

Irish Pony Club



Lesson 1

This is first of a number of lesson suggestions for Irish Pony Club members and their ponies or horses to complete during the next few weeks.

- Take your pony to the riding area and allow him to remain calm and relaxed.
 - Take down your stirrups, place the rein over the head and neck.
 - Check and tighten the girth, mount quietly, landing softly in the saddle on the horses back.
1. With a light contact walk around to let your pony become accustomed to the area and remain relaxed allowing him to see all the sights around you.
(This may need to be completed before mounting on a highly strung or excited pony so he learns to become calm and relaxed before mounting.)
 2. Then introduce the trot on both reins. Add some transitions and after about 10 minutes allow the pony to stretch long and low for a little while. Pick up the contact ride a few circles and make a transition to walk.
CHECK GIRTH
 3. Ride in trot a little more and introduce canter. Coming into a corner is a good place to start canter.
(Establish a good rhythm in trot half-halt left leg on the girth right behind girth to ask left hand creates left flexion right hand allows.)
Establish the left canter on a big circle transition to trot and repeat a few times.
Allow to stretch in trot and relax before doing the same on the right rein.
 4. Ride a few transitions from walk to trot on both reins, some big circles going gradually down to about 10m and out to 20m or so on both reins. Finish by allowing the pony to stretch, relax and cool down. Dismount put up stirrups, loosen girth, pat your pony or give it a mint.
(Remember if you do this you must do it every time.)
 5. Put your pony away nicely.
 6. Keep smiling.

By Tony Ennis, Irish Pony Club Chairman of Training

