

Pre-Ride Check Arena Guide

Your Personal Pre-Ride Equestrian Program™
safety connection confidence willingness

Before you approach your horse put on your Equestrian Confidence C.A.P.E.

connection. awareness. presence. balanced in your energy

Leave your worries at the gate

- ❑ Create a trigger for confidence, awareness & presence
- ❑ Access your energy level
- ❑ Access your horse's energy level
- ❑ Groom for connection
- ❑ Lunge with Connection or work in the round pen with connection & purpose
- ❑ Groundwork for acceptance
- ❑ Willingness & Suppleness Pre-check
- ❑ Equipment Pre-check
- ❑ Connection Pre-check
- ❑ Mount with presence & balance
- ❑ Freelance to create & adjust your training plan for where your horse is that day, giving an abundance of grace to yourself & her/him, staying present in the moment, riding your horse you are on that day and not a set of rules or expectations

gratitude
sincere appreciation for
everything your horse offers

Ideas for a daily pre-ride groundwork routine

1. Give your horse a chance to **release excess energy**
2. **Test your whoa** on the ground
(a horse disconnected on the ground=a horse disconnected in the saddle)
3. Play a game of "Simple Simon Says" to **test your connection**
4. Do a few **leading exercises** to subtly establish yourself as the "connected leader"
5. **Test your horse's body comfort** but asking him/her to move away from pressure willfully...note body signals of disrespect of unwillingness...and make a mental note what you will need to chip away at
6. Create several **confidence building exercises** *(a new look at desensitizing- to check in on your horse's connection one more time)*

softness
creates
softness

Remember to practice awareness, presence and listen to your horse as
teacher & coach without judgement

clarity

3 Keys To Excel In Your Groundwork Routine

1. **Understand the exercise** and its purpose
2. Find within yourself **balance between boldness and softness**
3. Know there is more. There is always deeper level of connection & quality of the maneuver
Both you and your horse are capable of more than you think. Let yourself SHINE!



Extraordinary Horsemanship™

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