OBSERVING THE  
HORSE IN THE STABLE.

IF THERE IS A STANDSTILL OR SETBACK IN TRAINING, DO NOT  
FORGET TO CONSIDER GROWTH AND TEETH CHANGES AS TEMPORARY  
CAUSES!!!  
ALWAYS CHECK THAT THE SADDLE STILL FITS!!! PUT ON GAITERS AT THE  
FRONT/BACK FOR WORK, AND POSSIBLY ALSO JUMPING BELLS!!!

#### LEARNING THE AID

(later "practise the aids" according to the tasks in the LPO task book!!!) A DELAYED REACTION (1-3 seconds) IS NORMAL AT FIRST UNTIL THE HORSE IS CONDITIONED TO REACT REFLEXIVELY TO THE AID!!!

##### Forward driving:

start with lower leg, voice, possibly whip, then  
reduce voice and whip  
until the horse moves forward on thigh pressure alone!

##### Neck control:

(Neck control is also a preliminary exercise for half and full halts!!!)

##### Rein aids only in conjunction

with leg, weight and back aids produce the  
desired result!

(alternative approach: HAND WITHOUT LEG AND LEG WITHOUT HAND, e.g.  
in Western riding!!!)

Do not forget to give way at the right time!

It is also important to keep your shoulders and elbows relaxed and your hands  
in the correct position!

However, during the initial approach phase, always yield to encourage  
forward and downward movement. Only later should you counteract  
sensitively and encourage more diligent footwork by driving at a trot!

Only take on as much weight as the momentum from the hindquarters  
comes over the back and neck into the horse's mouth!

As soon as the horse wants to stretch forward and downward, push your inside  
hand forward and show the horse the way down; otherwise, just do this to  
loosen up!

Always ride from back to front and do not force/pull the  
horse into a specific neck position!

Later, at the end of the lesson, ask the horse to lengthen its stride on 2-3  
long sides to improve its contact.

## Obedience to one-sided aids:

The order is presented here because some horses may later have difficulty understanding that they should move forward and sideways and may therefore overreach and injure themselves if they were taught to turn on the forehand first!

According to the textbook (see Klimke's Basic Training of the Young Horse), however, the sequence is exactly the opposite, i.e. 3-2-1!

- 1.) First, start with the horse on the open side of the circle only SLIGHTLY (otherwise there is a risk of injury!) at a walk and, if it works, later also at a trot, only let it cross SLIGHTLY! If necessary, place the horse slightly in the circle so that its hindquarters swing outwards and the horse crosses over! Give the lateral-forward driving aids in each case! (This can also be practised well on the lunge from the ground!)
- 2.) Leg yielding (this can also be practised well from the ground before riding, preferably by tapping the horse with the whip in the area of the inner leg position behind the saddle, head towards the fence (in Legerete riding, leg yielding is never performed, but shoulder-in is, as in Baroque times, which I personally find better and easier for the horse! However, you sit/put weight on the outside of the fence! On the inside during shoulder-in, only on the circle!!! ) Of course, you start with leg yielding, as always in walk with just a few steps, preferably only on the short side so that you don't overdo it, and increase the intensity as training progresses!
- 3.) Forehand turn (can also be practised well on the ground before riding from the ground, preferably tapping the horse with the whip in the area of the inner leg position behind the saddle)

### 4.) Enlarge and reduce the square, first 2.HBJ!!! 2) LEG YIELDING

(This is only a preliminary exercise for learning the forward-sideways aids.) Always 20-30% sideways and 70-80% forward. Longitudinal axis of the horse 30 to max. 45 degrees on two hoof beats! Always only short distances at a walk, possibly also at a shortened working trot!!! It is best to only do short sides so that you do not overdo it!!!



Head towards the fence, maintain momentum and rhythm, max. 45 degrees, only 4-6 strides, possibly reverse leg aids at first if the horse is only straight, keep the same contact with both reins, outer rein lies lightly on the neck, inner rein slightly sideways away from the neck, weight on the inner seat, the neck should never be bent more than the rest of the body, the horse's inside legs must cross in front of the outside legs! Inside leg pressure is best applied at the moment the inside hind leg is lifted! Outside rein and leg catch the steps. At the end, the outside rein then guides the forehand back onto the track! (inside = position side)

### 3) FOREHOOF TURN

Forehand turn tips:

The horse always stands on the second track when learning! Then apply pressure to the inside haunch / one-sided cross-body aid. Tighten the inside rein, give the outside rein a little slack, the horse should release the inside bit, don't forget to praise it, the inside leg close behind the girth pushes the horse forward and over the forehand, if necessary, apply the whip lightly just behind the inside leg, if necessary, apply a few gentle rein pulls as additional help to turn the head and neck inwards, the outside leg stays behind the girth and catches the steps. If the horse becomes too hasty, pause after each double step! If you encounter difficulties after the double step, change back and return to the starting position! Both can also be used to easier for the horse to learn!!! (inside= position page) Less is more with young horses!!!

Learning sequence for forehand turn:

(Stepping backwards while learning the forehand turn is a mistake, but it is a smaller mistake than stepping forwards).

- 1) Leg
- 2) One-sided weight aid (cross-tensioning) against stepping backwards
- 3) Outer rein aid against stepping forward and falling out over the shoulder

PS: The forehand-in is also a good exercise for horses that are insensitive to the leg, to sensitise them again!

#### 4) ENLARGING AND REDUCING THE ARENA ONLY IN THE 2ND HALF OF THE YEAR!!!

Always 20-30% sideways, 70-80% forwards! On

two hoofbeats!

The outside leg acts as a restraint, and if necessary also as a driving force to maintain forward movement!

Straighten up before changing direction and ride straight ahead for one horse length! At a walk and shortened trot!

#### RIDING ON CURVED LINES, I.E. TURNS

All lessons first at a walk, then at a trot! Position:

inner eye and inner nose visible!

Bend: Position and rib bend lead to collection!

Do not forget to immediately yield the inside rein! Step out with the inside stirrup, push forward with the inside seat bone and outside shoulder!  
Inner thigh on the girth!

"The collected horse is not always bent, but the bent horse is always collected!" Everything at a walk first!!!

#### Corner:

Ride as a quarter circle with a diameter of 8-10 metres with young horses!  
Riding out of the corner with turning aids!

#### Circle:

If necessary, place cones 2 metres from the centre point of the circle to help the horse loosen up and trot more easily on the circle!  
The outside aids limit the position and bend, but also allow them!

Snakelines:

These are good for weight aids!

Therefore, try to initiate the change of direction first with weight aids and then execute it with leg and rein aids!

On the long side and across the entire arena

In a simple bend 5 metres from the long side at a walk and in a light trot!

In a double bend 2.5 m away from the long side, first in the second half-pass! Sit out the trot here!

3 serpentines across the entire track at walk and light trot!

For 4 bends, 2nd HBJ and more, sit through the entire track at a trot to keep the horse more secure in the contact; this also means that you do not need to follow up with the reins!

Circles and riding the figure of eight only from 2nd HBJ only once the serpentines are working smoothly!

Circles to deepen the turning actions and eights on the short side to promote even bending and suppleness on both hands!

Start with circles in the corner, maintaining a diameter of 10 metres for young horses instead of 6 metres!

When doing eights on the short side, cones make it easier to maintain the correct line!

After 5-6 eights in a row, increase the tempo on the long side by extending your stride to reactivate your thrust! Don't forget! Start with a light trot and later sit it out!

For young horses in training, only use short round spurs! This way, you cannot accidentally injure them if they get scared and shy away!

AFTER LEARNING THE AIDS DESCRIBED ABOVE,  
LEARN HALF PARADES AND FINALLY  
FULL HALTS!!!!

Spurs - how and why do you ride with spurs? (Source:  
[www.tipps-zum-pferd.de](http://www.tipps-zum-pferd.de) Franziska Goldmann)

Spurs are part of the basic equipment of many riders. Dressage riders in particular almost always have this metal on their boots - but why is that?

Why do you ride with spurs?

The purpose of spurs is to refine the rider's leg aids. When the spurs touch the horse, it reflexively tenses its abdominal muscles. If this happens on one side, the hind leg on that side moves further forward. When used on both sides, spurs ideally cause the horse to shorten its entire abdomen, arching its back and tilting its pelvis - a very important step on the way to collection.

The use of spurs is intended to cause the horse to tense its abdomen and tilt its pelvis.

The spur is therefore actually an aid to help the horse on its way to collection and to activate the hindquarters in a targeted manner.

Like many aids, spurs can also be used incorrectly. If you constantly poke the horse's belly with your spurs, you will not get a more active hindquarters, but a horse that runs away from the pain

, if it reacts at all. Horses can quickly become numb - this often leads to a spiral of increasingly sharp spurs and increasingly violent use - which misses the mark.

Who has earned their spurs?

An old saying goes that you have to earn your spurs

- and there is a reason for that. In order to ride sensibly with spurs, you need to have a certain level of riding skill.

On the one hand, the rider's seat must be secure. Only when the rider's thigh is firmly against the horse in all gaits, and in exactly the right place, can spurs be used. If the thigh wobbles so much with every trot that the spur hits the horse, it is no longer a targeted aid, but simply a way of unintentionally causing the horse pain.

On the other hand, the rider should already be able to use the spurs in the right place. If you are still busy getting your horse on the right track and adjusting the gait correctly, you do not need spurs.

Only those who are working on the finer points of dressage and can already feel when each hind leg moves can use spurs effectively. Before that, a whip is the more sensible aid.

How do I ride correctly with spurs?

The spur is only ever used to reinforce the driving leg, which means that the leg must continue to drive at the same time. The spur is applied to the horse's belly by the rider simultaneously turning the tip of the foot outwards and lifting the heel slightly. This is only possible if the spur is the correct length.

To use the spur, turn the tip of your foot outwards. The "when" makes a big difference here. Only when the rear leg is in the air will the use of spurs cause the rear leg to step under more. If the leg is standing straight on the ground, the reflex is lost - fortunately for less sensitive riders, most horses learn relatively quickly what the spurs are supposed to tell them and still react correctly.

If you want the spurs to lift the back as a whole, both spurs must be used at the same time. This usually slows the horse down.

Incidentally, many horses find it really difficult at first to arch their backs while also balancing the rider and running. This is a feat of strength for the horse. Therefore, you should first practise this at a standstill and at a walk, and only then demand it at higher gaits once the horse has built up the appropriate muscles.

It is also important to always use the spurs in a targeted manner. That means as much as necessary, as little as possible. In practical terms, this means that the spurs should be used as lightly as possible so as not to hurt the horse. However, they must be used clearly enough for the horse to respond - anything else would be more like hardening training than assistance - and that is exactly what we do not want.

By the way: don't forget to praise the horse when it has responded to the aid as desired. The horse can only understand what we want from it if we give it direct feedback. Praise can come in the form of a voice command or a quick pat, and in any case involves releasing the pressure of the spurs.

In summary: the spur must be applied at the right moment, without giving up the driving leg, and with enough force that the horse responds. Once the desired response has been achieved, the spur is immediately removed from the horse and the horse is given positive reinforcement.

How to apply spurs correctly?

How the spur is worn correctly depends on the type of spur.

The classic spur for English riding is worn over the heel cap of boots or ankle boots. The side ends of the spur lie below the ankle and the rear part should lie above the protruding part of the heel. The side bar of the spur lies parallel to the ground when the rider is standing.

The spur strap is threaded through the two slots from the inside to the outside. The lower part of the strap runs vertically downwards, while the upper part runs diagonally forwards. The end with the buckle is always on the outside and should be short enough that the buckle rests on the outside of the instep when the spur is strapped on. The protruding end of the spur strap can be secured between the spur bar and the heel cap of the shoe.

The spur should sit horizontally approximately in the middle of the heel cap.

Attachable spurs, as are common in classical riding as well as in Spanish and Baroque riding, are inserted into the groove between the shoe sole and the heel cap. They are not secured with spur straps.

secured and must therefore fit very precisely so that they do not get lost. Studded spurs sit in the groove between the boot and the sole.

Western spurs are worn slightly lower than English spurs. They usually sit about 1-2 finger widths above the heel. Here, too, the spur bow should be parallel to the ground when the rider is standing. Western spurs are secured only with a strap over the instep. They are pulled down by their own weight. With western spurs, too, the buckle is always on the outside. Western spurs sit at the lower end of the heel cap.

The spurs should always be tight enough that they do not wobble back and forth. This leads to very imprecise aids and the spur can painfully jam into the foot. Conversely, the spur be so tight that they pinch. With high-quality spurs, you can adjust the width by bending them. If they still don't fit, a farrier may be able to help by tapping them a few times on his anvil. But be careful: this does not work with cheap die-cast spurs, as the material would break.

When to wear them?

Putting on spurs should always be a conscious act. As with all aids, you should only use them when you need them and not out of habit.

For a leisurely ride in the woods, spurs are unnecessary, for example.

Spurs should only be worn on the horse. There are two reasons for this: firstly, it protects the spurs from dirt and moisture. Wheel spurs are particularly sensitive in this regard. If they become clogged with mud, the wheel will not turn properly and may pose a risk of injury to the horse.

Incidentally, mud under the spur bar quickly scratches riding boots.

The second reason to remove the spurs immediately is the risk of injury to the rider. It is easy to get caught on something with spurs, be it a step, equipment such as a lunge line or reins, or even your own trouser leg - the result is always unpleasant and can lead to painful falls.

Therefore: as soon as the horse is tied up after riding, the spurs should be removed from the boots.

I still remember the rule that anyone who enters the riders' lounge wearing spurs has to buy a round of drinks.

Do they need to be cared for?

Over time, spurs become contaminated with skin flakes and sebum from the horse, leather from the boots and dust. However, dirt or, even worse, rust can alter the properties of the spurs. If the surface of drop spurs is no longer smooth, they can get stuck in the skin and rub against it. This is very uncomfortable for the horse and quickly leads to bald, open areas on the horse's belly.

Dirty spurs pose a risk of injury!

Regular care is even more important for wheel spurs. If the wheel no longer turns, they are very uncomfortable for the horse, especially the serrated wheels. Therefore, you should test whether the wheel still turns freely before each use.

Wheel spurs must be able to turn freely.

Spurs can be easily cleaned with water and, if necessary, a little washing-up liquid. It is important to dry everything thoroughly afterwards to prevent rust and new dust from sticking immediately. The axle of wheel spurs benefits from a drop of oil every now and then. However, it is important to use an oil that does not resinify.

It is also important to check spurs regularly for damage. A broken spur strap can injure the horse just as much as a broken spike!



BRIEF SUMMARY OF THE ORDER IN WHICH THE AIDS ARE LEARNED  
THE GOAL OF TRAINING IS ALWAYS PROGRESS, NOT PERFECTION!

Reminder:

ALWAYS BE WELL PREPARED WITH A CLEAR SHORT- AND LONG-TERM  
TRAINING GOAL, AND TRAIN THE HORSE IN A CALM AND PATIENT MANNER,  
WITH RELAXATION AND CONCENTRATION.  
TRAIN THE HORSE IN A RELAXED, CONCENTRATED AND CONSISTENT MANNER!!!

!!! THOSE WHO TAKE THEIR TIME AT THE BEGINNING OF THE TRAINING  
WILL MAKE FASTER PROGRESS LATER ON !!!

ALWAYS WORK FROM EASY TO DIFFICULT  
AND FROM THE FAMILIAR TO THE NEW!!!

LESS IS ALWAYS MORE WITH YOUNG HORSES!!!

STUPID REPETITION OF LESSONS THAT ARE NOT YET WORKING WELL ONLY  
UNSETTLES THE HORSE AND MAKES IT UNENTHUSIASTIC!

DON'T FORGET TO ALWAYS PRAISE THE HORSE WHEN IT HAS DONE  
SOMETHING RIGHT OR WELL, AND TO REASSURE IT BY PATTERNING ITS  
NECK OR USING YOUR VOICE WHEN IT BECOMES NERVOUS OR AFRAID!

THE PRESENCE AND EXAMPLE OF AN EXPERIENCED LEAD HORSE  
RELAXES THE YOUNG HORSE,  
GIVES IT MORE CONFIDENCE AND WORKS WONDERS!!!

THE HORSE MUST NOT BE "OVERWORKED" BUT "ONLY  
CHALLENGED"!!!

CHECK THE WORKLOAD AND HEALTH AFTER  
TRAINING SESSIONS BY LATER PALPATING THE LEGS AND OBSERVING THE  
HORSE IN THE BOX. DO NOT FORGET TO ALSO CONSIDER GROWTH AND  
TEETH CHANGES AS TEMPORARY CAUSES FOR STAGNATION OR SETBACKS IN  
TRAINING!  
ALWAYS CHECK THAT THE SADDLE STILL FITS!!!  
ALWAYS CHECK THAT THE SADDLE STILL FITS!!! PUT ON GAITERS AT THE  
FRONT/BACK FOR WORK, AND POSSIBLY ALSO JUMPING BELLS!!!

## BRIEF SUMMARY OF THE ORDER IN WHICH THE AIDES ARE LEARNED

- 1) Forward-driving aids
- 2) Leaning
- 3) Sideways driving / unilateral aids
- a) Open circle side Only allow the horse to step over SLIGHTLY (otherwise there is a risk of injury!) (first at a walk when this works well later also at a trot, don't forget the simultaneous lateral-forward driving aids!!!)
- b) Leg yielding  
(can also be practised well from the ground before riding, positioning the horse at 45 degrees, head towards the fence!  
Tap the saddle girth with the whip in the area of the inner leg position the saddle girth (possibly starting at the hindquarters) and begin with a few small steps! Use the voice command "side"!  
Reins remain passive! Don't forget to praise!)
- 45-degree turn from the corner with the head towards the fence  
/ Head inwards only in the 2nd half of the match!!!
- c) Forehand use  
(can also be practised well from the ground before riding  
. To do this, position the horse with its head/forehead facing the fence, tap it with the whip in the area of the inner leg behind the saddle girth and at the same time give the voice command "rum". Initially, do 1-2 steps and, as training progresses, do a half forehand turn up to the fence  
. Reins remain passive! Don't forget to praise! Do not stand between the fence and the young horse.)
- d) Only enlarge and reduce the square in the 2nd HBJ!!! Up to  
5m distance from the fence  
FOLLOW THE ORDER A)-D) VERY IMPORTANT!!!
- 4) Riding on curved lines= Turns (this is  
already somewhat relative collection)

Ride circles with turning aids Ride

corners with turning aids

Slanted lines in walk and trot

First try to initiate this with weight aids, and  
only then use leg/rein aids  
to change direction/turn

a) On the long side, a simple bow with 5 m  
distance between the lines;

c) 2nd HBJ a double arc  
with 2.5 m distance between the rails (sit trot)

b) through the entire arena to three serpentines in light trot

d) 2nd HBJ more than three serpentines in trot

7) Circles 2nd HBJ  
10 m to 8 m diameter, starting in the corners

8) Eight on the short side 2nd HBJ

5) Half halts

6) Full halt  
From walk and trot

9) Reverse direction 2nd ABJ !!!

(This can also be practised well from the ground at first. Place the horse  
on the hoofbeat so that it remains straight when moving backwards, tap the  
front fetlock/crown area with the whip and at the same time give the voice  
command "back" and move backwards in front of the horse's head, keeping the  
reins passive! Max. 4 steps and don't forget to praise immediately! Then  
lead

lead the horse 1-4 steps forward!

CAUTION: Do not practise with very dominant horses without prior  
successful dominance training!

DANGER TO LIFE!!! It may be better to leave this to the professionals!!!

PRACTICAL IMPLEMENTATION  
THE TRAINING GOAL IS ALWAYS PROGRESS, NOT PERFECTION!

Reminder:

ALWAYS BE WELL PREPARED WITH A CLEAR SHORT- AND LONG-TERM  
TRAINING GOAL CALM AND PATIENT  
TRAIN THE HORSE IN A RELAXED, CONCENTRATED AND CONSISTENT MANNER!!!

!!! THOSE WHO TAKE THEIR TIME AT THE BEGINNING OF THE TRAINING  
WILL MAKE FASTER PROGRESS LATER ON !!!

ALWAYS FROM EASY TO DIFFICULT AND  
FROM THE FAMILIAR TO THE NEW!!!

LESS IS ALWAYS MORE WITH YOUNG HORSES!!!

STUPID REPETITION OF LESSONS THAT ARE NOT YET WORKING WELL ONLY  
UNSETTLES THE HORSE AND MAKES IT UNENTHUSIASTIC!

DON'T FORGET TO ALWAYS PRAISE THE HORSE WHEN IT HAS DONE  
SOMETHING RIGHT OR WELL AND TO REASSURE IT BY PATTERNING ITS  
NECK OR USING YOUR VOICE WHEN IT BECOMES NERVOUS OR  
AFRAID!!!

THE PRESENCE AND EXAMPLE OF AN EXPERIENCED LEAD HORSE  
RELAXES THE YOUNG HORSE,  
GIVES IT MORE CONFIDENCE AND WORKS WONDERS!!!

THE HORSE MUST NOT BE "OVERWORKED" BUT "ONLY  
CHALLENGED"!!!

CHECK THE WORKLOAD AND HEALTH AFTER  
THE TRAINING SESSIONS BY LATER PALPATING THE LEGS AND OBSERVING  
THE HORSE IN THE BOX. DON'T FORGET!!!

IF THERE IS NO PROGRESS OR REGRESSION IN TRAINING, DO NOT  
FORGET TO CONSIDER GROWTH AND TEETH CHANGES AS TEMPORARY  
CAUSES!  
ALWAYS CHECK WHETHER THE SADDLE STILL FITS!!! PUT ON GAITERS AT THE  
FRONT/BACK FOR WORK, AND POSSIBLY ALSO JUMPING BELLS!!!

## PRACTICAL IMPLEMENTATION

!!! AT THE BEGINNING OF EVERY RIDING  
LESSON, ALWAYS START BY RELAXING THE YOUNG  
HORSE !!!

This is because only a relaxed horse is able to  
move freely and naturally and accept the rider's aids.

With young horses, it naturally takes longer for them to move  
forward in a relaxed manner.

WE KNOW THAT, JUST LIKE IN HUMANS, THE MUSCLES OF A YOUNG HORSE  
NEED TO BE BUILT UP OVER A LONGER PERIOD OF TIME!!!  
THAT IS WHY, IN THE FIRST WEEKS AFTER BREAKING IN,  
THE RELAXING EXERCISES MAKE UP THE MAJORITY OF THE RIDING LESSON.

At the beginning of each lesson: walk with loose reins!  
However, with young horses, walk only with the reins as long as possible.

## RELAXATION EXERCISES

### IN THE FIRST SIX MONTHS OF TRAINING

The following easy, loosening lessons and exercises are well suited for 3- to 4-year-old horses in the first five to six months of their first year of training!

1. Approximately ten minutes of walking, usually with loose reins.  
For horses with walking problems, slight underneck or neck difficulties, use long reins with neck control. For the youngest, newly broken-in horses, for safety reasons, only use a connection to the horse's mouth without neck control.
2. Light trot on the circle,
3. Frequent change of hands at trot  
- Change out of the circle - or change through the half and full track.
4. Frequent changes between trot and walk,
5. Alternate between trot and canter on the circle (approx. 1 to 2 laps each),
6. Extend strides and jumps (one long side)  
- Slow down the pace,
7. Allow the reins to hang loosely from the hand during light trotting,
8. Serpentine on the long side (one bend),
9. Serpentine lines across the arena (three arcs) in light trot (ridden round),
10. Allow the outside leg to yield (head towards the fence),
11. Forehand turns. PLEASE CONTINUE READING!!!

All lessons/exercises should be ridden on the "LONGEST POSSIBLE" REINS (with neck control) to improve suppleness. If the reins are TOO SHORT, the horse LOSES its BALANCE, RHYTHM, STUMBLES, RESISTS possibly (e.g. when turning, on the circle and/or when changing direction, e.g. when changing from the circle), and/or FALLS IN THE WORST CASE WITH THE RIDER, BECAUSE THE MUSCLES, BALANCE, FLEXIBILITY AND STRETCHABILITY OF THE HORSE ARE NOT YET SUFFICIENTLY DEVELOPED for shorter neck positions and it THEREFORE STILL NEEDS A LONGER, MORE MOBILE NECK TO BALANCE ITSELF!!! (Just like us humans, when we first learn to ski, skateboard or ice skate, still spread our arms away from our bodies for balance!!!) So if the horse has problems, e.g. when galloping on the circle, ride with (possibly significantly) longer, "AS LONG AS POSSIBLE!" reins! Curved lines are valuable for improving the horse's position and bend and for later straightening it!

Loosening exercises  
in the second half of the training year

After about six months of training, more difficult loosening exercises and lessons with increased requirements can be ridden:

1. Frequent changes between trot and gallop on the circle (approx. half to one lap each),
2. Ride into the circle (on a hoofbeat) - ride out again in a leg-yielding manner,
3. Allow the horse to cross over on the open side of the circle,
4. Serpentine on the long side (two bends),
5. Let the inner leg yield (head in the track),
6. Reduce and enlarge the square,
7. Extend strides and jumps on the long side  
- reduce speed again on the short side,
8. Let the reins hang loosely from your hands,  
in halt, walk, trot and canter,
9. ride at a medium pace (on a long rein, neck control). All lessons/exercises are sometimes ridden first at a walk, then at a trot or canter.

The aim is to improve the relaxation of the back and the suppleness of the rib area.

The selection, sequence and number of lessons/exercises require routine and experience on the part of the trainer/rider and vary from horse to horse.



TRAINING PLAN FOR THE YOUNG HORSE FOR THE  
FIRST YEAR (1ST YEAR CYCLE)  
ALWAYS FITTING THE HORSE WITH Gaiters AND POSSIBLY ALSO  
FRINGED BOOTS AT THE FRONT AND REAR!

The following training plan summarises how the young horse should be introduced to its role as a riding horse. With regard to the time periods required for the individual requirements to reach

the training level of class A, the plan can of course only provide guidelines.

It is intended to stimulate thought and record the ideas that justify the respective training goal. It is left to the rider/trainer to decide

to set the requirements in such a way that they correspond to the horse's stage of development.

It may be necessary to allow more time for individual stages.

Caution should be exercised if the training progresses significantly faster than the individual time periods specified in the following plan.

We must then ask ourselves whether our horse is actually predisposed to understand and learn so quickly without suffering any nervous or health damage.

This will only very rarely be the case.

The good advice of an experienced trainer will therefore always be to take the time specified and to take a break from time to time to repeat and consolidate what has already been learned.

#### TRAINING PLAN (ANNUAL CYCLE)

##### START OF AUTUMN PROFESSIONALS / START OF SPRING AMATEURS

Advantages of starting the training of young horses in spring for working amateurs: long grazing time for the horses less dependence on indoor facilities, more outdoor training possible, faster regeneration of horse and rider, longer daylight hours after work, gallop training possible earlier due to better weather conditions!!!

First month (September / acclimatisation)

Guiding principle: Acclimatising the unbroken horse to its new surroundings in the riding stable and preparing it for breaking in; getting used to the stable and its carer, as well as changing its feed

Give the horse enough time to settle into its new stable. The permanent carer or amateur

familiarises the horse with the individual care procedures. We observe the horse when it is running free.

From the second week onwards, we accustom the horse to the saddle and bridle. We take the horse for walks and explore the immediate surroundings of the stable and riding arena.

In the second and third weeks, we practise patterns in hand.

This is because showing is a good training exercise. In the fourth week, we let the horse jump freely over a small obstacle for the first time. In the following weeks, we increase this to up to four small obstacles

in succession (e.g. cross-steep-steep-oxer).

This is because gymnastics jump sequences promote coordination, concentration, jumping technique, independence and self-confidence!

!!! Daily grazing or exercise in the paddock is important !!!

#### Second month

(October / Lunging and driving aids / Breaking in) Guiding principle: Lunging and driving aids / Breaking in We lunge the horse and take eight to ten days to do so. By working on the lunge with our voice and lunge whip, we accustom the horse to driving aids. We lunge at a walk without auxiliary reins!

We accustom the horse on the lunge to calmly stepping over cavaletti / poles at a walk

without side reins!!! We then supplement the training with free movement in the riding arena, adding long side reins.

In the second week, we focus our attention on the lunge on achieving relaxed and rhythmic movements in the working trot.

At a walk and trot over poles/cavaletti, we

The side reins are unhooked, just as in normal walking! In the third week, we begin riding. We practise mounting and dismounting and accustom the horse to the rider's weight in the third week (max. 20 minutes/training session) and fourth week (max. 30 minutes/training session) by walking and trotting

, riding only at a light trot or in a remount seat! The use of an older lead horse has often proven very successful and avoided unpleasant surprises.

For regeneration and muscle building, only ride every other day! Otherwise, overtraining will lead to cramps and muscle breakdown and chronic damage!

Free jumping and lunging provide healthy variety and improve the training of young horses. Free running without a rider promotes enjoyment of movement and improves suppleness!

Third month (November / driving aids under the saddle, i.e. leg, voice, whip / canter on the lunge)

Guiding principle: Development of suppleness under the rider; development of thrust and contact on the lunge and short gallop reprises on the lunge

Each training session begins with relaxed walking on a loose rein.

Calm trot work in light trot or remonte seat on both hands on the circle and entire track with trot-walk transitions and letting the reins hang loose.

Ride over cavaletti and individual poles at a walk and trot, if possible or still necessary behind a lead horse!

Walking in the countryside in the company of an older horse. Now also short reprises in canter on the lunge.

By occasionally increasing and refreshing the tempo on the lunge in trot, already address the thrust and contact with the bit,

always at or slightly ahead of the vertical, of course.

As always when lunging, care must be taken to ensure that the reins are correctly adjusted and not too short.

Cavaletti work on the lunge as supplementary exercise to riding to strengthen the back muscles.

Free movement in the riding arena / free jumping / practising presentation

Fourth month (December / increased driving aids, i.e. weight and leg aids / canter under the rider / Pulling on the reins and extending strides to develop momentum / small jump from trot)

Guiding principle: obedience to forward driving weight and leg aids; beginning to develop momentum under the rider by extending strides; first jumping exercises

Getting used to increased driving leg aids. Lightly setting the reins and improving the soft contact with the bit under the rider (always at or slightly in front of the vertical). Now also cantering under the rider in a light seat or remount seat with soft contact, ideally on a cantering track. In the first weeks of training, the rider always canter in a light seat or remount seat. For safety, they hold on to the neck strap with one hand for safety if necessary!!! Trail riding, weather permitting. Trotting over low obstacles/cavaletti in the riding arena or on the riding ground without jumping them!!! Only at the end of each riding lesson, finish with a small jump from a trot!

Free jumping Lunging

Fifth month (January / unilateral aids, leg-crossing / jumping series under the rider)

Guiding principle: obedience to unilateral aids; gymnastic jumping with cavaletti or jumping rows under the rider

To loosen up the horse, set it long and deep with neck control and practise letting it chew the reins out of your hand several times during the lesson. Practise forehand turns, leg yielding, reducing and enlarging the square, obedient halting. Further development of thrust and consolidation of contact by extending steps from the working trot on the long sides. Repeated cantering in the first corner of the short side and reducing the tempo from canter to trot after approx. one to two rounds. Practise transitions from trot to canter and vice versa on the circle after one to two rounds on the circle. Continue cavaletti work under the rider at a walk and trot.

Jumping from different gymnastics rows under the rider instead of free jumping

Riding in the countryside, weather permitting, to get used to uneven ground and, if available, a wave track.

Supportive lunge work

Sixth month (February / increased bending / single obstacles / further development of momentum and consolidation of contact)

Guiding principle: Riding on curved lines; jumping different single obstacles / individually standing obstacles  
Calm riding in the countryside

In the practical part of the riding lesson, we concentrate on improving the riding of corners. We practise precise riding of the circle line, 2-3 serpentines at a light trot or remonte seat, large voltes, turns and, at the end of the month, the figure eight on the short side for even bending of the horse on both sides, concluding with extended strides. In addition, we will repeat exercises to develop momentum and consolidate the contact. Similarly, we create turns, bends and serpentines between individual obstacles and make individual jumps in between. Development of jumping technique over individual obstacles (series of jumps in the middle of the course, with a steep jump on the left and an oxer on the right, each in the middle of the long side with a ground pole 3 metres away) As training progresses, build up to four individual obstacles (steep/oxer/steep/oxer) directly next to each other at a 90-degree angle! Maximum obstacle height during training: 60 cm-1 m!  
Improvement of fitness through additional riding, as far as ground and weather conditions allow, once a week before the day off!

Seventh month (March / improvement of suppleness / consolidation of what has already been learned / backing up / A-dressage small cross-country obstacles such as tree trunks, hedges, etc. / obstacle sequences / combinations / various substructures )  
Guiding principle: Exercises to improve suppleness; various jump substructures; jumping obstacle sequences (3 and more gallop jumps) in a straight line and combinations (IN-; OUT up to 2 gallop jumps); first cross-country jumps  
This month, we supplement the exercises for training obedience to driving aids by increasing and decreasing the tempo. This improves suppleness "from back to front" (lengthening strides and jumps) and "from front to back" (slowing down), at a trot on straight lines, and at a canter primarily on the circle. We also practise backing up.  
In the third and fourth weeks, we will ride a Class A dressage horse test from the exercise book on one day each from the exercise book.  
In addition, we will repeat and consolidate what we learned in previous months.  
In jumping, we practise obstacle sequences on straight lines and combinations. In addition to improving our jumping technique, we will accustom our horse to different jump bases.  
This is because young horses should be accustomed to different obstacle bases at an early age.  
Cross-country work and practising small natural obstacles can now begin.



Eighth month (April / increased straightening / easy A-course / cross-country: water, steps, ditches)

Guiding principle: Improvement of straightening and momentum; riding an easy A-course; cross-country obstacles

We correct natural crookedness through exercises and lessons such as riding on curved lines: riding the circle line correctly, 5 serpentines through the arena, but now sitting them out at a trot, , leg yielding, letting the horse cross over on the open side of the circle at a walk and trot, resulting in "shoulder-in". We focus intensively on developing the basic gaits of trot and canter: lengthening strides and jumps and reducing speed in between, overriding and, during increasingly letting the reins slip from the hand during the trot and canter throughout the lesson. Spring is coming. Cross-country training takes priority. We practise jumping typical cross-country obstacles such as water, steps and ditches. The fresh air and quiet riding are very important. Incidentally, a courageous jump into the water boosts the young horse's self-confidence! In recent weeks, we have been practising jumping sections of courses and jumped our first easy A-course last week.

Ninth month (May / first competition STARTS max. 2) Guiding

principle: First competition starts, but only 1-2 this month

We are preparing for the first tournament starts in class A riding horse, dressage or show jumping competitions.

Training for this is based on the competition rules and is practised/trained in the corresponding training units of the weekly schedule.

Then we take part in one or two tournament starts, e.g. one A-level show jumping and one A-level dressage or two A-level show jumping or two A-level dressage competitions, but no more than that! So we are not talking about two tournaments here, but two tournament STARTS are meant here!!! It is best if the STARTS are on 2 different days or weekends!!!

Continuation of cross-country training  
(eventing start A, however, only in late summer at the end of the tournament season)

Tenth month  
and the following months until the end of the summer tournament  
season (June to September / 2 tournaments with 2-3 starts per  
month /  
in-depth training)

Guiding principle: Deepening of training and gaining  
tournament experience

If possible, no more than two tournaments with two  
to three starts per month. Practise the specific tasks for the  
Class A tournament. Improve any difficulties that have arisen. Work  
calmly between tournaments to strengthen self-confidence.  
Do not set any new requirements.  
Focus only on consolidating what has been learned so far.  
"Particularly talented horses" can be trained by an experienced  
rider in dressage class L lessons on a snaffle bit (outside  
canter, simple canter changes, backing up and hindquarter and  
short turns) in order to possibly complete one or two starts in  
dressage horse tests class L on a snaffle bit at the end of the  
season. The same applies to particularly talented show jumpers,  
also at the end of the season, of course.  
Off-road training should remain at Class A level; the first  
tournament starts  
should only take place in late summer!

TRAINING PLAN 1ST YEAR CYCLE SUMMARY THE TRAINING GOAL IS ALWAYS  
PROGRESS, NOT PERFECTION!!!

Reminder:

ALWAYS BE WELL PREPARED WITH A CLEAR SHORT- AND LONG-TERM  
TRAINING GOAL, BE CALM AND PATIENT,  
TRAIN THE HORSE IN A RELAXED, CONCENTRATED AND CONSISTENT MANNER!!!

!!! THOSE WHO TAKE THEIR TIME AT THE BEGINNING OF TRAINING WILL  
MAKE FASTER PROGRESS LATER ON !!!

ALWAYS WORK FROM EASY TO DIFFICULT  
AND FROM THE FAMILIAR TO THE NEW!!!

LESS IS ALWAYS MORE WITH YOUNG HORSES!!!

STUPID REPETITION OF LESSONS THAT ARE NOT YET WORKING WELL ONLY  
UNSETTLES THE HORSE AND MAKES IT UNENTHUSIASTIC!

DON'T FORGET TO ALWAYS PRAISE THE HORSE WHEN IT HAS DONE  
SOMETHING RIGHT OR WELL, AND TO REASSURE IT BY PATTERNING ITS  
NECK OR USING YOUR VOICE WHEN IT BECOMES NERVOUS OR AFRAID!

THE PRESENCE AND EXAMPLE OF AN EXPERIENCED LEAD HORSE  
RELAXES THE YOUNG HORSE,  
GIVES IT MORE CONFIDENCE AND WORKS WONDERS!!!

THE HORSE MUST NOT BE "OVERWORKED" BUT "ONLY  
CHALLENGED"!!!

CHECK THE WORKLOAD AND HEALTH AFTER  
TRAINING SESSIONS BY LATER PALPATING THE LEGS AND OBSERVING THE  
HORSE IN THE STABLE.

IF THERE IS A STANDSTILL OR SETBACK IN TRAINING, DO NOT  
FORGET TO CONSIDER GROWTH AND TEETH CHANGES AS TEMPORARY  
CAUSES!!!

ALWAYS CHECK THAT THE SADDLE STILL FITS!!! PUT ON FRONT/REAR  
GAITERS FOR WORK, AND POSSIBLY ALSO JUMPING BELLS!!!

TRAINING PLAN - ANNUAL CYCLE SUMMARY

1. Month (September / acclimatisation)

1. Week Settling in

Weeks 2-4: Getting used to the saddle and bridle,  
and walks in the countryside

4th week: First free jumping

2. Month (lunging and driving aids/breaking in) Free jumping  
once a week

1. Week Lunging 8-10 days

with lunging whip and voice commands as driving aids at a walk  
without side reins

Lunging over poles/cavaletti at a walk without side reins

2. Week Lunging

Goal: relaxed, rhythmic trot

Poles/cavaletti at a walk and trot without auxiliary reins

3./4th week Breaking in and getting used to the rider's weight

3. Week 20 minutes per training session / Week 4 30 minutes

!!! Only trot lightly or use a remount seat !!! Do not  
ride every day, only every other day to build muscle!  
Otherwise, overtraining will result in muscle loss, resistance and  
chronic damage!

3. Month (first driving aids under the rider, i.e. leg,  
voice, whip/canter on the lunge)

Free jumping once a week

Calm trot work in light trot around the entire arena and circles,  
trot-walk transitions, let the reins hang loosely from your hands

Ride over cavaletti and individual poles at a walk and trot, if  
possible or still necessary behind a lead horse!

Walking in the countryside together with an experienced horse Lunge: now  
also short repetitions of canter on the lunge,  
Increase and refresh the tempo in trot, already addressing the thrust and  
always keeping the contact at or just before the vertical! Continue cavaletti  
work!

4. Month (increased driving aids, i.e. weight and leg aids/canter under the rider/putting on the reins)  
and extend strides to develop momentum / small jump from trot)

Free jumping once a week

At the end of each riding lesson, a small jump from a trot

Getting used to more driving aids Lightly pulling on the reins  
Improve contact at or just before the vertical Soft contact with the bit  
Beginning to develop momentum by extending strides in trot Now also cantering under the rider in a light seat or remount seat with soft contact, ideally on a galloping track  
Let the reins chew out of your hand again and again  
Don't forget to allow the muscles to recover! Otherwise, cramps and struggles will ensue!

Riding out in the countryside

5. Month (one-sided aids, leg-cross/jumping rows under the rider)

Gymnastics jumping series under the rider once a week

To loosen up, set to long-deep with neck control and repeat several times during the lesson  
Practise letting the reins slip out of your hand  
Practise forehand turns, leg yielding, small and large squares, obedient halting,  
Extend strides on the long side from working trot, multiple cantering in the first corner of the short side, after 1-2 rounds, return the tempo to trot,  
On the circle, practise canter-trot transitions and vice versa  
Practise with 1-2 circle rounds of canter or trot in between Continue cavaletti work under the rider at walk and trot. Ride in terrain with uneven ground and on the undulating track if you have one! Supportive lunge work as in previous months!!!

6. Month (increased bending / single obstacles / further development of momentum and consolidation of contact)

#### Single obstacles

(Development of jumping technique over four individually standing obstacles, known as single obstacles or single jumps

Jumping dressage: turns, bends, riding serpentines between obstacles and making individual jumps in between)

Improved riding out of corners, precise riding out of the circle line, 3 serpentines in light trot or remount seat, large 10m voltes, turns, at the end of the month

the 8 on the short side, then repeatedly lengthen the strides, repeatedly let the reins slip through your hands

Don't forget to allow the muscles to recover!!! Otherwise cramps and struggles!!! In addition, the exercises from the previous months to develop momentum and consolidate the contact

Improve fitness with additional riding outings if weather and ground conditions permit

Once a week before the day off!

7. Month (improvement of suppleness / consolidation of what has already been learned / backing up / A-dressage

small cross-country obstacles such as tree trunks, hedges, etc.

/ obstacle sequences / combinations / various substructures)

Jumping obstacle sequences (3 or more gallop strides)

in a straight line and combinations (IN; OUT up to 2 gallop strides) Getting used to different obstacle bases

Increasing and decreasing speed when trotting in straight lines and in the canter, mainly on the circle! Backing up

3rd/4th week: one day a week, perform an A-level dressage test from the exercise book,

Practise and consolidate what you have learned in previous months. Let the reins slip out of your hands again and again

Don't forget to allow the muscles to recover! Otherwise, cramps and struggles will ensue! With cross-country work and practising small cross-country obstacles

8. Month (increasingly straightening  
Easy A course / cross-country: water, steps, ditches)

2. Week Practise sections of the A course

Circle correctly ridden, 5 serpentines through the entire arena, but now sitting in trot, small-large square, leg yielding, crossing over on the open side of the circle in walk and trot, resulting in shoulder in!

Canter and trot: lengthen and shorten strides and canter jumps  
brush between and during the lesson, increasingly let the reins  
out of your hand in trot and canter

1. / Week 3: Cross-country training takes priority as it is spring, practise  
typical cross-country obstacles: water, steps, ditches,

4th week: easy A-course



9. Month (first competition starts 1-2 max. 2)  
Prepare for class A jumping test depending on the announcement

Prepare for dressage test class A depending on the announcement Let  
the reins chew out of the hand again and again  
Don't forget muscle recovery!!! Otherwise cramps and struggles!!!

Then we take part in one or two tournament STARTS, e.g.  
one A-level show jumping or one A-level dressage or two  
A-level show jumping or two A-level dressage!!!  
It is best to do the two STARTS on two different days or weekends!

Continuation of cross-country training  
(Eventing start A, however, only in late summer at the  
end of the tournament season)

10th-12th month (June-September / 2 tournaments with 2-3 starts per  
month / consolidation of training)  
Deepening of training and gaining tournament experience  
2 tournaments with 2-3 starts per month

In between, improvement of difficulties that have arisen and calm  
work to strengthen self-confidence

No new requirements in training, just  
consolidation of what has been learned so far!

Particularly talented horses with experienced riders:  
Possibly 1-2 starts at the end of the tournament season in L-dressage on  
snaffle (outside canter, simple canter change, backward direction,  
hindquarters and short turns)  
The same applies to show jumpers, i.e. if at all, then only 1-2  
starts in L-level show jumping at the end of the competition  
season.

Continue eventing training, but still no higher than A level and only ONE  
eventing start, and only  
in late summer at the end of the tournament season!

# TRAINING PLAN FOR TRAINING YOUNG HORSES (WEEKLY CYCLE)

1-2x / week lunging  
1x with cavaletti at a trot  
(2 times at a trot over the cavaletti, 2 times past them,  
etc., max. 6 times in total on each rein)  
Max. 5 minutes on one hand,  
max. 30 minutes lunging time in total NO MORE!!!  
Possibly a circle with four cones to make it easier for the horse to find the line.  
!!! Possibly lunge a little before each ride, max. 20 minutes, changing hands every  
2.5 minutes, 10 minutes walk / 5 minutes trot / then canter repetitions !!!  
Otherwise, see the training plan summary for the annual cycle!

If only lunging once a week, always use cavaletti at a trot! Lunging twice  
a week, especially in winter; in warmer seasons, only once a week and  
instead 1 hour of relaxed walking in the countryside, or both.

1x/week free jumping 1st to/and 4th month/September to/and December after a  
few 2-4 warm-up jumps, max 6x through the jump lane,  
max. 4 jumps in the jump series, max. approx. 10 minutes jumping time in total  
and max. 30 jumps in total!!!

Once the horse has become accustomed to free jumping and its sequence and  
knows what it is all about, each free jumping session should be varied  
slightly after every  
2 rounds, e.g. additional obstacle in/out or elevation or new obstacles  
or planks or distances, etc.

## THEN

1x/week jumping from the 5th month/January  
Jumping series under the rider in the 5th month / January (!) No more free  
jumping (!)  
Jumping dressage with 4 individual obstacles next to each other in the 6th  
month / February!!!  
Obstacle sequences / combinations in the 7th month / March  
Partial course / A course 2nd/4th week in the 8th month /  
April A course in the 9th month / May  
Consolidation/tournament participation 2 tournaments with 2-3 starts in the  
10th to/and 12th month/June to/and August AND

1x / month (!) cross-country jumping (!) instead of show jumping (!) from the 7th month March 2x / month (1st/3rd week) in the 8th month / April otherwise as above

A-VS cross-country training in the 9th month / May

Advanced training in the 10th to 12th month / June to August

Participation in VS tournaments at the end of the season in August / September

Otherwise, see training plan summary for annual cycle!

1x per week cross-country/gallop training from the 6th month/February Walking with lead horse or horses in the 3rd month/November depending on weather!

Riding out in the 4th month/December depending on the weather!

Already with uneven ground/wave track in the 5th month/January depending on the weather!

2x/week dressage

!!! Possibly lunging a little before each ride, max. 20 min, changing hands every 2.5 min, 10 minutes walk / 5 minutes trot / then gallop repetitions !!! At least 1x dressage session with intermediate cavaletti on straight lines at walk and trot (good for assessment and sure-footedness, i.e. show jumping and eventing horses) and/or without intermediate steps, 10-15 minutes in total with short breaks in between!

Cavaletti on curved lines only in the "work section"!

1 small jump to conclude the dressage lesson in the 4th month of training / December

A-Dressage 3rd/4th week of the 7th month / March

Consolidation/tournament participation 2 tournaments with 2-

3 starts

in the 10th to/and 12th month/June to/and August

Otherwise, see training plan summary for annual cycle!

WEEKLY TRAINING PLAN FOR YOUNG HORSES

MONDAY

Rest day in paddock  
Possibly additional 1 hour of leading in the  
grounds  
and grazing

TUESDAY

Dressage

WED

Lunging with cavaletti

THURSDAY

Jumping / Cross-country jumping

FRIDAY

Lunging or, possibly from spring  
onwards, 1 hour of relaxed  
walking  
in the field or both 20-30 minutes  
lunging 30 minutes walking in the field

SATURDAY

Dressage

SUNDAY

Winter free jumping / from  
spring onwards canter training

PRACTICAL TIPS FOR THE DAILY TRAINING SESSION IT  
SHOULD BE FUN!!!

PRIORITY: RELAXATION / MUSCLE BUILDING / BALANCE /  
BENDING / LEANING / TEMPO REGULATION  
(HALF PARADES -&gt; WHOLE PARADES) / PERMEABILITY

ALWAYS WELL PREPARED WITH A CLEAR SHORT- AND LONG-TERM TRAINING  
GOAL, CALM AND PATIENT,  
RELAXED AND FOCUSED, TRAIN THE HORSE CONSISTENTLY!!!

TIME IS UNIMPORTANT, ONLY LIFE COUNTS!!!

ALWAYS USE AND MAINTAIN YOUR COMMON SENSE AND INTELLIGENCE, AND  
DON'T FORGET TO PRAISE, PRAISE, PRAISE THE HORSE!!!

SO BE PATIENT, RELAXED AND FOCUSED. DO NOT FORCE THE  
HORSE OR ELSE

WANT TO FORCE IT, OTHERWISE THE HORSE WILL VERY SOON SUFFER  
FROM CHRONIC MUSCULOSKELETAL AND  
TENDON DAMAGE AND LOSE MOTIVATION!!!

THE MOTOR AND OFTEN THE SOLUTION TO PROBLEMS IS THE  
HINDQUARTERS, THEIR THRUST (ALSO BECOMES CARRYING POWER!)  
THIS MUST BE PROMOTED AND MAINTAINED!!!

THAT IS WHY YOU SHOULD ALWAYS LET A YOUNG OR REBELLIOUS HORSE  
PUSH FORWARD AND ALWAYS RIDE A HORSE FROM BEHIND TO THE FRONT!  
THAT IS ALSO WHY YOU SHOULD NOT PULL ON THE REINS OR TRY TO  
FORCE THE HORSE TO TURN!!!

THIS IS VERY UNPLEASANT FOR THE HORSE, WHICH IS A FLIGHT ANIMAL,  
AND IT BECOMES MORE RELAXED AND MOTIVATED (RATHER THAN  
TENSE/PANICKED/FRUSTRATED/DEFIANT) BECAUSE IT IS NOT CONFINED  
AND HELD FAST/PULLED TOGETHER!!!

THE TRAINING GOAL IS ALWAYS PROGRESS, NOT PERFECTION!

ENJOY THE PROGRESS OF YOUR HORSE!!!

THOSE WHO TAKE THEIR TIME AT THE  
BEGINNING WILL MAKE FASTER PROGRESS LATER  
ON!!!  
LESS IS ALWAYS MORE WITH YOUNG HORSES!!!

BREAKS, VARIETY, DAILY GRAZING AND ONE DAY OFF PER WEEK ARE  
IMPORTANT FOR BUILDING FITNESS AND MUSCLE MASS AND  
RETAINING WHAT HAS BEEN LEARNED, AS WELL AS  
PROMOTING AND MAINTAINING MOTIVATION AND  
HEALTH!

THE HORSE SHOULD ONLY BE CHALLENGED, NOT OVERWORKED!  
OTHERWISE MUSCLE DEGRADATION / LOSS OF FITNESS /  
CHRONIC DAMAGE WILL RESULT!

ALWAYS WORK FROM EASY TO DIFFICULT  
AND FROM THE FAMILIAR TO THE NEW!

DULL REPETITION OF LESSONS THAT ARE NOT YET WORKING WELL ONLY  
UNSETTLES THE HORSE AND MAKES IT UNENTHUSIASTIC!

PHYSICAL EXHAUSTION ALWAYS LEADS TO A LOSS OF  
CONCENTRATION AND REFLEXES.  
IN ADDITION, THE CONCENTRATION SPAN OF A YOUNG  
HORSE IS MAXIMUM 10 MINUTES!

THAT IS WHY YOU SHOULD ALWAYS GIVE  
THEM TIME TO RECOVER AND RELAX  
THEIR MUSCLES  
LET THEM CHEW ON THE REINS FROM YOUR HAND!  
AT LEAST EVERY 3-10 MINUTES!!  
OTHERWISE CRAMPS AND STRUGGLES!!!

LETTING THE REINS SLIP FROM YOUR HANDS IS ALSO USED AS A REWARD  
AFTER WELL-EXECUTED LESSONS OR THE BEGINNINGS OF WELL-EXECUTED  
LESSONS!!!

THE PRESENCE AND EXAMPLE OF AN EXPERIENCED LEAD HORSE  
RELAXES THE YOUNG HORSE,  
GIVES IT MORE CONFIDENCE AND WORKS WONDERS!!!

CHECK THE WORKLOAD AND HEALTH AFTER  
TRAINING SESSIONS BY LATER PALPATING THE LEGS AND OBSERVING THE  
HORSE IN THE BOX. DON'T FORGET THIS!!!

IF THERE IS STAGNATION OR REGRESSION IN TRAINING, DO NOT  
FORGET TO CONSIDER GROWTH AND TEETH CHANGES AS TEMPORARY  
CAUSES!

ALWAYS CHECK THAT THE SADDLE STILL FITS!!! PUT ON  
FRONT AND REAR GAITERS FOR WORK, AND POSSIBLY ALSO  
JUMPING BELLS!!!

RELEASE  
BY TROTting IN A LIGHT TROTting ON CURVED AND STRAIGHT LINES  
WITH FREQUENT HAND CHANGES  
AND CANTER IN A LIGHT SEAT

The canter jump can be improved by trot-canter transitions!  
e.g. 1-2 laps of trot on the circle, 2-3 laps of canter, etc., or,  
after advanced training, also ½ lap of trot  
1/2-1 lap at a canter, etc.

TROT-CANTER TRANSITIONS with cavaletti  
improve FLUIDITY / MYOFASCIAL COORDINATION!!!

So canter-trot (light)-cavaletti-canter-trot (light)-  
cavaletti-canter, etc.  
Also on the circle, i.e. one round of canter on the outside past the  
cavaletti, then trot over the cavaletti, then canter on the outside again!  
Later, with advanced training, also trot-cavaletti-canter-trot-cavaletti-  
canter, etc. on the circle!

TROT-WALK TRANSITIONS  
increase COLLECTION / UNDERSTEPPING!  
Also with cavaletti, i.e. walk-cavaletti-trot-walk-cavaletti-trot, etc.!

PRIORITY: RELAXATION / MUSCLE BUILDING / BALANCE /  
BENDING / LEANING / TEMPO REGULATION  
(HALF PARADES -&gt; WHOLE PARADES) / PERMEABILITY

## CAVALETTI WORK II

Cavaletti on straight lines at walk and trot, also with intermediate steps (2 cavaletti, skip one, 2 cavaletti) is very good for the horse to practise assessing jumps and improving sure-footedness in the field! Four cavaletti in a classic line behind each other on a straight line is also very good for relaxing and tensing the muscles! (= Myofascial coordination, see fascia training)

The aim in the release phase over cavaletti on straight lines is to let the reins slip out of your hand when trotting in a light seat or light trot over the cavaletti, as this allows the back to swing in a relaxed manner and the back muscles to develop particularly well! Then walk on the given rein!

Cavaletti on a curved line ("only in the working section!") are very good for loosening up one-sided stiffness and making horses more supple on both sides, as the horse must more or less maintain the given cavaletti distances and cannot deviate from them! The stiff side is ONLY considered a little more often! So, as always, never forget to change hands!!! As with lunging, ride the horse on the circle line over the middle of the cavaletti!!!

BUT BE CAREFUL: Cavaletti on curved lines place the highest demands on the horse, its suppleness and rideability, and put particular strain on the inner hind foot, which is why the exercise must not be extended for too long under any circumstances! The further out the horse trots over the poles, the more stressful it is for the horse, and the line between muscle building and overloading can quickly be reached! Therefore, enlarging the circle should only be ridden a few times on each hand! Then ride straight ahead at a steady pace!!! Don't forget!!! to refresh and maintain the forward momentum (swing)!!! Riding straight ahead at a fresh pace is also very good for overcoming stiffness and resistance in the horse! To finish off nicely after cavaletti work on curved lines, you can let the horse chew a few times over cavaletti in a straight line with the reins in your hand at a trot and finally ride at a walk (with walk-cavaletti distances, of course) with the reins held loosely!



### Loosening exercises

in the first six months of training The following easy, loosening lessons and exercises are well suited for 3- to 4-year-old horses in the first five to six months of their first year of training:

1. Approximately ten minutes at a walk, usually with the reins held loosely. For horses with walking problems, slight underneck or neck problems, use long reins with neck control. For the youngest horses that have just been broken in, for safety reasons, only use a connection to the horse's mouth without neck control.
2. Light trot on the circle,
3. Frequent change of hands at trot
  - change from the circle - half and full circle,
4. Frequent changes between trot and walk,
5. Change between trot and canter on the circle
  - (approx. 1 to 2 laps each),
6. Extend strides and jumps (one long side) - slow down,
7. Allow reins to hang loosely in the hands during light trot,
8. Serpentine lines on the long side (one bend),
9. Serpentine across the arena (three arcs) in light trot or remonte seat (ridden in a circle)
10. Let the outer thigh soften (head towards the band),
11. forehand movements.

All lessons/exercises should be performed on the longest possible rein (with neck control) to improve permeability.

Curved lines are valuable for improving posture and bending!

Loosening exercises  
in the second half of the training year!

After about six months of training, more difficult loosening exercises and lessons with increased requirements can be ridden:

1. Frequent changes between trot and canter on the circle (approx. half to one lap each),
2. Riding into the circle (on a hoofbeat) - riding out again in a leg-yielding manner,
3. Allow the horse to cross over on the open side of the circle,
4. Serpentine lines on the long side (two arcs),
5. Let the inner thigh soften (head in the track),
6. reduce and enlarge the square,
7. Extend your strides and jumps on the long side - reduce speed again on the short side,
8. Let the reins hang loosely from your hands, when halting, walking, trotting and cantering,
9. ride at a medium pace (on a long rein, neck control).

All lessons/exercises are ridden partly at walk, then at trot or canter.

The aim is to improve the looseness of the back and the suppleness of the rib area.

The selection, sequence and number of lessons/exercises require routine and experience on the part of the instructor/rider and vary from horse to horse.

## FASCIAS / EDUCATION / TRAINING

IT IS BEST TO KEEP A TRAINING LOG / DIARY!!!

Training sequence in the training unit Warm-up/loosening

up→coordination→speed→strength→  
→ Endurance RECOVERY

### TIMES

4-6 minutes Muscle: creatinine storage  
30 minutes: Lactate normalises  
60 minutes: Muscle recovery begins  
90 minutes: Regenerative metabolic state  
120 minutes: Start of initial recovery  
                    of fatigued muscles and  
                    sensorimotor functions  
6-24 hours: Fluid balance restored After 1 day: Blood sugar  
levels stabilise  
                    Energy in the form of glycogen is provided for  
                    muscles, nerves and brain  
1-3 Days: Regeneration of the immune system  
2-7 days: Muscle energy stores replenished in heavily stressed  
                    muscles  
3-10 days: Muscles, tendons, cartilage and ligaments regenerated  
7-14 days: Strength and endurance as well as  
                    Maximum oxygen uptake normalised 1-3  
weeks: psychological recovery from the stress of  
                    entire organism and able to be confronted with  
                    able to cope with high levels of stress

FIRST INCREASE THE TRAINING DURATION, THEN THE  
INTENSITY!!!

After spring training or eventing, no  
3 no suprathreshold stimuli for at least 10 days  
after intense muscle exertion!

High sympathetic nervous system activity  
(arousal/nervousness/anxiety/excitement/stress/anaerobic training) consumes a great deal of energy!

The effects of 6 weeks of training last for approx. 12 weeks afterwards, although muscle performance already starts to decline after 10 days! (6:12 W rule)

#### LEARNING ABILITY

During stress / fear / nervousness / excitement or at the end of endurance training, the horse's brain is supplied with only 2% of the blood volume instead of 10% and is therefore no longer capable of learning!

Therefore, whenever a horse becomes stressed, you should pause until it has calmed down again and then the task should be restarted!

Whenever one of the horse's legs crosses its midline, both hemispheres of its brain become equally active!

#### ENDURANCE TRAINING (ADT)

Stable adaptations can be expected after 8-10 weeks of regular endurance training!

Good for fatigue resistance in coordination and strength training  
=> Longer training duration possible

Securing and improving adaptation processes and the course of recovery and regeneration times!

Improvement of the resilience of the musculoskeletal system !!! THEREFORE,

REGULARLY PERFORM TARGETED AND PLANNED  
ENDURANCE TRAINING REGULARLY AND IN A TARGETED MANNER!!!

## FASIA

The most natural posture for a horse is grazing, closely followed by stretching.  
because these positions make the most efficient use of the fascia-muscle apparatus! The horse is essentially suspended in its fascia network!

Muscle sheaths, tendons, ligaments, joint capsules, they are all fasciae and contain myofibroblasts, which are controlled vegetatively.

This is why this fascial tissue becomes stiffer in the sympathetic state, e.g. stress, i.e. a suprathreshold stimulus, so that the flexor tendons, for example, are less springy!

A relaxed horse therefore moves more smoothly and softly!

In these sympathetic situations, joint stiffness and even ligament and tendon injuries can occur.

Fascial adhesions can also cause ligament, tendon and muscle damage!

The fetlock joint is initially more of a muscle and becomes more tendon-like in the course of continuous training!

Fascial tension and its so-called "catapult effect" are very interesting for assessing the horse's performance!

For example, an axe cut is a sign of increased tension in the withers ligament, which is a strong fascia of the torso support apparatus!

A thoroughbred, for example, has a dry texture with well-developed but not overloaded musculature. This "dry" exterior indicates strong fascia tension!

This strong fascia tension makes the horse an energy-efficient athlete with endurance and speed!

The long cannon bones and long pasterns of the thoroughbred allow the flexor tendons and suspensory ligament to have a great "catapult effect"!!!

However, when considering the length of the cannon bone and fetlock, their angle and the thickness of the cannon bone, the weight of the rider who will be riding this horse should also be taken into account!

So, not too long tubes and fastenings, definitely not soft fastenings and no thin tubes for heavy riders!!!!!!!!!!!!!!!!!!!!!!

Rhythmic movements are only initiated by muscles, then the tendons continue to spring them, e.g. when trotting, whereby the muscles only maintain the necessary basic tension of the fasciae/tendons!!!

This also explains why the muscles of the flexor tendons are quite small and narrow compared to their performance capacity and narrow compared to their performance capacity!

### Stability versus mobility

If the horse needs more mobility, the fascia structure changes to become more elastic.

However, this means that the horse needs more muscle work to stabilise its posture and movement apparatus and for its movements themselves, which reduces the horse's endurance performance as well as its speed and starting power, while at the same time increasing energy consumption!

### FASCIAL TRAINING

Fasciae are first treated with ADT LEVEL II using trained using the continuous method at a trot and the horse's own rhythm in an extended position!

Visible success is achieved after 4 months of such training every 2-3 days!

Once the horse has stabilised at ADT LEVEL II, training continues with ADT LEVEL III / extensive interval training, i.e. at the anaerobic-aerobic threshold!

However, in this case, you no longer trot at the horse's own pace, but sometimes above it with changes in tempo!

This increases the fascia tension due to the sympathetic nervous system being activated!

However, the fascia tension should be regulated down again and again during the recovery phases, so that the horse returns to a mainly parasympathetic state!

For horses that are to train their starting, explosive, speed and endurance strength, you can now also start with canter work!

Galloping requires more muscle work! Galloping jumps are the result of coordination between tendons, fascia chains and muscles!

When training endurance, speed and explosive strength, excessive stretching of the fascia network in the neck, nape and torso area due to excessive longitudinal bending, so that the required stability is not compromised!

Transitions and tempo changes = muscle training Same and rhythmic movements= Fascia training  
Combination and alternating training, i.e. muscle-fascia-muscle, etc., is, for example, Cavaletti training!

This promotes what is known as  
"myofascial coordination ability" / permeability!!!



## Myofascial coordination ability

The time a horse needs to re-synchronise itself after the last ground bar in Cavaletti work, for example, shows its myofascial coordination ability!

The less time it takes, the better  
its myofascial coordination ability / suppleness!!!

Cavaletti work increases the horse's suppleness = myofascial coordination!

For show jumpers, for example, suppleness is very important when the distances between jumps are unsuitable.  
to make it fit!

## Strengthening the neck, torso and hindquarters muscles

By "putting the horse on the bit", the neck-back ligament system is decoupled from the horse's movements of the horse, so that it has to stabilise its movements and stabilise its posture largely through muscle power!

This means that the horse cannot hang in its fascia network as it would in a stretched or grazing posture!

THAT IS WHY, IN ORDER TO BUILD MUSCLE GENTLY, YOU  
SHOULD FREQUENTLY ALTERNATE BETWEEN FASCIA  
POSITION, I.E. STRETCHING POSITION, AND MUSCLE  
POSITION,  
I.E. "PUT ON THE REINS" / LATER RIDE IN  
COLLECTION!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!

The more a horse is trained in DRESSAGE and has the  
CORRESPONDING MUSCLE STRENGTH / STRENGTH ENDURANCE  
, the longer you can ride it "on the reins" or even in  
collection!!!

Reinforcements can then also be ridden expressively!

Racehorses and show jumpers, on the other hand, can be trained through tempo changes,  
carrying power and collection  
would lead to a drop in performance in their sport-specific  
requirements and disciplines!

This is because increased muscle mass would make them heavier,  
slower and less explosive and enduring, while at the same time  
consuming more energy!

The increased stretching of the fasciae through lateral and  
transverse movements reduces the stability of the fasciae, so  
that this stability would then have to be provided by the  
muscles!

For gallopers, show jumpers and eventing horses, however, it  
is important to have very stable fascia tension, which  
provides a very good catapult effect and fascia support  
apparatus, and thus  
a springy, energy-efficient rhythm  
over long distances and between and before obstacles!

With this springy, energy-efficient rhythm, gallopers, show jumpers  
and eventing horses can perform at their best in the most efficient  
and species-appropriate way, saving muscle power and energy!

In short: gallopers, show jumpers and eventing horses need more stable fascia tension than muscle strength and muscle use compared to dressage horses!

Of course, horses also need the catapult effect when jumping, which enables them to jump higher than their muscular abilities would otherwise allow!

#### Tendon spindles

Tendons have so-called spindles, which are part of a muscular reflex loop and excite/trigger this through their stretching!

This is why the more the flexor tendons are stretched, the faster and faster a horse becomes, because the faster it goes, the more the flexor tendons are stretched and the reflex spindles are triggered!

The horse virtually rocks itself on its flexor tendons!

The flight animal horse is, especially when galloping, virtually "carried away by its tendons"!!!

The young horse, which has not yet been trained with a lunge line; and groundwork has learned to control these reflex loops and thus rocks itself up, for example, when trotting!

With a rider on its back and the resulting even greater stretching of the flexor tendons and thus increasing acceleration, this is not entirely without danger!

This is especially true when a young, inexperienced and not yet properly balanced horse breaks into a gallop, which can lead to tendon damage or a fall!

The horse normally extinguishes this reflex loop by either stopping abruptly on its hind legs or turning around on its hind legs.

Or it reduces the reflex loops by swinging out/running out, i.e. slowing down in a controlled manner until it is walking or standing still!

#### PULSE MEASUREMENT

The pulse is also high when the horse is in pain, afraid or excited, rising to values above 120 beats per minute even when walking.  
to values above 120/min!

When riding, you can tell from the increase in pulse which exercise the horse finds difficult on which side and which lesson causes it stress! => Objective assessment of the horse's condition!

Resting pulse: 24-40/min  
Max pulse: 210-240/min  
Walk: 70-110/min Trot:  
140-160/min Gallop >  
160/min

Recovery value after a 5-minute break/walk should be < 50% of the horse's maximum heart rate value!

Estimated max. HR =  $223 - (\text{horse age} \times 0.9)$

30-60% of the horse's maximum heart rate: very light ADT  
level I 60%-70% of the horse's maximum heart rate: light  
70-80% of the horse's HRmax: moderate ADT level II 80-  
90% of the horse's HRmax: hard Level III Horse's  
HRmax: competition

## ENDURANCE LEVELS

LEVEL I: only in the aerobic range, mainly parasympathetic, the HR should correspond to the resting HR again after a 5-minute break, approx. 30-40/min!  
Training HRmax 140/min, only  
walking and jogging!  
Approx. 60% of total endurance training!

Light exertion/intensity also as a warm-up and cool-down phase, as well as for loosening up, relaxation and recovery training between hard training sessions and rehabilitation after a break from training!

GOAL: Training the cardiovascular system  
Improving microcirculation Shortening the  
regeneration phase

LEVEL II: only in the aerobic range to develop aerobic performance; after a 5-minute break, the heart rate should return to resting heart rate approx. 30-40/min!  
Training heart rate for warmbloods max.  
150/min Training heart rate for  
thoroughbreds max. 160/min

40-80 minutes mainly at a trot only in a stretched position after short reprises Gallop until fully recovered, i.e. until resting heart rate is reached, and only then gallop again!

Approx. 25-30% of total endurance training! Sweat only on the working muscles!  
Low to medium exertion/intensity approx. 140-160/min then 12-24 hour break

After periods of exertion lasting 45-90 minutes  
E.g. horse riding with lots of trotting and galloping  
48-72 hours rest => coordination training mainly at a walk for the next two days!!!

STAGE III: Basis for all further specific training/training in the aerobic-  
anaerobic threshold range/steady state  
Improvement of oxygen uptake High  
exertion / intensity  
Training HR Warmbloods max. 150-160/min  
Training HR for eventing horses max. 160-170/min  
Training HR for thoroughbreds max. 160-190/min

Approx. 10-15 per cent of total endurance training!!! Corresponds  
to EXTENSIVE INTERVAL TRAINING

#### INTERVAL TRAINING

Exercise-break-exercise, etc.  
Incomplete recovery Break approx. 1-5 minutes until  
pulse has dropped to 90-120/min !!!

EXTENSIVE INTERVAL TRAINING corresponds to  
Endurance training LEVEL III, i.e. STEADY STATE and  
thus the AEROBIC-ANAEROBIC threshold range!  
Interval length 1-8 minutes then pause Step! INTENSIVE

#### INTERVAL TRAINING

To increase anaerobic capacity and lactate tolerance,  
the horse can be trained longer in the intensive areas!!! At the same time, of  
course, aerobic capacity is also improved!!! Corresponds to ANAEROBIC training!!!

High load/intensity, e.g. trot/canter intensification! Interval length  
30 seconds to 2 minutes, then break at walk!

As training progresses and the horse adapts, the interval lengths can be  
extended while maintaining the same intensity, so that you are back to  
continuous training method!!!

REPETITION METHOD  
(e.g. sprint horse racing / show jumping / eventing  
cross-country)

To increase anaerobic capacity and lactate tolerance! HR 180-  
200/minute

SHORT-TERM very high intensities at the performance limit!!! Then COMPLETE  
recovery phases / walk  
until resting heart rate 30-40 beats per minute!!!

WARM-UP AND COOL-DOWN PHASES VERY IMPORTANT  
TO AVOID STRAINS AND STRUCTURAL DAMAGE!!!  
3-7 DAYS AFTERWARDS: BREAK / LIGHT TRAINING DEPENDING ON THE INTENSITY

ENDURANCE TYPES

Speed sprint endurance: ANAEROBIC  
through extremely high intensities/loads during  
intensive interval training and  
the repetition method  
with exertion times of less than 35 seconds!

Short-term endurance: ANAEROBIC  
through very high intensities/loads during  
intensive interval training  
and should be performed without fatigue with exertion times of up  
to 2 minutes!

Medium-term endurance / basic endurance LEVEL III:  
AEROBIC-ANAEROBIC LIMIT  
with high intensity/exertion and exertion  
times of 2-10 minutes  
It can be improved by the repetition method!

Long-term endurance: AEROBIC  
low-medium intensity through CONTINUOUS METHOD and  
EXTENSIVE INTERVAL TRAINING!!!

## COMPETITION METHOD

Only after 1-3 WEEKS higher training stimulus again!!!

### TAPERING

7-10 days before the competition, only train levels I-II of basic endurance, so that the horse can come out of sympathetic tone, predominantly in the parasympathetic nervous system, allowing the horse to replenish its energy stores and regenerate stressed structures!

### STRENGTH TRAINING (ST)

Before starting strength training, the horse must have reached level III of the ADT in a stable and secure manner. Since muscle strength grows much faster than the supporting tissue, tendons and ligaments, which belong to the fasciae!!!

Strength endurance and speed can be trained in a period of 6-8 weeks!  
Strength endurance training should take place 3-4 times a week with a 24-48 hour / 1-2 day break afterwards, depending on the load!

Maximum explosive contractions (jumping) or reactive strength (gymnastics jumping series or cavaletti) should take place twice a week with a subsequent 72-hour/three-day break after each training session!

Speed and explosive strength training of the muscles is not compatible with extended endurance training!  
Therefore, show jumpers, for example, should not be subjected to extensive ADT!!!  
This is because, on the one hand, speed strength suffers and, on the other hand, the recovery times become too long!

Strength endurance corresponds to ADT I-II with rider!!!  
Signs of overexertion are sagging of the back and slight springiness in the fetlock joints!!!



## OVER-TRAINING

The organism can no longer  
return to its equilibrium!

As a result:

malfunctions loss of  
performance rapid  
fatigue

Visible loss of body weight  
(despite the same or increased food intake!!!)

Rebelliousness

Nervousness or apathy

Increased resting heart  
rate

Increased heart rate during the  
same training session Delayed  
recovery during training Impaired  
coordination Increased sweating  
Swollen flexor tendons

CONTINUING TRAINING IN THIS CONDITION WILL RESULT IN IRREVERSIBLE  
DAMAGE TO THE MUSCULOSKELETAL SYSTEM AND PSYCHOLOGICAL PROBLEMS!!!

## TRAINING DESIGN

Mainly improve the horse's weak points  
and first learn sensible, efficient movement patterns before  
attempting to increase performance!

Otherwise, the horse will learn compensatory, inefficient  
movement patterns and suddenly suffer tendon damage,  
muscle injuries or joint problems.  
through constant micro-injuries and overexertion caused by  
inefficient, incorrect movement patterns during training!

In addition, a horse tires more quickly due to incorrect, inefficient compensatory movement patterns!

Micro-injuries/trauma can also be caused by insufficient warm-up or cool-down!!!

This can also happen if the rider does not recognise overloading early enough and rides over the horse's pain!

To develop strength, you can ride steeply uphill in cross-country, known as climbing!

In the anaerobic phase of training, the horse will always react with an increase in sympathetic nervous system activity, which is why breaks of 5 minutes are important to allow the horse to "calm down" again.

The training time in the aerobic-anaerobic threshold range ADT LEVEL III should therefore not exceed 30% of a training session!

The rest of the time should be spent warming up and cooling down in ADT LEVEL I and ADT LEVEL II to improve aerobic capacity!

#### TRAINING SEQUENCE ADT I→

ADT II→ ADT III→ SPECIALISATION

Distance horses: endurance Dressage

horses: strength endurance

Show jumpers: Explosive power and starting power  
Gallopers Speed and sprint endurance Intensive  
interval training, repetition and competition  
method

ADT I and ADT II→ Movement patterns

ADT II and ADT III→ Versatile performance training / build-up training

Functional movement / acclimatisation phase  
(movement patterns and strength endurance):  
are achieved when the stretching posture can be controlled in all  
gaits, rhythmically, aerobically, mainly parasympathetically, even on  
the circle!

On the circle, the inside of the horse works more muscularly due to the bend  
and the associated reduction in fascia tension!

As soon as the movements on the circle become uneven and the horse  
begins to stamp, the circle must be enlarged!

The degree of longitudinal flexion is determined by the  
horse's balance and muscle strength!

Functional performance  
(including sport-specific performance):  
Repeatedly demand the rein/forehead-nose line close to the vertical  
during training, thereby "decoupling the fascial hold" so that the  
horse needs more muscle strength to move!

The neck and trunk muscles must be able to work in the dorsal and ventral  
muscle chains!!!

With the increase in muscle strength, it is possible to rhythmise the  
cadence/swing of the back in time with the beat!

This can be maintained in tight turns and reinforcements!

Straightening work is very important here due to the increase in  
thrust/swing of the hindquarters, which should be even for economic  
and health reasons!

During this phase, you can also bring the horse into anaerobic  
sympathetic tension if it has become mentally stable enough during  
the acclimatisation phase!

It is IMPORTANT that it can always be brought back to  
relaxation in the parasympathetic nervous system!

Reminder: This anaerobic sympathetic nervous system training should not make  
up more than 30% of the training session!

### Collection

In horses, this is achieved by developing their carrying capacity! DRESSAGE HORSES ARE THEREFORE MAINLY STRENGTH ATHLETES!

BUT does a show jumping, endurance, hunting or race horse have to be able to collect like a dressage horse? !!!!! NO !!!

THAT WOULD EVEN BE COUNTERPRODUCTIVE FOR ITS PERFORMANCE !!!

BECAUSE THESE HORSES ARE MAINLY MYOFASCIAL ATHLETES!!! BUT OF COURSE, THEY ALL NEED PERMEABILITY and the physical and technical skills required for their

physical and technical skills required for their discipline, such as in show jumping, the increased load on the hindquarters when briefly lifting/fascial-muscular pre-tensioning before the jump (unloading during the jump) or in hunting and cross-country riding, the lifting

To slow down the pace for changes of direction and renewed acceleration (releasing the pre-tension), etc.!!! Here, we are talking about collection and not about gathering in order to emphasise the myofascial emphasis/pre-tension in contrast to the muscular emphasis of dressage collection!!! Also to illustrate the rapid myofascial coordination during collection/pre-tension and unloading the myofascial preload of the horse!!! Whereas the dressage horse, for example, maintains its collection almost throughout the entire test, i.e. it performs strength training, while agricultural and logging horses make slow but very powerful movements at work!!! That is why baroque horses are either good at above-ground work (capriole = myofascial) or better at dressage!!!

Neck stretching/slight bending and forward-downward position

(activation of the musculus longus capitis  
and musculus longus colli)

You can condition the horse to chew and yield by guiding the inner rein to the position, longitudinal bend sideways, and as soon as the horse lowers its neck, it yields on the inside! ALWAYS START AT A WALK UNTIL THE HORSE CAN DO IT CONFIDENTLY, THEN ONLY THEN AT A TROT!!!

Anatomically, this can be explained by the fact that when the neck is raised/hyperextended, the cervical spine is blocked or stabilised by the facet joints,

so that the horse cannot turn its neck inwards! However, by lowering and placing the neck forwards and downwards using the longus capitis and longus colli muscles, the facet joints of the cervical spine open up, allowing the horse to comfortably turn its stretched neck inwards and drop it, but not lift it again at the same time!

THE SAME PRINCIPLE of activating  
the longus capitis and longus colli muscles, and thus the  
bending and positioning of the neck, is also followed WHEN  
RIDING WITH ONE HAND HIGH ON THE INSIDE!

It is also used WHEN RIDING STRAIGHT WITH  
A LATERAL INNER POSITION OF THE HORSE'S NECK  
at an angle such that the horse's outer ear  
is level with the rider's inner knee !!!  
SO-CALLED RIDING IN POSITION, whereby, strictly speaking, when  
riding in position, the outer thigh  
adjusts the outside hind leg so that it is level between the front  
legs!  
ALWAYS START AT A WALK UNTIL THE HORSE CAN DO IT SAFELY,  
THEN ONLY THEN AT A TROT!!!

WHEN RIDING WITH ONE HAND HIGH,  
the tongue muscles and all the muscles  
attached to the hyoid bone, as there is no  
pressure on the tongue but away from it  
towards the corner of the mouth,  
which in turn opens it slightly as if to eat, thereby activating  
the parasympathetic nervous system, which  
relaxes the horse and encourages it to chew! ALWAYS  
START AT A WALK UNTIL THE HORSE IS CONFIDENT, THEN ONLY  
THEN AT A TROT!

By yielding THE ONE-SIDED INNER HIGH HAND at the right moment, when the  
horse yields, chews and wants to stretch its neck forward and down, you  
can also condition it to do so!  
ALWAYS START AT A WALK UNTIL THE HORSE IS CONFIDENT, THEN  
ONLY THEN AT A TROT!!!

By turning the horse sideways/slightly bending its neck using  
the HIGH HAND ON ONE SIDE,  
you can also loosen the horse's neck a little! ALWAYS START  
AT A WALK UNTIL THE HORSE CAN DO IT SAFELY, ONLY THEN AT A  
TROT!

With the high hand on both sides,  
as used in the École de Légèreté,  
however, activation of the longus colli muscle is not  
guaranteed if, after opening  
and it begins to chew, you do not position its neck slightly to  
the side before stretching its neck forwards  
downwards!!!

TO RELEASE THE HORSE, you can also do this at the beginning  
of a training session, after warming it up a little, LET IT STEP  
OUTSIDE THE OPEN SIDE OF THE CIRCLE  
, it may also deviate slightly over the outer  
shoulder!!!

ALWAYS START AT A WALK UNTIL THE HORSE IS CONFIDENT, THEN  
ONLY THEN AT A TROT!

TO LEARN THE SIDEWARD DRIVING AIDS, YOU CAN ALSO LET THE  
HORSE STEP OUTWARDS ON THE OPEN SIDE OF THE CIRCLE!!!

To do this, turn the horse's forehand into the circle as if you  
wanted to ride a volte and drive with  
the inner leg towards the calm outer hand, trying again and  
again, step by step,  
let the horse step over!!!  
The horse is positioned inwards!

ALWAYS PRACTICE THE EXERCISE AT A WALK UNTIL THE  
HORSE CAN DO IT CONFIDENTLY, AND ONLY THEN AT A  
TROT!

The FORWARD MOVEMENT remains THE MOST IMPORTANT THING!  
Even when performing leg yielding, you should not go less than 70% FORWARD  
and not exceed 30% SIDEWAYS!!! After the half circle, let the horse  
cross over,  
trot lightly to gain momentum and get the horse  
back in front of the driving aids, then change  
hands, rein in to a walk and repeat the  
exercise on the other hand!

Frequent changes of rein within a training session exercise BOTH sides of the horse's body evenly, thus creating the conditions for straightening and the long-term riding suitability/health of the horse!

FINALLY, A REMINDER: IT IS ALWAYS BEST TO  
KEEP A TRAINING LOG  
/ DIARY!!!

#### LOADING TRAINING (two assistants)

The aim is for the horse to relax behind the leader, without lunges, into the trailer and backwards out again! (Transport efficiency: horses save the most muscle power/energy when they are transported with their head facing backwards, followed by diagonally to the direction of travel, and it is most strenuous for them when their head is facing forwards!) ALWAYS PUT THE TRANSPORT Gaiters ON THE HORSE BEFORE LOADING TRAINING, TO WHICH IT SHOULD ALREADY BE ACCUSTOMED BEFORE  
LOADING TRAINING!!!

!!! THOSE WHO TAKE THEIR TIME AT THE BEGINNING OF THE TRAINING WILL MAKE FASTER PROGRESS LATER ON!!!  
LESS IS ALWAYS MORE WITH YOUNG HORSES!!!

DON'T FORGET TO PRAISE THE HORSE AND REASSURE IT BY PATTERING ITS NECK OR USING YOUR VOICE IF IT BECOMES NERVOUS OR BECOMES AFRAID!!!

The best option is a trailer with an additional front exit flap/ramp that is open during loading training so that the horse can see out of the front of the trailer!  
However, the front iron bars remain hooked in place, of course!

The partition wall of the trailer is folded to the side to give the young horse (= flight animal) more space and room!

THE LEADER'S POSITION IS NEXT TO THE HORSE'S HEAD OR NECK AT A DISTANCE OF ITS SHOULDER BLADE OR TO THE SIDE IN FRONT OF THE HORSE'S HEAD, UNDER NO CIRCUMSTANCES DIRECTLY IN FRONT OF THE HORSE OR ITS SHOULDER!!!! AND ALWAYS ON THE PARTITION SIDE!!!

Then lead the horse with a halter and lead rope to the MIDDLE of the rear trailer door/ramp. (Trailers without ramps are easier for horses to enter because they only have to take one step up instead of having to walk over a swinging ramp).  
If the horse generally tries to evade/break out to the LEFT or RIGHT when encountering anything new, lead the horse slightly more to the RIGHT or LEFT of the ramp, i.e. away from the side to which it normally evades/breaks out.



On the outside of the rear sides of the trailer, attach a lunge line at a height slightly below the horse's hips before leading the horse to the rear ramp, creating a wide passage to the trailer. Two assistants "slowly" cross the two lunges behind the horse as soon as the horse is standing on the ramp, so that the two lunges slightly frame the horse on both sides and at the rear.

BE CAREFUL WHEN PASSING EACH OTHER BEHIND THE HORSE, ALWAYS MAINTAIN A SAFE DISTANCE FROM THE HORSE, EVEN WHEN HOLDING THE LUNGES!!! (HOOF KICKS, BEING RUN OVER, ETC.) THE LEADER MUST ALWAYS BE PREPARED FOR THE HORSE TO SUDDENLY MAKE A LEAP/JUMP INTO THE TRAILER OR RUN INTO IT!!! IN THIS CASE, AVOID IT IN TIME AND GIVE THE ROPE ENOUGH SLACK!!! FOR THIS REASON, ALWAYS LEAD THE HORSE SIDEWAYS AND ON THE PARTITION WALL SIDE AT THE BEGINNING!!!

The person leading the horse first gives the horse something from the jackpot because when it eats, it is more relaxed and knows that there is something tasty in the bucket/hanging trough! After that, only when the horse is completely in the trailer, but depending on the horse, also repeatedly after one or a few steps until it is completely in the trailer ! Otherwise, the horse is guided into the trailer step by step with the jackpot in front of its nose and by the slight touch on its hindquarters, which accompanies the movement of the horse , guided into the trailer by the crossed lunges! If the horse raises its head or tries to go backwards, the crossed lunges must be used to counteract this immediately!!! But only counteract, do not push!!! The horse should learn to go in = pleasant, go out unsolicited = unpleasant or not possible!!! Then take a short pause to reflect, relax and continue!!!

THE HORSE IS NOT FORCIBLY PUSHED/FORCED INTO THE TRAILER WITH THE CROSSED LUNGES, BUT IS ONLY GENTLY ENCOURAGED TO DO SO BY CONSTANT CONTACT!

At the beginning, you can also try it with just Jackpot and without crossed lunge lines, step by step. In this case, the lunges only serve to form a passage to the trailer and a lateral boundary to the ramp, so that the horse does not try to escape sideways over the ramp and injure itself.

Only when the horse is "completely" in the trailer should it actually get the jackpot! Not before, otherwise it may not go all the way into the trailer but try to turn around halfway or leave the trailer prematurely backwards!!!

Whether you fold the partition back down again, hook in the rear iron bar and close the entire trailer, or take your time with several loading sessions/training sessions depends on the individual horse and its condition.

In other words, whether it is calm and relaxed or very excited and sweating profusely on its neck!

Whether you first lead the horse out of the trailer from the front after removing the front iron bar or backwards straight away depends on the individual horse and trailer!

When leading the horse backwards out of the trailer, the lunges, which are now no longer crossed, are recommended as lateral barriers to prevent the horse from attempting to leave the trailer backwards and sideways over the ramp, slipping and injuring itself.

WHEN FOLDING DOWN THE PARTITION  
AND HOOKING UP THE REAR IRON BAR AND CLOSING THE TRAILER, DO  
NOT MAKE ANY SUDDEN MOVEMENTS, BUT DO EVERYTHING VERY SLOWLY  
AND RELAXEDLY  
!!!! SO THAT THE HORSE DOES NOT GET SCARED AND ASSOCIATES THE  
TRAILER WITH FEAR AND TERROR, RUNS AWAY  
and refuses to enter the trailer again, or you will have to put  
on a show every time you load it in future and unload it at the  
competition venue with a horse that is already soaking wet,  
agitated and possibly exhausted!!!

!!! THE PARTITION IS REMOVED FROM THE SIDE FACING THE HORSE  
FLIP THE SIDE BACK AND HOOK THE IRON BAR IN FROM THE SIDE. FOR  
SAFETY REASONS, NO ONE IS ALLOWED TO STAND DIRECTLY NEXT TO,  
BEHIND OR IN FRONT OF THE HORSE DURING THE ENTIRE LOADING  
TRAINING; ALWAYS KEEP A SAFETY DISTANCE!!!

IN ANY CASE, THE LEADER WITH THE JACKPOT REMAINS WITH THE HORSE  
EVEN DURING THE FIRST SHORT TRAINING TRIPS ON PRIVATE PROPERTY!  
LOADING TRAINING SHOULD BE CARRIED OUT ONCE A WEEK UNTIL THE  
HORSE IS SUFFICIENTLY ACCUSTOMED TO THE TRAILER AND TRANSPORT  
AND ENTERS THE TRAILER RELAXED EVEN WHEN THE PARTITION IS IN THE  
NORMAL POSITION, AND ALSO EXITS SLOWLY AND "STRAIGHT" AGAIN!!!

#### LOADING TRAINING (alone with lunge)

The aim is to lead the horse to the ramp and then, with only voice commands and without a lunge line or lead rope, have it enter the trailer and back out again in a relaxed manner into the trailer and back out again slowly and "straight"!!!  
Always put the horse's transport boots on first.  
which, of course, must already be accustomed to this before loading training in order to protect the horse from leg injuries! You may also want to put on a well-padded neck protector!  
For everything that follows, never forget to praise, praise, praise and praise!!! Place your horse at the ramp of the trailer facing into the trailer and attach a lunge line to the halter ring of your horse's halter! Then simply lead the lunge line around the front bar of your trailer and back into the trailer to the entrance/ramp, where you remain standing at the side of the ramp with the lunge line in your hand. In general, you should wear leather gloves when working with the lunge line! Even gloves from the DIY store with only leather trim are perfectly adequate!

Before starting the actual loading training, you can also lead the horse a few times from the left and right over the rear area of the ramp to get it used to the ramp.  
before you start the actual loading training!

A hay net or a hanging trough, or both, are suspended in the trailer. Your horse should be as hungry as possible!  
The partition is fixed in the middle or folded to the side! Then encourage your horse to enter the trailer with your voice and a gentle pull or wave movements of the lunge on the halter to enter the trailer, possibly also by lightly touching its hind leg with a long dressage whip. As the horse enters, gently pull the lunge accordingly.

Once the horse is completely in the trailer and shows no signs of backing up but remains standing in the trailer, you can relax, calmly and slowly hook the rear bar from the side or close the tailgate!

Of course, always do this from the side you are standing on, otherwise it could be life-threatening if the horse runs backwards out of the trailer with its hundreds of kilograms of weight and you are crushed by the tailgate or run over by the horse! So never go behind the horse or lift and close the tailgate from behind instead of from the side!

For safety reasons for you and your horse, you must always hook the rear bar in immediately, as you are alone and must let go of it to fasten the lunge line and walk to the front, leaving the horse unattended for a short time. The horse could run back out of the trailer and injure itself on the side of the ramp or get caught in the lunge line!

To unload the horse, first take away its feed, strap the lunge so that it no longer runs around the front bar, leave the trailer again, pick up the lunge and the rear bar, and slowly and calmly from the side or open the tailgate from the side again and calmly encourage the horse to slowly back out using your voice and the lunge line!

The rear bar remains hooked in place until you are back at the ramp, or with the partition folded to the side, the ramp is closed and the lunge line hangs/runs over it!

With this method, you can also fold the partition to the side at first to make it easier for the horse to get used to the trailer and loading, the confined space of the trailer and the hooking in of the  
Avoid using the rear bar! In later training sessions, depending on the horse's progress, the partition remains in the centre!

In any case, it is also important that the horse cannot get caught in the lunge and that you never go behind the horse and always hook the bar in from the side or lift the flap from the side  
or close it from the side!

If the horse is in danger of going sideways down the ramp when moving backwards, touch it with your flat hand to give it direction/correct it slightly to the side!  
Reduce the lunge aids and the feed from training to training and eventually only give voice aids!

ONLY IN AN EMERGENCY!!!

IF NOTHING ELSE WORKS WHEN LOADING

If nothing else works, you can try the following in exceptional cases: AT YOUR OWN RISK, OF COURSE!

You put a lunging girth on your horse and thread the lunge line around its hindquarters through the side rings of the lunging girth, so that you then hold the ends of the lunge line to the SIDE of the horse together with the lead rope. You can also hold the jackpot . You then try to GENTLY encourage the horse into the trailer using the lunge line on its hindquarters and/or the lead rope on its halter, possibly also with the jackpot!

If the horse walks up the ramp but does not continue into the trailer, you can put a jacket over its head and lead it blindly, with its vision blocked, all the way into the trailer. Then leave the jacket over its head until you have secured the rear bar from the side while still standing in the trailer. Before doing so, naturally fold back the partition on the side facing away from the horse!

THE HORSE IS ONLY TIED IN THE TRAILER ONCE THE REAR BAR IS SECURED!  
NEVER LEAD A HORSE UP THE RAMP BLIND, AT MOST ONLY UP TO JUST BEFORE THE RAMP! BECAUSE IT WOULD STUMBLE, GET STUCK, FALL AND INJURE ITSELF WHEN ENTERING THE RAMP, AS IT CANNOT SEE THE UNEVENNESS AND, UNLIKE US HUMANS, CANNOT FEEL IT EITHER!

IT IS ALSO IMPORTANT THAT WHATEVER YOU USE TO COVER THE HORSE'S EYES IS REMOVED IMMEDIATELY SO THAT THE HORSE CAN SEE IF IT IS STILL SKITTISH, STUMBLES OR RANKS/RUNS BACKWARDS OUT OF THE TRAILER!!! OTHERWISE IT WILL SERIOUSLY INJURE ITSELF AND PROBABLY OTHERS TOO!!!

SO, FOR EXAMPLE, ALWAYS KEEP ONE SLEEVE OF THE JACKET IN YOUR HAND OR WITHIN REACH SO THAT YOU CAN REMOVE THE JACKET IN A FLASH IF NECESSARY! AND AS ALWAYS WHEN LOADING, NEVER STAND BEHIND THE HORSE AND THE REAR BAR OR RAMP MUST BE HOOKED IN AND SECURED FROM THE SIDE!!!

UNFORTUNATELY, THERE ARE HORSES THAT ALWAYS HAVE DIFFICULTY BALANCING IN THE TRAILER, NO MATTER HOW MUCH SPACE THEY HAVE, HOW CAREFULLY YOU DRIVE THEM AND DESPITE A DRY, STRAW-STREWN TRAILER, AND THEREFORE DO NOT WANT TO GO BACK INTO THE TRAILER AFTER WANT TO GET BACK INTO THE TRAILER AFTER EVERY LONGER TRAILER JOURNEY!!! BECAUSE WHO WANTS TO GET BACK ONTO THE MOVING SLIPPERY ICE!!!

OR YOU DON'T WANT TO GO BACK TO WHERE YOU'RE GOING. FOR EXAMPLE, TO THE TOURNAMENT, THE HUNT, ETC., BECAUSE THEY HAVE HAD BAD EXPERIENCES OR ARE SIMPLY NOT SUITABLE FOR IT AND ARE THEREFORE CONSTANTLY PSYCHOLOGICALLY AND PHYSICALLY OVERWHELMED!!!

THE THIRD REASON IS FEAR OF DEATH / PANIC DUE TO LONG PERIODS OF LONELINESS AND CONFINEMENT, LEAVING THEM COMPLETELY DEFENCELESS AGAINST PREDATORS IN THE TRAILER DURING TRANSPORT OR SIMPLY ISOLATED FROM OTHER HORSES IN THE TRAILER!!! WE REMEMBER THAT THE HORSE IS A HERD ANIMAL THAT NEEDS A HERD AND FREEDOM OF MOVEMENT TO PROTECT ITSELF FROM PREDATORS AND TO ESCAPE, AND THAT NO HORSE KNOWS THAT IT LIVES IN A SECURE CIVILISATION WHERE THERE ARE NO PREDATORS PREDATORS!!! THE STRONGER ITS PRIMAL INSTINCTS ARE / THE LESS IT IS BREEDDED, THE MORE PANICKED IT CAN REACT!!! HOWEVER, THIS PROBLEM CAN USUALLY BE EASILY SOLVED BY TRANSPORTING THE HORSE WITH COMPANY AND LEAVING IT IN THE TRAILER. FOR EXAMPLE, WITH A PONY THAT IT GETS ON WELL WITH AND THAT ALWAYS GOES INTO THE TRAILER FIRST!!!

## GETTING USED TO THE WATER JET

UNDER NO CIRCUMSTANCES SHOULD THE HORSE BE TIED UP, but rather held by hand with held by hand with a lead rope. UNDER NO CIRCUMSTANCES SHOULD THE HORSE BE ACCUSTOMED TO BEING IN A CLOSED BUILDING (stable, stable aisle, etc.) BECAUSE HORSES ARE FLIGHT ANIMALS (!!!) that panic when tied up and/or confined in a small space when they perceive danger (water hose/water jet noise), which can be life-threatening for both horse and human.

A lunging hall/round pen or paddock are suitable locations, for example. You just need to lay a water hose there and, when acclimatising the horse, make sure that the ground does not get so wet that the horse slips and injures itself or gets caught in the hose!

Using rewards (treats or a bowl of muesli) to help with basic lessons such as getting used to being hosed down with water is certainly not a bad idea! In any case, reassuring words and soothing pats on the neck are a must! It is also very important to have an assistant, who holds the water hose, while the other one concentrates fully and concentrates fully on the horse, praising and reassuring it!

If the horse slowly approaches the hose, water jet, etc. of its own accord and stretches out its neck to examine these objects and processes itself, let it do so and encourage and praise it, but only in such a way that you do not disturb or irritate it! Depending on the horse, you remain completely passive in this situation while the horse investigates!

1) First, you ACCLIMATE the horse TO THE WATER HOSE (with or without a spray nozzle attached), such as a lunge whip, BUT WITHOUT WATER!!!

This is because, from some horses' point of view, the hose could also be a snake!  
(Just as calves and cows could be seen as leopards, tigers and lions from a horse's perspective, due to their colouring, size and mass!

2) Then you get the horse used to the water flowing from the hose, initially without the spray nozzle! Because the spray nozzle makes high-frequency noises and, from the perspective of some horses, could also be a hissing snake!!!

3) Once the horse has become accustomed to the hose and the water coming out of it, allow a little water from the hose (without the spray nozzle!!!) with a SMALL WATER JET, initially onto the horse's shoulder.

The WATER TEMPERATURE SHOULD BE LUKEWARM!!!

=otherwise the horse may be frightened by the sudden cold water and associate the spray with fright or fear in future!

4) Once the horse has become accustomed to the small jet of water on its shoulder, continue the ACCLIMATISATION ON THE LEGS WITH A SMALL JET OF WATER AS WELL.

Some people think you should start with the hind legs first.

5) Then you get the horse used to a STRONGER WATER JET on the legs by squeezing the end of the hose between your thumb and index finger! This does not make such a high-pitched noise as the water spray nozzle!

Once the horse has become accustomed to having its legs sprayed without the spray nozzle, you can continue to accustom it to being sprayed with water using the spray nozzle if necessary!



## CLIPPING / BLANKETS / WINTER COAT

Horses that are healthy and well trained usually sweat the most during training.

Afterwards, they dry off quite quickly, depending on the outside temperature, of course.

Prolonged sweating or increased sweating after training is always a bad sign of mental and physical overload/excessive demands, or even a metabolic disorder, typically accompanied by poor performance or a feverish infection!

Horses naturally sweat quickly during training under their winter coats!

Horses sweat most on their necks, shoulders, flanks and sides of their bellies, as well as on their foreheads and ears!

It is well known that sweating causes horses to lose fluid, electrolytes and minerals!

Therefore, you should consider winter clipping for horses with winter coats, as this allows the horse to recover more quickly after training and reduces the risk of overheating during training!

With a simple rally cut, horses already sweat significantly less!

With a rally cut, only a strip of fur is shaved on the lower neck, chest, and across the belly to the hindquarters!

A horse with a rally cut does not normally need a winter blanket during the day!

To sweat, healthy, robust horses with a winter coat only need a sweat rug when temperatures are around zero degrees combined with draughts/wind!

A horse with a winter coat can also overheat under a sweat rug!  
When covering a horse, i.e. with a rain rug or winter rug or stable rug, you should check on it frequently by placing your hand under the rug on the horse's back!

If it feels cold, the blanket is too thin; if the horse is sweating, the blanket is too thick!

Of course, always take into account the current daily temperature or the stable temperature!

If it feels comfortably warm, the blanket is right! When

buying rain blankets, you should always buy one with fleece, so that the horse can raise its hair underneath and regulate its temperature somewhat. With rain rugs without fleece, this is not possible and the horse will have a dry but constantly cold back when it rains!

You can prevent the growth of a winter coat by  
covering your horse in good time

If you want to work your horse regularly in winter, you should prevent it from growing too thick a winter coat. This is because the horse sweats very quickly under its winter coat and then dries very slowly after riding. The damp coat can then quickly cause the horse to catch a cold or develop a cough.

There are two ways to tame long fur:  
shearing or covering it in good time.

If you don't want to go to the trouble of shearing, you can try to prevent the horse from growing a thick winter coat from the outset.  
prevent the horse from growing a thick winter coat. To do this, the horse must be covered in good time to prevent it from getting cold.  
Therefore, you should wrap your horse in a thin transitional blanket during the first cool nights in September.  
As soon as the temperature drops below 15°C or 15°° , the horse can remain covered all day.

°If the temperature drops below 10°C, it is time to put on a slightly thicker blanket.  
As the horse will not feel cold, there is no incentive to develop a winter coat. The horse will develop a thicker coat, it will not be nearly as long as normal. This means that the horse can be worked without being clipped.

Unfortunately, this trick does not work for all horses. Robust breeds in particular usually develop a very thick winter coat despite the blanket.

Then shearing is unavoidable!

## Complete instructions for clipping a horse

Clipping a horse requires some preparation!

Clipping a horse raises a few questions: How do I clip a horse, when is it advisable to do so, and how do I ensure that the horse remains calm during the process? Our guide to clipping horses answers these questions.

Contents:

- 1 When you should clip your horse
- 2 Advantages and disadvantages of clipping
  - 2.1 The following points speak against clipping
  - 2.2 Here are some arguments in favour of clipping
- 3 Timely covering can make clipping unnecessary
- 4 Preparing for clipping
- 5 Securing cables when shearing horses
- 6 Shearing safely and calmly
  - 6.1 Getting your horse used to the clippers
- 7 Common patterns
- 8 How patterns are created on the coat
  - 8.1 Shorn decorations: positive or negative
- 9 After shearing

## When you should clip your horse

Whether or not to clip your horse is a matter of personal preference in many stables. In some cases, it is unnecessary to clip a horse, for example, if it is only ridden at weekends in winter or hardly grows a winter coat. However, if the horse is soaking wet after every ride and hardly dries, you should clip it.

When it is time to clip a horse ultimately depends on the horse. As long as you have a sufficiently warm blanket to compensate for the clipped coat, you can still clip the horse in the middle of winter.

If you work your horse regularly to the point that it sweats heavily, you should consider clipping your horse. This is because horses cool down significantly when their coat is wet and can then easily catch a cold. This risk is particularly high if the horses stand in their stalls for long periods of time while wet.

If you clip early in autumn, i.e. in September or October, a thin transitional blanket will suffice at first, which can then be replaced with a thicker thermal blanket when the temperatures drop.

If you only clip your horse in winter, you should cover it with a thick blanket straight away, as you are removing significantly more insulation. In this case, it is particularly important that the horse does not get cold at the beginning.

Make sure you don't leave the horse standing in a draught without a blanket, for example when grooming, and use a sweat blanket to keep it warm when warming up and drying off.

If you decide to clip a horse that is already covered, you must put a thicker blanket on afterwards. The feed should be 100-200 g/sqm more than the blanket that the horse wore before shearing.

For some horses, it also makes sense to clip them in summer. This is often the case with older horses, which no longer shed their winter coat completely and then suffer greatly from the heat.

If you clip your horse in spring or summer, you must ensure that it does not get cold on cold nights and in the rain. A thin blanket that the horse wears when temperatures drop below 15 degrees Celsius is a good idea.

As the top coat also provides the horse with protection from the rain, a clipped horse should either be brought indoors when it rains or protected with a thin rain rug.

Here are a few points to consider when seriously thinking about clipping your horse:

You ride the horse regularly at least three times a week and it is wet with sweat every time after riding.

It takes a very long time for the horse's coat to dry again, at least 20 minutes.

The horse sweats even in the stable because its winter coat is too thick for the warm stable.

The horse starts to sweat even under light exertion, such as a ride at a walk, and tires very quickly.

The horse develops a very long, thick winter coat. This makes it difficult to groom properly and means that it dries very slowly once it has become wet with sweat. Some Nordic breeds, such as Icelandic horses, develop such a thick undercoat that it can take up to two days to dry.

If any of these points apply, it is probably a good idea to clip the horse, at least partially, and provide it with a blanket.

The thickness of the blanket can be adjusted to the temperature, and the horse no longer sweats as much during work.

This also reduces the risk of the horse catching a cold, as it no longer stands in its stall damp for long periods of time.

## Advantages and disadvantages of

clipping The following points speak against clipping:

The winter coat provides the horse with natural protection, which the horse can also adapt to cooler temperatures by raising its coat.

A clipped horse must always be covered and needs an additional thicker blanket for the paddock or paddock.

Shorn horses are often more sensitive and are more prone to fungus and chafing.

The blankets can cause injury if the horse gets tangled up in them.

Here are a few arguments in favour of clipping:

The horse dries faster after riding and therefore does not catch cold as easily.

The short coat is easier to keep clean.

The horse does not sweat when standing in a warm stable.

The horse does not overheat as quickly when riding and is therefore more willing to perform.

Covering the horse in good time can make clipping unnecessary

However, there is also an alternative to clipping.

If you cover the horse from the end of August onwards during the first cold nights and leave the blanket on during the day in cool weather, many horses will hardly grow a winter coat.

This may be cumbersome, but it may save you from having to clip.

This is particularly advantageous for sensitive horses.

This tactic does not work for all horses.

It works quite well for horses that come from warm countries and don't grow much winter coat anyway.

For example, in thoroughbreds or Andalusians, the blanket usually prevents the winter coat from developing. This tactic also works for many warmbloods.

It is more difficult with Nordic breeds, such as Norwegians or Icelanders. These breeds naturally develop a very thick winter coat. The development of thick wool is not only controlled by temperature, but also by changes in light exposure. An Icelandic is therefore likely to turn into a teddy bear despite a thick blanket and a warm stable.

#### Preparing for shearing

If you want to shear your horse, you should allow at least two hours for the task. Especially if it is your first time or if the horse is restless, 4-5 hours is safer. Then you can also take breaks.

The best time is when the horse is calm and perhaps a little tired. For example, after being out in the paddock and having its evening feed. Then the horse is full and relaxed.

It is not advisable to clip the horse immediately after riding, as wet coats are difficult to clip.

Find a quiet spot where you can tie the horse up safely and where there is a power socket nearby.

Lay out everything you need: clippers, oil for the clippers, an extension cord and a brush to brush off loose hairs in between.

Wear the right clothing. The shorn hair sticks to most fabrics and then itches terribly. Therefore, you should wear clothing that is as smooth as possible as your top layer. Balloon silk is ideal. Put on a balloon silk jogging suit over your normal clothes when shearing the horse. This will keep there is hardly any hair hanging down and you don't have to scratch yourself constantly. Fleece or wool jumpers are completely unsuitable.

#### Securing cables when clipping horses

One of the biggest dangers when shearing is that the horse steps on the cable and gets an electric shock. A flying cable can also be dangerous for humans.

This danger can be reduced quite easily. Get a belt and a large carabiner. Attach the carabiner to the belt and then put on the belt. Now hook the cable into the carabiner, which should ideally be on the side you are working with. Then wrap the cable around your arm once and pick up the clippers.

This way, the cable is always right next to you and when you move away from the horse, it automatically comes with you. The cable is also not directly on the floor near the horse, so that there is less risk of stepping on it.

Ideally, the cable should be hung up between the socket and the clippers, for example on a box or with a hose hanger.

#### Safe and relaxed clipping

The horse should be clean and dry for clipping. Damp or matted coat is difficult to clip.

Therefore, you should at least give the horse a rough grooming before shearing. Sand and dirt can damage the clippers and blunt the blades. Allow the horse to get used to the noise of the clippers in a calm manner.

Show the horse the device and switch it on at a distance from the horse at first, then move closer and closer.

It is helpful if an assistant distracts the horse, for example by feeding it treats. This teaches the horse that the sound of the clippers is nothing to be afraid of.

If the horse still gets nervous from the noise, turn on a radio and play some music. Most horses will then no longer notice the noise of the clippers and remain calm. For very sensitive horses, you can also use smaller and quieter dog clippers, but this will make the clipping process take longer. Always make sure that the horse cannot step on the cable under any circumstances. The combination of horseshoes and electricity can have unpleasant consequences for the horse. If possible, place the cable high up and run it from the clippers over your shoulder.



This ensures that the cable always remains at a certain distance from the horse. If you wrap the cable around your arm, it will be quite stable and you will be able to work effectively.

An alternative is to use a belt to which you attach the cable with a large carabiner. This leaves your hands free and keeps the cable off the ground.

#### Getting the horse used to the clippers

Slowly get the horse used to the touch of the clippers.

It is best to run your hand over the area first before applying the clippers. This prepares the horse for the touch.

#### Caution:

Many horses are ticklish on their belly.

You should be particularly careful when clipping this area.

Always cut in even, long strokes against the direction of hair growth. The strokes should overlap by at least one centimetre, otherwise edges will remain.

Any remaining strips of fur and patches can be removed in a second pass.

If a section is difficult to shear, you should change the angle of the blades.

The coat is often finer or thicker in this area, making it difficult for the clippers to work.

Provide a distraction.

Most horses do not like to stand still for long. It is helpful to have an assistant hold the horse's head while you shear the head and neck. This should be the first thing you do, while the horse is still reasonably calm. Start at the back of the neck and work your way forward. This will also allow the horse to get used to the noise.

If you want to clip the head, you must be sure to leave the whiskers around the mouth and eyes untouched. These are important for protecting the horse and removing them, as well as the hair in the ears, is contrary to animal welfare. This is called clipping. For most horses, it is unnecessary to clip the head anyway, as they do not sweat there. For a neat appearance, it is usually sufficient to carefully trim the long hair on the lower jaw with scissors.

Be careful when clipping a horse: the whiskers and ear hair must not be cut off under any circumstances!

Once the head and neck have been clipped, you can hang a filled hay net in front of the horse. Most horses will stand still while eating.

During shearing, you should repeatedly oil the clippers and brush loose hair from the horse. This makes the work much easier.

Do not forget to praise the horse and talk to it regularly. This calms the horse and makes your work easier.

#### The usual patterns

If you want to clip your horse, you should consider what and how much you want to clip. The less you shear, the less protection the horse needs, but it will sweat more!

The most economical way to clip is with a STRIP CLIP. Only a strip on the underside of the neck, the chest, the belly and a strip on the hindquarters are clipped.

This relieves the areas that sweat the most. In warm weather, a horse with strip trimming can go out without a blanket, and no additional protection is needed when riding.

Only on cold days should the horse be given a blanket.

This makes strip clipping particularly suitable for horses kept in open stables that are due to start working again in the spring. With a DECKENSCHNITT, slightly more coat is removed. Only the coat on the head, legs and in the form of a kidney blanket on the back and croup remains. As the neck and belly are free, the horse hardly sweats at all during light to normal work. However, the coat on the back and croup allows the horse to be ridden without a blanket, even when out and about. Horses with particularly sensitive backs benefit from the warming layer of coat on their backs.

The HUNTER CUT is quite radical. Only the coat on the head, legs and saddle area is left intact. This is how hunting horses that go on big hunts in late autumn are traditionally clipped. The horse hardly sweats even during strenuous exercise, but must be covered up. With this type of clipping, a blanket is also necessary for quiet rides.

The coat on the legs is intended to protect against injury.

The coat in the saddle area is left intact because many believe that shorn coat is more sensitive.

The hair is therefore left untouched to avoid saddle pressure.

Those who want to be thorough give their horse a COMPLETE CLIP. This type of clipping is mainly seen on sport horses that work hard even in winter and have to compete in tournaments. With this type of clipping, only the coat around the mouth and ears is left untouched, as most horses do not like to be clipped in these areas. The whiskers around the mouth must not be shaved off under any circumstances. otherwise the horse will have difficulty feeling what it is eating. Deprived of its winter coat, the horse must be kept covered at all times. The blanket can only be removed during work. When grooming, the horse should stand in a draught-free area or under a solarium. To ensure that the patterns turn out well, you should sketch them onto the coat with chalk!

#### How to apply patterns to the coat

In addition to a basic pattern, you can also add individual decorations to your horse. Patterns on the thighs and croup are particularly popular. No matter which pattern you choose, you should definitely sketch it out first few times.

Aluminium spray is very suitable for marking. If the horse is sensitive to sprays, a thick waterproof felt-tip pen will also work. Blue spray works well on grey horses, but don't use too much, otherwise the colour will soak through to the skin.

For small decorations, first draw a full-size template on paper and cut it out.

Place the template on the unclipped horse and mark the outlines. When you remove the template, you will see the edges. The colour will then be shorn away later.

Now you can clip the horse and see exactly what should remain for the pattern.

Do not choose patterns that are too intricate, as they are difficult to shear out. Patterns with straight lines are particularly suitable for beginners. Edges, for example triangles or stars. With a small clipping machine for the head and legs, the patterns can be clipped more precisely.

#### Sheared decorations, positive or negative

There are two types of decorations: positive or negative. The simplest is the negative version: the pattern is simply sheared out of the long coat, so it lies lower than the rest of the coat. With the positive version, you shear the coat and leave the pattern standing. This is a good option if you want to shear the horse in winter anyway anyway.

What you definitely need is a small clipper and a template with which you can transfer the pattern onto the horse. You should make the template so that you can dye the coat that is to be shorn away.

In any case, don't take on too much and choose coarser patterns. Filigree structures are very difficult to implement.

#### After shearing

If you clip your horse, you must cover it afterwards to compensate for the lack of protection provided by its coat.  
In autumn, a relatively thin blanket is sufficient.

On cold winter days, however, the horse needs a thick blanket or a second blanket to wear underneath.

Before and after riding, you should protect the horse from cooling down with a sweat rug.

The sweat rug also absorbs sweat after riding and wicks moisture away from the skin.

About half an hour after riding, you can put the winter blanket back on.

A rug is also useful for protection against wind and cold when riding at a walk. A kidney rug is best suited for this purpose.  
However, a sweat rug under the saddle will also do the trick.

If the horse is going out to the paddock, you should have a second blanket ready in case the horse gets caught in the rain.

A wet blanket draws a lot of heat away from the horse and can quickly lead to colds.  
A waterproof but breathable pasture blanket is therefore definitely a good idea.

A clipped horse needs a little more feed,  
because it freezes faster. That costs a lot of energy!!!

Collecting lessons in the  
second year of training

After the first year of training, you can start with collected work. The following easier exercises are well suited for young horses in the first few months:

1. Circles at a trot  
(first slightly larger, then approx. 8 m in diameter),
2. parades from trot to halt and vice versa,
3. Hindquarter turns - short turns,
4. backing up,
5. Medium trot - and return to pace,
6. cantering from a walk,
7. Circles at a canter (first slightly  
larger, then approx. 8 m diameter),
8. Canter extensions and return to trot.

At the end of the basic training  
of the 5- to 6-year-old horse

the following collected movements, which are more  
difficult in terms of requirements, are recommended:

1. Short turns from trot to trot,
2. shoulder-in on the long side to shoulder-in,
3. long side medium trot - short side collected trot,
4. parades from canter to walk and vice versa,
5. Simple flying change over four to five strides (changing from the circle or in the middle of the long side or through half and full track changes),
6. Outside canter,
7. Long side medium canter  
- short side collected canter,
8. Riding lessons/exercises on a curb bit - at around 5.5 years of age (sometimes a little earlier, sometimes a little later).

The order of the lessons/exercises is not binding, but varies from horse to horse. It is crucial that the trainer/rider knows which lessons/exercises are suitable for this horse, in which order, in what number and, if necessary, on which hand, in order to gradually improve the horse's suppleness and overall looseness, rhythm, contact, impulsion, straightness and, in the case of approx. 5-year-old horses, collection.

The aim is to achieve increased weight-bearing on the hindquarters.

It is important to always ensure that the rider's seat is relaxed and correct and that the horse's back is loose.

With a yielding neck, the contact with the forehead line at or slightly in front of the vertical, and active hind leg action are of utmost importance for the quality of further training.

After several collecting lessons, riding forward at a trot and canter is necessary to activate the hindquarters.



Horse saying about buying a horse

Choose the black horse if you want fire  
Chestnuts are good and never too  
expensive  
Greys are often born sluggish  
Chestnuts have it behind their ears  
Bays shine a little less  
but are reliable, wiry and sinewy!

The rider's weight, including saddle and bridle,  
should be less than 20% of the horse's normal weight  
of the horse's weight!

HORSES SHOULD NOT BE BROKEN IN BEFORE THE AGE OF 3.5 YEARS!

Because only then are the epiphyseal plates of the legs closed and the horse  
can only grow in height via the vertebral processes.

However, the muscles must adapt to the stresses and demands over weeks,  
the tendons and ligaments over months, and the bones over years  
stress and demands. The nervous system adapts the fastest, followed by  
the horse's circulatory system.

## HOOVES

Correct hoof shape: when the distance between the ground and the ball horizontal and the ball and coronet band horizontal is the same size! The horizontals are mentally extended on the ground under the hoof and each one is created by the ball edge/rear coronet band and by the front hoof coronet band, viewed from the side!

In thoroughbred horses, which naturally have flatter heels than less bluet-type horses, it is sometimes difficult to trim the toes so far that the heels are proportionally longer. In such cases, shoes with thickened shanks can be used.

The realignment of the tubules (small tubes made of horn that run from top to bottom through the hoof wall and act as shock absorbers and moisture retainers) in relation to the ground, after incorrect trimming/ shoeing (toes too long and pads too deep, resulting in excessive strain on the flexor tendons), by means of correct shoeing / trimming / shortening of the toe (see above Correct hoof shape) takes 6-8 months!!!

Since the joint surfaces and joint capsules, tendons and muscles must also slowly readjust to the correct position of the gradually corrected hoof!

The tips of the hooves should be straightened slightly to allow them to roll, and in the case of shoeing, the horseshoe should be raised slightly at the front to compensate for this straightening!

The horseshoe should be 3-5 mm wider than the hoof wall and 3-5 mm longer than the end of the heel so that the hoof can expand on the shoe when under load!

The nails are normally hammered into the white line. and no further back than "in front" of the widest part of the hoof! Only with aluminium shoes can you nail behind the widest part of the hoof, because aluminium shoes are softer/more flexible and can yield more laterally under load!

However, with thoroughbreds, due to the thin hoof wall, you cannot nail into the white line but further out, and you also have to use thinner nails (i.e. classic racing shoes)!!!

Direct nailing means that the nail has hit the living tissue of the hoof (lamina/bone) directly! Lamina = transition zone and attachment of living tissue to dead horn

Indirect nailing means that the nail is so close to the lamina that the hoof horn displaced by the nail presses against the lamina!

Steel horseshoes increase the shock absorption of the legs when stepping by 400% compared to a bare hoof, as stepping with steel shoes is harder than with horn and the hoof can hardly deform due to the horseshoes to reduce/cushion the shock absorption  
! In addition, the contact and bearing surface is smaller with horseshoes, as the frog no longer bears weight, thus significantly increasing the pressure on the hoof walls!

However, this is somewhat mitigated/relativised on slightly yielding ground such as sand or indoor arenas and soft grass, relative, because shortly after the hoof makes contact, it sinks slightly into the ground and then the frog helps to support the weight again, and you are don't mainly ride on asphalt, ice or dry, hard ground!

Egg irons not only maintain the blood pump of the frog but also support the flexor tendons, which is why egg irons are also used as orthopaedic shoes after flexor tendon damage!

Insoles (also possible with egg shoes) protect flat, thin soles (e.g. classic thoroughbred hooves) from bruising/haematomas caused by stones!!! (Thoroughbreds only run on sand and grass)

Plastic shoes are very slippery on damp ground such as mud, wet or snow-covered grass!

Nevertheless, plastic shoes are still the best for the horse and are therefore already very common in endurance riding! (low weight, good lateral flexibility to absorb shock through the hoof and for the blood pumping function of the , as well as little or no increased impact force/vibration when stepping compared to bare hooves).

If possible, however, the hooves should be left unshod, because the hoof mechanism functions best as a blood pump (expanding under load/contracting when unloaded) from the hoof to the carpal and hock joints, as this is where the muscles are located that also function as blood pumps!

Not to mention the hoof's ability to minimise/cushion the impact force when stepping and to adapt to the ground!

Moist hooves are more elastic, but they wear down more quickly! Dry hooves are more resistant but less elastic! Brittle hooves break more easily!

After the shoes have been removed, bare hooves are initially at risk of breaking until the nail holes have grown out! The hoof must also adapt again and form more resistant horn!

This takes time and requires soft ground conditions! Bare hooves should be rounded off slightly at the edges with a rasp every 1-2 weeks and, if necessary, any protruding horn should be removed!

It takes approximately one year for a hoof to grow completely! The hoof grows 6-8 millimetres per month!

Horses must be re-shod or their bare hooves trimmed every 6-8 weeks!

Biotin feed is good for the quality of hoof growth!

## EQUIPMENT SIZES

Pony: PO or S  
Thoroughbred: VB, COB or M  
Warmblood: WB, Full or L Coldblood:  
KB or XL

Stock measure (Stckm.):

Length of the vertical from the ground to the highest  
point of the withers!  
Important for size guidelines!

## BRIDLE

Browband length:

1 cm behind and below the ear → ly across the forehead  
→ 1 cm behind and below the ear on the opposite side

Neck and cheek piece:

3-5 cm (depending on the teeth) above the mouth  
-> across the nape of the neck  
behind the ears -> 3-5 cm above the  
mouth on the opposite side

(neck piece with ear cut-out →  
also measure the distance behind the ears! ) Bridle

halter: / Nose circumference:

(combination or English)  
2 fingers wide below the cheekbone  
-> over the neck behind the ears →  
2 fingers wide below the cheekbone Measure the nose  
circumference on the opposite side 2 fingers wide below  
the cheekbone

Teeth:

Teeth width:

Mouth width (outer mouth → Gap between teeth →  
Mouth outside opposite side) + 1 cm (i.e. 0.5 cm on each side)  
Choose olive and cheek bit reins one size smaller than ring  
reins so that they fit perfectly!

Bit thickness/strength:

Measure the gap between the bars (guideline

values for bit thickness:

Place your index and ring fingers on top of each other and slide them  
sideways into your mouth between the gap in your teeth. If you feel a lot of  
pressure

maximum 14-16 mm thickness with only slight pressure up to 18 mm thickness)

Rein length:

measured along the neck stretched downwards (to  
allow the reins to be chewed out of the hand)  
from the corner of the mouth to the withers

COVER

Back length: (withers → to

tail base) Belly circumference:  
(measured in the girth area)

Neck

thickness: (the neck should not be too tight when lowering the neck to eat and  
should allow for undisturbed eating from the  
, i.e. it should not constrict the neck )

(Guideline ceiling sizes:

160-170 cm piece length and size 145 cm back length

from 175 cm chest circumference and size 165 cm back length blankets)

## Breastplate / Martingale

Length:

Girth position → Centre of chest Under neck  
(the breastplate fork or martingale leather holder ring should lie below the lower neck attachment)

Width:

Centre of chest / lower neck → up to the withers =

Neck thickness for martingale leather holder ring and breastplate straps

Breastplates should fit snugly when standing but not be under tension!

The martingale fork (strapped in breastplate or continuous with the martingale) must be long enough so that the reins are straight when lightly applied without being pulled down = rein height!

Slightly longer, approx. 2-3 cm, without the reins being straight is also OK!

## GAMACHE

Length of cannon bone:

from the fetlock →  
to just below the front foot root joint  
or ankle joint, as the joints must be able to move  
freely, the gaiters must not sit too high  
!

Circumference of cannon bone:

(for hard-shell or completely enclosed gaiters  
just below the front foot root joint or hock joint) For completely

enclosed gaiters, the

pastern circumference is also necessary

is also necessary to determine the size of the gaiters!

#### SADDLE CLOTH

Length of the saddle area+ 3-5 cm:  
but the saddlecloth should not touch the horse's flank X

Length of the saddle flap:

#### BELT LENGTH:

along the girth position from the tip of the girth  
strap → tip of the girth strap on the opposite side  
+ at least 10 cm!

#### HOOF BELLS

Frog circumference:

Crown edge  
circumference:

Hoof sole  
circumference:

Hoof length:

(from the coronet band to the tip of the hoof/front sole/ground)

The hoof bell should be completely closed, so the Velcro fastener  
should not be included when calculating the size  
Padded shoes often fit more snugly at the top than unpadded  
ones!

#### HALTER

Neck and cheek piece:

2 fingers' width below the cheekbone  
-> over the neck behind the ears →  
2 fingers wide below the cheekbone on the opposite side

Nose  
circumference      Measure 2 fingers wide below the cheekbone  
:



#### BIT

The snaffle bit should be 1 or 2 times broken and protrude 0.5 cm from the horse's mouth on both sides (i.e. not too short or too long).

!) and not too thick, so that the horse can close its mouth without the bridle touching the palate or pressing on the jaw. In addition, the bridle bit should be fastened so

that the skin in the corner of the mouth (on both sides, of course!) forms only one fold, although this is only a rough guide, because in any case the bridle bit should be fastened on both sides so that there is at least 1 cm between the front/first cheek tooth and the bridle bit

so that the snaffle bit cannot hit or otherwise touch the canine tooth when the reins are taken up. Furthermore, the snaffle bit must not be fastened so deeply that it can hit or otherwise touch the canine tooth. In addition, the mouth should be checked regularly to examine the palate,

tongue, palate and corners of the mouth for redness, pressure marks, abrasions or injuries caused by the snaffle bit, as well as the teeth for injuries or abrasion caused by the snaffle bit, and the snaffle bit itself before each use for sharp-edged side ring openings, or joints, as well as sharp bits joints in the centre and other sharp areas or tooth marks or material damage, and, if necessary, replace the bit immediately with a suitable bit or a new one. Depending on the findings, the mouth must of course heal completely before further training sessions.

Chain, olive, D-ring and B-ring/Baucher bits should be chosen  $\frac{1}{2}$  to 1 size smaller than water bits and should fit snugly on the side of the mouth! A leg-ring snaffle (also known as a gag snaffle by those unfamiliar with it, although it does not gag the horse!) is best. A single-jointed leg-ring snaffle with the strength/thickness of a water snaffle

with movable outer rings, also known as a Fulmer bit! With free rings, the horse can move the bit more easily in its mouth to chew on it, just like with a normal water bit. In addition, as with a water bit, the rings cushion a slightly restless and not quite so soft hand, which is of course better for the horse's mouth than a bit fixed on the side. As a bridle halter, you should use a mixed type (English with chin strap) or a Hanoverian riding halter (3-4 finger widths above the upper nostril opening). When the noseband is closed, 2 fingers should still fit underneath under the chin strap.

The halter and chin strap allow the tongue and lower jaw to relax and not have to hold the bit constantly, so that the lower neck muscles connected to the tongue and lower jaw can also relax. In addition, the chin strap keeps the bit more stable in the mouth. With some types of snaffle bits, the chin strap also contributes to their leverage effect effect. In the cavalry, the chin strap actually only served the purpose of reducing the number of horses that broke their lower jaw when falling in battle. Just as in humans, the mouth-closing reflex works before a blow to our lower jaw so that the upper and lower jaws can stabilise each other by closing the teeth! The shanks of the bridle cause that the horse is gently guided through the circle or turn by the pressure of the outside rein on the bit, and that the bit cannot be pulled through the horse's mouth unintentionally when lunging or riding if the horse encounters difficulties! However, some have also found that horses respond better and more smoothly to turning and one-sided rein aids with a simple snaffle bit than with a leg-yielding bit! and one-sided rein aids with a simple snaffle bit react better and more softly than to the leg rein!

Wolf teeth, four small pin teeth in front of the cheek teeth, two at the bottom and two at the top, should be extracted as they can cause the horse pain due to the snaffle bit.

Similarly, hook teeth, also known as stallion teeth, 2 at the top and 2 below, located between the canine teeth and cheek teeth, can cause problems for the horse when riding with a snaffle bit and must then be removed.

However, the wolf teeth and stump teeth described above do not necessarily have to grow through the gums and may remain in the bud stage, but they can still cause problems for the horse in connection with the bridle bit. Therefore, if you suspect this is the case, you should feel the jaw with your finger for any unevenness and possibly have the vet take an X-ray so that the rudimentary teeth can be removed.

Horses with dental problems often throw their heads up  
when being ridden!

If a horse is teething, has dental problems or an injury in its mouth, the motto for a while is usually: ride without a bit. The bit would repeatedly rub against the sore areas and cause the horse pain. In addition, the constant irritation would delay healing. Therefore, the rule during this phase is: look for alternatives.

If you want to ride bitless, there is a whole range of bitless bridles to choose from. These range from hackamores to Merothic nosebands, bitless bridles and lucky wheels to typical Western bridles such as bosals and sidepulls.

The following applies to all of these bridles: the horse must first get used to the new bridle and how it works. Therefore, the first ride with such a bitless bridle should take place in the indoor arena or in a securely fenced riding arena. Lead the horse  
First, hold it in place by pulling on the reins. This allows the horse to become familiar with the new sensation.

Without a bit, it is difficult to position and bend the horse. With some bridles, such as the bosal, it is almost impossible to give one-sided rein aids. English riders usually have problems with this. Therefore, the wheel of fortune, a bitless bridle or a sidepull are more suitable. With these bridles, you have a rein on each side and can give one-sided rein aids to a limited extent. This also applies to the mechanical hackamore. However, this bridle is  
long reins and the noseband, which is often made of metal, very sharp. With one careless movement, you can break the horse's nose with such a bridle. Therefore, this  
bridle should only be used by truly experienced riders.

Not all horses can be ridden well without a bit. Some react with panic to the pressure on the bridge of the nose, others are stubborn and do not respond to the rein aids at all. If this is the case, you can try a different bridle or switch to lunge and ground work  
.

If you are riding your horse without a bit for a while, you should only do loosening work at first and slowly introduce the horse to the new bridle. You should postpone ambitious training goals and mainly use the bitless phase to improve the horse's suppleness, obedience and responsiveness. Collection and straightness are difficult to achieve without a bit.

#### Lunging without a bit

A well-fitting cavesson is suitable for lunging. This allows you to have good control over even livelier horses and can tie the horse with side reins so that it works over its back. The alternative is to work on the horse's balance without side reins.

Well-behaved horses can also be lunged with a halter. However, it is important to attach the lunge correctly. Under no circumstances should the lunge be attached to the ring at the bottom in the middle, as this will pull the halter. This is very uncomfortable for the horse. It is better to pull the lunge line through the inner ring and hook it under the chin and hook it into the outer ring. This provides a slight pulling effect and prevents the halter from shifting during lunging.

A knot halter is also well suited for ground work on a lunge or a long lead rope. However, it is important to note that it must fit really well and has a relatively sharp effect. A knot halter is the curb bit among halters. Used correctly, it can be very helpful, but used incorrectly, it can cause the horse pain and even damage its health.

#### Saddle

As far as the rider is concerned, the saddle should be flat with a wide seat and narrow knee rolls so that the pelvis can swing freely and the leg can lie well against the horse! So it should not be deep, otherwise the pelvis will fall forward, and it should not have thick knee rolls, otherwise the leg will

Not on the horse! Even if you are sitting very comfortably and securely in a deep saddle with thick knee rolls!

You can sit like that in a TV armchair too!

For show jumpers, the knee rolls should be above the knee so that it is close to the horse!

Saddle seat surface guideline:

As a guideline, the seat area of the saddle is the right size if the rider sitting in the saddle can still fit a hand between their bottom and the rear edge of the saddle/crown!

Saddle low point/rider's centre of gravity:

in the middle of the saddle seat area (seat area= top/chamber to rim)

According to Springreiten by A. Paalmann, however, as with the French saddle, the centre of gravity should be in the front third above the stirrup attachment, which in turn should be above the saddle girth line!

Stirrup length guideline:

The length of the stirrup should be adjusted so that that when your arm is stretched out, the stirrup reaches your armpit and your fingertips reach the stirrup lock!

Position of the front edge of the saddle behind or at the rear edge of the horse's shoulder blade (never on it!!!):

from the end of the mane on an imaginary straight vertical line downwards or at the front edge of the dent into which your fingers slide when you stroke your horse's shoulder from the front upper shoulder blade edge backwards with your fingertips

Saddle chamber width:

2-3 Fingers must have space above and to the sides to protect and allow freedom of movement of the withers, trapezius muscle and upper shoulder cartilage when sliding under the saddle when swinging the front leg forward.

Saddle tunnel width

(must be the same width from front to back (!), otherwise the saddle will press on the long back ligaments and spinous processes when bending):

from the long back muscle (longissimus dorsi) to the long back muscle opposite (=ridge-wide test, see below) so that the long back ligaments (supraspinal ligaments) to the left and right of the central vertebral bodies (spinae vertebrae) remain free and can bulge and swing!

In other words: the saddle pads must not rest on the vertebral bodies (including their central and lateral spinous processes!!!)

(Ridge-wide test = take the thick band (actually 2 bands and muscles) above the horse's spine between your thumb and index finger and open these two fingers as wide as possible until your thumb and index finger fall into a soft tissue dent on the left and right of the spine, then you move as many fingers of the other hand as easily as possible through the space between your index finger and thumb. The number of fingers that fit through this gap is the required width of the saddle tunnel! Better a little too wide than too narrow!

You should be able to see clearly through the saddle tunnel from behind so that the central spike extensions have enough space above them and are not touched by the saddle with the rider's weight!

Saddle cushion width:

From the palpable soft tissue dent next to the spine (see ridge test above) down to the next one that can be felt with your fingertips

soft tissue indentation that can be felt with your fingertips (beginning of the palpable ribs)

The saddle padding must lie continuously on the horse without interruption and be exactly the same on the left and right (height and width)! exactly the same (height and width) on both sides!

Otherwise, the saddle will be slanted to the side or unstable (rocking front to back and/or diagonally) or will have a

This creates a bridge, putting both the horse and the rider at acute and chronic risk to their health!

(Saddle pressure due to pressure points and friction, wear and tear on the horse's musculoskeletal system due to constant one-sided weight bearing, slipped discs due to the rider's crooked seat, as well as nerve damage and vertebral damage in the horse due to the constant rotation of the vertebral bodies and the sacroiliac joint under constant one-sided weight load, to name just a few health hazards!!!)

Therefore, when riding, someone must always check visually from behind whether the saddle is sitting straight/evenly on the horse and check the horse with a flat hand under the saddle (without the rider in the saddle) from front to back to ensure that the padding is in continuous, even contact with the horse!

However, even a saddle that is the same on both sides can be deeper on one side and/or rotate over the spine if the horse's shoulders are unevenly developed, which is unfortunately often the case due to the horse's handedness (weak and strong side of the horse corresponding to our left- and right-handedness)!!!

In this case, the saddler must of course make adjustments. Otherwise, both horse and rider (see above) will quickly suffer chronic health problems, to the point where the horse becomes unrideable or the rider becoming unable to ride!

Saddle girth position:

When the saddle is positioned correctly, the saddle girth must hang down by itself in the correct anatomical position (approx. 1 hand width behind the elbow) when the saddle is positioned correctly. It must not be too far back or too far forward, otherwise it would pull the saddle too far forward or backward, pulling the saddle onto the shoulder blades or into the kidney area of the horse and also shifting the correct centre of gravity too far back or forward! Saddle length:

From the upper rear edge of the shoulder blade (including the shoulder blade tip cartilage rim, i.e. approx. minus 2 finger widths!) to the last rib, no further, as otherwise the saddle will rest on the kidneys and lumbar spine!!!

For horses with a flat, well-muscled or fat withers, you can use the end of the mane as a guide and draw a line vertically to the ground or mark it on the coat with chalk!

The last rib vertebra (thoracic vertebra) can be found by simply feeling your way up the last rib or by following an imaginary or chalk-drawn vertical line from where the opposite hair lines meet further down up to the spine!

Saddle tree angle to the horizontal:

should be parallel to the edge of the shoulder blade!



Determining chamber width:

Determine using a chamber size measuring instrument  
taking into account the thickness/mass of the shoulder in front  
OR

Find the rear edge of the tip of the shoulder blade and place a stiff,  
malleable wire approx. 40-50 cm long about two finger widths behind it on the  
withers and shape it to fit the torso.

Place the resulting template on an A3 sheet of paper and trace around it so  
that nothing can bend during transport. You can then measure the values on the  
template or cut out the template and hold it inside the desired saddle.

Saddle tree material:

Ideally made of plastic, which is stable/rigid on the one hand, but flexible enough to  
follow the movements of the horse's back on the other!

## AGE DETERMINATION / DENTAL AGE

Teeth change:

Incisors 2.5 years  
Middle teeth 3.5 years  
Canines 4.5 years

### LOWER JAW

Teeth 7 mm customers (2 mm abrasion per

year) Example: Pincers teeth no longer visible to customers,

therefore:

at 2.5 years, pincers teeth are replaced +  
after 3.5 years 7 mm customers worn down at 2 mm per year,  
so the horse is  $2.5 + 3.5 = 6$  years old!!!

### UPPER JAW

Teeth 14 mm customers (2 mm abrasion per year)

Example: Pincers teeth No more customers visible It follows

that:

at 2.5 years of age, pincers teeth are replaced +  
after 14 mm customers worn down at 2 mm per year makes 7 years, so  
the horse is  $2.5 + 7 = 9.5$  years old!!!

In general, the age of a horse can be determined from the lower jaw to the  
upper jaw by the absence of customers (black-brown colouring due to enamel  
invagination in the middle of the horse's teeth)

for pincer teeth at the bottom 6 years    9 years for upper incisors 7 years  
for lower central incisors                      10 years old for upper central  
teeth 8 years old for lower canine teeth        11 years old for upper canine  
teeth

## FOAL

Cutting of incisors 0-6 days Cutting of  
central teeth 6 weeks Cutting of canine  
teeth 6 months

FOALS ARE NOT WEANED UNTIL THEY ARE 6 MONTHS OLD! STOCK

### MEASUREMENT / GYPSY MEASURE

Estimation of the expected withers height / height at  
the withers of a horse  
To be measured at one year of age

Elbow-fetlock joint+ Elbow-ground= Final measurement

### ESTIMATION OF THE BODY WEIGHT OF THE HORSE

Distance between seat bone and  
front joint x (chest circumference x  
chest circumference) /  
11900

Chest circumference is measured at the girth area  
Accuracy to +/- 20 kg  
Horse too fat 5-10% less feed Horse too  
thin 5-10% more feed

### FEEDING BEFORE TRAINING

1 kg of hay up to one hour before training is good, because hay has  
virtually no effect on the horse's blood sugar level!

This is because hay provides the horse with volatile fatty acids as energy!  
After feeding oats, blood sugar rises for approx. 1-1.5 hours and then falls  
until 4 hours after feeding!

This means that the horse has low blood sugar from 1-1.5 hours to 4 hours  
after being fed oats and should therefore not be trained from 1-1.5 hours to 4  
hours after being fed oats!

During this period, training is not particularly effective or safe due to the horse's reduced energy supply through its bloodstream and, as a result, its reduced concentration, muscle performance and reflexes caused by low blood sugar levels!

Just like us humans!

In some horses more than others!

#### PASTURING IN SPRING

##### 1. Week:

1./2nd day: 15 min grazing / pasture  
3rd/4th day: 30 mins grazing / pasture  
5th/6th day: 45 min. grazing / pasture  
7th day: 60 min. grazing / pasture

##### 2. Week:

1./2nd day: 1 hour grazing/pasture in the morning and evening  
Days 3-4: 1.5 hours of grazing/pasture in the morning and evening  
Days 5-7: 2 hours of grazing/pasture in the morning and evening

##### Week 3:

Days 1-3: 2.5 hours of grazing/pasture in the morning and evening  
4th/5th day: 3 hours of grazing/pasture in the morning and evening  
6th/7th day: 3.5 hours grazing/pasture in the morning and evening

Week 4: Extend grazing/pasture time by half an hour every other day!

At the end of the 4th week, the horse can graze in the pasture all day long!

## TRAINING PARAMETERS BODY TEMPERATURE

Temperature at rest: 37.5-38.2 degrees Celsius

The horse's temperature should return to this range 30 minutes after training, otherwise you must assume overexertion or health problems!

Temperature during exercise: 40 degrees Celsius

Temperature during overexertion:

40.5 degrees Celsius Damaging to tissue!

41 degrees Celsius Cell-destroying!!!

If the horse is no longer sweating but its temperature continues to rise, you should call the vet immediately!

## BREATHING

Pulse rate and respiratory rate are linked:

If the pulse rises, breathing also increases! However, if breathing is faster than the pulse, you should call the vet immediately

!!! Resting

respiration: 8-16 breaths per minute

The horse takes one breath with every gallop stride!

The breath is therefore linked/coupled to the gallop stride!

### Pulse

An unusually high pulse rate during training can (!!!) indicate tendon damage or other pain and illness !!! In this case, you should stop training immediately and look for the reason

!!! It is best to consult a vet !!! Psychological reasons should also be taken into account

!!! Young horses, for example, may initially have a pulse rate (approx. 120) that is approx. 30% higher when being ridden (regardless of the rider's weight !!!) than when being led or trotted on

the lunge, but this is more for psychological than physiological reasons, as subsequent adaptation over the course of the following weeks of training.

Resting pulse: 26-40

Walk: over 60

Aerobic training: 120-140

(up to 180 for very well-trained horses) Anaerobic training: 150-180

Maximum heart rate: 220-250

Aerobic-anaerobic threshold: 70-80 per cent of maximum heart rate !!! (At its aerobic-anaerobic threshold, the horse can achieve the greatest possible endurance performance !!!)

30 minutes after the end of training, the horse should have a pulse below 55! Above 70 is a sure sign of previous overexertion in training! The body temperature should also be back to normal 30 minutes after the end of training!

Interval training breaks (incomplete recovery breaks): Take a break until the pulse has fallen to between 55 and 101!

Please note: If the pulse does not quickly fall below 120 during the recovery break of anaerobic interval training after interval exercise, the training must be stopped and the horse needs at least 3 consecutive days of rest.

Repetition breaks (complete recovery breaks): corresponds to a break until the horse's individual resting heart rate of 26-40!

#### Rule of thumb for aerobic and anaerobic training:

When training in the aerobic range, the breaks should be the same length or twice as long as the exercise phases.

When training in the anaerobic zone, the breaks should last at least five times longer than the exercise phases, with fewer intervals than repetitions in the aerobic training zone.

fewer intervals than repetitions in the aerobic training range! Determining the horse's

maximum individual heart rate:

The best way to determine the maximum heart rate is by measuring the maximum gallop speed for 60 seconds during a horse race on a straight, flat track or by having the horse climb a long incline at a walking pace for 60 seconds.

With both methods, you measure the pulse continuously after the first 30 seconds

. The highest pulse measurement is the horse's maximum heart rate!

Please note: The horse must, of course, be thoroughly warmed up beforehand for this one-minute maximum exertion and cooled down afterwards!

The maximum heart rate is innate to the horse and cannot be changed by training!

#### SWIMMING

3 minutes corresponds to approximately 1600 metres of

galloping with a rider or in front of a carriage!

#### FEEDING BEFORE TRAINING

1 kg of hay up to one hour before training is good, because hay has virtually no effect on the horse's blood sugar level!

This is because hay provides the horse with volatile fatty acids as a source of energy!

After feeding oats, blood sugar rises for approx. 1-1.5 hours and then falls until 4 hours after feeding!

The horse therefore has low blood sugar from 1-1.5 hours to 4 hours after feeding oats and should therefore not be trained from 1-1.5 hours to 4 hours after feeding oats!

During this period, training is not particularly effective or safe due to the horse's reduced supply of readily available energy through its bloodstream and, as a result, its reduced concentration, muscle performance and reflexes caused by low blood sugar levels!

Just like us humans!

Some horses more than others!!!



## TRAINING THEORY AND INFORMATION

HORSES SHOULD NOT BE BROKEN IN BEFORE THE AGE OF 3.5 YEARS!!!

This is because only then are the epiphyseal plates of the legs closed and the horse can only grow in height via the vertebral processes.

However, the muscles must adapt to the

The nervous system adapts the fastest, followed by the horse's circulatory system!

## TRAINING PHYSIOLOGY

Properly performed warming up and loosening of the horse not only creates the conditions for good training performance, but also reduces the risk of injury! Anything else is just muscle cramp and struggle!

Training and educational stress on the horse act as physiological/physical stimuli and accordingly cause physiological adaptation processes in the sense of improvement (musculature/balance/storage of newly learned skills) and thus increased performance, provided that the correct training stimuli and stresses have been applied beforehand, of course!

However, this adaptation phase/adaptation processes within the horse, however, result in a short-term decline in performance/a dip in performance (i.e. exhaustion) during the recovery and regeneration phase.

(Just like with us humans and all other mammals, with sore muscles and exhaustion depending on the intensity of the previous training/stress!)

Only the completion of this physiological adaptation process/recovery/regeneration process is complete does the desired increase in performance/improvement (including, depending on the training, muscle building) occur.  
of the horse!

Therefore, it is essential to allow for rest days, time in the paddock and only light training to stimulate the circulation and to loosen the muscles (so-called active regeneration) between training sessions/training stimuli to ensure sufficient rest and regeneration for the horse!

Without sufficient rest/regeneration between training sessions, the horse will become overworked, leading to a permanent decline in performance and chronic damage to the horse!

In other words: the horse will be permanently unusable!

The resulting increase in performance (including, depending on the training, muscle building) after training and sufficient recovery and regeneration times is also called overcompensation, which, however, is only temporary and can therefore only be maintained through regular training with the correct intervals between training sessions, i.e. sufficient recovery/regeneration, or through continuously increasing loads in the training sessions, in accordance with the horse's performance capacity, and, of course, only with the correct intervals between training sessions, i.e. sufficient rest/recovery.

If the horse is in very good condition/fitness/shape, very high training loads and/or repetitions are necessary in order to achieve even a slight increase in the horse's performance or to maintain the already very high level of performance

!

Again, of course, this should only be done in accordance with the horse's performance capacity, with the correct intervals between training sessions, i.e. sufficient rest/recovery!

The scope, intensity and content of the training must therefore be adapted to the physical development, condition and ability/talent of the horse!

Not every horse is capable of the same performance and trainability, especially not in the higher performance classes from L onwards! Genetics/breeding play a decisive role here!

High-performance horses in major sports, e.g. show jumping or eventing, are only lightly trained (active regeneration) during the competition season  
only lightly trained (active regeneration) between competitions, as they use the time between the 3-day tournaments to  
need these performance classes for recovery/regeneration!!!

#### LAWS OF TRAINING STIMULI

##### Principle of training-effective stress

Subthreshold / too weak training stimuli / training intensity are ineffective -> lead to a drop in performance  
Maintenance stimuli are stimulating -&gt; maintain current performance capacity  
Supersensible / adaptive training stimuli / training intensity improve performance -> lead to increased performance  
Overstimulation / excessive training stimuli / training intensity -&gt; lead to overload, injuries and a drop in performance  
TRAINING ADJUSTMENT OF

#### THE HORSE

→ Training session / training stimuli / strain (causes fatigue and a drop in performance)  
-&gt; Recovery phase between riding lessons / training sessions (causes restoration / regeneration of the horse's original performance of the horse and, in addition, but only after previous suprathreshold training stimuli, the so-called  
Supercompensation, a process whereby the horse's performance capacity is increased beyond what it was before the last training session, also known as adaptation or performance enhancement!  
-&gt; next training session  
(follows directly after regeneration or supercompensation, i.e. after an increase in performance has been achieved!)

This results in the principle of progressive loading through repeated training sessions with suprathreshold stimuli

-> Training session / suprathreshold training stimulus / load  
-> Recovery phase up to and including supercompensation  
-> Training session / suprathreshold training stimulus / load, etc.

which results in a continuous increase in the horse's performance,  
provided that the training stimuli / loads are also  
continuously increased, up to the horse's genetically determined performance  
capacity !!! The closer one gets  
However, the closer the horse's performance is to its genetically determined  
capacity, the less its performance will improve with each training session,  
and the more intensive the training sessions will have to be  
and the longer the recovery phases in between!

Once the horse has reached its genetic performance level, it can only be  
maintained during the competition and tournament season  
at its performance level, but it can no longer be increased or improved!

However, the principle of progressive loading is applied for health reasons  
(delayed adaptation of  
muscles, tendons, ligaments, bones!!!) and psychological/motivational reasons  
(easier training sessions  
maintain motivation, relax the psyche and repeatedly boost self-  
confidence in one's own performance!!!),  
not continuously  
but gradually over weeks/months/years with intermittent performance maintenance  
training sessions.  
To stabilise the new performance level after  
performance improvement.

Progressive load → Maintenance/stabilisation → Progressive load →  
Maintenance/stabilisation → Progressive load, etc.

THE PROGRESSIVE LOADING THEREFORE INCREASES  
CYCLICALLY / IN JERKS!!!

Otherwise, the principle of progressive load would be harmful to the horse's health and  
a permanently increased  
level of performance would not be achievable! THE EARLIEST INCREASE TAKES  
PLACE 14 DAYS AFTER ADJUSTMENT TO THE LAST INTENSITY!

## Principle of the best ratio of training units to recovery phases

If the recovery phase is too short, this leads to overload, injuries and a drop in performance in the horse. If the recovery phase is too long, the horse will initially fall back to its previous performance level after supercompensation, and if the recovery phase continues, there will also be a drop in performance, just as we humans experience when we don't exercise regularly enough!

However, recovery phases should not only be passive but also active. This means that after a training session with progressive exertion, for example, the next day should not be a rest day but a light training session, e.g. light lunging or walking, swimming or a leisurely hour's ride at a walk in the countryside, with a rest day only on the day after that (or, depending on the previous exertion and regeneration of the horse, none at all), then another light training session and only on the following day the next training session to maintain performance!

YOU CANNOT KEEP A COMPETITION HORSE AT 100% OF ITS COMPETITION  
PERFORMANCE LEVEL ALL YEAR ROUND BECAUSE IT WOULD  
OTHERWISE BE OVERWORKED, SUFFER A DROP IN PERFORMANCE  
AND DEVELOP CHRONIC HEALTH PROBLEMS  
!!!

THAT IS WHY THE PRINCIPLE OF THE  
ANNUAL TRAINING CYCLE EXISTS FOR SPORT HORSES

Preparation phase: Basic training /  
general training (spring)  
followed by advanced training / specialised training

Competition phase: Performance  
training (summer season)

Transition phase:  
Training break or maintenance of basic fitness through light  
exercise training (winter)

## MUSCLE BUILDING TRAINING

If you ride horses for longer than their muscles can cope with, the ligaments, tendons and joints will be damaged because they then have to bear the main load on their own, as the muscles can no longer participate in the supporting function!

Muscle-building training consists of 50% of maximum strength and many repetitions. Therefore, relatively long but slow gallop training sessions on flat terrain or on a training gallop track are very good for muscle building (back, abdomen, legs) of young horses!

It also strengthens tendons and ligaments!

For example, the cavalry initially trained their young horses after lunging and breaking in by means of relatively long but slow gallop training sessions on flat, straight, level terrain (not on asphalt or gravel!!) before continuing with further training.

begin in the first place, so that the horses are well-muscled, in good condition and

and thus easier to train and less prone to overload and injury!

### Acclimatisation to heat for summer tournaments

Expose the horse to the heat for four hours on hot days, naturally with sufficient water to drink and shade (shelter/trees) in the paddock!

In the second hour, ride according to the temperatures and then put the horse back in the paddock!

Repeat this at least 5 days a week for three weeks

!!!

This will help the horse get used to drinking more, which will improve its water balance!

A rain- and moisture-protected salt lick, to balance the horse's electrolytes, should always be available for the horse in the paddock, as well as a mineral lick!

## TRAINING SEQUENCE

### Principle of load sequence and correct combination

Each riding discipline has its own specific or general exercises and training units to develop the necessary coordination, technique, speed, strength, explosive power and endurance of the horse to meet its requirements!  
However, the sequence is always the same in training!

### WARM-UP PHASE

(e.g. 10 minutes at a walk, 5 minutes at a light trot,  
a few minutes at a relaxed canter)

### WORKING PHASE

Coordination and technique training of movement patterns  
(e.g. lessons, cavalettis)

Speed training  
(e.g. 150 m brisk canter straight on the level, 3 intervals)

Strength training  
(e.g. 20 metres of terrain climbing in 5-step intervals)

Speed strength training  
(e.g. 20 metres of cross-country climbing at a trot or gallop in 3 intervals)

Endurance training  
(e.g. 5 minutes of galloping at 70 per cent of maximum heart rate, 2x  
with rest period)

### COOL-DOWN PHASE

(e.g. 20 minutes walking on a loose rein with short trotting intervals in  
between to further relax the muscles and remove metabolic waste products)

## MENTAL ATTITUDE II and MOTIVATION

You should only demand maximum performance from your horse in competition or at tournaments!

However, this should not be done at all during the first two years of competition or tournaments!

In addition, it is always necessary to participate in smaller, easier tournaments, so-called training tournaments, e.g. during seasonal preparation, so that the horse retains its enjoyment and motivation and is not subjected to competitions with associated with the maximum performance demands that are almost impossible to meet, and ultimately becomes angry and refuses to perform due to the excessive psychological pressure to perform, becomes angry and refuses to compete!

Some horses may even become unsuitable for competition for the rest of their lives, no matter how long they are given to recover and psychological regeneration after they have become angry and then try to ride in easier competitions afterwards!

In racehorses, this phenomenon is called "hitting the wall" when a racehorse can no longer perform at its previous peak performance, even though it would still be capable of doing so, because it is under too much psychological pressure to perform or Reluctance to perform at the highest level, which is demanded without exception in every race, and the associated sensations!



## TOURNAMENT ACCLIMATISATION

To accustom young horses to tournaments,  
by first taking the young horse on 2 or 3 hunts, riding in the 2nd or 3rd  
field, of course,  
so that the horse can get used to the movement, which is very good for  
reducing nervousness and tension, and during the breaks in the hunt  
(drinks), over the 2-3 hours of the hunt, to get used to being together.  
can get used to lots of unfamiliar horses, people, dogs and a constantly  
changing environment so that later on at the competition, they only have  
to get used to the competition venue, loudspeakers, stands and  
clapping at the competition!

VERSATILITY HORSE SUITABILITY TEST according to KIKKULI  
(This test is also available in adapted versions for endurance and race  
horses as well as trotters; see the book by Dr. A. Nyland  
"The Kikkuli Method of Horse Training")

THIS TEST IS CARRIED OUT WITH HORSES THAT HAVE  
JUST BEEN BROKEN IN OR ARE UNTRAINED, WITH A RIDER, in  
order to  
find out which horses are robust and capable enough to compete in eventing  
later on. The method goes  
back to the famous horse master Kikkuli, who lived and worked around 3300  
years ago and whose training methods for cavalry and chariot horses prevented  
the Hittites from defeating the then  
powerful Egyptian Empire and enabled the Hittites to become a great power  
thanks to their highly trained horses, because an  
army whose horses could no longer perform in battle fared like a more  
modern army which, unlike its opponent,  
ran out of fuel!!! Kikkuli's training methods were rediscovered on clay tablets in  
cuneiform script during archaeological excavations in the 19th century.  
cuneiform script during archaeological excavations in the 19th  
century!

## TEST CONDITIONS

THE HORSE IS RIDDEN WITHOUT SPURS OR A WHIP AND MUST "RUN AT ITS OWN PACE"!!! THE HORSE "MUST NEVER BE DRIVEN TO RUN FASTER"!!! THE HORSE MAY SLOW DOWN AS MUCH AS IT WANTS IN ORDER TO RUN AT ITS OWN PACE!!!

NEVER BE URGED TO RUN FASTER"!!! THE HORSE MAY SLOW DOWN AS MUCH AS IT WANTS IN ORDER TO

MAINTAIN THE RESPECTIVE GAIT!!! THIS TEST IS VERY SUITABLE FOR UNBROKEN HORSES!!! THIS TEST MUST NOT BE PERFORMED ON ASPHALT OR GRAVEL OR DEEP MUD; SANDY SOIL

OR ON UNEVEN, HOLED, ROOT-COVERED OR STONY GROUND!!! ONLY FLAT, LEVEL FIELDS, FOREST PATHS AND MEADOWS, AS WELL AS GALLOPING AND TRAINING TRACKS ARE PERMITTED FOR THE TEST!!! OF COURSE, THE RIDER'S WEIGHT SHOULD NOT EXCEED 55-65 KG FOR THE TEST (EVEN LESS FOR SMALL HORSES)!!!

THE RIDER SHOULD BE ABLE TO SIT BALANCED, RELAXED AND FLEXIBLE IN THE SADDLE AND FOLLOW THE HORSE ELASTICALLY FOLLOW THE HORSE, PREFERABLY IN A LIGHT TROT, REMONTE OR LIGHT SEAT, SO AS NOT TO FALL INTO THE HORSE'S

THE HORSE SHOULD BE RIDDEN WITH A LOOSE/RELAXED REIN, NOT IN CONTACT! THE TEST SHOULD NOT BE CONDUCTED IN

PERFORMED IN EXTREME HEAT OR COLD (SUMMER/WINTER)!!!

THE TEST MUST BE STOPPED IMMEDIATELY  
IF THE HORSE:

- 1) REFUSES TO WORK OR CONTINUE WORKING!!!
- 2) THE HORSE IS LAME OR BEGINS TO LAME!!!
- 3) THE HORSE FALLS INTO A WALK OR  
FROM A CANTER INTO A TROT!!!
- 4) IF THE HORSE BECOMES CROSS-TIE!!!
- 5) THE HORSE STILL HAS A  
HAS A PULSE HIGHER THAN 55!!!

IN THESE FIVE CASES, THE HORSE HAS FAILED AND SHOULD NOT BE TRAINED, EXERCISED OR USED AS A VERSATILE HORSE, NOT ONLY FOR HUMANE, ETHICAL AND MORAL REASONS, BUT ALSO FOR ECONOMIC REASONS. TRAINED, EXERCISED AND USED AS A VERSATILE HORSE!!!

HOOF PAIN (in this case, the test should initially be continued on softer ground!) OR SLIGHTLY SWOLLEN TENDONS CAN BE TOLERATED AND THE TEST CONTINUED AS LONG AS THE HORSE IS NOT LAME OR REFUSES TO WORK. THE SLIGHT

TENDON SWELLING SHOULD SUBSIDE BY THE FOURTH DAY, OTHERWISE THE HORSE HAS ALSO FAILED AND SHOULD NOT BE TRAINED OR USED FOR EVENTING!!!

IF THE HORSE IS OUT OF RHYTHM BECAUSE IT IS KICKING AGAINST ITS FRONT HOOVES, YOU MUST RIDE SLOWER THAT IS, THE HORSE'S SPEED MUST BE REDUCED!!!!

MAUKE IS NOT A CRITERION FOR EXCLUSION BUT SHOULD BE TREATED IMMEDIATELY AND CARE SHOULD BE TAKEN TO KEEP THE HOOF HOWEVER, IT SHOULD BE TREATED IMMEDIATELY AND CARE TAKEN TO KEEP THE HOCK JOINTS DRY AND CLEAN!!!

TEST PERFORMANCE (DURATION 4 DAYS)

1. Day

Morning: 18 km trot, then 420 m slow canter, then an  
incomplete recovery break (heart rate 56-100)  
then 600m slow gallop

At midday: 6 km trot, then 420 m slow gallop In the

evening: 6 km trot, then 420 m slow gallop

2. Day

Morning: 3 km trot, then 420 m slow canter, then  
incomplete recovery break (heart rate 56-100)  
then 600 m slow canter at noon: 6

km trot

3. Day

Morning: 12 km trot

Midday: 6 km trot

4. Day

Morning: 12 km trot, then 4.8 km slow canter, then  
incomplete recovery break (heart rate 56-100)  
then 7.2 km slow canter

Afternoon: walk the horse and if it seems stiff, then

20 minutes of walking with slow trot repetitions THEN 16  
DAYS OF REST IN THE Paddock OR IN THE BOX WITH DAILY HOURS OF  
Paddock TIME!!! POSSIBLY  
ON THE FIRST TWO DAYS OF THE BREAK, LET THE HORSE SWIM A LITTLE FOR RECOVERY  
(DAY 1 1 minute 5 repetitions / DAY 2 1 minute) !!! "THE DAYS OF REST  
MUST BE OBSERVED AFTER THE TEST TO KEEP THE HORSE HEALTHY !!!!"

## Distance riding

Distance horses: Height 142-155 cm

Cannon bone circumference: 20 cm for 500 kg body weight  
(directly below the carpal joint) 19 cm for 450 kg body weight

Saddle: When the front leg is stretched, there should still be approx. 8-14 cm of space between the tip of the shoulder blade and the saddle tree! If the saddle tree is too narrow (spinal canal too narrow), it will fall into the horse's back when the horse bends (i.e. into the muscle gap and/or onto the spinous processes)!!! If the saddle tree is too wide (spinal canal too low), it will constantly press on the horse's spinous processes and, of course, the withers!!!  
There must be 2-3 fingers' width of space between the saddle chamber and the withers, no more and no less! There should be a hand's width of space behind the rider's bum and the end of the seat/croup!

2-4 One week's break between 80 km competition rides  
6-8 weeks between 160 km rides

Croup cover for cold and wet days when it rains and don't forget to cut!

Hooves: realignment of the tubules by means of correct shoeing takes 6-8 months.

Correct hoof shape: when the distance between the ground and the ball horizon and the ball and coronet horizon is the same size!!! The horizons are mentally extended on the ground under the hoof, with one passing through the upper rear ball edge and the other through the front hoof coronet edge, viewed from the side!!!

At the tip, the hooves should be straightened slightly for rolling; in the case of shoeing, the horseshoe should be raised slightly at the front above this straightening !!!  
Horse hooves must be re-shod/trimmed every 6-8 weeks!

Steel horseshoes increase shock absorption when stepping by 400% compared to a bare hoof!

Plastic shoes are very slippery on wet ground such as mud, wet or snow-covered grass!

If possible, leave the hooves unshod, because the hoof mechanism acts as a blood pump, from the hoof to the carpal and hock joints, because that is where the muscles are located!

Biotin is good for hoof growth!

Feed: Fat requires vitamin E 400-1000 IU/day for absorption. Feeding formula: Hay > 50%  
Protein approx. 10%  
Cereals < 50% Fat  
up to 10%

Hay: at least 1-2% of the horse's body weight!

Hay is a reservoir of water and electrolytes and does not require insulin because it consists almost entirely of digestible volatile fatty acids as an energy source.

It also supports healthy intestinal flora!

That's why horses starve without hay despite full oat troughs!!! Getting used to new hay:

initially feed a 50/50 mix with the old hay for 7-14 days!

Correct feeding condition of the horse:

You should barely be able to feel the last two ribs!

Fat (vegetable oil): has 2.25 times more energy than the same amount of oats!

1 cup of oil = 240g = 750g oats!!!

Max. 2 cups for a 500 kg horse, no more! Caution: too much oil hinders mineral absorption!

Do not forget vitamin E supplementation 1-2g/day!

Acclimatisation: 1/3 cup 1-0-1 over 14 days

to one cup of 1-0-1, i.e. increase to 2 cups!

Water requirement: 20-28 litres at rest

60-80 litres during competition

Minerals: salt block and possibly selenium supplementation

Oats: never feed more than 2.5 kg at a time, otherwise laminitis and colic may occur!

### Physiological adjustments:

Cardiovascular system 3-6 months

Muscles: 3-6 months

Tendons, ligaments, joint capsules, hooves 6-12 months

Bones: 1-2 years, therefore you should only start after at least year of continuous training and practice!

### Training Start

with a few weeks of walking in the countryside!

Then long distances at a slow pace in the aerobic range HR 120-150 1h or 8-14 km every other day at a trot! (moderate: HR < 150, flat, trot, 8-14 km/h)

Only when the horse can handle this easily can the intensity be increased! But then only train at a higher intensity 2-3 times per week and, after adjustment, only 1-2 times per week for maintenance!

Always increase either the distance or the speed, never both at the same time! Always allow a week of adjustment in between and never increase by more than 20%!

### Training sessions:

Dressage, inclines, hilly terrain,

Sand cave: 50% more strenuous than on other surfaces!

Without a rider in the saddle, only 20% more strenuous!

### Aerobic training:

HR < 150-160, breaks 1-2 times longer than the exertion!

### Speed peaks (Fattleks/intermediate):

occasionally gallop towards the anaerobic threshold HR 150-160! Also good 2-4 weeks before the event, instead of exhausting interval training!

Interval training:

At the earliest after 5-6 months of moderate training, but preferably after the first season!

2-3 minutes above the anaerobic threshold HR > 160

with breaks 5-6 times longer than the exercise interval!

Train for a maximum of 4 minutes anaerobically at > 160, that's all

you can manage! Tip:

train with more weight than in competition

#### First season

After weeks of step training on the terrain,  
then most of the time HR 100-140 for 1 hour or 8-14 km at a trot,  
every other day

No more than 48 kilometres per week! In the first season!

If 48 km is too easy, then do more trotting or light cantering for  
1-5 minutes!

When increasing your speed, you should first reduce the distance!

HR < 60 after a 10-minute break Increase requirements, but  
always slowly!

HR 60-70 after a 10-minute break, maintain training intensity! HR > 79  
after a 10-minute break, reduce training intensity!

Advanced first season:

12-13 km/h speed on flat ground, 3-4 times per week!



Then switch to a 2-week cycle

consisting of 5 training sessions in 2 weeks:

4 Training sessions:

1 hour each 16 km HR 100-150  
with a few gallop sprints up to a heart rate of 170!

5th training session:

Longer and slower, starting with 16 km at< ,  
increasing to 28 km over several months!

#### Winter

8-16 km 2-3 times a week to maintain basic fitness! At the  
start of the new season, it takes 6-8 weeks to get back to the  
previous year's level!

#### Second season

Continue with a 2-week cycle, i.e. again with 4 identical shorter training  
sessions and a 5th longer and slower session!

4 short training sessions:

slightly faster and longer than the first season 16  
km at 16-19 km/h HR 120-150  
with interspersed short sprints, long  
climbs/slopes HR 170-180  
to improve anaerobic capacity!

Fifth training session:

The long training session starts at 23-32 km and is slowly increased to 48  
km over the next few months! On more or less flat terrain, you can walk at  
a pace of 13 km/h!  
To train many muscles, the gait should be changed according to the  
terrain!

### Third season

Another 2-week cycle:

144-160 km / 2 weeks

However, only 96 km / 2 weeks on difficult terrain

4 short sessions:

16-30 km in length

5th session:

48-57 km in length

### Competition

Rest rule: 1 rest day per 16 km, i.e. 160 km= 16 rest days

Then, for the first half of the training period between competitions, reduce the training volume/intensity by 20% and, 14 days before the competition, reduce the training distance of the 2-week cycle, but incorporate short sprints (fartleks) to maintain your fitness  
!

Horses that do not move over their backs have a shorter stride length and their backs suffer serious damage in the long term!

### Heart rate measurements

Resting heart rate:

24-48 average 32-42

Aerobic exercise:

HR < 150

Anaerobic threshold

HR 150-160

Anaerobic exercise

HR > 160

A higher heart rate with the same level of exertion indicates incipient exhaustion or pain, e.g. tendon pain! You should therefore look for the cause, reduce your speed or, in the case of tendon pain, stop!

Expected lameness can be indicated by an increased heart rate 19 days before the lameness becomes visible if training or competition is not interrupted!

Always adjust your speed to the terrain, not to the heart rate monitor, e.g. to maintain your heart rate at all costs! Never use the heart rate monitor as a speedometer!

After an aerobic training session:

After a 5-10 minute break, your heart rate should be between 60 and 64!

If it is above 64 after 15 minutes, this means that the speed was too high and needs to be reduced, and more breaks should be taken along the route!  
An HR of 52 after a 10-minute break means that you can slightly increase the intensity / speed can be increased slightly!

#### Building up basic fitness

The rider's weight, including saddle and tack, should be < 20% of the horse's weight!

Slow training HR 135-140 with long distances!

When reducing the pace, the heart rate should fall below 100-110.  
e.g. when riding downhill, the heart rate should be below 100-110 after approx. 1 minute, even if you are already riding on flat ground again!

Intermediate sprints up to the anaerobic threshold HR 160-175

Interval training at a heart rate of 180-200 should only be performed after the first season!

V160: corresponds to the speed at the anaerobic threshold with HR 160!

SET= Standard Exercise Test (can be repeated every 2-4 weeks): V160 with constant distance,  
the better trained the horse, the faster it is over the same distance!

Reasons for delayed HR recovery:

Exhaustion, dehydration, musculoskeletal pain, incipient colic, laminitis or illnesses such as bronchitis or pneumonia!

>A heart rate of 100-110 during exercise is likely to be due to pain! Slow recovery, a higher HR of 10-20 heartbeats for a normal workload or an undulating HR indicate one of the above-mentioned problems!

Caution:

However, pain tolerance and adrenaline can mask many things, which is why it is better to rely on your intuition and feelings!

Caution:

The heart rate monitor can be delayed by up to one minute, so you should be familiar with your device and accustomed to its measurement behaviour. For example, your heart rate may remain at 150 or even increase after climbing a mountain or hill, but should be 100-110 after one minute at the latest!

Caution:

The electrodes should not chafe or cause pressure marks! Velcro is suitable for attaching the belt electrode!

### Overtraining

Like a constant state of fear and flight with constant adrenaline and cortisone release!

Performance is getting worse and worse, and the horse has no appetite! The coat is dull and lacklustre, the horse is listless and slightly depressed!

The heart rate is elevated at rest, during training and during breaks! The horse has diarrhoea and is losing weight because blood flow to the kidneys and digestive tract is reduced; in the worst case, this can lead to colic!

Overtraining can also exhaust the autonomic nervous system (also recognisable by a weak or absent anal reflex), in which case the horse has a low pulse and a well-supplied digestive tract, but the blood volume can no longer be adequately redistributed and the heart rate can no longer adapt to increased stress! This is why the horse's performance is poor and, with further exertion, the horse may develop exhaustion syndrome or even circulatory shock!

After 160 km of competition/training, a horse needs three days alone to replenish its glycogen stores!

Overtrained horses cannot recover between competitions!

Avoiding overtraining:

Vary your training sessions and keep your weekly mileage below 144-160 km!

A steady speed of 8-11 km/h (depending on talent, also 19 km/h) Once the horse has good basic condition and fitness, there is no point in overdoing it with speed! You don't have to gallop all the time a steady trot of 7.5-11 km/h is enough!

Cave Transport:

Increased susceptibility to respiratory infections, especially after a long journey!

1-2 A week's break after a long journey is good for the immune system to recover and for acclimatisation!

### Mountain training

A steep climb at walking pace has the same cardiovascular effect as the same distance on flat ground x 3 at a gallop!

On rocky, stony ground, the horse should be slowly accustomed to it, otherwise it will develop hoof sole haematomas!

Applying 7% iodine solution to the hoof soles several times a week or copper sulphate will harden the sole! (Bleach, formaldehyde and turpentine soften the sole!  
Therefore, always pay attention to what is in the hoof care products!)

Caution: always adjust your speed to the terrain, not to the heart rate monitor!

### Altitude

Slow pace, stay in the aerobic zone!

Take more breaks for the horse to eat and drink!  
Fluids, fluids, fluids, fluids, fluids, fluids! From 2000 metres altitude, 3-4 weeks of acclimatisation

At altitudes above 3000 metres, there is 10% less oxygen

The low increased AF (breathing frequency) and the warming and humidification of the breathing air contribute to the loss of energy and fluid  
and thus to dehydration!

As the horse exhales a lot of CO<sub>2</sub> due to its low, high-frequency breathing, it excretes bicarbonate in its urine to compensate, meaning it urinates more and loses even more fluid!

In addition, the horse's capillary system dilates due to the reduced oxygen pressure/oxygen supply, so that it actually needs more rather than less fluid!

For about a week, the heart rate is elevated above the resting heart rate!

The horse has stored 1/3 of its blood volume in the spleen, approx. 11.4 litres, which is spontaneously released into the bloodstream during flight or other exertion!

However, this blood is only sufficient for a short mountain crossing and not for long-term acclimatisation to high altitudes!

#### Sand

Working on sandy ground means 50% more strain (tendons, ligaments, muscles and circulation) with a rider and 20% more strain without a rider! Even more when riding on sand dunes!

No ground can imitate sand! Strength training in

preparation:

Climbing hills at a gallop, sprints from a standing start, whereby the start is more important than the distance! Mountain and hill training prepare you for the sand dunes!

The horse's flexor tendons are most at risk during sand training! Sand dries out the hooves!

#### Sand ground adaptation training

The physiological adaptation process takes 3-6 months with 2-3 training sessions per week!

The interval breaks are 3 times longer than the interval time, i.e. 30-45 minutes!

With 3 intervals of 10-15 minutes per training session, this amounts to approx. 3 hours of training time!

Later on, you can also train by riding from wet, firm sand to dry sand and then back to wet, moist sand for the interval break!

First, start on wet, firmer sand at a walk, then trot and then canter, and later in deep sand!

## Practical training to adapt to sandy ground

Only in wet, firmer sand:

10-15 minutes of walking intervals in the first week

Each week, add a 10-15 minute walking interval up to 3 intervals of 10-15 minutes = 45 minutes! So, first week: one interval of 10-15 minutes walking

Second week: 2 walking intervals Third

week: 3 walking intervals!

Only when the horse can handle these three intervals at a walk well do you start again from the beginning, but this time at a trot!

So, in the first week, one 10-15 minute trotting interval In the second week, two trotting intervals

Third week: 3 intervals at a trot!

Once the horse can handle the three intervals at a trot well, start again from the beginning at a canter,

i.e. first week: one interval of 10-15 minutes at a canter

second week: 2 intervals at a canter

Third week: 3 gallop intervals!

Only when the horse can handle the three gallop intervals well in wet, firm sand should you move on to the next stage of familiarisation!

Then do the same thing again in deep, dry sand, starting again with a 10-15 minute interval at a walk:

So, 10-15 minutes of walking intervals in deep sand during the first week!

Each week, add a 10-15 minute walk interval

until you reach 3 intervals of 10-15 minutes each= 45 minutes!

So, first week: one interval of 10-15 minutes Step Second

week: two intervals Step

Third week: 3 intervals at a walk!

Only when the horse can handle these three intervals at a walk well should you start again from the beginning, but this time at a trot!



So, in the first week, one interval of 10-15 minutes at a trot in deep sand;  
in the second week, two intervals at a trot  
Third week: 3 intervals at a trot!

Once the horse can handle the three intervals at a trot well, start again  
from the beginning at a canter!

So, in the first week, one interval of 10-15 minutes at a canter in deep sand  
Second week: 2 intervals at a canter  
third week 3 intervals of canter!

#### Heat and humidity

There are horses that, due to their constitution, can never work in hot and  
humid climates or participate in competitions!

70% of the energy consumed by the muscles is converted into heat!

An endurance horse can lose 11-15 litres of fluid per hour in hot and  
humid climates! (32 km 15 litres / 80 km 38-46 litres) Therefore, in such  
a climate, the horse needs at least 4 litres of water per hour of  
exercise/training!

The redistribution of blood to the skin for cooling purposes is  
reduced if the horse has to continue working despite  
dehydration,  
as the muscles then take priority in blood redistribution! This is  
because blood flow is only 15% for the muscles at rest but 85% during  
exercise!  
!!! Sweat glands can also become exhausted !!! Head

Index (HI):

Temperature in Fahrenheit (F) plus humidity in %

HI >180 impossible to train or compete HI= 160-170 the horse needs help  
cooling down and

speed must be reduced

HI> 150, especially when the humidity is 75%, it is difficult  
for the horse to sweat!

HI= 130-150 The horse needs assistance with cooling. HI <130  
The horse can cool itself.

Acclimatisation to a hot and humid climate takes 2-3 weeks! To do this, you should train once a week at the hottest and most humid time of day (e.g. 41°C / 30% humidity).

To get used to the humidity, train once a week in the morning when it is only 30-35°C but the humidity is 90%!

However, interval training should only take place at the coolest and driest time of day!

The horse must be accustomed to drinking during the competition to drink at every opportunity along the route, especially during the first 32 kilometres of a 160-kilometre endurance ride!

This is because a horse already has reduced/impaired performance at a fluid loss/dehydration of 2-3% (approx. 11-15 litres)!

You must try to reduce heat build-up and help the horse to optimise the cooling process!

Normal rectal temperature < 40 degrees

Sweat cools up to 60% of the horse's total heat! Breathing cools up to 33% of the heat through increased AF, but normally only 15-20%!

Always seek shade during breaks! Always seek windy places during breaks!

You may also wish to cool the area with a fan or wave a towel. and bring your own shelter tent with watering hoses in the ceiling!

Keep saddlecloth and bridle areas to a minimum! Use moisture-absorbing saddle pads and padding! CAUTION: saddle pressure during long rides!

The neck and back have many sweat glands! So cool these areas thoroughly!

Clipping the horse! Preferably on the neck, chest, belly and legs, as these are the areas of the body with the largest superficial blood vessels nearby!

The summer coat can only store up to 3 cups of fluid!

Keep wetting the horse during breaks to cool it down and keep removing the old, warm water with the sweat strap, otherwise heat will build up due to the warm layer of water in the coat and on the skin!!!!

Continuously pour water over the horse's head and neck, because according to research and studies from 2006, this cools the horse by up to 80% of its body heat due to the large vessels close to the surface and favourable surface conditions in these areas.

The water used to cool a horse must not be too cold, otherwise the skin vessels will close and the heat will be trapped in the horse's body!

If the water is too warm, it should be cooled by adding plastic water bottles filled with ice water to the bucket of water!

#### Signs of overheating and dehydration

Posture, eyes, appetite, drinking behaviour and breathing say a lot about a horse's condition!  
(e.g. panting and being out of breath is okay for a short time immediately after exercise!

Expressionless eyes, eyelids half closed,  
Corners of the mouth wrinkled, anxious facial expression and ears half laid back are signs of dehydration-related exhaustion!

If the horse is no longer sweating (body temperature too high to cool itself sufficiently or sweat glands are exhausted!) and is therefore overheated and dehydrated!

Sufficient self-cooling:

Rectal temperature < = 39-40 C otherwise > 40 C

As soon as the recovery time, e.g. the heart rate, slows down more than usual, the competition must be continued at a reduced pace!

On the course

Every 16 km or every hour, the horse should drink and be given electrolytes! Ideally, this should also be done 3 km before the vet check.

The horse needs 20 minutes to absorb fluids through its digestive tract during a break!

Through sweat, the horse loses calcium, potassium, magnesium and sodium chloride!

In the event of a self-limiting muscle cramp, you should first try to ride out the cramp!

In the event of a muscle cramp, you should double the electrolyte dose and feed alfalfa hay (very rich in calcium) at the next vet check. However, feed less than one bale if the horse is not used to alfalfa hay!

After the vet check, ride more slowly so that the horse can digest! If necessary, allow the horse to drink and eat along the route!

Approximately 2 km before the vet check, you should reduce your speed and, if permitted, dismount and unsaddle or at least loosen the saddle girth shortly before the vet check!

After unsaddling, pour water over the horse's neck and then take it for a vet check! Then wet the horse's head, neck, chest and legs thoroughly to cool it down, as these areas have large blood vessels and the excellent heat dissipation this provides for cooling!

According to the latest studies in 2006, 80% of a horse's cooling takes place through evaporation from the head and neck.

Caution: rapid cooling of the back and torso can cause cramps!

Therefore, cool the back slowly but continue to wet the neck and chest!  
Remove the warm water from the horse and continue to pour water until the horse's chest no longer feels warm!

Cooling tip:

1 1 part alcohol / 4 parts water or ½ pint / 4 litres of water

Caution: Do not accidentally allow the horse to drink the alcohol solution or allow it to come into contact with open skin, otherwise its heart rate will increase. As soon as the horse feels cool, you should stop cooling it.

A shelter tent with water hoses would be good for cooling during breaks!

Under no circumstances should ice boots etc. be used to cool the tendons during breaks, competitions or training  
as this will make them less elastic and prone to injury! Always

bring the horse into the shade during breaks!

Warm up the horse at a walk 10-15 minutes before the competition!

After the competition

It is normal for the temperature to rise slightly for 5-10 minutes after exercise, but it should fall no later than 20-30 minutes after the end of exercise!

After the competition, the horse should be walked at a slow pace to promote muscle pumping and regeneration.

Do not allow the horse to drink cold water, as this will divert blood from the muscles and skin vessels to the digestive tract.  
cold water can cause stomach cramps and colic, as well as changes in the intestinal flora and diarrhoea!

Always let the horse drink sufficiently before feeding and ensure that the rectal temperature is < 40 °C before feeding! Only ever give moist feed, e.g. oatmeal, wet hay! Wet hay serves as a water reservoir in the large intestine!

In humid heat, blood flow to the digestive tract is reduced by up to 25-40%, which leads to fermentation and intestinal tension and pain!

Electrolyte drink composition:

2 Parts salt / 1 part calcium carbonate / 1 part magnesium oxide  
Caution: never use bicarbonate or baking soda!

Electrolyte administration schedule:

The evening before the competition, 2 hours before the start and during the competition every 16 km and during breaks!  
Electrolytes are administered into the horse's mouth using a plastic syringe, without a needle, of course! However, the horse must be accustomed to this before the competition!

Too many electrolytes can lead to soft faeces!

But also nervousness and reduced blood flow to the digestive tract and the associated change in microflora!

Wetting the horse repeatedly with water to cool it down can save the horse from losing 50% of its body fluids through sweat!

Beware of saddle pressure: remove the saddle as often as possible!

Clean bandages and gaiters as often as possible and, if possible, remove them completely in sandy terrain!

Apply Vaseline to the girth area and any open wounds!

The rider must keep themselves fit, well-rested, well-hydrated and well-nourished, otherwise they will not be able to think and act quickly and clearly, which can lead to poor decisions, overlooking warning signs regarding the health and fitness of their horse, and failing to provide it with continuous adequate care and riding support!

The heart rate is directly proportional to oxygen supply and oxygen demand!

#### Cardiac Recovery Index

Stop and wait until your heart rate is 60-64, then set the timer to 60 seconds and start trotting on a flat stretch of 80 metres! Then stop again and wait until the minute is up and read your heart rate again!

CRI evaluation:

CRI= 4 beats increased=> Reduce speed as it is too strenuous/high

CRI= 8 beats increased=> horse is not recovering, so stop!!! CRI = 4 beats less than before => ideal horse in top condition

The CRI is also an indicator of problems long before they would occur if you did not stop but continued riding!

A questionable CRI should therefore be repeated after 10-15 minutes, during which time you should take a break!

If the CRI is still elevated, the cause should be investigated to determine whether the horse is in pain (muscle cramps, incipient lameness/tendons, hooves, bones, saddle) or has metabolic problems (premature exhaustion, electrolyte imbalance, dehydration, overtraining, infection, etc.)!

## Breathing

Strongly muscled horse breeds tend to have a higher respiratory rate because they have more muscle mass (more energy requirements / more O<sub>2</sub> requirements / more lactate formation / more heat generation) with a longer average (longer path for heat to reach the surface) and therefore have to dissipate more muscle heat and metabolise/exhale more lactate!  
In addition, the muscle-surface ratio is unfavourable! (round muscle with a relatively small surface area)

If the rectal temperature is < 40 °C, there is no need to worry about a high AF at rest!

A low AF means that the horse has a high oxygen debt (lactate level) and is breathing it out/trying to compensate for it pulmonarily!

When the O<sub>2</sub> debt is high, the horse adopts a stretched posture, which makes it easier for it to breathe! (Legs stretched out in front and behind with a long, deep, stretched neck and head!  
This posture is also adopted when the horse is extremely exhausted!

Assessment of the horse's hydration/water balance During normal

aerobic exercise:

HR up to 140: normal hydration

HR 160 moderate dehydration/insufficient fluid in the body HR 190

severe dehydration

Dehydration:

dry gums and prolonged capillary refill time (> , 3 seconds)

Gums appear injected, bright red or bluish at the edge of the palate, indicating that the horse has serious dehydration-related difficulties!

Tucked-up flanks are often a sign of dehydration!



A 10-20% loss of fluid is already life-threatening for a horse!!!

From a fluid loss of 5%, the skin folds on the chest and upper eyelids remain in place when pinched! (Other reasons for skin folds remaining in place: little subcutaneous fatty tissue, older horse skin is thinner and therefore less elastic, and wet coat, especially when it feels cold)

Even a moderate fluid loss of 2-3% already impairs/restricts the horse's performance!

Jugular refill time:

normally 2-3 seconds after pressing the jugular vein with your finger/thumb close to the base of the neck!

Moist gums usually indicate good hydration! With normal hydration, the gums are pink and the refill time is 2 seconds! Ileus/colic is also a direct result of dehydration or electrolyte imbalance!

In the case of ileus, dehydration escalates because the horse can no longer absorb fluids! The only thing that helps then is infusions! Therefore, reduced bowel sounds are always a cause for concern and caution, and you should consult your vet! The stethoscope should be placed flat on the horse's flank or the so-called "hunger pit" for this purpose.

Anal tone:

A fingertip in the anal area triggers the anal reflex! If this is slowed down or if the anus remains open, the horse's autonomic nervous system, which controls the heart rate, sweat glands and smooth muscles of the digestive tract, is exhausted! If this sign is ignored and riding is continued instead of stopping, other organs will be damaged, the metabolism will be disrupted and the horse will go into circulatory shock!

## Muscles:

Muscles should feel like an eraser! Tying-up:  
This is the breakdown of myoglobin due to  
lactate-acidotic muscle damage!

Reddish or dark brown urine caused by myoglobin is a sign of muscle damage  
(myositis) / laminitis!

Myoglobin can lead to kidney blockage and death of the horse!

Causes: dehydration, too much oats/grain, selenium  
deficiency, calcium imbalance!

If the horse has laminitis, do not move it, but load it onto the  
trailer that is on its way and inform the vet immediately!

Muscle cramps can be caused by heat build-up, dehydration,  
electrolyte imbalance, exhaustion, or a combination of  
these factors.

Muscle cramps should be treated with warm packs (e.g. warm water bottles),  
massages and anti-inflammatory medication!

Caution: Only administer medication 8 hours after training or competition;  
under no circumstances before!

Exhausted muscles can no longer support/carry the skeleton and absorb  
movement elastically, resulting in damage to tendons, cartilage, joints  
and bones, either immediately or in the long term if the horse continues  
to be ridden with exhausted muscles!

This can even go so far that the long bones can break!

## Urination:

Urination is a good sign of adequate hydration/sufficient fluid intake!

However, reddish or dark brown urine is a sign of muscle damage  
(myositis) or even colic!

Chronic diaphragmatic flutter:

This refers to the twitching of the diaphragm with each heartbeat due to severe dehydration and electrolyte imbalance imbalance, in this case a pronounced electrolyte deficiency of calcium, potassium and magnesium!

The signs are stiff gait, stiff facial expressions, visible third eyelid and involuntary muscle twitching of muscle fibres!

You can feel the diaphragm fluttering with your flat hand on the flanks! Tendon

pain:

A horse that demonstratively puts both front legs or one front leg forward is very likely to be in pain in both or one front leg!

Ball kicks and other injuries to the legs can be caused by misalignment, poor/incorrect shoeing or simply exhaustion of the horse!

During the vet check, the vet will palpate the flexor tendons and the back! This is because in competition, signs of injury, pain and exhaustion can be masked by herd instinct, Competition and the resulting adrenaline rush mask the symptoms, making them difficult for the rider to recognise!

Exhausted horse syndrome poor

recovery heart rate

Undulating/changing heart rate faster-slower-faster etc. at rest Loss of momentum/shortened gait

Lethargy/apathy Expressionless eyes/slumped posture

Standing skin folds

Delayed jugular/neck vein filling time > 3 seconds Delayed capillary filling time> 3 seconds (until normal

pink colouring of the gums after pressing on them with a finger) No bowel sounds

Insufficient urine output Elevated rectal temperature> 40 degrees

Loss of appetite and no thirst (due to electrolyte deficiency)  
=> Immediate adequate fluid supplementation by means of NaCl  
infusions and possibly additional intravenous electrolyte  
administration  
to prevent the following worse conditions:

Kidney failure  
(occurs either immediately or over the course of a week!)  
Diaphragmatic flutter Cross-  
stitch  
Colic / ileus  
Collapse / circulatory shock  
DEATH

#### Transport

The horse should be vaccinated two weeks before a long journey so that it  
has time to build up antibodies!

If transported regularly, the horse should be vaccinated against influenza and  
rhinopneumococci every 3-4 months!

Always ensure there is sufficient fresh air during transport,  
but without draughts, and provide enough hay and water!

The trailer should always be clean due to the risk of infection from large  
quantities of bacteria and fungi that can quickly form in the warm, humid  
climate of the trailer!

On longer journeys, you should unload the horse every 4-6 hours and let it  
breathe fresh air for 15-20 minutes and move at a walking pace!

The floor of the trailer should consist of wooden planks to protect against  
road heat and a thick rubber mat on top to cushion vibrations and protect  
the wood from moisture. It should also be strewn with sawdust to absorb  
faeces  
moisture and urine so that the horse does not slip! Straw is too slippery! The  
front and rear bars must be well padded to prevent muscle bruising and tearing!

The driver should drive evenly and calmly, as accelerating, braking and centrifugal forces in corners a lot of muscle power and energy to balance! Therefore, always leave the partition in place so that the horse can lean against it. Hook the front iron bar at the height of the front joint and the rear bar below the seat bone and secure them!

Studies have shown that horses are most comfortable standing facing away from the direction of travel, as this requires less muscle work! So with their heads facing backwards!

Horses should be given sufficient hay and water within 6 hours before departure!

Despite the best precautions, a horse loses at least 3% of its body fluid every 12 hours during transport, so the best solution is an automatic drinking trough in the trailer!

#### Base camp

The base camp should always be a shady place!

A horse's water consumption at rest is 20-27 litres per day!

Over a distance of 160 km, a horse's fluid requirement alone is 38 litres of water!

From 3% dehydration (approx. 15 litres), the horse's performance is already impaired/restricted!

After a competition, a horse is often 4-6% dehydrated!

#### Competitions

For a 160 km competition, the horse should be at least 7 years old!

Competition frequency:

160 km max. every 6-8 weeks during the season!!! 85 km

max. every 2-4 weeks per season!!!

Reduce training 14 days before each event, e.g. before a 160 km event, less than 144-160 km per 2 weeks! Do not introduce anything new 2 weeks before an event, including saddlery, acupuncture, chiropractic therapy or massage!

It is best to introduce new items between seasons especially a new saddle or horseshoes, for example!

Ideally, arrive 2-3 days before a 160 km competition! If this is not possible, give the horse more breaks and time to eat and drink during vet checks and on the course!

Do not suddenly increase supplementary feed before an event, and if the horse is currently accustomed to grass, you must first a few weeks to get used to hay, because otherwise it will dehydrate very quickly when fed hay, e.g. before or during the event, as it will not drink enough water on its own when fed hay!

The feed should therefore always remain the same during the season! Always mix new hay with the old hay in a 50:50 ratio at first to allow the horse to get used to it!

Caution: between 1-1.5 hours and up to 4 hours after eating oats, the horse experiences a drop in glucose/blood sugar levels, resulting in a temporary decline in performance.

Additional equipment:

Rainwear, cap with neck protection, sun cream and sunglasses, energy bars, water bottles, electrolytes and plastic syringe for the horse, as well as a rump blanket, helmet lamp, torch, glow stick for the horse's chest to light the way, first aid kit, non-steroidal painkillers and anti-inflammatory medication, whistle!

After the start, stay calmly behind the field for 10-15 minutes; under no circumstances ride in the pack, as the horse usually runs too fast in the pack and also releases too much adrenaline, which it needs for continuous drive over the competition distance!

After a misstep, do not try to make up for lost time, there are plenty of other competitions!

You don't have to keep moving continuously during the competition!

An average speed of 7.5 km per hour over a competition distance of 160 km is perfectly adequate  
(= 160 km / 24 hours with a 3-hour break)!!!!

Heart rate monitor:

Despite the heart rate monitor, it is better to trust your feelings and intuition!

Under no circumstances should you use the heart rate monitor as a speedometer; instead, pay attention to the terrain and adjust your speed accordingly!

#### Vet checks

Pour the last of the water over the horse's neck 2 km before the vet check!

Shortly before the vet check, if permitted, unsaddle or at least loosen the girth a little!

Do not feed the horse or allow it to eat in any other way before the vet check!

Make sure the horse drinks enough water at the right temperature!

Cool the horse with water until its coat feels cool, ideally leading the horse at a walk during the break for better and faster recovery!

If the horse's temperature is 60-64°C after 10-15 minutes> , then the event or training pace is too high, or the horse is in pain (e.g. tendons or hooves), or it has metabolic problems, e.g. dehydration/insufficient fluid intake!

Dehydration and low saliva production, in turn, encourage gulping of feed, e.g. hay, and thus choke obstruction! Therefore, you sometimes have to shake up the hay before feeding or let the horse nibble directly from the hay bale to prevent it from

! However, it is best to shake up the hay and soak it in water before feeding!

Electrolyte administration:

Shortly before leaving the vet check and on the course!

Either warm up the horse slowly on the track after the vet check or walk for 5 minutes before leaving the break area!

Very important:

Whenever track conditions allow, you should ride at a steady, rhythmic pace, because this saves the most energy due to the lack of acceleration and braking, as long as the pace is not too fast for the horse!

#### After the competition

After the competition, the horse should of course be given as much water as it wants and then only moist feed. First wet hay and only then other wet feed, such as oatmeal!

Dehydration and low saliva production encourage the horse to gulp its feed e.g. hay, and thus cause throat obstruction!

That is why you have to shake up the hay and moisten it!

Of course, it is best to place the shaken hay in water/soak it before feeding!

The faster the horse breathes, the more exhausted it is! In the

following days, the HF should be checked repeatedly; capillary refill time, behaviour, appetite, drinking behaviour and digestion should be checked/observed repeatedly over the following days!



HF increased=> ? Dehydration? Pain?

Feed oatmeal and mineral pellets, as much hay as the horse wants and, of course, always provide access to fresh water!

Possibly massage and stretching!

Immediately after the competition:

Lead the horse and clean it with water to remove sweat and dirt, including its legs!

Put on ice boots for approx. 10 minutes, but make sure that the horse does not get cold!

Check the girth, bit and saddle position as well as the legs for abrasions and pressure points!

Do not administer any medication within 8 hours of a competition or other equivalent exertion, e.g. training!

Allow the horse sufficient rest and time to rehydrate, eat and to recover before transport home, especially before transport lasting several hours or days!

Rest days after a competition:

16 km=> 1 day's rest!

160 km competition=> 16 days training break!!!

After the break, train at 20% less intensity (total distance per week or 2 weeks / speed) than in the full competition preparation phase!

14 days before each competition, including the first one of the season, the training volume (total distance / intensity / speed) is also reduced and the competition level is only maintained through short sprints up to the anaerobic threshold (fartleks) 160-< , HR <170, are incorporated into the training sessions.

## GALOPPER

### SHOEING

Aluminium horseshoes interfere less with the hoof mechanism because they yield more in width, so they can also be nailed behind the widest hoof width!

Shod hooves are not as well supplied with blood and do not grow as quickly because the iron restricts the hoof mechanism somewhat!

The blood pumping function of the hoof extends beyond the carpal and hock joints, as there are no muscles in this area.

### SADDLE

Nose straps with lambskin are ground blenders they block the view of the nearby ground and thus also frightening things such as shadows!

Dexter bridles and pull straps (Australian cheekers) both prevent the horse from putting its tongue over the bridle!

Australian cheekers also help prevent pulling!  
Perhaps also for hot-blooded cross-country and show jumping horses?

The rein glasses (flat leather straps with a ring at each end through which a rein is threaded) prevent the reins from crossing over to the other side of the horse's neck!

The simple bridle bridge (you do not pass one end of each rein through the other hand, but only the end of one rein, either the left or right, through the opposite hand) comes from race riding and not from Mr Bartle!  
(See above in the main text for rein bridge)

## STABLE AND FEEDING

For cribbers, place all objects and edges at or below carpal joint height so that the horse can rest its head but cannot swallow air.

=> Cribbing box (does not help with air cribbing)!

Normal box size according to animal welfare regulations:

(Floor dimensions x 2) x (Floor dimensions x 2)

Longitudinal slits in the box doors and walls are for better air circulation near the floor!

According to studies, 30 square metres (paddock) is enough to allow a horse to cover the same distance in 24 hours as it would in a pasture! Of course, no galloping!

500 kg horse= 500 g protein per day, 25 g calcium, 15 g phosphorus! Oats

contain a lot of phosphorus and soften the bones,  
while hay has a lot of calcium!

Alfalfa hay has a lot of calcium but also a lot of protein,  
so be careful, because too much protein damages the liver and kidneys!

5-6 milligrams of copper per kilo of dry feed  
25 milligrams of

zinc Feed naturally, of course! Hang a salt lick in  
the box!

Supplementing minerals is bad because there  
is enough in hay and grass!

Supplementing vitamins is okay because drying,  
sunlight and storage  
destroy some of the vitamins in hay (e.g. vitamin  
supplementation with Peptonic).  
The trace elements zinc, copper, manganese and selenium have  
a neuroactive effect!

Trace elements quickly have a toxic effect if overdosed! Too few trace elements also quickly reduce performance!

Rye straw is less popular than wheat straw because of its bitter taste!

Barley straw is poor quality due to its awns, which can cause gum inflammation!

#### TRAINING

Muscles adapt to training loads five times faster than tendons, ligaments and bones!

Prolonged sweating in horses indicates poor training condition or overexertion!

Thin, fluid sweat indicates good physical condition, while thick, sticky, foamy sweat indicates poor physical condition!

First accustom the horse to the girth (preferably an elastic surcingle) and only then to the saddle to avoid the development of girth pressure (inflation)!

To make it more difficult for the horse to run past during its first free jumping, you can also start on its weaker, i.e. non-hollow side!

An obstacle horse must have enough jumping power to compensate for an unsuitable take-off!

In the chase field, horses jump too early from a distance of half a length behind the horse in front, and also when they are halfway alongside another horse; they are said to be pulled along!

It is easy for a horse to become hot and uncontrollable when training in the field or even later on.

To make the horse more relaxed and controllable without sharp bits, but often not anymore!

Thoroughbreds or high-blooded horses  
( $\frac{3}{4}$  thoroughbreds,  $\frac{1}{4}$  warmbloods, often even half-breeds  $\frac{1}{2}$  to  $\frac{1}{2}$ ) have a lot  
of "GO" = forward drive/energy  
which is not surprising for a horse breed  
that has been bred for centuries for "only" one thing:

namely to be faster than the wind, more enduring than  
the sun burns,  
mentally tougher against muscle fatigue and pain than a  
diamond against its processing  
and with greater motivation than any other four-legged animal  
(except racing dogs)!

But even in basic dressage training in classical equestrian sports,  
whether for dressage, show jumping or eventing, this energy potential  
initially gets in the way, because the young horse cannot relax and  
concentrate due to its sheer energy!

Therefore, after warming up, horses with "a lot of GO" should first be allowed to gallop a  
little on the gallop track or on a flat, straight stretch of ground, depending on their level  
of training and the  
dressage work, depending on their level of training and the level of control  
already achieved, or on a very large circle without a rider or in the free hall  
with or without a rider, which classic "high-energy" horses such as  
thoroughbreds and high-blooded horses also loosen up faster and  
better than walk and trot work!

Then, due to the high intelligence, sensitivity (here: reaction to rider  
aids and the associated speed of reaction/implementation) and  
willingness to perform  
of thoroughbreds/high-blooded horses, it is  
very easy to train such horses in dressage!

Caution: with veteran racehorses, galloping in the countryside is not  
recommended due to their uncontrollability!  
You can also try to achieve a similar result for the horse at a trot  
and canter by doing a lot of varied head work (on the circle, changing  
out of the circle, cavaletti work and small cavaletti jumps).  
to achieve warming up if the options described above are not available!

However, it is important to ensure that the circular movement is very large, otherwise the strain on the joints will be too high!  
However, it is easier to first let the horse use up some of its energy potential by working it at a long gallop, as described above,  
to first allow the horse to reduce its energy potential through long-distance galloping work!

Ignoring this energy potential and not reducing it before dressage work, i.e. working against nature instead of with it, causes/creates major problems and difficulties, as is always the case in such situations, and hinders training!  
If you then try to force the issue, it's game over, because thoroughbreds are bred for a strong will to perform and great stamina!

As long as this willingness to perform and the stamina of the thoroughbred work together for the rider in the field, at the tournament, etc., it is a blessing!

However, if the rider engages in power games or even provokes them (usually out of ignorance), giving the thoroughbred/high-blooded horse the opportunity to work against him during training, it becomes a curse!

Because anything that can be very, very good can also be very, very bad if it is steered in the wrong direction or falls into the wrong hands!

Therefore, one should not engage in such power games, especially with strong-willed horses. You should simply ignore these offers from the horse and consistently, relaxed and non-violently continue with what you were doing in training or briefly provide varied mental stimulation/distraction from the power games in order to then return to the actual task at hand!

You wouldn't get involved in a boxing match if it was actually about mathematics or philosophy!

(That's why women are often better at training horses and dogs, because when small children don't want to do something, behave in exactly the same way, and women intuitively do exactly the right thing when training them! )

Usually, the horse stops playing power games after you've ignored it three times and realises that it has to do what the rider wants anyway! The important thing is to always remain calm or be able to smile at such attempts, at least wearily!

However, this strong will to perform and the high intelligence of thoroughbreds and high-blooded horses is also often a reason for the strong bond between such horses and their riders, once the latter have made it clear to their thoroughbred or high-blooded horse that humans are the significantly more intelligent, consistent and confident beings, who cannot be tricked or led astray, but who can be trusted in return!

Thoroughbreds and high-blooded horses consume more energy in relation to their muscle mass, even at rest, than warmbloods, as they have been bred over centuries for higher and faster energy metabolism, i.e. performance per unit of time, over centuries! Formula 1 cars are also fuel guzzlers, albeit very powerful ones!

The difference in muscular metabolism with the associated circulatory system, the pronounced will to perform, the high intelligence and sensitivity to rider aids and the associated responsiveness of the thoroughbred horse compared to the warmblood horse, it is thanks to this that these high-performance horses are repeatedly crossed into warmblood sport horse breeding.

However, this only makes sense as long as the training of these high-blooded, so-called "high-performance" horses the differences described above compared to warmblood horses and consistently applies this knowledge in the training and daily handling of horses with "lots of GO"!

That is why it always makes sense to check the pedigree of a supposedly powerful warmblood horse with "a lot of GO" (even if it is almost coldblooded) to see how much thoroughbred blood it has in its pedigree!

Even if it does not have the same lightness, speed and stamina, it can still have the same willingness to perform, mental stamina and intelligence!

#### RACING HORSE DEFICIENCIES

Poor hooves: thin walls, flat thin soles Racing

veterans often have back problems,  
so when buying, always feel the spine from front to back between your thumb and index finger!

Racehorses are harder to feed than warmbloods and need additional feed when kept in robust conditions!

Of 100 covered mares, only 70 become pregnant, of which only 50 foals were born alive, of which only 17 were classified as suitable for racing!



## MENTAL TRAINING

Mental attitude accounts for 85% of performance! Clear  
idea of training goals and methods!

However, the goal in training is always progress, not perfection!

Concentration sessions (approx. 15-20 minutes each) with  
horse and rider practising together in training  
with breaks between concentration sessions, of course!

Some horses, especially young ones, can only concentrate for 3-5 minutes at first.  
, so you have to increase this slowly during the  
training programme!

Mental training sessions without the horse

4 minutes of mental practice per day, including 2 minutes of affirmations and  
2 minutes of visualisation!

However, you can also extend visualisation to 10  
minutes or more!

10 minutes of proper riding visualisation is better than 30 minutes of  
poor/incorrect riding!

Affirmations can also be repeated  
3 times a day, i.e. in the morning, at lunchtime and in the evening!

HOWEVER, IT TAKES AT LEAST 21 DAYS FOR A NEW ATTITUDE,  
A NEW MOVEMENT PATTERN OR A  
ATTITUDE, BEHAVIOUR OR MOVEMENT PATTERN CHANGE BECOMES  
PERMANENT/EFFECTIVE!!!

## VISUALISE

Originally comes from Asia from martial arts The subconscious  
cannot distinguish between true and false  
!!!

Sooner or later, however, the brain always tries to do/execute/achieve what it has stored  
in its subconscious, regardless of current ability or self-confidence!  
subconscious, regardless of current ability or self-confidence!

However, through visualisation and affirmations, you can  
programme/change your subconscious!

This is the crucial trick of visualisation (imagining) and affirmations  
(mental self-talk)!!!

In addition, you can mentally stimulate and train the motor nerve  
pathways and nerve networks (responsible for movement sequences) without  
the muscles having to move or be innervated for this purpose!  
innervated for this purpose!

This means you can practise perfect movement patterns without having  
performed them before, but only in a sport that you have already  
yourself!!!

This purely mental/cognitive training therefore allows you to spare your own  
body, as fewer training sessions are needed to learn or correct a  
movement pattern.  
training sessions to learn or correct a movement  
pattern!

## PRACTICE OF VISUALISATION / IMAGINATION

TO VISUALISE, YOU MUST ALWAYS BE RELAXED, OTHERWISE  
THE SUBCONSCIOUS MIND / THOUGHTS /  
WILLINGLY BE PROGRAMMED / CHANGED!!!

UNDER NO CIRCUMSTANCES SHOULD YOU TRY TO VISUALISE UNDER  
PRESSURE OR TENSION, AS THIS WOULD ONLY BE  
A WASTE OF TIME AND MIGHT EVEN MAKE THE EXERCISE /  
MOVEMENT PATTERN WORSE AND  
ASSOCIATE / CONNECT / ASSOCIATE WITH NEGATIVE EMOTIONS /  
FEELINGS!!!

Always visualise vivid/detailed images/processes (i.e. in colour, with  
smells, what you feel and hear) and repeat them regularly to  
record/program them into your  
subconscious!!!

Zoom in on details/specifics of the movement sequence if everything at once is  
too much, so that you can approach the overall picture/overall sequence  
step by step  
the overall picture / sequence step by step!

Visualising yourself in the image/sequence as if you were seeing it with  
your own eyes and not observing it from the outside is  
visualisation is most effective!!!

However, it is often easier at first to see/observe yourself from the  
outside when visualising!

The idea of kinaesthesia / the feeling of movement when visualising is  
very, very important for automating the  
movement sequence/exercise!!!

You always visualise yourself in slow motion first in order to develop the  
feeling of movement for the exercise/sequence/movement pattern and  
At the same time, gain the self-confidence that  
you have everything under control, so you can  
do it!

Practise "perseverance" by calmly going through the current difficulty/problem in your head, but also by persevering (e.g. the horse bucks or rears, but you remain glued to the saddle in your imagination/visualisation) and then mentally/mentally improve/solve the difficulty/problem through visualisation (e.g. visualise that the horse kicks and rears less and less bucking and rearing until it stops completely)!!!

Create/record your own video of yourself on the horse and copy the exercise/movement sequence that is optimal and cut it together as a video, repeated one after the other, and Watch it again and again!!!

First, briefly visualise the current incorrect technique/movement sequence in black and white without details, then mentally throw it in the bin or wherever

and then visualise the correct technique in colour, in detail (colour / smells / sounds / feeling of movement / good self-esteem= good mood)!!!

KEYWORDS / AFFIRMATIONS / SELF-AFFIRMATIONS

Always formulate or express them mentally in the present tense, positively / correctly and without "not" or other "negations"!!!

Because "not" and other "negations" do not exist for the subconscious, so if you regularly say to yourself in self-talk / as an affirmation, I see "no" or "not" pink

Elephants will only see pink elephants because the subconscious mind only registers "I see pink elephants"!!!

For the subconscious, only the present exists!

If you think negatively often enough, everything will turn out negatively/badly; if you think positively often enough, everything will turn out positively/rightly!

IN YOUR OWN WORDS  
PAY ATTENTION TO AFFIRMATIONS / SELF-TALK / THOUGHTS

Do not say/think "try" -&gt; instead, say/think "do", "succeed"  
Say/think

Don't see/think "problem" -&gt; instead, see/think "opportunity"/"challenge"

Do not say/think "hate" - instead, say/think "love". Do not say/think

"difficult" - instead, say/think "under control".

Say/think "be well prepared"

Do not say/think "should" → say/think "must"/ "ought to"

Do not say/think "would have" -&gt; instead, say/think "have" Do not

ask/think "why" -&gt; instead, ask/think "how"

Don't say/think "fail"/"do wrong" -&gt; instead say/think "can"/"do right"

Don't say/think "don't worry" -&gt; but say/think "I'm getting better every  
time" / "I'm brave" / "I'm fearless" / "I'm a go-getter"  
say/think

Don't say "What if..." -&gt; but "So what if... I can handle  
that!!!" say/think

[Please note that "no" and "not", i.e. "negations", do not exist for the subconscious,  
so do not use these words and other  
"negations" otherwise, for example, "do not be afraid" becomes "be afraid"  
for the subconscious mind!!!]

WHEN THINGS ARE NOT GOING SO WELL OR THERE IS A LOT GOING ON/STRESS

See/visualise yourself together with the horse in a cocoon of concentration  
!!!

Role play: Imagine yourself as someone who is the way you want to be or should  
be, e.g. a well-known successful professional.

Imagine someone who is always relaxed!

Keep your emotions in check and don't get caught up in  
the horse's antics/power games!

Do not lose sight of your specific goal and the  
path to achieving it!

Think about what you can do, not what you can't do!

Be really happy about every little thing that works out!

Mental training times without a horse

Practise for 4 minutes a day, including 2 minutes of affirmations and  
2 minutes of visualisation!

But you can also extend visualisation to 10  
minutes or more!

10 minutes of proper riding visualised is better than 30 minutes of  
poor/incorrect riding!

Affirmations can also be repeated  
3 times a day, i.e. in the morning, at noon and in the evening!

HOWEVER, IT TAKES AT LEAST 21 DAYS FOR A NEW ATTITUDE, A NEW  
MOVEMENT PATTERN OR A  
ATTITUDE, BEHAVIOUR OR MOVEMENT PATTERN CHANGE BECOMES  
PERMANENT/EFFECTIVE!!!

## Fitness test

- 1) MEASUREMENT of resting heart rate (28-40)  
and respiratory rate (8-12)
- 2) TEST RIDE 15-20 min. walk,  
then 20 minutes of brisk working trot  
(if the horse is breathing very heavily, shorten or stop the  
test, as it may already be overexerted or ill)  
Then stop the horse and dismount immediately
- 3) EVALUATION  
Pulse / minute  
A to 85  
B up to 140  
C Up to 141 Breaths  
per minute  
A to 16  
B to 50  
C > 50

### AFTER 2 MINUTES AND 5 MINUTES

- pulse/minute and breaths/minute A  
pulse falls regularly,  
breathing returns to normal after 5 minutes
- B Pulse rises first Breathing slowly becomes calmer
- C Pulse hardly changes Breathing remains rapid  
even after 5 minutes

### AFTER 5 MINUTES COMPARISON WITH RESTING VALUES

- A Values are roughly the same
- B Up to 10 more breaths and heartbeats than at rest
- C More than 10 breaths and pulse beats more than at rest

A The horse is in good shape

B The horse has good basic fitness

C The horse is not fit

#### FURTHER TRAINING FOR

A Interval training up to 3 rounds with 20-minute breaks between each round!  
Measurements before each work phase and 30 minutes after the last!  
Rides of up to 3 hours with trotting and galloping phases optimise fitness!  
Long, slow tours with occasional climbing passages and lots of inclines build strength!  
Incorporate additional gymnastics with side movements!

B Ideally, do interval training 3 times a week Warm up / 5-10 minutes trotting / walking break / 5-10 minutes faster trotting / walking break Start with approx. 1 hour of this interval training! Increase the duration and speed!  
Occasional cavaletti work strengthens the abdominal muscles and adds variety!

C Build up your fitness slowly.  
if your pulse and breathing rates are extremely high, you should consult your vet!  
If the horse is healthy, ride at least 3 times a week 45-minute walking rides! Repeat the test regularly; if the values on B have improved continue with interval training B!



TRAINING SUGGESTION  
TO ACQUIRE BASIC FITNESS

To acquire basic fitness or for basic training that is not yet specialised, a varied training plan over several weeks could look like this:

FIRST AND SECOND WEEK:

Rides and training in the riding arena (or indoor arena) with 80% walking and 20% trotting!

Galloping can also be required during the warm-up phase and, if necessary, in short repetitions!

Increase this performance over 30 to 90 minutes! THIRD TO

FOURTH WEEK:

Training as described above  
with the addition of light dressage work  
twice a week for 45 minutes.  
whereby various lessons are developed  
which also provide a certain amount of strength training for the horse! FIFTH

WEEK:

Rides as described above  
including light climbing work in the terrain, plus twice  
dressage and once jumping training!

The jumping training is already geared towards the training goal!  
For horses that are trained in disciplines that do not involve jumping,  
jumping exercises over cavaletti are sufficient to improve coordination and  
strength!

For show jumpers, this training is intensified somewhat, possibly with higher  
jumps!

#### SIXTH TO TENTH WEEK:

Twice dressage work, once  
jumping work  
(increasing intensity each time),  
once a week lunge work with gymnastic elements such as jumps over  
cavaletti,  
Two rides with climbing sections and longer galloping phases, one quiet  
ride per week at walking pace as a recovery phase Alternatively, take them  
along as a lead horse or paddock horse!

After about three months, the horse will have developed a certain level of basic fitness  
which ultimately allows for further specialisation for specific training  
goals!

A horse that has been temporarily taken out of training (winter break or  
injury break) will get back into shape faster than an untrained horse!

The respective circumstances must be taken into account when  
planning the training programme!

A common mistake in the training plan, or rather in its practical  
implementation, is to go to extremes! After strenuous training or competition,  
the horse should have a break the next day  
or several days, depending on the previous exertion! (light exercise /  
active regeneration and paddock time)

EXAMPLE TRAINING SESSION FOR A HORSE IN THE COUNTRYSIDE  
THAT ALREADY HAS A CERTAIN BASIC CONDITION

WARM-UP PHASE:

10-15 minutes walking on a loose rein, five minutes trotting and three minutes cantering on large curved or straight lines! Don't forget to change hands!

Two minutes of walking to relax. WORKING PHASE:

Five minutes of trotting at varying speeds, 150 metres of brisk canter (speed training), followed by three minutes of recovery at a walk, repeat three times!

20 metres of climbing (strength training), three minutes of recovery (the duration of the recovery phase is a guideline and should be based on the horse's heart rate!), repeat five times!

20 metres of climbing at a trot or gallop (speed strength training), five minutes of recovery at a walk, repeat about three times!

Five minutes of galloping at approximately 70% of maximum heart rate (endurance training), break until almost complete recovery, then repeat twice!

COOL-DOWN PHASE:

Ten to 20 minutes of walking on a loose rein, with short trotting passages in between to loosen up the muscles, and then walk for the last ten minutes until you are fully recovered! Afterwards, massages, stretching and other wellness measures help to improve regeneration!

BASIC PACE CONDITIONING TRAINING  
(e.g. for eventing, hunting and show jumping) ON A  
FLAT/LEVEL TRACK!!!

1) FIRST, EVERY 5-7 DAYS, SLOW, CALM,

CONTROLLED CANTERING IN A STRAIGHT LINE  
UNTIL THE HORSE IS PLEASANTLY EXHAUSTED, i.e. regardless  
of the time and ground conditions, e.g. wet and muddy, deep or dry and hard,  
and on slightly hilly terrain at most,  
best and safest on flat terrain!!!

FOR AT LEAST 12 MONTHS, so that the muscles, tendons  
and ligaments can develop, strengthen and adapt, STARTING WITH THE YOUNG HORSE  
14 DAYS AFTER BREAKING IN!!!

UNDER NO CIRCUMSTANCES SHOULD YOU RIDE SHARP TURNS/CURVES  
due to the risk of injury to the horse's tendons and legs at this stage  
of training when the young horse is not yet properly balanced and  
developed!!!!

Do not forget that, as with any other training, the horse must first walk for  
10 minutes and then be warmed up with a light trot  
to warm up a little!

AT THE EARLIEST AFTER THESE 12 MONTHS OF CANTER TRAINING,  
YOU CAN START WITH THE ACTUAL BASIC PACE TRAINING /  
INTERVAL TRAINING!!!

Remember: the muscles must and can only adapt to the  
stresses and demands of the rider's weight and the  
additional work required of them over weeks, the tendons and  
ligaments over months, and the bones over years.  
However, the muscles, tendons and ligaments are relieved  
with longer, more deliberate training and the resulting performance  
capabilities,  
to a corresponding degree, the skeletal system, i.e. the  
supporting and joint apparatus!  
The nervous system adapts the fastest, followed by the  
horse's cardiovascular system.

## PHYSIOLOGICAL ADAPTATION TIMES

Cardiovascular system 3-6 months

Muscles 3-6 months

Tendons, ligaments, joint capsules, hooves 6-12 months

Bones 1-2 years, therefore you should only do interval training after at least year of continuous training and practice!

Without this months of preliminary training, you will damage your horse and render it permanently unusable, because your horse's muscle-tendon-bone system will be massively overloaded and permanently damaged!!!

This is where the saying in equestrian sports comes from: "SPEED KILLS"!!! Especially when it comes to eventing and hunting!!!

This is because higher speeds not only increase the weight load on us humans and, consequently, the strain on the muscles, tendons, joints and bones of each leg and the rest of the supporting and musculoskeletal system, but also also those of the horse, including the additional weight of the rider on its back!

However, these weight loads do not just add up per step or gallop and jump in show jumping but also multiply in accordance with the higher speed or jump height.

The faster the speed or the higher the jump height when jumping, the higher the multiplier and thus the weight load on the leg, its muscle-tendon-joint-bone apparatus and that of the rest of the horse's supporting and moving apparatus!!!!!!!!!!!!!!!!!!!!!!

That is why the cavalry used to train their horses in exactly the same way, for months on end, in a slow, calm and relaxed gallop straight ahead, After warming up the horse and not working any other way, starting no earlier than 14 days after breaking in, before moving on to further dressage training, let alone show jumping training!

Jumping training only really began once the horse was able to ride safely, smoothly and straight across country with its rider and was able to clear small jumps!

Because back then, every cavalry horse was worth as much as a British Army vehicle is today and should, of course, function as well and for as long as possible / remain healthy!

Unromantic, emotionless, but true!

But above all, it was best for the horse, its psyche, its training physiology and its adaptability!

Training must NOT under any circumstances lead to complete exhaustion, but ONLY to pleasant exhaustion of the

, because otherwise the horse's body, psyche and motivation will be permanently damaged!!!

In racing, this is called "HIT THE WALL!!!" (see

Psyche II and Motivation, page 191)

## 2) ONLY AFTER 1) EVERY 4-7 DAYS

then 2x 5 minutes 350m/min OVER SEVERAL TRAINING SESSIONS increase to 2x 10 minutes

then 400 m/min 2 x 1000 m OVER SEVERAL TRAINING SESSIONS increase to 3 x 1000m

then 500m/min first 2x1000m OVER SEVERAL TRAINING SESSIONS increase to 3x1000m then

1500m at 490m/min

either after the rider has learned to gauge their speed or by means of electronic time measurement for known distances or by means of a GPS watch or clock with speed measurement.

RIDING STABLE REQUIREMENTS  
FOR FULL BOARD 7 DAYS / 24 HOURS

The stalls should be large and bright, at least in accordance with animal welfare regulations, and have no protruding sharp objects (e.g. screw tips/screw heads, nail tips/nail heads, sheet metal edges, threads, glass, etc.), and high enough that the horse cannot injure its neck on the edges of wooden beams or iron beams/poles when it raises its head, otherwise there is a risk of injury, chronic neck lumps and, in the worst case, wobbler syndrome! (chronic nerve damage with loss of control over the extremities)

Sufficient hay and water daily, including concentrated feed (2-4 times daily feeding), box mucking out, paddock management (out and in) with daily injury checks on the horses, mucking out the pastures, providing feed (mostly hay), clean water at all times and a shelter in the pasture are a matter of course!

The pastures should be large and NOT small like cattle pens and, of course, escape-proof!!!!

The fencing must be such that horses CANNOT injure themselves on it!!! So NO barbed wire fences, bathtubs with sharp edges as drinking troughs, or water troughs inside the paddock, and never check your horses for injuries, suddenly spending more and more time/money (changing bandages/vet) but not being able to ride your injured horse once it has been in the paddock a few times at the new stable and, for example, has developed a serious wound infection while you were away from the stable for a few days for work or other reasons!!!

Or your horse even has blood poisoning or has succumbed to it when you return! OF COURSE, you will still have to continue paying for full board every month with the money you have earned through your hard work in the free market!

OF COURSE, HORSES WITH REAR SHOES ARE NOT ALLOWED IN THE PADDOCK WITH OTHER HORSES!!! Unless the Owners want their horses, which are shod at the rear, to inflict deep flesh wounds and broken bones on each other. (said ironically!!!)

Because no shod horse in the world knows that it now has knuckles on its hooves that do not occur in nature!

Horses can also kick each other through gaps in the paddock fence, sometimes even over it if the fence is not high enough. This should be taken into account when allocating pasture areas, otherwise your horse may suddenly develop a thick, protracted swelling under its belly or elsewhere suddenly develop a thick, protracted swelling that requires expensive veterinary treatment, even though your horse was standing alone in the paddock, or even a laceration or flesh wound, or even broken bones, and no one knows why or wants to know! Of course, horses can also bite through and through the paddock fence!

PLEASE DO NOT FALL FOR THE PADDOCK TRICK!!!

You are shown beautiful, large, wonderful fenced paddocks, but your horse will only be in them from the beginning to the end of September, if at all, otherwise it will be in sand paddocks or in the box, because the beautiful grass paddocks are used for hay production. So always agree on grass paddock season times in the contract!!!

Box stabling with external windows and a well-ventilated stable building with a high ceiling is important, otherwise there is a risk of constant ammonia irritation of the horses' lungs in winter when the stable doors are closed

, leading to wheezing = COPD, i.e. chronic lung damage. Water troughs that do NOT freeze, mattress manure; or possibly daily complete mucking out if the stalls have rubber flooring and the horses do NOT scrape their hocks and fetlocks when lying on concrete stone floor when lying down! Horses weigh quite a bit quite a bit! The box should of course be very bright, i.e. flooded with light, and the window glass must be secured/protected with sturdy bars protected, and there should be tilt windows; Plexiglas is the safest option!

A tack room/storage room and blanket rack in a heated room with a window/exhaust air vent, as well as a tethering/grooming area, should be available in or above the stable building and be sheltered from the wind! The box, saddle room/cupboard and grooming area should not be too far apart, otherwise

a lot of time every day due to the long distances involved, and together with the daily lugging of grooming and tack equipment and leading the horse back and forth, this becomes extremely annoying in the long run!!!



There should be a water/hose-down area in or above the stable building that is sheltered from the wind!

The hall should be at least 20 x 40 m in size and allow the horse to jump and run freely. In addition, the hall should NOT be permanently closed/occupied by professional horse training facilities, riding lessons or vaulting! There should be a small room for riders to warm up, eat and drink, and prepare mash for the horses!

Sand riding arena with drainage or subsoil! If water remains on the sand arena after rain, this can also be used positively to accustom the horse to puddles or, depending on the volume of water, to  
Also use for water familiarisation and training. Floodlights would be great!

Lunging hall - a circle should be available; if not, permission to lunge should be granted in the hall and on the outdoor arena!

Jumping equipment: at least 20 poles / 10 stands / 40 pads! Cavaletti: at least 4! (A few planks and a mobile plastic water jump would also be good.)

In summer: Grazing from morning to evening (usually sunrise to sunset) with access to clean water, possibly hay racks if there is a shortage of grass, and a shelter large enough for all horses to keep a sufficient distance from other herd members (due to hierarchy, stress or displacement in the herd) with firm, dry ground and trees providing protection from the sun, rain and wind

!!! Possibly drainage ditches or subsoil !!! During hot weather and horsefly season (especially in regions with sandy  
-wet and peaty soils), the horses should be kept in the cooler stables during the day in the cooler stalls during the day and be put out in the paddocks at night!!!

Winter pasture Sandy soil or (very good!)  
if the paddock has been professionally laid out with hard plastic honeycomb panels and is well covered with a thick layer of firm grass, it will not become muddy or slippery in the rain or in winter! So NO gravel, concrete, stone or asphalt ground as winter  
paddock!! Of course, with access to water (drinking troughs that do NOT freeze) and hay racks (depending on how long the horses stay in the paddock, i.e. from 4 hours upwards)!!!

Muddy paddocks are also acceptable, but they promote mouth rot and thrush and are sometimes so slippery that some horses have broken their legs on them!

Of course, winter paddocks must also be sufficiently large (i.e. NOT just 16 square metres for 8 horses)!!!

#### PADDYING SPORTS HORSES:

4-6 hours daily before or after training!

At least 4-6 hours before training, box rest, water intake

And during the box rest, of course, feeding up to 1-4 hours before training begins, because it's hard to train on a full stomach! Starch, such as oats, should be given at least 4 hours before training

because 1-4 hours after eating oats, the horse's blood sugar level drops! Exercise is important for building and maintaining muscle and endurance

regeneration and mental balance/relaxation/recovery of the horse without the rider having to lift a finger.

relaxation/recovery of the horse without the rider having to lift a finger,

and the break before training is important

for training effectiveness, because it is difficult to train and learn when exhausted! In addition, the previous box rest serves as additional protection against injury and overload during training!

OPEN STABLE KEEPING IS UNSUITABLE FOR SPORT HORSES, as

only high-ranking horses get enough sleep and, depending on the stable, food and water. Furthermore, there are no box rest periods!!!

In addition, horses need so much energy in winter, especially at night,

so much energy to maintain their body temperature, which they then produce

by breaking down muscle mass, depending on the amount of feed /

temperature drop and prolonged cold, especially if they are not covered with a blanket!!!

Riding terrain from the stable with permission to ride on paths and gallop tracks! (So not great terrain, but no riding ban and constant stress and drama with farmers, hunters and authorities)

Stable hours: Summer 5 a.m. / Winter 7 a.m. to midnight, 7 days a week! Nearest

vet NOT too far away (emergency / travel costs!)

TAKE A LOOK AROUND to see if the facility is large enough for the number of horses stabled there, i.e. if there are enough grooming areas, pasture space and indoor riding times available, because otherwise there will be constant crowding, waiting times and lack of space in the paddocks, grooming areas, indoor riding arena, outdoor riding arena, lunging hall, tack room and water area, which will inevitably lead to stress, annoyance, arguments and a bad atmosphere.

FIND OUT who will take over in the event of the farm owner or groom being absent.

Don't suddenly become responsible for your horse (e.g. if you are on holiday or away from work for a few days)!!!

ASK whether horse shows or other events at the facility and, if so, how often, when and for how many days this restricts or even prevents the use of the facility, including the pastures restricted or not possible at all (despite continuing to pay the full board price, of course)!!!

Also CLARIFY whether you are expected (tacitly, peer pressure) to volunteer your labour in your free time (despite your already tough working day and paying the full board price) to help with these events or the maintenance (e.g. repairing paddock fences, carrying out painting work) of the facility!!!

IN ADDITION, you should be able to be sure that alcoholics (other drug addicts, people with aggressive mental illnesses, people who take out their aversion to people or differences of opinion on their horses) have no access to horses, as afterwards neither the alcoholic themselves knows what they have done with their horse or what has happened, let alone you yourself.

So if the farm owner or horse groom is an alcoholic (or the persons in brackets), you should definitely look for another stable!!!!!!!!!!!!!!!!!!!!!!

IF you pay your stable rent in cash, always ask for a receipt, no matter how nice the stable owners may be !!!!!!! People and memories can change !!!!!!!

Be sure to put EVERYTHING (!!!) in writing (!!!) so that, for example, the electricity in the hall is not simply turned off at 8 p.m. or the yard is locked without you having been given a key, or suddenly, after boarding your horse, other pre-arranged commitments/agreements are not honoured. Or only at an additional cost, because, as far as these promises/agreements are concerned, it seems that during the interview (due to dialect, cultural or political reasons??? But definitely due to economic reasons!!!) completely misunderstood them!!!!!!!!!!!!!!!!!!!!!!!!!!!!

If you have the impression that something is suddenly wrong with your horse's behaviour, e.g. that it has suddenly become very skittish/anxious or has developed new bad habits on the ground and under the saddle, or seems to be out of control, or you have the impression that someone is deliberately feeding it too much oats so that you can no longer get along with your horse properly, e.g. after a dispute with the stable owner or because a riding instructor thinks you absolutely must make regular use of his/her help for your hard-earned money, because your horse has been doing too well without a riding instructor and others in the yard have already noticed this, or your horse is suddenly injured or has a cough after the aforementioned disputes and disagreements suddenly injured or has a cough, or is presumably being used/ridden or ridden elsewhere without your permission, you should hire a private detective or install hidden cameras, and if your horse is being manipulated or has been manipulated, take legal action!

Many a quartet consisting of stable owner, riding instructor, vet and farrier has made a fortune from unsuspecting boarders!

## FEEDING

All of the following rules of thumb should be adapted to the individual horse as necessary, taking into account its constitution characteristics and the level of performance regularly required of it  
!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!

For all the euphoria surrounding concentrated feed, oil and other supplementary feed, it should never be forgotten that, apart from

grass (the most similar and second best is hay!!!), there is actually nothing else available for horses in the wild and available, and even grass was originally harder to chew and more balanced for the horse than our cultivated grasses!!! This should never be forgotten when feeding, and the feed and quantities should be chosen very carefully  
!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!

Our feeding practices have developed from the additional demands placed on horses as working animals (joint work and sport together with humans) compared to the wild in order to meet and optimise the resulting increased nutritional requirements.

Nevertheless, alfalfa (affordably available to us as alfalfa chaff), which originally grows where the horse originally developed/originated, is still the best for horse breeding and horses today!

Although working horse breeding has adapted the horse over thousands of years to our cultivated plants and its use, as well as for being easy to feed (less crop feed required for the same performance) !!!!!!!!!!!

#### Feeding rule of thumb

Hay> 50%

Protein approx. 10%

(A temporary protein surplus of up to 50% is not a problem for riding horses; when grazing, it can even exceed 200% in the short term. However, long-term protein oversupply should be avoided!!!)

Cereals < 50%

Fat up to 10%

(structured crude fibre at least 18% based on the total ration of fresh mass)

In the horse's mouth, food is only moistened with saliva and naturally broken down/chewed, but not fermented/digested, because horses do not have enzymes in their saliva like we do!

In the stomach, the food is

.

Starch, proteins and fats are mainly digested and absorbed in the small intestine.

Water, minerals, vitamins, trace elements and cellulose are absorbed and digested in the large intestine, whereby cellulose is fermented/digested into volatile fatty acids!

If too much starch enters the large intestine, too much lactic acid is produced. Due to its low pH value, this kills intestinal bacteria, releasing toxins that enter the bloodstream and cause laminitis!

Since the starch in untreated corn, wheat and barley is difficult to digest in the small intestine, unlike oats, Depending on the amount, a lot of starch enters the large intestine, which can then cause laminitis!

Many vitamins are produced by the horse's own intestinal bacteria, e.g. most B vitamins and vitamin K. Vitamin D is produced in the skin by UV radiation from the sun and subsequently activated by the liver and kidneys.

Vitamin C is produced in the liver.

Vitamin A and its precursor  $\beta$ -carotene, as well as vitamin E, are abundant in green fodder in summer!

Unfortunately, beta-carotene is quickly broken down in hay!

Vitamin E is also present in oil, especially in linseed oil and rice germ oil from rice bran!

#### Feeding order

Always feed roughage, i.e. hay, approx. 30 minutes to 1 hour before feeding concentrated feed!

Grass and hay are essential for the survival and proper intestinal flora of horses, which is why they starve.

Horses despite full concentrated feed (e.g. oats, barley, maize) Troughs without grass and/or hay feeding!!!

So no concentrated feed at all in the morning before the paddock!

#### Feeding condition

CHECK WHETHER AND HOW THE HORSE IS EATING!!! IN CASE OF PROBLEMS SUCH AS FOOD UTILISATION DISORDERS (HORSE DROPPINGS WITH WHOLE OR POORLY CHOPPED FOOD RESIDUES), PROLONGED CHEWING TIME OR FOOD FALLING OUT OF THE MOUTH, AS WELL AS DIFFICULTIES WITH THE BIT, THINK ABOUT HOOKS ON THE MOLARS AND, IN THE CASE OF LACK OF APPETITE, ALSO STOMACH ULCERS!!! IF THE HORSE IS LOSING WEIGHT, CONSULT A VETERINARIAN IMMEDIATELY!

CORRECT FEEDING CONDITION OF THE HORSE:  
THE RIBS SHOULD BE EASILY PALPABLE BUT NOT  
VISIBLE!!! OR  
YOU SHOULD BARELY BE ABLE TO FEEL THE LAST TWO RIBS!

HOWEVER YOU PLAN AND CALCULATE YOUR HORSE'S FEEDING, IN  
THE END, IT IS ONLY THE EYE OF THE OBSERVER, THE  
TOUCH/FEEL OF THE RIBS AND THE VITALITY/FITNESS OF THE  
HORSE THAT COUNT!!!

#### ESTIMATING THE BODY WEIGHT OF THE HORSE

$$\frac{\text{Distance between seat bone and front joint} \times (\text{chest circumference} \times \text{chest circumference})}{11900}$$

Chest circumference is measured at the girth area Accuracy  
to +/- 20 kg  
Horse too fat 5-10% less energy in feed Horse too  
thin 5-10% more energy in feed

#### Water

requirement at rest 30-120 litres / day  
During competition, significantly more depending on temperature  
and exertion! (e.g. distance of 160 km approx. 60-80 litres or  
more!)

Horses do not drink water contaminated with faeces!  
For example, from contaminated drinking troughs! This can result in  
water deficiency with constipation colic and  
kidney colic in the stable or paddock!



## FEED

### HAY

FRESH HAY SHOULD ONLY BE FED AFTER BEING STORED FOR 3-4 WEEKS AT THE EARLIEST!!!

#### QUALITY CHARACTERISTICS OF HAY

Intense green/blue-green/aromatic smell/30-33% crude fibre in dry matter/cut in the middle to end of flowering at the latest and stored in a dry place immediately/dust-free/no contaminants such as dirt, stones, etc.

The more dust, the higher the germ load and the fewer nutrients: mould, fungi, spores, bacteria!!!

The paler the colour:

the more mould, i.e. mouldy!!!

(mould colonies are not always visible!!!)

#### AVERAGE ENERGY CONTENT OF HAY IN MEGAJOULES

1 kg of meadow hay has approx. 8.0 MJ

(in comparison,

1 kg of meadow grass has approx. 2.0-2.3 MJ

1 kg of straw approx. 4.8 MJ)

#### AMOUNT OF HAY PER DAY

At least 1-2% of the horse's body weight per day!!! That is 1.5-2 kg of hay per 100 kg/kg per day.

For comparison:

Straw: maximum 0.8 kg per 100 kg body weight, otherwise it could lead to impaction colic/constipation!

In general, you should feed 1-2 kg of dry matter per 100 kg/kg per day!  
Hay has 85% dry matter / grass 20% dry matter!

Feeding time per 1 kg of hay approx. 40 minutes!  
One hour of grazing corresponds to approx. 1 kg of hay!

If you have PROBLEMS WITH HAY DUST, you can use GRASS SILAGE FOR HORSES (27-30% crude fibre of the dry matter / dry matter content not exceeding 50%, otherwise mould will form and often no real  
Do NOT feed lactic acid fermentation products to cattle, as they cause diarrhoea and colic in horses!

Hay has little effect on insulin levels because it consists almost entirely of digestible cellulose, which is fermented/digested in the large intestine to produce volatile fatty acids as an energy source!

Hay is an important reservoir of water and electrolytes in the large intestine! In addition, hay (as well as grass) supports and nourishes the correct intestinal flora! This is why horses starve without hay or grass despite full oat troughs, because their intestinal flora can no longer ferment/digest food!

This is why grass or hay should always be fed approx. 30 minutes to 1 hour before concentrated feed!

Of course, hay also contains minerals, trace elements and vitamins!

Getting used to new hay:  
Initially feed mixed 50/50 with the old hay for 7-14 days!

### Hay nets

Hay net mesh size ideally 4x4cm, under no circumstances larger than 6x6cm! Attach 20-30cm above standing height, ideally attach a flat, wide, square hay net to the wall.

### Hay feeding for horses with horseshoes

For horses with horseshoes, it is best to feed the hay from a hay rack!

This prevents the horses from getting caught in the net with the ends of their horseshoes!

### THE BEST HAY IS ALFALFA / ALFALFA CHOPPED

The BEST HAY in terms of its high content of minerals, beta-carotene and trace elements, as well as its high protein content, is ALFALFA hay / ALFALFA chaff !!!

Alfalfa chaff contains 17-20% protein, has an ideal structural component and is rich in calcium and other minerals!

That is why ALFALFA is also called the queen of forage plants!

This makes ALFALFA ideal for pregnant and lactating mares as well as for young horses in the rearing phase!

Heavily pregnant and lactating mares can be fed up to 5 kg of ALFALFA HAY / ALFALFA CHOPPED or equivalent amounts of dry products (pellets or cobs made from green meal) in winter!

In addition, due to its high protein and calcium content, ALFALFA hay is the ideal supplement to grain/concentrated feed (oat ration) because ALFALFA significantly improves the calcium-phosphorus ratio, which is absolutely necessary for good skeletal development and maintenance.

Too much phosphorus and too little calcium leads to soft bones!

The calcium-phosphorus ratio in feed should therefore be as follows:

adult horses 1.5-3.0 : 1.0, on average 2:1

Foals 1.3:1

Young horses 1.8 : 1.0

ALFALFA should be cut before flowering so that all nutrients are preserved!

Under favourable conditions, ALFALFA can be cut four times a year, but ALFALFA is relatively sensitive to frost, so the last cut in autumn should not be too late!

#### STARCH

Max. 2 g starch per kg body weight per day:

Otherwise there is an acute risk of laminitis and colic! Of course, feed in 3-4 portions per day!

Otherwise, the starch will enter the large intestine, where it will ferment, lower the pH value and kill the large intestine flora! Toxic substances from the dead intestinal bacteria are then released into the large intestine, which then enter the bloodstream and lead to laminitis!

Or laminitis occurs due to too many carbohydrates in the muscle stores, which is why the muscles become pathologically overacidified even with slight movement due to an abnormally high increase in lactate in the muscles, leading to their partial destruction/death and, in the worst case, kidney congestion and kidney failure due to the decomposition products of the muscles, as well as circulatory failure and death!

In some horses, this can even happen with less than 2g of starch per kg of body weight per day!

For example, for a body weight of 500 kg, feed no more than 1000 g of starch (500 kg x 2 g starch = 1000 g starch) per day or 2.5 kg of oats per day!  
(Oats contain 40% starch, which equates to 400g of starch per kilogram of oats, or 1000g of starch / 400g of oat starch per kg of oats  
= 2.5 kg oats)

Maximum 1g starch per kg/body weight per portion! Otherwise, there is an acute risk of laminitis!  
For some horses, even less than 1 g of starch per kg of body weight per serving is dangerous!

So, for example, for 500 kg body weight, no more than 500 g starch (500 kg x 1 g starch = 500 g starch) per meal / portion!!! This corresponds to 1.25 kg of oats per portion!!! (Oats contain 40% starch, which means 400 g of starch per kilogram of oats, i.e. 500 g starch / 400 g oat starch per kg of oats  
= 1.25 kg oats)

Starch in the form of oats/barley/maize/wheat, etc. is not naturally intended for horses in the first place!!!!!!

## Oats

Starch content 40%

Starch digestibility of the whole grain 80% in the small intestine (the rest passes into the large intestine)

1 kg of oats corresponds to an average of 11.6 megajoules

Crushed oats are even more digestible in the small intestine

QUALITY: The heavier the oat grains, the more germ-free the oats are!

TEST I: Place a handful of oats in a large glass and then fill the glass completely with water.

RESULT: The more grains sink to the bottom, the better the oats are. If the water is cloudy, the oats are dirty (mite faeces, soil crumbs, etc.).

RESULT AFTER 20 MINUTES:

If the grains turn red, fungi have taken hold. Mouldy areas become dark and unripe grain turns green!

If the entire contents of the jar are discoloured, the oats should be discarded and no longer fed to animals!

TEST II: Place one litre of uncrushed oats in a measuring jug and weigh them using kitchen scales.

RESULT (minus the weight of the measuring cup):

< 400g less valuable 450-

500g normal

> 500 g very good

(the values for crushed oats are 25-30% below the weight of whole grains)

## FEEDING INSTRUCTIONS

### OATS

If you feed your horse 3kg of oats instead of 1.5kg at a time, you are wasting 1.5kg of oats and increasing the risk of laminitis, because only 40% instead of 80% of the starch can be digested and absorbed in the small intestine!

The rest ends up in the large intestine and can cause laminitis!

### Barley

Starch content 60%

Starch digestibility of the whole grain 22% in the small intestine (the remaining 78% travels to the large intestine and drastically increases the risk of laminitis!!!)

The ancient Greeks therefore referred to laminitis in history as barley disease!

### Maize

Starch content 60%

Starch digestibility of the whole grain 29% in the small intestine (the remaining 71% travels to the large intestine and drastically increases the risk of laminitis!!!)

Corn also increases the risk of skin diseases, and corn silage has a negative effect on fertility

(as does white clover, for example)

Due to the whole grain being poorly digestible in the small intestine and the resulting high risk of laminitis, barley and maize are only recommended for feeding in an industrially processed, i.e. heat- and pressure-treated and thus broken down state for feeding.

This allows their starch to be largely digested and absorbed in the small intestine, significantly reducing the risk of laminitis and the strain on the digestive tract!

#### Rice bran

Good for skinny horses as it contains significantly more fat than oats and barley!

#### Calorie bomb

Muesli for seniors is a calorie bomb because it is produced with a high energy content for a low-performance digestive system!

#### OIL

Caution: too much oil hinders mineral absorption! IMPORTANT:

USE ONLY VEGETABLE OILS and  
OF THE HIGHEST QUALITY, stored in a cool place away from  
light and air!!! SO NO RANCID OIL!!!

PREFERABLY COLD-PRESSED OIL!!!

OIL (only use vegetable oil!!!): has 2-3 times more energy than the same amount of starch-rich mixed feed or cereal grains such as oats! Therefore, oil can also be used to reduce the starch intake, e.g. barley feed, and thus prevent laminitis!!!

A horse can consume up to 15% oil mixed into its concentrated feed and digest it well!

However, the maximum is 1 gram of OIL per 1 kilogram of body weight per day, preferably spread over 3 meals!  
For example, a 600 kg horse can be given three times  
Feed 200g of oil mixed/poured into the concentrated feed every day!!!  
(600kg/kg x 1g oil = 600g oil / 3 portions = 200g oil per meal/feeding)



However, you should increase the amount of oil slowly over several days, as the digestive tract and bile production of the horse first has to adjust to it! Otherwise, you risk inhibiting bacterial digestion, especially in the caecum, with the extreme case of caecal rot!

LINSEED OIL from linseed  
(contains high levels of vitamin E, omega-3 fatty acids and anti-inflammatory factors)

RICE GERM OIL from rice bran (CAVE: doping list due to performance enhancement through muscle building/anabolic effect, which is why it should be discontinued 14 days before the start/also contains high levels of vitamin E)

Fat needs vitamin E to be absorbed!  
Therefore, do not forget to add vitamin E if necessary!

According to the literature, the above rule of thumb for oil intake requires a vitamin E intake of 2 mg per kg of the horse's body weight per day!

(However, it should be noted that the author of this information from the reference book is the manager of a large horse feed company, so the more that is sold, the better!

#### Mineral substitution

Caution: too much oil hinders mineral absorption!

ONLY salt licks AND mineral licks  
or flat lick bowl for the stable and paddock!!! This allows the horses to balance their electrolytes, minerals and trace elements as needed!!!

According to another source, however, horses cannot absorb enough calcium, phosphorus and magnesium from a salt lick, but instead consume too many trace elements! (It should be noted, however, that the author of this reference book works as the manager of a large horse feed company!!! So the more that is sold, the better!!!)

#### Water

requirement at rest 30-120 litres/day  
During competition, significantly more depending on temperature and exertion! (e.g. distance of 160 km approx. 60-80 litres or more!)

Horses do not drink water contaminated with faeces!  
For example, contaminated drinking troughs! This can result in water deficiency with constipation colic and also kidney colic in the stable or paddock!

#### Brewer's yeast

Brewer's yeast is highly recommended for broodmares, foals and horses in high-performance sports!

It is excellent for the intestinal flora, promoting better absorption of nutrients by the digestive tract and their better utilisation.

Brewer's yeast also contains high amounts of essential amino acids and B vitamins!

Dosage for adult horses up to 200g per day!

### Mash

Very good for digestion and intestinal flora and as warm feed in winter!

1-3 Once a week!

Always prepare with hot water, as linseed contains bitter and toxic substances that are destroyed by hot water.

Therefore, the maximum amount of mash that can be fed dry is 200g !!!

But you shouldn't do that anyway!

### FRUIT

According to the latest findings, a horse should only be given a maximum of one apple per 100 kg of body weight per day, and the apples should not be too small, because otherwise, in the first case, eating too many apples can cause colic, faecal water and diarrhoea, and in the second case, throat obstruction and tooth decay!

(However, my horse eats apples of all degrees of ripeness (preferably fermented) and sizes by the bucketful without problems! However, there is no inbreeding in his pedigree!

Mouldy fruit and carrots can cause kidney damage due to the toxins in the mould!

In addition, according to literature, a horse should only be given a maximum of 1 banana per day!

#### FEEDING BEFORE TRAINING

1 kg of hay up to one hour before training is good, as hay has virtually no effect on the horse's blood sugar level! Hay provides the horse with volatile fatty acids as an energy source!!! (In comparison, the last feed should be given 4 hours before a competition/tournament!!! No more electrolytes or sugar afterwards either!!!)

In addition, hay acts/functions temporarily/provisionally in the large intestine until it is completely fermented/digested as a kind of water and electrolyte reservoir, but its volume also puts strain on the large intestine!

After feeding oats, blood sugar rises for approx. 1-1.5 hours and then falls until 4 hours after feeding!

This means that the horse has a low blood sugar level from 1-1.5 hours up to and including 4 hours after feeding oats/concentrated feed and should therefore not be trained from 1-1.5 hours up to 4 hours after feeding oats or concentrated feed!

ENERGY REQUIREMENT ESTIMATES / FEED PLANS /  
CALCULATIONS /  
WATER/ELECTROLYTE REQUIREMENTS

A horse's energy requirements increase disproportionately during fast work! In practical terms, this means that a horse can walk for approx. 2.5 hours under a rider with 1 kg of oats, but can only gallop for about 7 minutes at a speed of 500 m/min!

A horse's energy requirements consist of its maintenance and work requirements!

A horse weighing 600 kg, for example, has a maintenance requirement of approx. 73 megajoules without extreme ambient temperatures.

For the work requirement, you have to record the times you ride at a walk, trot and gallop!

For example, 20 minutes of walking corresponds to 2.3 megajoules, 25 minutes of trotting and 15 minutes of working galloping corresponds to 23.8 megajoules!

CAVE: Haflingers have a 10-20% better feed conversion rate than large horses. However, their mares have a high energy and protein requirement even after foaling, as their milk yield is very high!

# Energy content / calculations

1 kg MEADOW GRASS APPROX. 2.0-2.3 MJ  
1 kg MEADOW HAY APPROX. 8.0 MJ  
1 kg OATS EQUALS APPROX. 11.5 MEGAJOULE / MJ

Calculation of convertible energy Single and mixed feed: MJ/kgT=

$3.54 + 0.0209XP + 0.0420XL + 0.0001XF + 0.0185XX$

XP=crude protein, L=fat, F=fibre, X=N-free extractives,  
MJ=megajoule, kgDM=kilogram dry matter  
Formula valid up to 8% crude protein and 35% crude fibre

If the energy content is already stated per kgDM on the  
packaging, the value must be corrected downwards by 10%!

Light work:  
up to 20% above maintenance requirements

e.g. 1 hour of walking and working

trot Medium work:  
approx. 20-33% above maintenance requirements

e.g. 2 hours of walking, working trot  
and shorter repetitions of working  
canter

Heavy work:  
approx. 33-50% above maintenance requirements

e.g. longer gallop distances at a speed of over 350 m/min, short-  
term high performance, for example over a race distance (e.g. 5  
minutes at a speed of 600 m/min) as in hunting riding

# ENERGY REQUIREMENT TABLE (MEGAJoule)

Walk			Trot		Gallop	
	Slow	Fast	Slow	Fast	slow	fast
km/h	3.5	6	12	18	21	30
m/min	58	100	200	300	350	500
min	Meg		ajo		ule	
2	x	x	x	1	2	5
4	x	x	1	2	3	9
6	x	x	2	3	5	14
8	x	x	2	5	7	18
10	x	1	3	6	8	23
20	1	2	5	11	16	45
30	2	3	8	17	25	x
40	3	4	11	23	33	x
60	4	7	16	34	49	x
80	6	9	22	46	x	x
100	7	11	27	57	x	x
120	8	13	32	69	x	x
150	11	17	41	x	x	x
180	13	20	49	x	x	x

The table naturally contains individual characteristics.  
The horse's feed conversion, temperament, feed condition, training condition, age, weight and the respective outside temperatures, ground conditions and gradients/profiles are not taken into account; these are merely average values and guidelines!

For example, the ENERGY REQUIREMENT of a DISTANCE HORSE is TWICE TO THREE TIMES ITS MAINTENANCE REQUIREMENT and it also has a HIGH ELECTROLYTE AND WATER REQUIREMENTS!!!

Therefore, approximately 1.5 kg of hay per 100 kg /  
KG per day due to electrolyte requirements, water  
storage and  
crude fibre requirements, oats should be used with caution as feed  
(cave laminitis), but OIL should be added to increase the energy  
density by 3-4%!

Last feeding 4 hours before the endurance competition:

Here, hay and concentrated feed should be given in equal parts,  
i.e. 50% of the total feed, and 50 g of salt per kg of oats should  
be added to the concentrated feed!!!

During breaks, electrolytes must be added to the drinking water.  
Sodium and potassium chloride must be added!

#### NUTRITIONAL REQUIREMENTS OF SHORED HORSES

A clipped horse needs a little more feed  
because it gets cold more quickly. This costs a lot of energy!

If you decide to clip a horse that is already covered, you will  
need to put a thicker blanket on it afterwards. The blanket  
lining/padding should be 100-200 g/sqm thicker than the blanket the  
horse wore before clipping!



## PASTURING IN SPRING

CAVE: Poisonous plants see CAVALLO POISONOUS PLANTS APP

### 1. Week:

1./2nd day: 15 mins grazing/pasture  
3rd/4th day: 30 mins grazing / pasture  
5th/6th day: 45 mins grazing / pasture  
7th day: 60 mins grazing/pasture

### 2. Week:

1./Day 2: 1 hour of grazing/pasture in the morning and evening  
Days 3/4: 1.5 hours of grazing/pasture in the morning  
and evening Days 5-7: 2 hours of grazing/pasture in the  
morning and evening

### Week 3:

Days 1-3: 2.5 hours of grazing/pasture in the morning and evening  
4th/5th day: 3 hours grazing/pasture in the morning and evening  
Days 6/7: 3.5 hours grazing/pasture in the morning and evening

Week 4: Extend grazing/pasture time by half an hour  
every other day!

At the end of the 4th week, the horse can graze in  
the pasture all day long!!!

## Fructans (grass sugar starch)

Jump out of bed in the morning and take the horse to the paddock. From midday onwards, the sugar rises rapidly and the horse must be taken out of the paddock. When frost causes fructans to grow, grazing is suspended. Take a day or two's break, otherwise laminitis will quickly set in!

Frosty or cold weather below 5 degrees and sunshine Grass does not grow but stores massive amounts of fructans instead of growing.  
=> VERY HIGH RISK OF LAMINITIS

Warm weather above 20 degrees, overcast sky, grass grows but stores few fructans  
=> LOW RISK OF FOALING

Warm weather Sunshine Severe drought Grass hardly grows but stores fructans  
=> INCREASED RISK OF REHE

Warm weather Sunshine Sufficient moisture Grass grows Fructan reserves are depleted  
=> LOW RISK OF LIGAMENT DISEASE  
From midday onwards, however, fructan reserves are replenished

## RISK OF LAMINITIS

May> June> July> August< September< October< November high low  
increased

#### BREEDING FEED

For mating, the mare should be fit and not too fat or too thin, otherwise she will have difficulty conceiving and may be infertile! Her ribs should not be visible but should be palpable, and she should have a rounded croup! (Breeder's wisdom: A mare that does not gain weight will not conceive either!)

Fertility can be supported or restored by supplementing these vitamins.

In addition, the success rate of natural mating is decreasing compared to fresh semen and TG!

The ideal mating season is in spring (March-April), so that the foals are born in April-May (ideally late April to mid-May, with a gestation period of 11 months) of the following year, and the mother and foal can be put out to pasture soon after birth the paddock soon after birth! Even mares that have recently become pregnant still have a full, nutritious grazing season ahead of them!

In both cases, this makes keeping and feeding the animals much easier, cheaper and more species-appropriate!

The advantages include, for example, a shorter nursing period, a shorter period of supplementary feeding and a lower amount of feed required due to the grazing period, as well as earlier weaning after the birth date and better development of the foal through fresh air and exercise, resulting in better health and performance!

The early dates of performance tests for young horses and the resulting early births at the beginning of the year in commercial breeding and sport horse operations only benefit the feed industry and veterinarians, e.g. through the frequent occurrence of joint chips in cases of calcium overdose and/or overly energy-rich feed, as well as lack of exercise during growth!

Change the feed of pregnant mares

Start feeding alfalfa hay 8 weeks before mating if alfalfa hay is not normally fed! Possibly muesli/senior muesli if desired later and muesli/senior muesli is not normally fed!

Low-yielding THE

FIRST 2 MONTHS AFTER ADMISSION  
NO CHANGE IN FEED DUE TO RISK OF ABORTION!!! AS THE  
FOETUS IS VERY SENSITIVE TO CHANGES DURING THIS  
PHASE!!!

After that, 7 months of daily grazing with mineral substitution using lick stones or flat lick bowls in the paddock!!! This is completely sufficient with a good paddock grass mixture - quality and sufficient quantity!!!

CAVE: Always inspect the paddock for tree species growing close to the fence or directly on the paddock.  
Stand up!!! Acorns, i.e. the fruit of the oak tree, as well as its bark and leaves, for example, cause mares to abort/miscarry if they eat them!!!!!!

### Late pregnancy

Then, from the 8th month onwards, 1.25-1.4 times the energy and 1.5 times the amount of protein, calcium and phosphorus by increasing the alfalfa hay ration!!! Possibly muesli/senior muesli/breeding mare feed!!! (0.5 kg of concentrated feed per 100 kg/kg with 15% crude protein content in the feed)

The mare must neither lose weight nor become fat!

Towards the end of the gestation period, mares usually do not eat as much because the foal displaces the digestive tract.

Now, many small, energy-concentrated meals are better, so possibly muesli / senior muesli / broodmare feed!!!

(0.5 kg of concentrated feed per 100 kg/KG with 15% crude protein content in the feed)

Reduce the amount of hay to relieve the digestive tract and give 1-2 kg of carrots and apples to stimulate the appetite and digestion and prevent constipation!

[ FRUIT

According to the latest findings, a horse should only be given a maximum of 1 apple per 100 kg / KG / day and no apples that are too small, because otherwise, in the first case, it can get colic, faecal water and diarrhoea, and in the second case, throat obstruction and tooth decay!

Mouldy fruit and carrots can cause kidney damage due to the toxins in the mould!

Don't forget: a mare in late pregnancy should get sufficient exercise until the day before foaling for a more vital and healthier foal!

### Lactation / nursing period

(in the first 3 months, the mare now needs as much energy as a racehorse and 3 times as much protein as a sport horse!!! According to the manager of a feed company)

Increase the protein content by more than double, the calcium content by more than a third and of phosphorus content by more than half compared to the requirements for the last 3 months of pregnancy.

This is best achieved by means of alfalfa hay or alfalfa chaff and appropriate grazing times on pastures with sufficient fresh, appropriately mixed / abundant grass growth is recommended!

Possibly muesli / senior muesli!  
So 1.5 kg of concentrated feed per 100 kg/kg spread over at least 5 meals!

If there is sufficient fresh, appropriately mixed grass growth on a pasture with adequately nutritious soil, additional feeding of up to 5 kg chopped alfalfa (also to increase crude fibre) supplementary feeding of concentrated feed is not normally necessary!

However, milk yield increases slowly, so increase the feed gradually!!!

If the mare has little appetite or does not produce enough milk, beetroot juice and malt beer mixed into her feed have proven to be effective! If there are no other causes such as hooks on the teeth or stomach ulcers, for example!

CAVE: If you have a SALT AND/OR MINERAL LICK  
or a MINERAL BOWL in the paddock or box, these MUST be OUT  
OF THE FOAL'S REACH!!! RISK OF POISONING!!! GROWTH  
DAMAGE!!! ORGAN DAMAGE!!!

#### FOAL FEEDING

The first milk is produced within the first 24-36 hours and contains high levels of valuable protective substances against disease, called colostrum!

It is extremely important for the healthy development of the foal's intestinal flora that it ingests fresh, warm horse droppings/faeces from its mother!

There is no risk of worm infestation, but the mother's horse droppings also contain valuable bacteria-formed protein and B vitamins!

The behaviour of a foal eating its mother's faeces is therefore completely normal!

After a few days, the foal will already be eating small amounts of solid food!

After two months, the mare's milk production is no longer sufficient for warmbloods, coldbloods and thoroughbreds, so supplementary feeding with special foal rearing feed, also known as FOHLENSTARTER, is recommended!

Particular attention should be paid to high-quality amino acids, especially lysine, threonine and tryptophan, and to the calcium:phosphorus ratio is 1.3:1 until weaning!

The supply of copper, zinc and selenium is also important!

However, without sufficient daily exercise for the foal from day one, even the best feed will be of no use!

Breeder's wisdom: Feed well and exercise well!

Chip risk: genetic disposition/predisposition Excessive energy intake (carbohydrates)  
e.g. from grain and deficiency of copper, zinc and minerals!

#### Rearing motherless foals

It is important that the foal still receives colostrum, and perhaps a foster mare can be found!

Cow's milk is less suitable; in an emergency, it must be diluted with water and enriched with lactose!

It is safer to use industrial milk replacers for foals, which are tailored to the needs of the foal.

In the first few days and weeks, the foal must be fed foal milk every 2 hours, preferably with a lamb teat. Normally, the foal suckles up to 70 times in 24 hours, so there is no point in giving it too much per meal.

The foal would not be able to digest and absorb this anyway and would only suffer from digestive problems and diarrhoea!

Early supplementary feeding with foal starters makes it easier to care for the foal!



## WEANING

AFTER WEANING, which only takes place when the foal is 6 months old and only if it is well developed and consumes sufficient amounts of supplementary feed, the foal should continue to be fed with an increased protein content, e.g. 15% crude protein with at least 0.7% lysine (e.g. with foal starter).

Towards the end of the first year of life, the increased protein content in the rations should gradually decrease! This can be done by slowly mixing the foal starter with lower-protein components, such as crushed oats!

Until then, the foal must not be given too little protein, especially if it is also being overfed with energy!

The need for amino acids must always be reliably met during all stages of growth, and the energy supply must be adapted to the young horse's movement capabilities!

## YOUNG HORSES

FROM ONE YEAR OF AGE, the horse's caecum and large intestine are fully developed and the amount of roughage can now be significantly increased.

At the beginning of the grazing season, the lack of crude fibre should be compensated for by daily feedings of good quality straw.

Incidentally, it is not necessary for warmblood yearlings to be in a lush feeding condition!

However, it is more important to provide sufficient minerals by means of lick blocks to compensate for any deficiencies in the pasture.

In addition, regular worming treatments should be carried out!

Depending on the dryness and grazing area, supplementary roughage, i.e. hay, must be provided!!!

#### TWO-YEAR-OLDS / 2ND YEAR OF LIFE

Horses should of course also spend their 2nd YEAR OF LIFE on pasture, although here too there are dangers to be aware of. The transition from the stable to the pasture phase must be taken into account! This means that grazing must be carried out correctly!

In the subsequent winter feeding, it must be taken into account that increased protein levels are no longer necessary and that the energy maintenance requirements of two-year-olds are slightly higher than those of yearlings!

#### CALMNESS AND ANTI-SHYNESS TRAINING

THE AIM IS FOR THE HORSE TO REACT CALMLY TO THE OBJECTS LISTED BELOW AND THUS BECOME MORE CALM AND LESS SKITTISH WHEN IT COMES TO NEW OBJECTS AND NOISES IN ITS ENVIRONMENT!!!

HORSES ALWAYS PERCEIVE MOVING OBJECTS AS MORE DANGEROUS THAN STATIC ONES, AS PREDATORS MOVE!!!

IT IS ALSO IMPORTANT TO NOTE THAT A DIFFERENT COLOUR AND/OR SIZE, A DIFFERENT ENVIRONMENT OR A DIFFERENT HEIGHT, SPEED, DIRECTION OF MOVEMENT OR POSITION OF THE OBJECT IN RELATION TO THE HORSE CAN ALSO MAKE THIS OBJECT APPEAR DANGEROUS TO THE HORSE!!!

SO EVEN IF THE OBJECT APPEARS ON THE OTHER SIDE OF THE HORSE, BECAUSE THE TWO HALVES OF THE HORSE'S BRAIN, UNLIKE OUR HUMAN BRAINS, ARE POORLY CONNECTED!!!

SO IT MAY BE THAT IF YOU HAVE ALWAYS ACCUSTOMED A HORSE TO AN OBJECT ON ITS LEFT SIDE, THE HORSE WILL SHY AWAY FROM THE OBJECT COMING FROM THE RIGHT AS IF IT HAD NEVER SEEN IT BEFORE!!! THAT IS WHY YOU SHOULD ALWAYS ACCUSTOM THE HORSE TO OBJECTS FROM BOTH SIDES!!!

THE HORSE IS NEVER TIEED UP DURING CALMNESS TRAINING.

/ FASTENED AND ALWAYS HAS PLENTY OF SPACE AROUND IT SO THAT IT CANNOT INJURE ITSELF IF IT SWERVES OR RUNS AWAY!!! IT IS BEST TO ALSO HAVE GAITERS AND JUMP BELLS ON!!!

ALWAYS LEAD THE HORSE ON THE SIDE OF THE OBJECT IT NEEDS TO GET USED TO, BECAUSE IF IT SHIES AWAY AND BREAKS OUT, IT WILL RUN AWAY FROM THE OBJECT AND THEREFORE ALSO away from the person leading it instead of running around it! In addition, always lead the horse next to its SHOULDER OR NECK AND NEVER RUN IN FRONT OF THE HORSE, BECAUSE OTHERWISE, IF IT GETS SCARED, IT COULD RUN YOU OVER OR JUMP ON YOUR BACK!!!

THE LEAD ROPE IS NEVER WRAPPED AROUND THE HAND BUT IS FOLDED IN THE HAND AND THE REST IS HELD IN THE OTHER HAND!!!

NEVER OVERWORK THE HORSE OR PUT TOO MUCH PRESSURE ON IT!!! GET IT USED TO AN OBJECT IN SMALL STEPS AND OVER SEVERAL TRAINING SESSIONS, AND NEVER FORGET TO PRAISE, PRAISE, PRAISE!!!

IF YOU APPLY TOO MUCH PRESSURE DURING CALM TRAINING, THE HORSE WILL BECOME EVEN MORE FRIGHTENED IN THE LONG RUN!!!

OFFERING Muesli or other feed at the same time and luring the horse with feed beforehand is also a very strong positive reinforcement to get horses used to new objects!

NOT ALL HORSES DARE TO TOUCH AND SNIFF THE OBJECT THE FIRST TIME, AND YOU FIRST HAVE TO REDUCE THE DISTANCE TO THE OBJECT FROM TRAINING SESSION TO TRAINING SESSION BEFORE YOU CAN CONTINUE  
!!!

SO ALWAYS JUST PROGRESS, NEVER PERFECTION!!!

THE NEXT STEP ONLY TAKES PLACE WHEN THE HORSE NO LONGER SHOWS CLEAR SIGNS OF FEAR, I.E. NO LONGER SNORTING ANXIOUSLY / BLOWING THROUGH ITS NOSE OR / AND NO LONGER RESTLESSLY PUSHING AND PULLING OR / AND NO LONGER SHOWING CLEAR SIGNS OF PUSHING AWAY OR / AND NO LONGER HAS WIDE-OPEN EYES. AND SHUZZING OR/AND NO LONGER SHOWING CLEAR SIGNS OF PUSHING AWAY OR/AND NO LONGER HAVING WIDE EYES OR/AND NO LONGER SHIVERING OR/AND NO LONGER SHOWING NERVOUS SWEATING!!!

TRAINING ONLY MAKES SENSE IF THE HORSE TRUSTS YOU, YOU ARE RECOGNISED AS THE LEADER OF THE HERD, SO THAT YOU CAN BE PATIENT AND CONSISTENT IN ASSERTING YOURSELF, AND THE EXERCISES ARE PLANNED AND CARRIED OUT IN SUCH A WAY THAT THEY ARE SUCCESSFUL AND POSITIVE FOR THE HORSE, SO DO NOT OVERDEMAND OF THE HORSE OR YOURSELF!!!  
BECAUSE THIS ONLY CREATES RESISTANCE AND WORSENS THE SITUATION INSTEAD OF IMPROVING IT!!!

INCORRECTLY PERFORMED ANTI-SHY TRAINING (TOO MUCH PHYSICAL AND MENTAL PRESSURE ON THE HORSE, USUALLY DUE TO PROCEEDING TOO QUICKLY AND WANTING TO ACHIEVE THE GOAL TOO SOON / A STRESSED OR AGGRESSIVE OR EVEN ANXIOUS TRAINER / THE TRAINING SESSION WAS INTERRUPTED AT THE WRONG TIME, I.E. WHEN THE HORSE DISPLAYED THE WRONG BEHAVIOUR, E.G. BREAKING AWAY OR RUNNING PAST ) CAN EXACERBATE THE HORSE'S FEAR AND ANXIETY TOWARDS OBJECTS!!!

OF COURSE, AN EXPERIENCED HORSE THAT IS USED TO ALL THESE OBJECTS AND SETS A GOOD EXAMPLE  
MAKE CALM TRAINING EASIER FOR THE FRIGHTENED HORSE AND ITS TRAINER AND WORK WONDERS!!!

#### Umbrellas

As many different colours, sizes and environments as possible  
but initially only one type and location until all steps have been completed

1) Brush off with a brush (neck→ shoulder→ back→side→flank→croup→legs) Let them see and sniff beforehand  
Open and close the umbrella from all sides  
Umbrella lying on the ground (sideways and on the umbrella)  
ride/lead around and past it on the left and right Open the umbrella while sitting on the horse and close it again Ride at a walk with the umbrella open on the horse  
Also with the umbrella open over the rider's shoulder on the left and right

#### Balloons

As many different colours, sizes and environments as possible  
But first only one type and location until all steps have been completed

1) Brush off with balloon (neck→ , shoulder→ , back→side→flank→croup→legs)  
Let them look at and sniff it beforehand Let the balloons rise  
Pop balloons, but not too close to the horse, as this can cause ear pain, even if the horse does not show it! Release balloons behind the hedge, on both the left and right sides.

#### Balls

As many different colours, sizes and environments as possible  
but only one type and location at first until all steps have been completed

1) Brush with ball (neck→ , shoulder→ , back→side→flank→croup→legs) Let the horse see and sniff it beforehand  
Ride/lead around the ball  
Roll the ball back and forth from all sides while the horse is standing and later walking  
Roll the ball behind the hedge from the left and right

Truck or DIY store fabric tarpaulin, as many  
different colours, sizes and environments as possible  
but start with just one type and location until all steps have been completed

Always start with a small tarpaulin to get used to it  
1) Brush with tarpaulin (neck→ , shoulder→ , back→side→flank→croup→legs) Let the horse see and sniff it beforehand  
Rustle/shuffle the tarpaulin.  
Ride/lead around the tarpaulin.  
Lead/ride over the tarpaulin (the tarpaulin should be at least 3x4m in size so that the horse cannot easily walk past it; for safety reasons, the edges should be secured with sand or poles and the horse should  
Do not wear horseshoes with pins or studs so that the horse cannot get caught on or in the tarpaulin!  
Remain standing on the tarpaulin  
Ride with the tarpaulin around the rider's shoulders  
Ride through a tarpaulin strip gate / barrier tape strip gate

#### Tin can rattle bag

1) Brush off with a rattle bag (neck→ , shoulder→ , back→side→flank→croup→legs)  
Let the horse see and sniff it beforehand  
Pull with rope next to / behind the horse Pull the clapper bag from the horse on the left and right, and also the whole thing  
Let the horse see and sniff the car tyre beforehand.

#### Flags

As many different colours, sizes and environments as possible  
But first, just one type and location until all steps have been completed

If necessary, attach flagpoles and flags around the paddock, out of reach of the horses.

1) Brush off with the flag closed  
(neck→ , shoulder→ , back→side→flank→croup→legs) Let them see and sniff it beforehand

Wave the flag or hold it in the wind so that it flutters Ride/lead around it and ride/lead past it on the left and right

Wave the flag from the horse or hold it in the wind on the left and right

#### New rubbish bin

As many different colours, sizes and environments as possible  
But initially only one type and location until all steps have been completed

1) Open the barrel and let the horse look inside, allowing it to see and sniff it beforehand

Feed the horse from the barrel.

Ride/lead around the barrel.

Ride or lead past it on the left and right

#### Noise CD:

Play it frequently in the background in the hall during training. Play the same CD at least three times until the horse no longer reacts fearfully to any of the sounds, but remains calm!

CAVE: Some horses have had bad experiences with certain sounds or are extremely skittish!

#### Plastic bags

As many different colours, sizes and environments as possible  
but initially only one type and location until all steps have been completed

1) Stroke the horse with a plastic bag filled with straw and pieces of fabric  
(neck → shoulder → back → side → flank → croup → legs) beforehand  
Let them look and sniff  
Always start with small bags/shopping bags. Place plastic  
bags/shopping bags on the floor.  
Ride/lead around them and ride/lead past them on the left and right

WHEN GETTING YOUR HORSE USED TO TRACTORS, IT IS IMPORTANT  
TO FIRST GET THE HORSE USED TO A STATIONARY, SWITCHED-OFF  
TRACTOR AND ONLY THEN, FROM A SLIGHT DISTANCE, START THE  
ENGINE AND  
TRACTOR SLOWLY AROUND THE HORSE FROM A SLIGHT DISTANCE!!!  
FIRST, THE HORSE IS BROUGHT CLOSE TO A STATIONARY, SWITCHED-OFF  
TRACTOR AND LED AROUND IT AFTER IT HAS LOOKED AT IT AND SNIFFED  
IT THOROUGHLY!!! DO NOT DO THE OPPOSITE BY APPROACHING THE  
HORSE WITH THE TRACTOR FIRST, AS PREDATORS SOMETIMES APPROACH  
THE HORSE FROM THE FRONT!!!

#### NOTES ON CALM TRAINING

CONFLICT MANAGEMENT OF A HORSE TO AVOID OR END STRESSFUL  
SITUATIONS!!!

1) ESCAPE (OR AS A SUBSTITUTE (ALSO FROM OBJECTS)) JUMP TO THE SIDE  
/ DANCE AROUND / LOOK AWAY AND TURN YOUR HEAD / CLIMB / TUCK YOUR  
TAIL BETWEEN YOUR LEGS → 2) NEGOTIATE (CHEW / LICK LIPS / YAWN /  
SNIFF THE GROUND / LOOK AWAY / LOWER HEAD) → 3) FREEZE / SHOCK-  
INDUCED RIGIDITY / TENSION / SLOW, RATHER AWKWARD WALKING /  
( IN THE WORST CASE, HELPLESSNESS / RESIGNATION AND  
TOLERANCE OF ALL EVIL, I.E. PUPPET-LIKE BEHAVIOUR  
IN THIS SAD CASE, IT USUALLY DOES NOT  
COME TO FOUR) →



4) AGGRESSION (BITING / KICKING / PUSHING AWAY / RUNNING INTO / JUMPING AT)  
GALLOWS AND STALLIONS AS WELL AS MASCULINE MARES REACT,  
DEPENDING ON THEIR TESTOSTERONE LEVELS, IMMEDIATELY OR  
SIGNIFICANTLY FASTER WITH AGGRESSION!!!

PAIN ONLY CAUSES THE HORSE TO FLEE, FREEZE OR BECOME  
AGGRESSIVE!!!

A HORSE IN FLIGHT MODE CANNOT LEARN OR BE TRAINED!!! ONLY  
RELAXATION LEADS TO SUCCESSFUL LEARNING!!!

"EVERYONE (EVERY HORSE) IS A GENIUS (HAS TALENTS AND ABILITIES)!!!  
BUT IF YOU JUDGE A FISH (HORSE) BY ITS ABILITY TO CLIMB A TREE  
(WHICH IT CAN NEVER DO), IT WILL SPEND ITS ENTIRE LIFE BELIEVING  
IT IS STUPID!!!"  
Albert Einstein

SUCCESSFUL  
WARMBLOOD SPORTS  
HORSES

BREEDING STRATEGIES

The mare provides the calibre and size,  
so she is the main deciding factor in this regard!

For this reason, and because the foal often takes after its dam  
by more than 60% and only the broodmare can pass on the so-  
called mitochondria / powerhouses of the cells  
and thus the maximum endurance, performance and  
regeneration capacity of the offspring  
with species-appropriate husbandry and training,  
BREEDING MARES are also a BREEDER'S GREATEST  
PRIDE!!!

Since the thoroughbred and Trakehner breeding associations know  
exactly what they owe to their broodmares, the foals are named  
with the initial letter  
named after their dam instead of their sire!!! As is customary  
in other warmblood breeds!!!

Mares and stallions with too soft fetlocks should always be  
excluded from breeding, as otherwise  
will inevitably suffer from fetlock joint damage and thus be  
unsuitable as riding horses!!!  
(Unfortunately, for commercial reasons, this is no longer 100%  
adhered to today!!!)

At least every 5th generation should be crossed with Arabian  
= OX or Anglo-Arabian = AA or Shagya Arabian = Sh.A to  
maintain or increase robustness, health, stamina  
endurance, performance maintenance or improvement within the  
warmblood lines. The intelligence and thus the learning ability  
of these breeds is also legendary!

For example, in the third pre-generation of the pedigree of the elite Trakehner stallion E.H. Sixtus is the stallion Burnus AA, who in turn is the result of a mating between a Sh.A stallion x was sired by a Kisberi Felver mare, who in turn carried a lot of AA and XX in her blood, in keeping with her breed, including the mare Kincsem XX, who was entered in the Guinness Book of Records with 46 wins.

Unfortunately, Sixtus has a bad character and passes this on 50/50, i.e. to approximately every second foal, in contrast to his 100% inheritance of his otherwise top predispositions! But if you breed with one of his licensed sons with a good character, there is no problem!

With Russian OX, however, you should always take a very close look, because in Russia they are selected and bred according to racetrack performance and not distance performance, as is normally the case with OX, which has in some cases led to the same problem as with English thoroughbreds = XX! (see below)

Of course, through the regular use of Akhal-Tekkas = Turkmen in warmblood breeding, to preserve or improve the characteristics described above, especially since this horse breed has often been confused with the Arabian throughout history!

For example, Byerly Turk, one of the three founding stallions of the English Thoroughbred= XX, was listed as an Arabian= OX, and Turkmen-Atti, who came to Prussia in 1791, left 16 licensed sons and whose blood flows in many Trakehner horses, was also simply listed as an Arabian = OX!

However, SHAGYA ARABS and ANGLO ARABS are best suited for dressage, show jumping and eventing sport horse breeding in order to maintain or improve the characteristics described above.

In addition, the Shagya Arabian has a very good character and, like the AA, OX and Akhal-Teke, is also genetically stable, passing on its characteristics to its offspring, depending on the mare (calibre/size/character), and has more calibre than the AA, OX, XX and Akhal-Teke = Turkmen, as well as more size than the OX and Turkmen.

In addition to the characteristics described above, Shagya Arabians often make good show jumpers when paired with warmbloods! Of course, they also make good hunting, eventing and cross-country horses, just like XX, AA and OX!

Shagya Arabians were originally bred in Hungary during the Austro-Hungarian Empire for the cavalry.

Even better is Shagya Arabian blood via Shagya Arabian mares into warmblood breeding, as the two XX sex chromosomes the 100 per cent transmission of the above-described characteristics is given, but of course with a significantly lower offspring rate (max. 1 foal per year, but best for mare and foal only max. every 2 years)!

In contrast to the stallion with XY chromosomes, for whom it is therefore best if his offspring A filly is bred in order to introduce fresh blood/genetic material into the warmblood line, which subsequent stallions can then pass on!

Shagya Arabian mares have produced mare lines within warmblood breeding, e.g. the A2A Schalmei ShA line in Trakehner breeding, consistently produce top-quality, healthy and capable offspring! There are a total of five such lines within Trakehner breeding!

However, there is also, for example, the famous line of the stallion Fetysz OX within Trakehner breeding, which was bred and purchased in Poland!

In the case of the A2A Schalmei ShA line crossed with the Trakehner stallion Zauberklang, the result was the stallion Sedar, bred by a veterinarian in Franconia, who even qualified for and participated in the Western Horse World Championships.

His offspring are consistently very willing, capable and versatile, very healthy, have excellent legs/hooves and are very affectionate!

So-called "one-man horses", now also called "one-woman horses", like most Trakehners, and still sought after by cavalrymen in the past and hunters today, and therefore completely unsuitable for run-of-the-mill mass horse training businesses or school horse businesses!!!

Of course, Sedar's offspring are mainly at home in show jumping and cross-country.

English thoroughbreds = XX (racehorses/gallopers) should only be crossed back in after four XX-free warmblood generations in order to maintain or increase momentum and performance!

Not more often, as otherwise the entire XX high-performance in warm-blooded breeding (poor hooves, often too soft joints, allergies, poor feed conversion, nervousness, panic attacks, pulmonary haemorrhage, impotence, dwarfism despite a large mare, stallions that kick, poor immune system, e.g. susceptibility to coughs and infections, a small scratch often leads to phlegmon /blood poisoning, etc.)!!!

Unless you want to hire your own feed master, groom, animal psychologist, horse whisperer, vet, osteopath and farrier when breeding or buying an XX-infected horse, and very rarely - or not at all - be able to ride your horse, but instead constantly have problems and stress with your horse and be forced to stay in the stable ;-)

For this reason, and to ensure that the calibre of the warmblood does not become too low, the XX percentage should not be increased by breeding XX horses in subsequent generations of warmblood breeding increased to more than  $\frac{1}{4}$  XX proportion through breeding!!!

Furthermore, only a very carefully selected XX stallion should be used. He does not have to be, and should not necessarily be, a Derby winner. The main thing is that he is healthy, preferably not soft-footed, with the best possible hooves, a good character and good nerves! Here, too, XX refinement via an XX mare would be preferable, but would also result in the same low offspring numbers described above, unlike the stallion!

Since such a carefully selected XX stallion is difficult to find these days, Trakehner breeding, for example, had a very carefully selected XX stallion for 10 years until the 1990s, since the pronounced XX high-performance inbreeding problem.

Other warmblood breeds naturally also made use of such carefully selected XX stallions!

Today, however, due to young amateur breeders who believe that any XX and as much XX as possible is a commercial panacea for breeding sport horses, there are also many trakehner infested with XX!

Just like back then, when Trakehnen was on the brink of economic ruin because too much XX in the Trakehner was too low-calibre and no longer fit for purpose.

This was the basis for the legend of the stallion Tempelhueter, whose sire was also XX (albeit at a time when XX was not as problematic in terms of inbreeding as it is today), but whose dam had a great deal of calibre, which he certainly passed on, thus saving Trakehnen from financial ruin!

So, in fact, Tempelhueter's dam Teichrose and the remaining high-calibre Trakehner mares saved Trakehner from financial ruin at that time by passing on their calibre to their offspring from financial ruin at that time!!! Otherwise, the Trakehner would have long since been history and very few of us would know that it ever existed!!!

These young amateur breeders even believe that OX, AA and Sh.A bloodlines are detrimental to Trakehner sport horse breeding, even though without OX, AA and Sh.A bloodlines the Trakehner and its legendary achievements would never have existed or would never exist, and although there is living proof to the contrary, e.g. in the form of the elite stallion Sixtus and his descendants!

But OK, some human offspring just have to repeat historical mistakes over and over again and make fatal new ones, even though the passing on of historical information, knowledge and experience is supposed to prevent exactly that!

The French and their Selle Francais horse breed (mainly suitable for show jumping and eventing!) do not have this problem, as they still breed uniformly across several generations and historically proven breeding strategies are still maintained.

This is because in France, the full-time professionals at the French national stud farms still have a lot of influence on private French horse breeding, and these young full-time professionals, trained by their retired old masters, have mastered the art of horse breeding to perfection!

Of course, the French National Studs are also conducting breeding experiments to further improve and develop the Selle Français!

Fortunately, there are also young, modern, intelligent breeders in Germany who still exchange ideas with the old masters of Trakehner breeding and seek their advice!

In general, mares are less susceptible to inbreeding problems (in moderation, of course), as it has been scientifically proven that only the healthy genes from the two XX chromosomes are expressed, thus eliminating the defective genes from the other X chromosome, but of course only if at least one of the two X chromosomes still has the healthy gene. In stallions with the XY constellation, this is of course only possible to a limited extent!

Incidentally, the majority of Arabs went to war on their mares, as mares were easier to manoeuvre in the heat of battle, had better nerves than stallions and needed less water over the same distance!

Therefore, after crossbreeding AA, OX, Sh.A fresh blood using a stallion, a filly would be desirable, because this way a complete X chromosome from the stallion is included and the X chromosome of the warmblood mare could be fully  
!!

Normally, in the F1 generation, i.e. the first offspring of a mating between different breeds, the characteristics are distributed evenly across the entire F1 generation on a 50/50 basis.



In the subsequent F2 generation, however, i.e. the grandchildren's generation, there are often inappropriate combinations,  
e.g. large heavy head / thin neck  
or heavy torso / soft fetlocks / thin cannon bones!

In Trakehner breeding, however, this is rarely the case, as centuries of refinement through crossbreeding with the special breeds XX, OX, AA and Sh.A , the Trakehner has genetically become much closer to these breeds than other horse breeds!

Of course, the mare's husbandry, the course of pregnancy and the rearing of the foal are decisive factors.  
e.g. born in May, plenty of pasture time and top-quality feed  
e.g. alfalfa hay during pregnancy,  
The period from weaning to weaning, as well as the subsequent period after weaning, i.e. further rearing and training, determines more than 90% of the future and development of the foal, even from a  
PERFECT MATING !!!!!!!!!!!!!!!

Incidentally, mating with carefully selected thoroughbred trotters or Hackneys often produces excellent show jumpers too!

The most famous show jumper in this regard was Halla under Hans Günther Winkler (HGW), whose sire was a thoroughbred trotter named Oberst and whose dam was a French warmblood captured as booty  
named Helene!

Halla herself was registered as a Hessian warmblood!

IMPORTANT: The probability of conception in mares  
is significantly higher with natural mating or FS  
than with TG, as the fluid from natural semen  
contains ingredients that promote sperm quality and  
thus the absorption  
!!! Furthermore, TG also contains chemical  
additives that some mares cannot tolerate, and  
the correct handling of TG also depends on the  
vet, their qualifications and experience! So  
it's better to go to the stallion for natural  
mating or FS!!!  
What's more, you can be sure that the semen is  
from the desired stallion!  
Not to mention that you  
you should see the stallion for yourself  
anyway, because there are lots of good  
pictures and stories about stallions!  
!!  
!!!!!!

### CAVALETTI III

Objective: The horse should be motivated to move towards the cavaletti / approach the cavaletti and complete the task as independently and smoothly as possible, while remaining as controllable as possible / respond to the aids / remain responsive in case a necessary correction is required!!! It is of course always important that the rider is securely balanced in the rising trot or light trot and moves/sways with the horse's centre of gravity!!! Otherwise, they cannot give the correct aids and will only hinder the horse!!!

Cavaletti promote concentration, muscle building, back relaxation, balance, rhythm, joint mobility, suppleness, fitness, dexterity, correct assessment and active hind legs!

AS ALWAYS, DON'T FORGET TO PRAISE THE HORSE TO MOTIVATE IT AND BUILD TRUST!!! AND LET THE HORSE LOOK AT EVERYTHING FIRST AND EVENTUALLY SNIFF IT!!!

Cavaletti: 2.5 m-3.5 m long poles (the longer the poles, the more difficult it is to keep the horse straight over the cavaletti), with square ends and rounded corners (preferably rubberised), allowing 3 heights of 20-30-40 cm by turning them, and painted so that a white stripe in the middle makes it easier to ride optimally in the middle

Distances: walk 0.8 m-1 m  
Trot 1.3 m-1.5 m, normally 1.4 m Gallop  
3 m-3.5 m

However, these are only guidelines and the distances must always be adjusted/corrected to suit the individual horse  
! This also applies to the canter cavaletti and jumping rows!!!

The cavaletti are trotted over in a light seat or light trot, with the hand moving forward and downwards in line with the horse's neck, with light contact. The horse's tempo is calm, diligent and rhythmic, with a swinging back and powerful footing, while the rider's upper body remains above the centre of gravity.  
the horse moves smoothly with you!

Horses that become too violent, fast or stormy when faced with the task / cavaletti because they are not yet experienced and seasoned enough, or have been worked up or are very spirited, should be ridden from the turn or volte, turn away more often before the first cavaletti, rein them in more often before the first cavaletti and, if they are already able to do so, direct them backwards!

Another good exercise for making horses more controllable, calm, relaxed and focused when faced with the task/cavaletti is to approach the trot cavaletti at a walk, stopping one horse length before it, and then increasing the distance each time, depending on the horse's reaction and composure.

Or ride the turn or volte further and further away from the first cavaletti so that the horse is already straightened out before the first cavaletti.

Sometimes, a few reassuring pats on the neck in the face of the task at hand / cavaletti are enough to relax nervous and insecure horses! Riding between the cavaletti at a walk while simultaneously patting the horse reassuringly and praising it in a soothing voice can make the horse more relaxed and calmer in the face of the subsequent cavaletti task!

However, some horses become agitated and nervous because they are overwhelmed by overwhelmed by the task!!! In this case, you have to reduce the number of cavaletti or, for example, reduce the requirements of a jumping series until the horse is physically and mentally recovered enough and has gained enough confidence and security. or until a later stage in training when the horse is physically and mentally developed enough and can be trained and worked hard enough!

Horses that still have difficulty moving confidently in an extended posture under the rider should be ridden out of the turn or volte after they have more or less assumed the extended posture by riding the turn or volte!

If, after initially relaxing and swinging rhythmically over the cavaletti, it is exhausted and needs a break. After this break, you should stop as soon as possible after at least a reasonably good final trot over the cavaletti or end the training session. However, you may also have to reduce the requirements again for a good finish, i.e. reduce the number the number of cavaletti to 3 or 1!

#### Cavaletti setups

e.g. lunging: place 4 step cavaletti on the circle on one short side and 4 trot cavaletti on the other short side  
cavaletti on the circle so that the centre circle remains free

#### 4 cavaletti on straight lines at a walk and trot

along the fence/on the second track/on the centre line/on the diagonal You can also insert 2 cavaletti distances (as if you were setting up 5 cavaletti and removing one cavaletti) between cavaletti 2 and 3 or between cavaletti 3 and 4, a so-called intermediate step structure with 4 cavaletti, to train more sure-footedness and balance on uneven terrain, increased concentration and practising correct assessment! This cavaletti setup is therefore primarily suitable for show jumping, dressage and hunting horses, as well as young horses in training!

Distance exercise / cavaletti on straight lines at a gallop and in jumping  
seat A gallop jump is assumed to be approx. 3.5 m in show jumping!  
(IN-OUT cavaletti on a straight line are set up at a distance of 3 metres!!!)

2 cavaletti at a distance of 19-20 metres, which is a normal distance of 5 gallop strides (take-off and landing do not count as a gallop stride, so they are not counted! )

Exercise for the horse:

5 gallop strides as normal  
4 extended gallop strides  
6 collected gallop strides

Exercise for the rider:

Develop a feel for gallop strides, rhythm, basic speed and appropriate assessment! Count gallop strides in order to cover a certain distance between two jumps with a certain number of gallop strides in a rhythmic manner!

Have the correct basic tempo before turning onto the line and maintain this through the turn, then keep the horse on a straight line before and after the jump and continue to gallop rhythmically!

This exercise can be easily varied by changing the distance between the two cavaletti!

Cavaletti on curved lines at a gallop and in a light seat/jumping seat It should be noted that the horse normally tries to change to an outside gallop over the cavaletti during these exercises try to change to an outside canter over the cavaletti, which can be prevented by maintaining a clear position and bending inwards!

The rider turns their head during the jump over a cavaletti and already looks towards the next cavaletti!

For all the exercises here, use the highest cavaletti setting and ride in the centre, unless otherwise stated!

However, all set-ups can also be ridden at a trot at the lowest cavaletti setting to give the horse confidence.

Never overwork the horse and take a break or end the training in good time!

1 cavaletti in the middle of two circles at the change point X:

- 1) Ride on the circle at a gallop
- 2) Change from the circle over the cavaletti at a gallop, approaching the cavaletti at a slight angle and shifting your weight sufficiently weight transfer and change of direction over the jump so that the horse lands on the correct lead!

1 cavaletti on each of the short closed sides of two circles Gallop over the cavaletti, then change hands at X (walk, trot or flying) and gallop again over the other cavaletti

One cavaletti each on the short side of two circles and one at the change point X  
Ride a figure of eight over two circles at a canter, jumping over all the cavaletti!

Gallop cavaletti on the circle / 4 IN-OUT cavaletti / 2 m distance on the inside, 3 m on the outside  
Here, the horses must collect themselves more and jump with their hind legs under their centre of gravity

Gallop; trot cavaletti / 4 IN-OUT cavaletti (2 m distance inside, 3 m outside) on one half of the circle, the circle with 2 cones, placed on the 2nd or 3rd circle track as orientation aids, and set up 4 trot cavaletti on the other half of the circle  
Gallop over the IN-OUT cavaletti, then slow to a trot at the cone and trot over the trot cavaletti, then gallop again at the cone and over the IN-OUT cavaletti, etc.

This exercise can also be done on two circles, with the trot cavaletti on one circle the trot cavaletti are on the short side and on the other circle the canter cavaletti are on the short side and at X the gait and hand are changed and you can place a pylon (= cone / traffic cone) to the left and right of X  
a pylon (= cone / traffic cone) on the 2nd or 3rd circle track as an orientation aid to X !!! For young horses that are not yet sufficiently trained, this exercise is easier and therefore preferable to the one above !!!

Distance exercise / Four cavaletti evenly spaced on a circle spaced at a quarter circle distance with a distance of 5.25 metres between the inside of a cavaletti and the centre of the circle

1) centred

At the beginning, the rider should not worry about the number of gallop strides or the appropriate take-off distance! After a few rounds, horse and rider will develop a harmonious  
Find your rhythm to promote rhythm and a sense of distance!

2) Inner line 3 gallop strides

3) Outer line 4 gallop jumps

Cavaletti cross / four cavaletti are arranged with their ends to form a cross / the main purpose here is to practise turns

- 1) Gallop in a figure of 8 using two 10 m circles over two cavaletti on the same side of the cross (i.e. cavaletti positioned at right angles to each other); later, depending on the horse's level of training and abilities, the turns can be made smaller
- 2) Jumping over the centre of the cross to practise riding exactly in the narrow centre and the horse's leg obedience (known as the eagle wing in eventing).

X) The exercises listed above are just two of many variations!

Cavaletti serpentine / three cavaletti are placed diagonally at a 45-degree angle on a straight line to each other / the first two cavaletti are centred at a distance of 9.80 metres (= first distance), the second distance between the 2nd and 3rd cavaletti in the centre is 13.50 metres (= second distance)

- 1) Snake line with change of direction at a canter over 3 canter strides for the first distance and 4 canter strides for the second distance
- 2) Straight line at a gallop with 2 gallop strides to the first distance and 3 gallop strides to the second distance  
Here, the cavaletti are jumped diagonally!

It is important that the rhythm and basic tempo for each exercise are correct 20-30 metres before the first cavaletti!

You can make the exercise a little easier by setting up the distances 13 metres (= first distance) and 17 metres (= second distance), so that the distances are extended by one gallop stride each!



CORRECT TAKE-OFF POINT / TAKE-OFF DISTANCE /  
TAXATION POINT

Take-off poles must be 20-30 cm closer to the jump, because otherwise a horse taking off correctly would have to step on the take-off pole, seriously injure itself, fall and fly into the jump!  
Not to mention the uncertainty and demotivation! STEEP JUMP: TAKEOFF DISTANCE

= JUMP HEIGHT

OXER: APPROACH DISTANCE= S SOMEWHAT CLOSER THAN JUMP HEIGHT

TRIPLE BAR:

TAKE-OFF DISTANCE= BAR HEIGHT FIRST ELEMENT

FAN JUMP: TAKEOFF DISTANCE= IN THE MIDDLE OF A LINE (between points A and B)

A) DISTANCE BETWEEN THE LOWEST BAR HEIGHT AND THE FRONT POST

AND B) INTERSECTION OF A PERPENDICULAR LINE EXTENDING FORWARD FROM THE REAR STANDARD TO A LINE PASSING THROUGH A

DITCH FLAT: TAKEOFF DISTANCE= AS CLOSE AS POSSIBLE DITCH

OVERBUILT: IF POSSIBLE, STEEP JUMP OR OXER DEPENDING ON THE  
OBSTACLE TAKEOFF DISTANCE AS ABOVE

In general, however, these are only guidelines and in practice there is only a take-off zone/area and a landing zone/area, as the take-off is also determined by the approach speed, ground conditions and the way in which the horse jumps individually. The jump curve should be like a parabola (arched line) with the highest point above the pole of the steep jump, the middle of the oxer and the ditch, and the last third of the triple bar, whereby the shape of the parabola, whether flat or steep, narrow or wide, naturally depends on the jump, its height and width (e.g. vertical jump steep-narrower than water jump flat-wider). However, this means that I ride a little closer to an oxer than to a vertical jump of the same height, and even closer to a triple bar of the same height, and even closer to a water jump. The landing zone is the same for steep jumps and triple bars and further behind the jump than for oxers, and further behind the jump for oxers than for water jumps.

DIRECTION OF GAZE WHEN APPROACHING JUMPS

When approaching a jump, you should generally look either at the jump or over it and slightly behind it, but never into or through the jump or even at the ground in front of it, otherwise there is a good chance that the horse will refuse or you will fly into the jump with the horse! The same applies to ditches and covered ditches! Never look into a ditch when approaching it, but always look at the highest pole. or behind the ditch!!! Always look straight ahead over the jump or turn your head to look at the next obstacle/jump!!!

So always look towards the next jump as soon as possible, either over the jump or shortly after landing, but definitely when initiating and during a turn to the next jump!

Tip: If the horse often knocks the bar down with its front legs, lengthen the neck when approaching the jump, i.e. take the reins longer so that the horse does not come so close to the jump with its front legs!

## DISTANCES

### CAVALETTI

Walk 80 cm-90 cm  
Trot 120 cm-130 cm  
IN; OUT Canter 3 m  
1 Gallop jump 6m

### CAVALETTI ON THE CIRCLE

One after the other on the circle  
Gallop inside 2m distance outside 3m distance  
Trot distance centre 1.20m-1.30m

Circle jumping at a gallop 4 cavaletti on each side of a 10.5m distance between the inner sides of the cavaletti

## JUMPING

(assuming a gallop jump of 3.50 m) Last  
trot pole before the gymnastics jumping series 2.20 m Gallop  
pole before the gymnastics jumping series 3 m

### Combination

IN;-OUT 3m-3.5m metres (short-long)  
1 Gallop jump 6.5m-7m metres (short-long)  
2 Gallop jumps 10m-10.5m (short-long)

### Obstacle sequences

3 Gallop jumps 14m-15m metres (short-long)  
4 Gallop jumps 17.5m-18.5m metres (short-long)  
5 Gallop jumps 21m-22m metres (short-long)  
6 Gallop jumps 24.5m-25.5m metres (short-long)  
7 Gallop jumps 28m-29m (short-long)  
Calculation of distance= Landing distance+ XGallop jumps x 3.50m-3.60m  
Gallop jump length + take-off distance  
If the basic tempo becomes faster or the jumps become higher or longer, the distances must be extended accordingly! Take-off and landing distances are added with approx. one gallop jump, but they can also be calculated from the jump height and length of the jumps, assuming a correct flight curve!

#### GYMNASTICS JUMPING SERIES

Objective: The horse should be motivated to move towards the cavaletti/jumps, also known as pulling them in, and complete the task as independently and fluidly as possible, while remaining controllable/responding to the aids/remaining responsive in case a correction is necessary. It is, of course, always important that the rider is securely balanced in a light seat above or together with

follows the horse's centre of gravity!!! Otherwise, he cannot give the right aids and only hinders the horse!!!

However, within a series of jumping exercises, corrections are only possible to a minimal extent!

AS ALWAYS, DON'T FORGET TO PRAISE, PRAISE, PRAISE THE HORSE TO MOTIVATE IT AND BUILD TRUST! AND LET THE HORSE LOOK AT EVERYTHING FIRST AND EVENTUALLY SNIFF IT!

Jumping series are very strenuous strength training for the horse! Therefore, DO AS MUCH AS NECESSARY AND AS LITTLE AS POSSIBLE so as not to overwork the horse!

The cavaletti are always set to the lowest height (20 cm)!!! The jumping series are always built up gradually!!!

It is best to always use catches from the second jump onwards!

It is best not to jump each variation more than twice in order to maintain the horse's interest/motivation and not exhaust it!

After setting up the second jump, it often makes sense to lower the first jump slightly, as young/inexperienced horses often find it easier to concentrate on the trot poles and the second jump at first!

For young and inexperienced horses, always practise/train with appropriate distances and take-off poles!

Approaching gymnastics jump courses from a gallop:

Instead of three trotting cavaletti, one cavaletti is placed 3 m in front of the cross, which gives the horse more momentum

and the distances become shorter for the horse in the row, so it has to pick up more speed, push its hindquarters more, rock more and react faster!

This applies to all gymnastics series that are originally built up from a trot!

Set-up I (always start with everything from a trot until it works well):  
Turn away from the centre line on the left or right hand in trot.  
3 cavaletti at trot distance / 2.60 m / cross / 3 m / cavaletti / 3 m / steep /  
3.20 m / cavaletti / 3.3 m / oxer then turn off on the short side depending on the  
hand canter

Setup II young horse (always start with everything from a trot until it works  
well): turn off the centre line from the left hand:  
3 trot cavaletti / 2.6m / cross / 6m-6.30m / oxer then  
right hand first long side:  
Cavaletti / 2.6 m trot 3 m canter / steep  
Turn back onto the centre line / series of jumps then  
left hand second long side  
Cavaletti / 2.6 m trot 3 m canter / oxer

Setup III:  
Diagonal I  
3 trot cavaletti / 2.6 m / cross / 6-6.30 m / steep right-  
hand canter first long side  
Steep diagonal  
II  
3 trot cavaletti / 2.6 m / cross / 6-6.30 m / oxer left-  
hand canter second long side  
Oxer

Set-up IV IN-OUTS:  
Trot / cavaletti / 2.6 m / steep / 3 m / steep / 3 m / cavaletti / 3 m / steep / 3.20 m /  
steep / 3.20 m / cavaletti / 3.30 m / oxer

Setup V IN-OUTS (max. 3 crosses for young horses):  
Cavaletti / trot 2.6 m gallop 3 m / cross / 3 m / cross / 3 m / cross / 3 m /  
cross / 3 m / cross / 3 m / cavaletti

Setup VI (rhythm):  
Canter / Cavaletti / 6 m / Cavaletti / 6 m / Cavaletti / 6 m / Cavaletti / 3.20 m / Oxer  
/ 6 m / Cavaletti

Setup VII:  
Canter / Cavaletti / 3m / Oxer / 6.1-6.3m / Steep / 3.5m / Oxer / 9.3m / Steep / 3m /  
Cavaletti

Zigzag course / Jump after jump: for practising  
turns with the horse  
and the rider looking ahead to the next jump

1) Cross steeple / 90 degrees / cross oxer / 90 degrees / cross steeple / 90  
degrees / cross oxer

2) Steep / 90 degrees / Oxer / 90 degrees / Steep / 90 degrees / Oxer  
First practise/train the individual jumps from a trot, then from a  
gallop, then two jumps in succession and finally all four jumps in  
succession!

#### DIRECTION OF GAZE WHEN APPROACHING OBSTACLES

Tip: If the horse often strikes out with its front legs, lengthen the neck  
when approaching the jump, i.e. take the reins longer so that the horse does  
not come so close to the jump with its front legs! In general, when  
approaching jumps, you either look at the  
jump or slightly behind it, but never at or through the jump or even at the  
ground in front of it, otherwise you are likely to  
the horse refuses or you fly into the jump with the horse!!! The same applies to  
ditches and covered ditches!!! Never look into a ditch when approaching it,  
always look at the highest pole  
or behind the ditch!!! Always look straight ahead over the jump or with your  
head already turned towards the next obstacle/jump!!!  
So you should always look at the next jump as soon as possible, either already  
over the jump or shortly after landing, but definitely when initiating and  
during a turn to the next jump!  
For WALL jumps, always look behind the WALL edge at the wall, not at the edge  
and, of course, as always  
under no circumstances should you look down!  
For WALL jumps; LOW jumps; DOWNHILL jumps or WATER jumps, always look  
straight ahead before the jump if the WALL; LOW; DOWNHILL or WATER  
jump is over an obstacle/tree trunk.  
You can also see this when riding up onto the pole/tree trunk! Of course,  
your gaze should always be directed straight ahead during these jumps!  
So under no circumstances should you look at the next obstacle during  
wall jumps, low jumps, downhill jumps or water jumps, and as always,  
never look down!

#### TERRAIN RIDING / TERRAIN JUMPS

Objective: The horse should be motivated to approach the jumps / attract the jumps and complete its task as independently and smoothly as possible, while remaining as controllable as possible / respond to the aids / remain responsive in case a correction is necessary!!! It is of course always important that the rider is securely balanced in a light seat above or together with the centre of gravity of the horse!!! Otherwise, they cannot give the correct aids and will only hinder the horse!!! In the safety seat, the rider sits slightly behind the centre of gravity of the horse over the jump  
!!!

However, corrections are sometimes only minimally possible due to a high basic pace , e.g. on the eventing cross-country course or often in the heat of the moment on a hunting field, only minimal corrections are possible!

In these situations, it is also better to make only minimal corrections or to let the horse go completely independently, to go with its movement/above or together with its centre of gravity and to trust that you have taught your horse well and treated it in a species-appropriate and fair manner so that it will not let you down and will do its best! Instead of working against the horse and endangering the horse, yourself and others by attempting to intervene with rough and heavy corrections!

However, the more exhausted or overwhelmed a horse is, the less able it is to respond to or follow your aids! In both cases, you should take a sufficiently long break until the horse has recovered, then In the event of excessive strain, reduce the demands or, if neither of these options is possible, for your own safety, discontinue training, competition, or hunting.

Cross-country riding is particularly demanding due to uneven ground, varying ground conditions, uphill and downhill riding, and the horse's high level of self-motivation due to mutual encouragement or pulling along by other horses, or pulling towards the stable, is usually much more strenuous for the horses than riding in the hall or on the course!

Due to the constantly changing centre of gravity of the horse and rider caused by the terrain, which the horse has to constantly rebalance, as well as the changing demands of different ground conditions and speeds, combined with the horse's high level of self-motivation, there is a high risk of overtaxing the horse in terms of its circulation and musculature and tendon-ligament apparatus when riding cross-country if you do not take enough breaks on flat ground and choose the overall duration of the training session accordingly.

In general, "SPEED KILLS" also applies, i.e. high speed puts extreme strain on the horse, as the WEIGHT OF THE HORSE AND RIDER IN MOTION is not added or multiplied, but POTENTIATED. THE FASTER THE SPEED, THE HIGHER THE STRESS ON THE LEGS, so NEVER CHOOSE A BASIC PACE THAT IS TOO HIGH and only at the end of the training session, you may ride a short sprint on a straight, level or uphill track, but always ride the horse dry and at a walk into the yard/stable!

Due to the horse's high level of instinct-driven self-motivation, it is often difficult to assess when the horse has reached its limits or is overwhelmed and it would be better to stop or reduce the demands placed on it!!! HOWEVER, A HEART RATE MONITOR IS A SUPER OBJECTIVE WAY OF ASSESSING THIS!!! (Of course, it must also CORRECTLY!!! So don't skimp on the heart rate monitor!!! And always attach and use it CORRECTLY!!!)

You can also use it to check whether a horse is, for example, just not properly motivated when leaving the stable (normal pulse) or really exhausted or afraid (sticking to the stable) or resisting (high pulse)!!! (Note: chestnuts have it behind their ears!!!)

In contrast to outdoor and indoor training, where despite much shorter training sessions, young horses can quickly become permanently damaged and unusable due to too many corners, circles, voltes and other turns, too much riding on the reins and collections, and too much jumping, even with breaks in between

training in between, as the stresses that occur in the wild are so massive, one-sided and frequently NOT present, they place extreme strain on the tendons, ligaments

muscles and the skeletal system without the circulation is already under corresponding strain and a heart rate monitor is therefore often useless and offers no protection against overloading the horse! It only indicates whether there is something wrong with the horse's health before training or whether the horse has not yet recovered from the last training session!

(Note: Elevated resting values before training may indicate, for example, irritation of the flexor tendon or suspensory ligament due to overexertion. which, by simply continuing to train instead of waiting a few days for healing and then continuing to train with reduced requirements, can lead to subsequent tendon damage that renders the horse permanently unusable!!!)

In the cavalry, horses were only briefly broken in on the course at the age of 5, and as soon as the horses had more or less mastered the aids for the different gaits and half-halt reasonably well, they were ridden for 3-6 months on as straight lines as possible, after warming up in the field at a walk and trot, in a slow, controlled canter, with regular changes of lead over the trot, on level or slightly hilly terrain with suitable ground conditions until the horse was pleasantly exhausted, in order to first strengthen and develop the cardiovascular system, tendons, ligaments and muscles before moving on to arena and indoor training!!!

Of course, during these 3-6 months, sufficient rest days were also taken for rest/recovery and adaptation to the strain!

Riding a WAVY TRACK is the best way to strengthen the horse's back and hindquarters muscles!  
Depending on the horse's level of training, the wave track can be mastered at a walk, trot or canter!

When riding downhill, you ride above the horse's centre of gravity, you must not lean too far forward, otherwise you will end up in front of the horse's centre of gravity, putting too much strain on the forehand and the horse may fall!  
If the downhill slope is too steep or slippery, you should of course only ride at the slowest gait, i.e. walk!

When going downhill and uphill, you should always ride straight in a straight line uphill or downhill, i.e. not diagonally!

In general, you can practise TERRAIN JUMPS such as eagle wings/narrow jumps or corner jumps on the jumping course, initially using poles and stands to recreate them!



Cross-country jumps are never higher than 1.25 m in drag hunting and eventing! Not even at the Olympics or World Championships! They only appear so impressive psychologically because of their width, depth, ditch, drop, take-off depth, solid jumping material and shape!

AS ALWAYS, DON'T FORGET TO PRAISE, PRAISE, PRAISE THE HORSE TO MOTIVATE IT AND BUILD TRUST!!! AND LET THE HORSE LOOK AT EVERYTHING FIRST AND EVENTUALLY SNIFF IT!!! INEXPERIENCED HORSES OFTEN STILL WAVER / WALK IN A SLIGHT SNAKE LINE WHEN APPROACHING OBSTACLES, WHICH IS WHY WIDE OBSTACLES, MIN. 4 METRES WIDE (e.g. a 4-metre-long tree trunk) ARE BETTER FOR TEACHING AND PRACTISING!!!

BECAUSE YOUNG HORSES OFTEN HESITATE/STOP BEFORE NEW OBSTACLES AND THEN STILL HAVE TO JUMP/PUSH OFF, ALL OBSTACLES SHOULD BE EASY FOR THE YOUNG HORSE TO JUMP FROM A STANDING POSITION, I.E. MAX. 50-60 CM HIGH, MAX. 80 CM-1 METRE WIDE AND MAX. 50 CM DEEP!!!

Normally, you ride 2-3 horse lengths behind the lead horse, trotting over the obstacles 3-4 times, and then trot without the lead horse! If the horse remains calm and controllable before and after the jump, you ride up to the obstacle at a calm canter!

Horses that are too boisterous, violent or spirited are ridden out of the turn in such a way that they are only straightened out 3-4 horse lengths before the obstacle and thus see it relatively late!

Many young horses also tend to rush forward and/or buck after jumping due to overexcitement!

In these cases, the correction is to ride diligently forward and then rein in as soon as you have your horse under control again under control, in order to consistently train the horse not to not to evade the rider's aids, whenever and wherever they may be!

However, the reason for the horse accelerating after the jump may also be a lack of balance under the rider when landing.  
In this case, you should of course allow the horse to accelerate for a few gallops after the jump until it has regained its balance!

In general, cross-country jumps should be approached from a calm, controlled, energetic canter that is NOT uncontrolled and disjointed.

Due to the higher speed in cross-country, the gallop stride and thus also the horse's jump curve are normally somewhat flatter!

If necessary, you should collect the horse slightly before the obstacle!

The horse is therefore only collected slightly and not gathered, as gathering would cause it to lose too much momentum for the next cross-country jump!

The rider's centre of gravity, which is anatomically located in the navel area or slightly below, is shifted slightly backwards before the jump by raising the upper body slightly, NOT by leaning the upper body backwards and at the same time, the stirrups are moved slightly further forward and downwards in accordance with the speed and centre of gravity of the horse. Before the jump, you can also adopt the so-called safety seat for young horses, by keeping your buttocks slightly on the saddle when riding up to the jump!

The rider is responsible for setting the right pace and the optimal approach to make it easier for the young horse to focus on the obstacle and judge it correctly!

As always, you should gallop as rhythmically as possible and once the horse has cleared the new obstacle 1-2 times in a fluid, rhythmic gallop, you can practise another new obstacle or, after a rest break, practise all the new obstacles again, max. 3-4. The training can be skipped or ended with a simple, familiar obstacle!

YOUNG HORSES OFTEN STOP AT NEW OBSTACLES AFTER THEY HAVE STOPPED IN FRONT OF THEM, BUT THEN JUMP OVER THE OBSTACLE OR JUMP TOO HIGH (OVERJUMP) OR JUMP TOO EARLY OR JUMP WITH A FLAT BACK OR LAND ON ALL FOUR LEGS OR STUMBLE AFTER THE JUMP OR BUCK AFTER THE JUMP OR RUSH OFF AFTER THE JUMP OR DO SEVERAL OF THE BEHAVIOURS LISTED HERE TOGETHER / ONE AFTER THE OTHER, WHICH RIDERS SHOULD ALWAYS EXPECT WITH YOUNG HORSES!!!

UNDER NO CIRCUMSTANCES SHOULD YOU PULL ON THE REINS OR PULL/RIP AT THE HORSE'S MOUTH, AS THIS WOULD HAVE A VERY NEGATIVE EFFECT ON ITS MOTIVATION AND CONFIDENCE IN THIS JUMP IN THE FUTURE!  
If you lose your balance, hold on to the mane, the breastplate or a neck strap, but never the reins!

BECAUSE OF SUCH SURPRISES, THE DISTANCE TO THE LEAD HORSE SHOULD ALSO BE AT LEAST 2-3 HORSE LENGTHS SO THAT THE YOUNG HORSE DOES NOT JUMP INTO THE REAR LEGS OF THE LEAD HORSE / KICK OR JUMP INTO THE BACK OF THE RIDER OF THE LEAD HORSE!!!

IN GENERAL, IF THE HORSE STUMBLES / TRIPS HEAVILY / LOSES ITS  
BALANCE AND IS IN DANGER OF FALLING, EVEN UP HILLS / ON THE  
WALL, AS WELL AS WHEN JUMPING, YOU SHOULD IMMEDIATELY RELEASE  
THE REINS COMPLETELY / LET THEM SLIP THROUGH TO AT LEAST THE  
REIN BUCKLE SO THAT THE HORSE CAN  
its balancing bar, i.e. its neck, has the chance to catch  
itself / regain its balance and not fall!

Depending on the situation, the horse will also attempt to  
quickly place its chin on the ground as a support/resting  
point with its neck stretched out.  
SO THAT IT CAN USE ITS UPPER ARM AND HEAD MUSCLES TO PULL  
ONE FORE LEG FORWARD UNDER ITS BODY AT LIGHTNING SPEED AND  
CATCH ITSELF!

ONLY WHEN THE HORSE CLEARLY TURNS ITS NECK TO ONE SIDE TO ROLL  
OVER THE OPPOSITE SHOULDER  
IT HAS GIVEN UP, BUT IT CAN STILL SAFELY GET BACK ON ITS  
FEET / REGAIN ITS BALANCE AND CATCH/PREVENT AN IMPENDING  
FALL!

IF THE HORSE FALLS OR SLOWS DOWN SIGNIFICANTLY AFTER A  
JOLT / LOSS OF BALANCE, IT TURNS ITS NECK TO THE SIDE TO  
ROLL OVER THE OPPOSITE SHOULDER, IT IS HIGH TIME TO GET  
OUT OF THE SADDLE AS FAR AS POSSIBLE / JUMP OFF AND THEN  
ROLL YOURSELF OR LAND SAFELY ON YOUR FEET  
TO GET AS FAR AWAY FROM THE HORSE AS POSSIBLE SO THAT IT  
DOES NOT OVERROLL YOU WITH ITS HUNDREDS OF  
KILOS OF BODY WEIGHT / CRUSH YOU!!!

WHEN JUMPING OVER WALLS AND MOUNTAINS, IT IS VERY IMPORTANT TO GIVE THE HORSE SUFFICIENT REIN FREEDOM / NECK FREEDOM, I.E. TO MOVE WITH ITS CENTRE OF GRAVITY AND, AS WHEN JUMPING, TO GIVE SLACK TO THE REINS AS REQUIRED BY THE HORSE SO THAT THE HORSE CAN STRETCH ITS BALANCING BAR, i.e. its neck, far enough forwards and upwards and thus easily shift its centre of gravity forwards and upwards through the momentum generated when starting to ride FORWARD AND UPWARDS OR BRING IT UP OVER ITS FRONT LEGS AFTER LANDING ON THE WALL!

IF I DO NOT GIVE ENOUGH REIN FREEDOM WHEN JUMPING OVER WALLS AND UP HILLS, THERE IS A GOOD CHANCE THAT THE HORSE WILL NOT CLEAR THE WALL PROPERLY / WILL GET STUCK AND FALL ONTO THE WALL OR SLIPS BACK AND FALLS!!!

FOR DOWNHILL AND DEEP JUMPS, LET THE REINS SLIDE THROUGH YOUR HANDS ACCORDING TO THE HORSE'S NEEDS SO THAT THE HORSE CAN BALANCE ITSELF WITH ITS BALANCING BAR, I.E. ITS NECK, AND EASILY ABSORB ITS CENTRE OF GRAVITY WITH ITS FORE LEGS!

For wall jumps, deep jumps, downhill jumps or water jumps , depending on the depth of the jump and/or the slope of the terrain, you should keep your upper body more upright or even completely upright above the horse's centre of gravity, possibly even leaning back slightly, with your gaze directed straight ahead. So, under no circumstances should you look down; let the reins slide through your hands as long and fast as the horse needs (so that the horse can balance itself with its neck) and step forward and down into the stirrups! This means you catch yourself in the stirrups and not by locking your knees, otherwise your knees act as a pivot point and you rotate/fall forward out of the saddle over your knees!

Of course, you should ALWAYS approach jumps IN A STRAIGHT LINE!  
In addition, you should not approach jumps of any kind too fast or too slow, so that the horse can still balance itself smoothly with its front legs one after the other and over its front legs, and on the other hand, it does not land too steeply and hard and injure itself or lose its balance and fall or, in the worst case, even roll over!

So, in this case, going a bit too fast would be the lesser/less dangerous mistake, even though it is of course not desirable!

HOWEVER, THIS IS NOT THE CASE WHEN ENTERING THE WATER because at too high a speed, the water resistance would slow down/pull the horse's legs so much when entering the water that it would no longer be able to stay on its legs and would fall!

The deeper the jumps, the more courage they require from a young horse and therefore a courageous, confident and trusting rider! This is because the rider's uncertainty would immediately be transferred to the horse!

A WALL JUMP should always be approached from a controlled, energetic gallop, even after a refusal, because otherwise the horse could injure its hocks or slip back with one or both hind legs if it tries to master a jump/wall with too little forward momentum/acceleration/speed!

In both cases, it could injure itself and/or, due to this painful experience of hitting the wall edge, it will not be particularly enthusiastic/motivated about wall jumps in the future!

That is why you should NEVER ride a wall jump at a trot or walk!

Of course, you should always ride a wall jump in a straight line, i.e. at a 90-degree angle to its edge!

Incidentally, young horses usually jump off too early when jumping a wall jump at the beginning!

ONLY a LOW WALL JUMP OR  
WATER JUMP WITH A FIXED EDGE MAY BE  
RIDE FROM A TROTting OR WALKING GANG OR EVEN LET THE HORSE  
HOP/JUMP FROM A STANDING POSITION!!!

IF THE HORSE IS STANDING AT THE EDGE AND IS STILL UNDECIDED  
WHETHER TO JUMP, THEN WAIT A LITTLE LONGER, LET IT LOOK AND  
ENCOURAGE IT WITH YOUR VOICE UNTIL IT GIVES ITSELF A SHOVE  
AND JUMPS DOWN!!!  
AFTERWARDS, THE HORSE IS OF COURSE PRAISED EXTENSIVELY!!!

UNDER NO CIRCUMSTANCES SHOULD YOU APPLY TOO MUCH PRESSURE,  
E.G. WITH THE WHIP, OR ENGAGE IN A POWER STRUGGLE, BUT  
RATHER SIMPLY PREVENT THE HORSE FROM TURNING AWAY OR MOVING  
BACKWARDS BY USING YOUR LEGS AND REINS CONSISTENTLY AND  
USING ENCOURAGING WORDS. AND REINS TO TURN AWAY OR BACK UP,  
AND USE ENCOURAGING WORDS AND  
TAP THE HORSE ON THE NECK TO CALM IT DOWN  
AND ENCOURAGE IT TO JUMP!!!

When it comes to ditches, it is important that they are clearly  
marked/visible to the horse by means of a white front and rear  
boundary, usually a half-painted tree trunk or at least another  
clearly visible boundary, that they are no more than 80 cm-1 m wide,  
dry and not particularly deep!

Under no circumstances should the ditch be overgrown or  
overgrown!

THE DITCH IS THE ONLY OBSTACLE THAT IS BETTER NOT TO SHOW THE HORSE BEFORE THE FIRST JUMP / RIDE! INSTEAD, FOLLOW THE LEAD HORSE AT A TROT WITH A DISTANCE OF 2-3 HORSE LENGTHS!

The first time, the young horse will often jump without any problems OR NOT!!! BE PREPARED FOR ANYTHING!!!  
But the second time, it often refuses and looks into the ditch because it only now really notices it!!!

When approaching any ditch, a rider should never look into the ditch, but rather at the highest point of the superstructure, usually the upper edge of a tree trunk or slightly behind the ditch.

For this reason, and to build the horse's confidence, it is important that the ditch is narrow enough for the horse to jump it easily from a standing position, as many young horses, after briefly stopping and looking into the ditch, will still jump after the lead horse! Otherwise, ride up again with the lead horse or leave the lead horse visibly far enough behind the ditch and ride up again immediately!  
However, you should have agreed beforehand with the lead horse rider how you want to proceed!

Normally, however, you ride behind the lead horse until the horse jumps smoothly over the ditch!

To practise overbuilt ditches with young and inexperienced horses, the obstacle bar, usually a tree trunk, should divide the ditch exactly in half, i.e. be placed in the middle, so that the ditch is still the same width in front of and behind the tree trunk, as this suits the horse's natural jumping curve!  
That is why such covered ditches are easier for a horse to jump once it is accustomed to ditches than a ditch without a tree trunk in the middle!



For WATER ACCLIMATISATION, the watering place should be max. 20 cm deep, at least 20-30 metres wide and 20-30 metres long, with firm, level ground, without stones, deep mud or holes, and under no circumstances slippery!

The entry and exit points must be flat and must not steep or downhill, and the sides of the watering place should be max. 50 cm high and vertically fixed so that water jumps can be practised!

It is best to start water familiarisation after 2/3 of the training time/training session, after the horse has already burned off some energy for potential resistance.

This will make it easier, as always in such new and unsettling situations, to

Be convinced that the situation/task is safe and gain confidence in working with water!

Ride behind a lead horse again, this time at a walk, of course, 1-2 horse lengths behind! If the young horse stops in front of or in the water to sniff and drink, allow it to do so briefly while the lead horse waits briefly!

allow it to do so briefly while the lead horse waits a moment!

However, the young horse must not turn around or walk backwards under any circumstances! Nevertheless, you should not exert too much pressure with the whip and provoke resistance/a power struggle, but rather using weight, leg and rein aids!!!

If the young horse begins to paw with its front leg  
When kicking into the water, you should immediately ride behind the lead horse, as otherwise the young horse would lie down in the water, because scraping is how a horse tests/explores the ground before lying down in water!

After the first run, you can leave the lead horse standing in the middle of the water and ride into the water alone with the young horse to the lead horse in the water, then place the lead horse visibly behind the water and ride with the young horse alone again into and through the water!

Then the lead horse remains behind the water and you try to ride through the water first at a slow trot and then at a slow canter!

However, you may have to do both again behind the lead horse first, as some young horses become unsettled again by the splashing water and therefore refuse to continue trotting or galloping, or refuse to trot or gallop a second time  
!!!

1) The WATER ENTRY is first practised by jumping from a gallop over a tree trunk lying 4 metres in front of the shallow water entry point and then galloping through the water!

2 ) If this works well and safely, place the log, which should not be too thick or high, directly at the entry point and jump over it from a gallop directly into the water!

3) If this works safely and well, first jump from a trot over the side water entry point/step, Max. 50 cm deep, down into the water to accustom the horse to the increased water resistance and the associated sudden braking of its legs when diving/jumping into the water!!!

4) If this works safely and well, jump down the steps into the water from a controlled, calm, not too fast gallop!

5) If this works safely and well, place a log that is not too thick/high directly on the edge of the step or the water entry edge and jump over it at a suitable speed in a gallop directly into the water!

IF THE HORSE STUMBLES OR TRIPS WHEN JUMPING INTO THE WATER, YOU MUST REPEAT THE WATER ENTRY SO THAT THE HORSE IS NOT LEFT WITH A FEAR OR NEGATIVE MEMORY AND YOU CAN FINISH THE WATER TRAINING/WATER EDUCATION ON A GOOD NOTE!

DRESSAGE TRAINING OBJECTIVES  
FOR SHOW JUMPING, HUNTING AND CROSS-COUNTRY HORSES

THE HORSE MOVES MOTIVATED UNDER ITS RIDER, BALANCED, RELAXED AND IN TIME WITH SUFFICIENT MOMENTUM FROM THE HINDQUARTERS AND STEPPING UNDER ITS CENTRE OF GRAVITY, SWINGING OVER THE BACK THROUGH ITS NECK (=ON THE REINS), WITH SOFT CONTACT ON THE BIT AND ITS NOSE LINE SLIGHTLY IN FRONT OF THE VERTICAL, STRAIGHT (=WITH THE HIND LEGS STEPPING INTO THE TRACKS OF THE FORE LEGS / WITHOUT NATURAL BACKSIDE) AND RESPONDING TO THE AIDES!!! IN THIS WAY, THE HORSE, "NOT COLLECTED", CAN CARRY ITS RIDER MAINLY WITH ITS BACKBAND-FASCIAL APPARATUS IN A POWERFUL, AND ENERGY-SAVING RHYTHMIC EFFICIENTLY!!!

Of course, it is always important that the rider is securely balanced in the remonte; light seat, sitting or in light trot, moving/swinging with the horse's centre of gravity!

Otherwise, the horse cannot, as described above, nor respond to the rider's aids! This is because a rider who is not balanced above or in line with the horse's centre of gravity of the horse cannot  
This does not provide proper assistance, but only hinders the horse.  
A horse that is hindered in this way cannot, of course, ride in a balanced manner under a rider, moving rhythmically, in time and relaxed with a swinging back!!!

SENSITIVITY / ACCEPTANCE OF AID / FOLLOWING AID CORRECT TURNS,

EVEN TIGHT ONES  
MAINLY BY MEANS OF WEIGHT AID IN A LIGHT SEAT

EXTEND AND SHORTEN CANTER STRIDES MAINLY BY MEANS OF  
WEIGHT AID IN A LIGHT SEAT

THE HORSE SHOULD BE ABLE TO PICK UP SPEED QUICKLY MAINLY BY  
MEANS OF WEIGHT AID IN A LIGHT SEAT

THE HORSE SHOULD RESPOND QUICKLY TO LEG AID (= BE QUICK TO THE  
LEG)

REVERSE DIRECTION (= ALSO AS AN OBEDIENCE  
EXERCISE) AND FORWARD TURN (= ALSO TO IMPROVE  
LEG OBEDIENCE) FOR MANOEUVRING

HALF PARADES FROM TROT AND CANTER TO WALK MAINLY  
MEDIUM WEIGHT AID

FULL PARADES FROM WALK, TROT AND CANTER TO HALT MAINLY MEDIUM  
WEIGHT AID

FLYING CHANGE OF CANTER IN LIGHT SEAT

ADDITIONALLY FOR SHOW JUMPING HORSES:  
HINDQUARTER TURNS IN CANTER AND LIGHT SEAT TO  
IMPROVE THE HORSE'S COLLECTION  
THROUGH WEIGHT AID AND RIDING  
TIGHT TURNS

The horse should be motivated to pull towards the jumps / approach the jumps and perform its task as independently and fluidly as possible, while remaining as controllable as possible / responding to the aids / remaining responsive in case a correction is necessary!!!

However, corrections are sometimes necessary due to a high basic tempo. For example, on the eventing cross-country course or in a jump-off, or often in the heat of the moment on a hunting field, this is only minimally possible!

In these situations, it is also better to make only minimal corrections or to let the horse go completely independently, to go with its movement/above or together with its centre of gravity and to trust what you have taught your horse and that you have treated it in a species-appropriate and fair manner so that it will not let you down and will do its best! Instead of working against the horse and endangering the horse, yourself and others by attempting to intervene with rough and heavy corrections!

However, the more exhausted or overwhelmed a horse is, the less able it is to respond to or follow your aids! In both cases, you should take a sufficiently long break until the horse has recovered, then In the event of excessive strain, reduce the demands or, if neither is possible, for your own safety, discontinue training, competition, or hunting.

## Concentration-release exercises

The trick is that concentration and relaxation cannot occur simultaneously with fear/panic/tension!

Of course, the prerequisite is always that the horse is healthy and not overburdened! Otherwise, it will naturally resist in the long run, e.g. by running under the rider, rearing, bucking, etc.!

SO, AS ALWAYS, DON'T FORGET TO TAKE BREAKS AT THE RIGHT TIME!!!!

Exercises without materials, in order of increasing difficulty:

It is best to string together many hoofbeat figures in a diligent working trot, serpentines, circles, changing out of the circle, etc., with as large a radius/diameter and long reins as possible, so that the tendons, legs and muscles of the horse are not overloaded at this hard working pace, after the 10-minute warm-up phase at a walk. The aim is simply to reduce some of the energy potential and achieve a relaxed concentration!

Let the horse yield with its hindquarters! (walk)

Let the horse step outwards on the open side of the circle!!! (walk, trot)

Leg yielding max. 30 degrees (walk or possibly shortened slow trot)

Traversal 20-30% sideways and at the same time 70-80% forwards (walk/trot)

IT IS ALWAYS IMPORTANT THAT THE HORSE ALREADY KNOWS THE EXERCISES AND THAT YOU CORRECTLY ASSESS ITS CURRENT ENERGY POTENTIAL AND CHOOSE THE RIGHT EXERCISE AND GAIT (BEST TO START WITH WALK), OTHERWISE THE HORSE WILL STEP ON ITS OWN LEGS, STRETCH ITS TENDONS, LIGAMENTS AND MUSCLES OR EVEN INJURE ITS BONE STRUCTURES.

Reminder: when crossing its legs, the horse must use both sides of its brain equally!

Exercises with equipment should only be performed after at least 20-30 minutes of warm-up: Cavaletti structures

Low jumping rows

## Kissing spines therapy

Why end a life just because it is somewhat damaged?

Cause:

Kissing spines ALWAYS only occur as a result of incorrect riding, because the horse was pulled into the desired neck shape using the reins or auxiliary reins or both, as if walking on the reins (also known as leg yielding), and was thus ridden/pulled from front to back instead of being trained correctly, i.e. correctly, and ridden and collected from back to front over the back and through the neck. There are many reasons for this cruel riding, e.g. lack of money and time, unrealistic goals and expectations of the owners, general impatience, no idea about how to ride or train a horse correctly, more muscle than brains, profile neuroses at the expense of the horse, judges who rate such cruelly and completely incorrectly ridden horses and their riders and riders at competitions because they know each other (i.e. judges and riders), or because the riders have a well-known name, instead of not placing horses ridden in this way or their riders at all

and writing the reason for this bluntly and directly in the minutes.

e.g. classic leg-yielding presentation!!! No matter what you tell them, that's how it is!!!

Kissing spines is not a breeding fault, because horses that are ridden correctly never develop kissing spines! Since racehorses, for example, are not ridden correctly in the sense of proper riding technique, kissing spines also occur in this equestrian discipline if the horses have been held back a lot, for tactical training or race day reasons, or because they have been used as sparring partners and forced to lose in training,

meaning that the rider has pulled on the reins a lot instead of letting the racehorse do what it was bred to do... run!

Goal:

Healing the inflammation/irritation of the spinous process ends and preventing further rubbing! To do this, the back must be raised!

Only then can a horse move painlessly and rhythmically under the rider!

A very wooden movement pattern is always an indication that the horse is letting its back sink and tensing up instead of giving it away

i.e. to move smoothly over its back. Check

before starting therapy:

Start by taking a photo of the horse from the side and then take one every two weeks to monitor muscle development and progress.

The saddle and bridle must of course fit properly, so have the saddle checked regularly by a saddler and, if necessary, have it adjusted or buy a suitable used/new saddle from them! This is also important during the course of therapy, due to muscle development and the resulting change in saddle position!

The horse must also be examined by an osteopath and vet for any additional health problems/illnesses before the start of therapy, and its teeth and hooves must be checked by a dentist and farrier and treated if necessary.

#### Therapy:

Initially, for 2-4 weeks, every 2nd or 3rd day, 20-30 minutes of lunging with a deep neck, forwards and downwards, with the horse's nose/forehead line naturally in front of the vertical, soft contact with the snaffle bit and on a very large circle, and always without a rider on the horse, of course!

In all three gaits!

After the first week, already walking and trotting over poles.

It is important that the horse moves forward and under its hindquarters, i.e. that it moves forward diligently from behind and does not run/slouch on its forehand! So, from behind over the back and forward-downwards over the neck to the front!

Triangular reins, long buckled of course, or the chambon are suitable as auxiliary reins.

After 2-4 weeks of lunge work, you should check yourself or have an osteopath or vet check whether the horse still has back pain.

Then ride for 1-2 weeks (5th and 6th week) with a rider, but only in a remount seat or light seat, on the straight and on large curved lines, with the maximum bend corresponding to the circle or circle line. Of course, always continue to ride with a deep neck, head down, with the horse's nose/forehead line in front of the vertical and soft contact with the bridle bit. Ride in all three gaits. It is important that the horse moves forward more from behind and therefore works hard from behind and does not run/slouch on the forehand!

In other words, the horse should be ridden from behind, over the back and with a deep neck, moving forward and downward!

Before each riding lesson, the horse should first be loosened up on the lunge for 15-20 minutes and lunged in depth, i.e. with a deep neck forward-downward, always without a rider on the horse's back, of course, and with the horse's nose/forehead line in front of the vertical and soft contact with the bridle bit!

After a few weeks, the horse's back should naturally rise during training under the rider, with increased forward movement and engagement of the hind legs, a deep, forward-downward, slightly arched neck, soft contact with the bridle and the forehead/nose in front of the vertical.

During training, you should now trot more lightly and sit back a little. As soon as the horse becomes stiff in the back, tense and sluggish, take a break and ride at a walk on a long rein. Then continue riding in the remonte seat or finish the training session for the day. Of course, continue to ride forward and downward with a low neck position; the maximum height is the stretched position, with the horse's nose/forehead line, as is correct, naturally in front of the vertical and with a soft contact on the bridle bit. It is important that the horse moves forward and under the hindquarters more, i.e. that it moves forward diligently from behind and does not run/slouch on the forehand!



So when the horse is ridden forward-down from behind over the back and deep neck!

[Stretching posture: the height of the withers and the height of the neck form a horizontal line and the neck is like a slightly arched bridge between them.

The nose/forehead line should naturally be in front of the vertical!

One could also say that the horse's mouth and nose are at the same height the shoulder joint, the neck is arched like a slightly curved bridge and the horse's nose/forehead line is naturally in front of the vertical! It is important that the horse steps forward and under more at the back, i.e. moves forward diligently from behind and does not run/slouch on its forehead!

In other words, when the horse is ridden from behind over the back in an extended position!

It moves forward from behind over the back and through the neck with a soft contact on the bridle bit and the forehead/nose in front of the vertical! However, in order to achieve the extended posture, the horse must first build up the correct musculature and condition and be trained accordingly!

So don't forget to take breaks and rest days between training sessions!

After weeks of training and muscle building, when the horse relaxes under the rider, stretching its neck downwards with a soft contact on the bridle bit and its nose/forehead line in front of the vertical, while moving in a straight line and on large curved lines no smaller than a circle (!), can trot and canter and does not lift or press heavily against the hand during changes of hand and transitions, while also moving in a rhythmic manner and increasingly diligently forward with the hindquarters; and carries itself on its hindquarters and does not run/slouch on its forehead, i.e. is ridden from behind over the back and deep neck forwards and downwards or in an extended position, you can begin to collect the horse slightly in the short term by means of shoulder-in.

Result:

Horses with kissing spines may one day

be able to perform dressage, jumping and hunting pain-free again, provided that after the kissing spines have healed and the muscles have been built up properly, they continue to be ridden properly!

## MASH ORIGINAL

maximum 1x / week

### Recipe:

Boil 100g of linseed for 20 minutes with 1-2 litres of water (very important for destroying the hydrocyanic acid!!!), then leave to cool until lukewarm.

and

mix with 500g-1kg crushed oats

and

1 pound of oat flakes (= ) and approx.

450 g of wheat bran. Feed warm.

If necessary, add cold water before feeding to moisten well

!!!

### Anti-lamb feeding

No cheap muesli with oats, barley or maize! Only

controlled crushed oat feeding!

Only hay and alfalfa, alfalfa hay or alfalfa chaff!!!

Careful grazing at the beginning of the grazing season and further

observation of the weather and resulting daily grazing times

(see grazing)!!! Only use the original mash (see above) made from linseed!!!

Don't forget the salt and mineral lick in the box!!!

## Horse whispering

In general, horse whispering only makes sense if the horse is kept in a species-appropriate manner and is properly trained and treated. This means having knowledge and experience with horses and applying/practising/using this knowledge and experience with the horse on a daily basis!

Horse whispering with stallions and geldings is quite simple,  
just like in our male world:

RESPECT, TRUST, CAMARADERIE, LOYALTY / FAITHFULNESS!!!

This always works, provided the horse has not already been mistreated by testosterone-fuelled amateurs to such an extent that it now only likes women and has no time for men at all. Incidentally, it has long been scientifically proven that both dogs and horses can distinguish between men and women among us humans! I once had a gelding like that and unfortunately had to sell him to a young lady at a bargain price after a year! He was a nightmare for me, but a lamb for her and all other female creatures! Of course, there are also cases where a gelding or stallion cannot stand a man, so, as in the above case, stay away from it and do not buy it under any circumstances! Chestnuts are also very special, so if you're not a chestnut type like me, stay away, because if they don't like you, they'll give you an extra kick behind the ears!

Horse whispering with mares:

Of course, the above also applies to mares, i.e. respect, trust, camaraderie, loyalty/faithfulness, but there is also a very special female factor to consider. A mare is like the entire local female population.

If you move somewhere as a man from outside and the majority of the local female population likes you, then you can have a wonderful life there, provided you don't ruin it with bad behaviour and conduct.

If the majority of the local female population does not like you, then it is best to pack your bags and move on, because things will certainly not get any better for you there! So if the mare does not like you, stay away, do not buy her under any circumstances, "DANGER TO LIFE!"

But if you like the mare and you don't mess it up, e.g. by abusing her trust or behaving rudely and testosterone-fuelled towards her, then all you have to do is pat her on the neck, talk to her nicely and ask her, and she'll do what you want, provided she knows what to do and is able to do it!

...and let's not forget the horses in all our commitment (= our efforts) and ambition!!!

Hans-Heinrich Isenbart

SOURCES ARMY

SERVICE REGULATIONS

H.Dv.12: The German riding classic from 1912-1937 Regulations  
for training young horses  
Publisher: Franckh Kosmos Verlag; Edition: 2 (5 January 2017)  
Language: German  
ISBN-10: 3440152537  
ISBN-13: 978-3440152539

INGRID AND REINER KLIMKE

Basic training of young riding horses Dressage  
Show jumping Cross-country  
Publisher: Franckh Kosmos Verlag; Edition: 7 (5 March 2012)  
Language: German  
ISBN-10: 3440124835  
ISBN-13: 978-3440124833

RUDOLF ZEILINGER

DVD The School of the Horse

Part 1: Breaking in and lunging  
(Breaking in is not shown on the DVDs listed  
below

DVDs listed below!!!)

Format: PAL  
Language: German  
Number of discs: 1  
FSK: Information  
programme  
Studio: pferdia tv, Thomas Vogel Year of  
production: 1996  
Playing time: 45 minutes  
ASIN: B000BQ52CO

INGRID KLIMKE

3 DVDs Basic Training for Riding Horses Parts 1-3  
The 4- to 6-year-old horse  
Format: PAL  
Language: German  
Number of discs: 3  
FSK: Approved without age restriction  
Region: Region 2  
Studio: Pferdia.TV  
Year of production: 2009  
Running time: 270 minutes  
ASIN: 3939547417

INGRID KLIMKE

RIDE TO YOUR JOY  
Publisher: Franckh Kosmos Verlag (1st edition 2016)  
Language: German  
ISBN: 9783440148730

INGRID KLIMKE

CAVALETTI  
Dressage and jumping  
Publisher: Franckh Kosmos Verlag (5th edition 2018)  
Language: German  
ISBN: 9783440154625

INGRID KLIMKE

Mobile app: Ingrid Klimke Horse Training by Thomas  
Vogel Pferdia TV [www.wehorse.com](http://www.wehorse.com)

ANNE SCHMATELKA

THE CORRECT TRAINING OF THE RIDING HORSE  
Identifying and solving problems

Publisher: BLV, an imprint of GRÄFE UND UNZER Verlag GmbH;  
Edition: 1 (1 September 2013)  
Language: German  
ISBN: 9783835411593

ANNE SCHMATELKA THE

RELAXEDNESS OF THE HORSE  
Training and riding without coercion

Publisher: BLV, an imprint of GRÄFE UND UNZER Verlag GmbH;  
Edition: 1 (1 October 2012)  
Language: German  
ISBN: 9783835411005

ANNE SCHMATELKA

ABOUT THE BACK  
Riding horses with back problems correctly (this  
mainly concerns horses with kissing spines)

Format: EPUB

Publisher: Cadmos Verlag (1 May 2011)  
Language: German  
ASIN: B004ZWIR5O

BARBARA WELTER-BÖLLER & MAXIMILIAN WELTER

GOOD TRAINING PROTECTS THE HORSE  
(Gentle training according to osteopathic principles)

Publisher: Cadmos (12 October 2016)  
Language: German  
ISBN-10: 384041069X  
ISBN-13: 9783840410697

HORST BECKER

Handbook of double lunge work: Dressage  
training on the lunge & double lunge

Publisher: Cadmos (17 March 2014)  
Language: German  
ISBN-10: 3840410460  
ISBN-13: 978-3840410468

HORST BECKER

DVD The basics of lunge and double lunge work

Number of discs: 1  
FSK: Approved without age restriction Studio:  
Ralf Schauwacker  
Release date: 14 December 2012  
Running time: 45 minutes  
ASIN: 3840445078

OLIVER HILBERGER

GYMNASTIC WORK ON THE HAND

Publisher: Cadmos (9th edition 2015)  
Language: German  
ISBN: 978-386127449-0



Hans-Peter Karp

HEALTHY HORSE FEEDING

Publisher: Müller Rüschlikon Verlag (1st edition 2011)  
Language: German  
ISBN: 9783275017744

CAVALLO Special

SPECIAL EDITION The healthy feed guide  
What your horse loves to EAT

Publisher: Motor Presse Stuttgart GmbH & Co. KG  
Printing: NEEF+ STUMME premium printing GmbH & Co. KG  
Language: German

JANE SAVOIE

Think positively - ride successfully

Publisher: Franckh Kosmos Verlag; Edition: 2 (9 June 2009)  
Language: German  
ISBN-10: 3440120961  
ISBN-13: 978-3440120965

CHRISTIAN SCHACHT

Assessing riding horses correctly  
Recognising potential, promoting talent  
Publisher: Franckh Kosmos Verlag; Edition: 1 (6 February 2011)  
Language: German  
ISBN-10: 3440119890  
ISBN-13: 978-3440119891

ANTHONY PAALMAN

Show jumping

Publisher: Kosmos; Edition: 8 (January 2004)  
Language: German (translated from English)  
ISBN-10: 3440095738  
ISBN-13: 978-3440095737

PHILIPPE KARL THE

WRONG TURNS OF MODERN DRESSAGE  
(The search for a "classical" alternative)

Publisher: Cadmos (5th edition 2014)  
Language: German  
ISBN: 978-3-86127-413-1

PHILIPPE KARL

2 DVDs THE SCHOOL OF LEGERETE PARTS 1-2

Format: PAL  
Language: German  
Region: Region 2  
Number of discs: 2  
FSK: Approved for ages 14 and  
up  
Running time: 212 minutes  
ASIN: B003TZF94A

Nancy S. Loving

Go the Distance:  
The Complete Resource for Endurance Horses

Publisher: Quiller Publishing Ltd (6 February 2006)  
Language: ENGLISH  
ISBN-10: 1872119026  
ISBN-13: 978-1872119021

Renate Ettl

Horses in good shape:  
Proper training for fitness and health

Publisher: Müller Rüschnik; Edition: 1 (30 March 2007)  
Language: German  
ISBN-10: 3275015931  
ISBN-13: 978-3275015931

Renate Ettl

How to keep your horse COOL and CALM Publisher:

CADMOS; Edition: 4 Year: 2015  
Language: German  
ISBN: 978-3-86127-545-9

Christine Dosdall / Viviane Theby / Kathrin Wycisk

FEAR, STRESS and UNCERTAINTY in horses Publisher:

Müller Rüschnik; Edition: 1 Year: 2017  
Language: German  
ISBN: 978-3-275-02097-3

Udo Buerger / Otto Zietzschmann

The rider shapes the horse: Activity  
and development of the muscles of the riding horse

Publisher: FN-Verlag; Edition: 3rd reprint edition 1939 (1 January 2007)

Language: German

ISBN-10: 3885423839

ISBN-13: 978-3885423836

Dr. A. Nyland

The Kikkuli Method of Horse Training Publisher:

Smith and Stirling; Revised edition (2008)

Language: ENGLISH

ISBN-10: 0980443075

ISBN-13: 978-0980443073

Claudia Goetz

Practical Handbook for Free Jumping:  
Gymnastics - Training - Variety

Publisher: Cadmos Verlag (1 March 2008)

Language: German

ISBN-10: 3861274477

ISBN-13: 978-3861274476

Christiane Gohl

What the stable master still knew

Publisher: Franckh Kosmos Verlag; Edition: 5 (4 January 2013)

Language: German

ISBN-10: 3440130258

ISBN-13: 978-3440130254

Rainer Hilbt

Lunging

Publisher: BLV Buchverlag (15 September 2013)

Language: German

ISBN-10: 383541187X

ISBN-13: 978-3835411876

Sascha Brueckner / Antje Rahn

Buying horses today

Publisher: FN-Verlag; Edition: 3rd completely revised new edition. (6 July 2010)

Language: German

ISBN-10: 3885427389

ISBN-13: 978-3885427384

Wilfried Gehrmann

Double lunge A  
classic training method

Publisher: FN-Verlag; Edition: 1st edition 1998 (1 July 1998)

Language: German

ISBN-10: 3885423278

ISBN-13: 978-3885423270

Wilfried Gehrmann

DVD Double lunge

Format: Dolby, PAL

Language: German, English

Number of discs: 1

FSK: Information

programme

Studio: FN Verlag / DVD Release date:  
15 September 2003

Year of production: 1997

Running time: 45 minutes

ASIN: B0000VJI2U

Kirsten Jung Back

training with the cavesson  
Loosening, training and exercising horses

Publisher: Franckh Kosmos Verlag; Edition: 1 (9 June 2009)

Language: German

ISBN-10: 3440115313

ISBN-13: 978-3440115312

Carola Wozniak

Guide to stallion husbandry and training  
Be-The-Leader Training,  
The four obedience rituals, not just for stallions

Publisher: Wozniak, Carola; Edition: 1st edition (31 October 2012)  
Language: German  
ISBN-10: 3000396071  
ISBN-13: 978-3000396076

Monty Roberts

The Language of Horses

Publisher: Gustav Lübke Verlag in der Bastei Lübke AG Edition: 2002 by Bastei Lübke AG  
Language: German (translated from English)  
ISBN: 978-3-404-60550-7

Stefan Brosig

Gallop training for racehorses and leisure horses:  
A description of classic training  
Publisher: Books on Demand; Edition: 2nd edition (8 August 2008)  
Language: German  
ISBN-10: 383702640X  
ISBN-13: 978-3837026405

Blyth Tait

CROSS COUNTRY RIDING TERRAIN TRAINING CLASS A-S  
THE PROBLEM SOLVER FROM THE OLYMPIC CHAMPION  
Publisher: BLV Verlagsgesellschaft mbH, Munich German edition 2000  
Language: German ISBN:  
9783405159377

Boedicker / Deeg / Struebel

Course design  
fascinatingly logical  
Publisher: FNverlag Der Deutschen Reiterlichen Vereinigung Warendorf GmbH  
2. Revised edition 2014  
Language: German ISBN:  
978-3-88542-457-4

Olaf Petersen

**DVD Course riding Course  
construction & design**

Format: PAL / NTSC Language:  
German & English selectable  
Number of discs 1  
FSK: Approved without age restriction  
Region: Region 2 Studio:  
Pferdia.TV Thomas Vogel  
Year of production: 2013  
Running time: 46 minutes  
ISBN: 978-3-939547-94-5