

# Irish Pony Club



## Lesson 6 - Lungeing 2

The sixth lesson suggestion for Irish Pony Club members and their ponies or horses to complete.

### Outcomes:

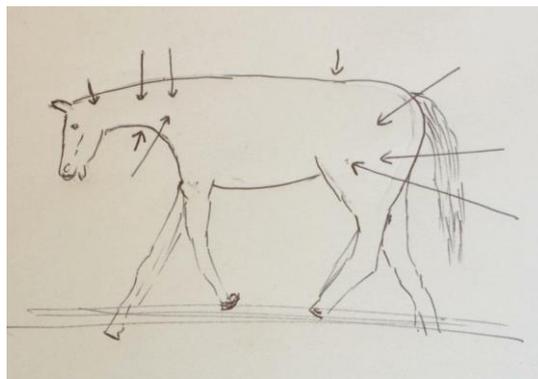
1. Will learn how to increase and decrease the size of the circle.
2. Will learn how to shorten and lengthen the length of stride.

### Recap:

- In the last lunge lesson, we looked at body language and its positive use when training the horse.
- The technique and how to interact with the horse on the lunge as a means of training so the horse understands.
- NEVER must the horse be afraid or restrained so as to prevent looseness.

### Lesson:

- The session will start in the same way each time letting the horse get to know the surroundings and any new props (cones drums or poles) that can be used to enhance the session.
  - We saw in the last video white cones something for the horse to look at and move around.
- When the horse has relaxed work can begin and warm up as outlined in Lunge 1.
- Where the side reins are attached is a matter for the Trainer and how the muscle development is progressing. Each individual horse is different and requires different adjustments and work to achieve the desired outcome. This skill is learned by the trainer by closely looking at each horse and how they go depending on their conformation.



- Work the horse on as big a circle as possible, then decrease the size gradually encouraging the horse to maintain a good rhythm and remaining light on his feet. After 2 or 3 small circles send the horse out onto a bigger circle and maintain the rhythm and forwardness. Repeat a few times then change rein and do the same.

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- In order for us to train the horse we must KNOW that the horse only knows how to move its legs faster or slower and this powerful skill is used to develop and train all the classical moves in dressage.
- We need to train the horse to take bigger and shorter steps and we have already to some extent being training the horse in the earlier sessions by our body language and use of the whip. Encourage the horse to take bigger steps by using the word come and actively encouraging with a low whip activity. Then a quiet whip pointing to the ground and the word woooooo so the horse slows down and takes shorter steps. Then using the word come and an active low whip ask the horse to make bigger steps. Repeat this on both reins on as big a circle as possible. When this is achieved and the horse can respond with bigger steps (lengthened strides) and shorter steps (lighter footfalls) you will begin to see the quality of the trot improve with the rhythm and lightness of the steps.
- In this video you can see how the horses outline is changing and the looseness and shape coming more the norm with this 3-year-old.
- I have not talked about where to attach the side reins or other training aids as this is a matter for the trainer and the outcomes being looked for. I will briefly mention it in Lunge 3.

**REMEMBER SAFETY - LUNGING CAN BE VERY DANGEROUS IF CARRIED OUT WITHOUT DUE CARE AND ATTENTION**

Take care and keep smiling.

By Tony Ennis, Irish Pony Club Chairman of Training

