

Irish Pony Club



Lesson 2

This is second of our lesson suggestions for Irish Pony Club members and their ponies or horses to complete.

Outcomes

1. The rider will be able to identify when the horse is relaxed.
2. The rider will be able to identify when the horse is ready to accept the work and be willing to be trained new exercises.
3. The rider will be able to identify when the horse gets tense and know what to do to get it relaxed again.

Recap

1. Walk with a soft contact and let the horse get accustomed to the work area and see the sights.
2. Work in trot on both reins on spiralling circles.
3. Allow the horse to stretch long and low, walk and CHECK girth.
4. Introduce canter transitions, back to trot a few circles allow the horse to stretch again.

Lesson

1. Now, let's look at RHYTHM and the evenness of the foot falls within the gait.
 - Have the horse walk in a regular four-time sequence, unhurried. With purpose transition to trot going into the long side again looking for a good RHYTHM and a two-time sequence with a clear moment of suspension.
 - Work on circles and turns keeping the horse between the reins aids quite straight.
 - Do this on both reins.
2. Now, introduce the canter with a clear three-time sequence and a period of suspension.
 - Working on a circle, allow the horse to have as good a rhythm as possible, unhurried with the hind quarters following the front.
 - After a couple of circles ride in light seat and allow the horse to use its back and soften onto the contact.
 - Repeat a couple of times before doing the same on the right rein.
3. Ride some more in trot and work in some walk trot transitions.
4. Back to trot and allow the horse to stretch long and low to cool down.
5. Go for a walk in the open (field, lane or in the country) alone or in company.
6. The TPR will have returned to almost normal before putting the horse away nicely or turning it out.

Have fun!

By Tony Ennis, Irish Pony Club Chairman of Training

