

FUNDAMENTALS

ROUNDPENNING & GROUNDWORK EXERCISES

1. Roundpenning Exercises
2. Desensitizing to the Lead Rope
3. Desensitizing to the Stick and String
4. Yield the Hindquarters
 - a. Stage 1
 - b. Stage 2
5. Backing Up
 - a. Method 1: Tap the Air
 - b. Method 2: Wiggle, Wave, Walk and Whack
 - c. Method 3: Marching
 - d. Method 4: Steady Pressure
6. Yield the Forequarters
7. Lunging for Respect Stage 1
8. Flexing the Head and Neck
 - a. Steady Pressure
 - b. Bumping on the Halter
 - c. Poke and Flex
 - d. Flexing from the Opposite Side
9. Sending Exercise
10. Circle Driving
11. Lunging for Respect Stage 2
12. Leading Beside
13. Fundamental Desensitizing
 - a. Slap and Walk
 - b. Helicopter Exercise
 - c. Head Shy Exercises

RIDING EXERCISES

1. Flex with the Bridle on the Ground
2. Flexing at the Standstill (under saddle)
3. One Rein Stops
4. Cruising Lesson
5. Follow the Fence
6. Diagonals
7. Touch and Rub Exercise (on the ground)
8. Yield the Hindquarters from a Standstill
9. Yield to a Stop
10. Bending at the Walk
11. Bending Transitions
12. Vertical Flexion at the Standstill
13. Draw to a Stop
14. Yield the Hindquarters and Back Up