



CERTIFICATE 1

Ridden Tasks.

PURPOSE

1. To saddle a horse is a simple task. However to do so safely and with skill as a horseman is another thing. When saddling a horse, your horse should show respect by (a) not moving and (b) not displaying any anti-social behaviour. The saddling process can be a good indication of how your ride might be.
2. Your horse has two sides, so why not be able to mount from both sides. There isn't any 'right' side or 'wrong' side of a horse. As a rider, you should have the agility and ability to easily mount your horse on both sides. Further, there is significant evidence to suggest that by alternating the mounting and dismounting of your horse, you can alleviate unnecessary physical stress and 'braciness' from your horse.
3. Once mounted on your horse, a good test of softness in the horse's jaw is the ability to obtain lateral flexion. If this is difficult then it is a good sign that you have resistance in the front end of your horse which will, in turn affect the horse's ability to turn, flex and his balance. The lateral flexion can also be an indication of the submission from your horse.
4. To yield the hindquarters has three different names, (a) it is a turn on the forehand (quarters), (b) a hindquarter yield or hindquarters disengagement and, if riding, can be an indirect rein. The yielding of the hindquarters is necessary for three reasons. Firstly you can turn a horse by moving the hindquarters (indirect rein). Secondly it is for safety, in that by yielding or disengaging the hindquarters you can stop a horse from bucking, bolting and rearing. Thirdly, the ability to move the hindquarters from side to side has a 'performance horse' application. If you cannot move the hindquarters you cannot pick up left or right canter leads, obtain simple changes or flying changes. Canter leads come from the hindquarters.
5. The side-passing of a horse is, contrary to popular belief in some circles, not an advanced manoeuvre. It is a basic movement, which is essential is the foundation training of a horse. The ability to side-pass equals the ability to move a horse ribs. This allows for flexion through the body, which in turn leads to a soft and submissive horse, and allows for correct flexion which leads to collection, and ensures lateral balance. All of these means that your horse will be safe, soft, flexible, agile and submissive.

6. The ability to back a horse up equals your ability to stop a horse. If you want to improve a horse's stop, then improve his back up. Obviously the first step is to use your reins to do so. As in all training, though, it should be equal on both sides. Therefore, you should be able to back up with one rein only, and equally as well on both sides.
7. The next step to backing your horse up with your reins, is to use your seat. The ultimate softness with your hands is no hands at all. By placing pressure on the horse shoulders, you cause them to lift. With the shoulders lifted, the horse takes pressure off his front feet thereby allowing him to bend his knees and step back, rather than dragging his front feet. With the shoulders up and the knees bending to step back, then the hindquarters will drop, ensuring an actual back-up, rather than just a horse going backwards.
8. The ability to walk your horse in a small circle can demonstrate a submissive horse. When you can cause your horse's body to be submissive, then his head will follow. Just by swinging on the reins can cause your horse to be defensive through the body. The walking of the circle causes your horse to be soft as it takes away from the horse his basic areas of resistance, i.e. his hips, ribs, shoulders, poll and jaw.
9. When a horse moves into a higher gate he will usually attempt to become defensive, i.e. to get his body straight and keep it that way. To demonstrate that you can obtain the same body shape as in Task no. 8, albeit in a larger circle, can assure submission in the higher gate.
10. As in Task no's. 8 and 9, the ability to achieve flexion through the body in the canter will demonstrate that you have successfully removed the defensiveness from the horse. *N.B. In Tasks 8, 9 and 10, the Certificate 1 student is not expected to achieve vertical flexion or collection, but merely submissive hips, flexed ribs, free moving shoulders, the horse looking into the circle and the horse's head down.*
11. For a horse to jump a small jump allows the horse and the rider to gain confidence and courage. For a horse to be able to jump they must be aware of where their feet are, watching where they are going and trust the rider. All of these aspects are essential in everyday riding.
12. In Certificate 2 a student will be expected to be able to control a horse with their training stick. The stick is the nexus between riding with reins and riding without them, i.e. using your seat and dynamics only. However, in order to achieve this, the horse must not see the training stick as a weapon or a threat. Therefore, riding with the stick waving around cannot be a distraction for the horse. This task merely desensitises the horse to the stick.
13. As in Task no. 12.
14. To achieve a flying change, a stepping stone is a simple change. The simple change is the ability to canter a horse in a circle, then disengage the horse's

hips to come down to a trot or a walk, and the canter depart on the opposite lead. This task teaches the student and the horse the ability to push the hips to one side whilst riding.

15. The final task replicates the circular pattern to be adopted when training your horse to do simple, and then flying changes. However, this is to be achieved at the trot before attempting it at the canter. By starting at the trot the rider establishes the riding dynamics and the horse establishes the cues necessary for the next step.

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