

Irish Pony Club



Lesson 3

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

Outcomes

1. Rider will know what a transition is.
2. Rider will know the aids for upward transitions from halt to walk, walk to trot and trot to canter.
3. Rider will know the aids for downward transitions from canter to trot, trot to walk and walk to halt.
4. Rider will know what is meant by aids.

Recap

- Have a good understanding of when the horse is relaxed and can be ridden long and low with looseness over the back and top line.
- Warm up in walk allow horse to see surrounds.
- Show relaxation in walk on a light contact work in trot on a circle spiralling inward to a smaller circle and out to a bigger circle.
- Do this a few times on each rein.
- Allow horse to stretch long and low for a few circles and a transition to walk.
- Check girth.

Lesson

- Aids is the means of communication between horse and rider.
 - If this is to work and achieve success there must be a high level of understanding between both parties (horse and rider).
 - The rider must be able to read the smallest signs from the behaviour of the horse and act to achieve looseness and softness.
 - The rider must be able to make themselves understood by the horse, who will obey asking commands without tension as the training develops.
 - Repetition is the key to achieving success with both parties (rider and horse) having a clear understanding.
 - The communication must be clear and simple and good is achieved a reward allowing the horse to go long and low as learned in Lesson 1 & 2.
- A transition is asking the horse to move from one gait to the next.
 1. Upward transitions, a half halt (in its simplest form a mere slowing down getting ready) with an allowing hand so the horse can step from one gait to the next.
 2. Halt to walk. In halt a little feel on the reins, an ask with both legs into an allowing hand. The horse moves into walk picking up a nice four-time sequence.

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Lesson 3 (cont.)

3. From walk to trot. A nice active 4 time walk, rider shortens reins makes a half halt, ask with both legs (by pressing against the horse's sides) into an allowing hand. The horse steps into trot a two-time sequence with a period of suspension.
4. From trot to left canter. From a nice even two-time trot coming into a corner make a half halt. Sit left leg on the girth, right leg behind and give a little nudge left rein directs to the left while to right allows together with left and the horse steps into left canter, a nice three-time sequence with a period of suspension.
5. From trot to right canter. Have a nice even two-time trot coming into a corner, make a half halt. Sit right leg on the left leg behind, give a little nudge, right rein directs and the left allows together with the right and the horse steps into right canter, a nice three-time sequence with a period of suspension.
6. For all downward transitions, a half halt riding forward to a non-allowing hand and a tightening of the seat muscles momentarily and the legs quiet against the horse's sides pushes the horse down from one gait to a lower one.
7. Repeat the same transition a few times so the horse understands, before moving to the next.
8. After the horse makes some nice transition, allow him to stretch long and low as a reward.
9. With the horse relaxed allow him to cool down in a long low outline and then on a loose rein before putting him away nicely.

Have fun and keep smiling!

By Tony Ennis, Irish Pony Club Chairman of Training

