

INDEX

- abused horses, 67–68
- acepromazine, 71
- aerosols that hiss, 54
- alert signal (“Attention, please”), 84, 118
- aloof, standoffish horses, 28
- alpha gelding, 26
- alpha horse, 27
- alpha mares, 25–26, 31
- anger on part of trainer, 10, 34, 64
- anxiety signals. *See* “no” signals from horse
- arms, exercises for rider balance, 108–109
- “Attention, please” alert signal, 84
- attention span of spoiled horse, 74

- “Back” command, 87
- backing up
 - avoiding obstacles, 137
 - example of learning process for horses, 24, 25
 - to new objects in combat training, 142
 - practicing with spoiled horse, 74
 - training for, 87, 89, 91
- back, stretching horse’s topline, 93
- balance exercises for rider
 - arm, hand, and upper-body positions, 103, 108–111
 - in circle exercises, 129
 - considerations of friction, grip, and balance, 112
 - effectiveness of squares, 124
 - equipment and location, 100, 108
 - importance of, 34
 - mounted longeing without stirrups or reins, 56
 - moving from sitting trot to posting trot, 111
 - purpose, 99, 107
 - rein handling with horseshoes, 104
 - rein handling in trot at two-point position, 105
 - releasing hands and arms, 104
 - rewards toolbox, 99–100, 107–108
 - two-point position at walk and trot without holding on, 100–103
- balance for horse
 - importance to comfort, 32
 - with lateral exercises, 131
 - on longe line, 64
 - loss and restoration, 19, 41, 45
 - in squares, octagons, and circles, 124, 125, 127, 129
- bark as training surface, 52
- barn-sour horse, rehabilitating, 163–164
- bending, 121, 127, 128, 136
- bicycles, 54, 144
- bit
 - carrot in place of, 155
 - evasion of, 117
 - molasses on, 155
 - snaffle, 56, 94, 114, 122, 169
- biting. *See also* problem horses, rehabilitating
 - to avoid saddling, 151, 153
 - possible help from Bitless Bridle, 72
 - possible need for punishment, 12
 - punishment for, 73, 153
- Bitless Bridle
 - description of, 72, 167
 - helping bit evasion, 117
 - with responsiveness exercises, 114
 - with squares, octagons, and circles exercises, 122
 - with warm-up stretching exercises, 94

- blimp, 149
- bombproofing, 36, 139. *See also* combat training
- boots, protective, 56, 58
- breastplate, 153
- bribes, 8. *See also* rewards
- bridges, training to cross, 11–12, 147–148
- bridles
 - bitless. *See* Bitless Bridle
 - double, 114
- bridling, 54, 55, 58, 154–155
- buddy grooming, 19, 20, 44, 80
- bungee cord, 156
- butt bar, 159

- canter
 - in circle exercise, 129
 - on longe, 64
 - transitions in responsiveness exercises, 119–120
- carriage drivers and horses, 65, 104
- carrot
 - in cellophane, 82
 - in place of bit, 155
 - and plywood example of training, 11–12, 147–148
- catching and haltering, 8, 54
- cavalletti, 52, 65, 102, 104
- cavesson, 57, 94
- cellophane in touch exercises, 82
- chain lead and shank, 73, 74, 78, 84, 158, 160, 163
- children's horse, 30
- chin, 80, 93, 117, 160
- chute, 149, 150
- circles. *See* squares, octagons, and circles exercises
- claustrophobia, 69, 70–71
- clicker training, 8
- climate and temperature considerations, 18, 162
- coldbloodedness, 29

- combat training
 - as “bombproofing,” 36, 139
 - definition, 36, 167
 - equipment and location, 140–141
 - importance and practical applications, 36, 39, 150
 - introduction of noise, 54, 82, 143–147
 - introduction of objects, 82, 141–145
 - personality types and varying reactions, 142
 - purpose, 5, 36, 39, 139
 - rewards toolbox, 140
 - stepping around and through things, 149
 - touch exercises as form of, 82
 - walking over obstacles and surfaces, 147–149
 - walking under things, 146, 149–150
- comfort
 - as feelings of health, well-being, confidence, strength, balance, 18
 - primary rewards providing, 41
 - and sources of discomfort, 19
- comfort signals. *See* “yes” signals from horse
- comfort zone
 - as area of knowledge, experience, and confidence, 36–38
 - curiosity for exploration outside of, 22
 - description of, 167
 - of newborn foal, 38
 - pushing edges in combat training, 141
 - pushing edges in touch exercises, 79
- coming when called, training for, 8, 54
- commands
 - alert signal (“Attention, please”), 84, 118
 - “Back,” 87

- “Easy,” 85
- during groundwork, 84, 85, 86
- “please” as preparation for, 33
- “Trot on,” 85
- “Walk,” 63, 84, 85
- “Walk on,” 85
- while longeing, 62, 63
- “Whoa,” training for response, 9, 63, 84, 87, 118
- communication between horse and rider. *See also* contact (of reins); “no” signals from horse; rewards; “yes” signals from horse
 - as dynamic, never-ending process, 6, 40, 52, 165
 - importance of clarity to signals, 35
 - importance of understanding process, 7
 - and “listening” for horse’s response, 35
 - natural aids as tools, 34
 - as negative and positive reinforcement, correction, and extinction, 11
 - subtlety of requests and movements, 21, 33
 - from two-point position, 101
 - value of touch exercises for, 77–78
- confidence-building exercises. *See* combat training
- confidence on part of horse
 - belief in safety, 20
 - challenge to trainer, 46–48
 - within comfort zone, 37–38
 - dominance characteristic and, 29
 - interactions confirming or weakening, 6, 13
 - as necessary attribute of herd leader, 21
 - as part of physical comfort, 18
 - projected by “wise old mare,” 31
 - through trust in rider/trainer, 13
 - confidence on part of rider/trainer
 - in horse’s judgment and sense of responsibility, 30
 - interactions confirming or weakening, 6, 13
 - outmaneuvering pushy, domineering horses, 21
 - requiring good balance in saddle, 99
 - as trait of effective trainer, 40
 - confirmation phase of learning process, 53
 - consistency
 - definition of, 163
 - importance of, 9, 163
 - lack of, and negative consequences, 13
 - lack of, and perception of leadership vacuum, 46–48
 - lack of, and problem of leadership vacuum, 21
 - necessity for positive reinforcement, 8
 - contact (of reins)
 - exercises for improving yielding, 93
 - exercise for steadying, 104
 - as following, consistent feel, 123
 - softening of jaw, chewing motion, 93, 94
 - taking up, in responsiveness exercises, 115–117
 - vibrating with palsied or trembling hand, 94, 95
 - corners. *See* squares, octagons, and circles exercises
 - correction, 10, 34. *See also* punishment
 - cripple crawl, 65
 - crooked horse, 86
 - crop, 80, 120
 - cross-training, diversification, 65
 - Cross-train Your Horse* (Savoie), 65
 - curb bit, 100, 114, 167

- curiosity
 combined with caution in older horses, 32
 compared to fearfulness, 29
 engaging in combat training, 142
 in friendly versus standoffish horses, 28
 innate to horses, 3
 as powerful tool for training, 22, 34–35
 cutting horse, 30
- dental exam, dental problems, 72, 154
 digestive system, 18
 dirt bike, motor bike, 54, 140
 discomfort, 9, 19. *See also* comfort
 disobedience, 33, 153, 164. *See also* problem horses, rehabilitating; punishment
 distractions, 53. *See also* combat training
 distress signs, head tossing and snorting, 12
 diversification, cross-training, 65
 dogs, 54, 144
 dominance, being the boss
 horses' need for, 25–26, 27, 29
 horse testing humans for, 71
 humans' need for, 3, 13
 importance for horse's self-confidence, 29
 importance for training stallions, 19
 problem of alpha mares, 25–26
 Shrake's military analogy of personality, 29
 threats rather than actual violence, 12, 21
 doorways. *See* gates and doorways
 double-and-stop halt, 116, 119
 dressage, 65, 167
 dressage saddle, 101, 108
 dressage whip, 81, 114–115, 132, 140, 143
- ears
 flattened, 21, 24, 79
 flicking, 25
 relaxed, 79
 stroking, 80
 ear twitch, 154
 “Easy” command, 85
 eating, frequent, as physiological need, 18
 elbows
 avoiding locking, 99, 117
 moving with telescoping action of horse's head in walk, 117
 positioning forearm toward bit, 101, 115
 electrical fields, sensitivity to, 68
 electric fencing, 68, 132
 electric tools, 54
 enclosures, solid-walled, 53
 endorphins, 15, 18, 80, 81
 energetic, hotblooded horses, 29
 energy levels and spookiness, 162
 engagement of hindquarters, 121, 124, 128. *See also* responsiveness exercises
 English saddle, 58
 extinction of behaviors, 7, 10, 168
 eyes, 90
- face, 80
 falling in, 121, 136
 farm equipment, motorized, 54
 fear
 in abused horses, 68–69
 in aloof or standoffish horses, 28
 balanced by curiosity and trust, 29
 innate in prey animals, 29
never punish, 10, 32–33, 68, 156, 162
 overcoming, 18, 67–68, 161–162
 Shrake's military analogy of personality, 29
 signals of, 68
 fear response, 33, 68
 firearms, 144
 fireworks, 144

- flags, 144
- flatwork, 51
- flexing laterally (side to side), 95, 96, 97, 98
- flexion. *See* warm-up stretching exercises
- flight
 - as first instinct of trapped prey animal, 5, 29
 - freedom of movement as physiological need, 17–18, 155
 - horses' resort to, when threatened, 3
- foals, 13, 19, 25–26, 38
- food rewards
 - carrot-and-plywood example of training, 11–12, 147–148
 - carrot in cellophane, 82
 - carrot in place of bit, 155
 - in clicker training, 8
 - in combat training, 141, 142
 - fearful horse unresponsive to, 18
 - peppermints, 82
 - in rehabilitation of problem horses, 151, 155
 - in touch exercises, 82
 - for trailer training, 158
 - when inappropriate, 41
- foot, picking up for trimming or shoeing, 54
- forehand. *See* turns
- forehead, 8, 80, 81
- “forgetfulness,” 10–11
- freedom of movement as physiological need, 3, 5, 17–18
- friction, grip, and balance, 112
- friendly, gregarious horses, 27–28

- gag bit, 114
- gait transitions, 56, 64, 101, 113
- gates and doorways
 - combat training for tents, 146, 149–150
 - training for passing through, 53–54, 87, 88
- geldings, 26

- girth
 - loosening as reward, 49
 - overtightened causing resistance, 94, 152
 - removing wrinkled skin under, 97, 98
 - tightening, 94, 152, 153
 - tightening after stretches, 98
- gloves, 56, 63, 140
- goals of training. *See* training, goals of
- goats, 54, 144
- golf cart, 147
- grip, friction, and balance, 112
- grooming buddy, 19, 20, 44, 80
- grouchy horses, 93
- ground poles, 87, 89, 91, 104, 122, 125
- groundwork exercises. *See also* lateral exercises
 - for all horses, 77
 - equipment, 84
 - halting, 86–87
 - importance of basics, 51
 - lateral turns on forehand, 87–90
 - leading, 84–85
 - leading head to shoulder or shoulder to shoulder, 86
 - purpose, 83
 - rewards toolbox, 83
 - trot in hand, 85–86
 - turn on haunches, 90
 - turns inside square in groundwork exercises, 91
 - working from both sides, 85–86
- guns, 144

- hackamore, 72
- half-halt, 118, 124, 168
- halter
 - for longeing, 57
 - rope training halter, 84
 - in touch exercises, 78
- haltering, 54
- halter pressure, as negative reinforcement, 9

- halting. *See also* responsiveness
 exercises
 double-and-stop, 116, 119
 half-halt, 118, 124, 168
 as response to negative reinforcement, 9
 in response to “whoa,” 84, 86
 and standing quietly, 87
- hands
 experimenting with positions, 103
 misuse for balance, 99
 releasing forward, 104
 in steady contact, 123
 use as communication tool, 34, 35, 84
- haunches. *See* hindquarters; turns
- head
 dropped in curled-neck evasion of bit, 117
 telescoping action when walking, 117, 123
 tossing, 12
 turning, flexing laterally, 95, 96, 97, 98
- helmet for horse, 158
- herd
 alpha mares, 25–26, 31
 constant challenging of pecking order, 24
 geldings in, 26
 horses’ need for, 19–20, 24, 26–28, 31–32, 71
 humans as part of, 19
 introducing new horse into, 27
 responses to unfamiliar surroundings, 31–32
 shift in balance of power and status, 24, 25
 sociability innate to horses, 3
 social hierarchy’s implications for training, 26–27
 as source of safety, companionship, and education, 7, 14, 19
 stallion challenging leader and human, 19, 26
 teaching manners to spoiled horse, 71
 training or new skills as chance for enhanced status, 24, 43
- Hierarchy of Needs and Self-Actualization (Maslow), 13
- hierarchy of needs of horses, 13–15. *See also* needs of horses
- hindquarters
 engagement of, 121, 124, 128
 need for strength in, 131
 slaps or thumps on, 45, 48
 stretching horse’s topline, 93
- hitchhiker, 119
- hormone-impacted behavior, 19, 26
- horses, relationship with humans, 165
- hose, 54, 143, 145
- hotbloodedness, 29
- impatience, inappropriate in trainer, 10, 34
- instinctive behaviors. *See* needs of horses
- intelligence in horses, 10
- introduction phase of learning process, 53
- jaw
 Bitless Bridle and, 72
 softening exercise, 93, 94–95, 96
- judgment on part of horse, 31, 32
- jump course, 52
- jumpers, 30
- jumping
 balance exercises for rider, 99, 100
 with good basic training, 65
 within learning zone, 38
- kicking. *See also* problem horses, rehabilitating
 to avoid saddling, 151, 153
 possible need for punishment, 12
 at walls of stall, 18
 while in trailer, 161
- kimberwicke, 114, 122

- lateral exercises. *See also* groundwork exercises
 - equipment and location, 132
 - leg-yielding, 136–137
 - 180-degree turns, 133–134
 - personality considerations, 138
 - purpose, 131
 - rewards toolbox, 131
 - turns on forehand to left and right, 131, 132–133
 - turns on haunches, 137–138
- lawn chairs, 144
- lawnmower, 144
- lead chain and shank, 73, 74, 78, 84, 158, 160, 163
- leader of herd
 - alpha mare, 25–26, 31
 - challenge to trainer, 46–48
 - horse's questions of, 3
 - obedience to, as need of horses, 14, 20–21
 - problem of leadership vacuum, 21
- leading
 - as basic requirement of all horses, 53–54
 - in groundwork exercises, 84–85
 - head to shoulder or shoulder to shoulder, 86
 - into trailer versus self-loading, 159–160
- lead rope, 78, 140
- leaning into corners, 129
- learning process for horses. *See also* training
 - as chance for enhanced status in herd, 24
 - as combination of patterns, 11–12
 - enjoyment of, 15
 - interactions confirming or weakening trust in humans, 6
 - by observation of other members of herd, 31–32
 - positive strengtheners and negative weakeners of behaviors, 7
 - possible only with safety and security, 14
 - three phases of, 53
- learning zone, 38
- leg pressure from rider, 34, 35, 117, 122, 132–133
- legs
 - stretches for horse, 98
 - torque (turning stress) on, 62
- leg-yielding, 131, 132, 135, 136–137, 167
- lip twitch, 154
- llamas, 14, 144
- logic
 - negative training ignoring, 4
 - in requests and rewards, 7
 - required in leaders, 3, 21
 - training based on, 9
- longeing
 - advantages, 56
 - for balance exercises for rider, 100, 108
 - basic training, 62–63
 - cavesson, 57
 - developing balance on canter, 64
 - discouraging exuberance, 57, 162
 - equipment, 57–58
 - frequent rewards, 63
 - length of sessions, 63
 - use of longe whip, 60, 62
 - use of sliding sidereins, 58–60
- longe line, 56
- longe whip, 60, 62, 63
- longitudinal (lengthwise) flexion, 94–95
- lowering head for haltering or bridling, 54, 55, 58, 154
- lymphatic fluids, 17–18
- mares
 - alpha, 25–26, 31
 - cranky, cantankerous, 70–71
 - instinctive need to protect foal, 13, 19
 - nuzzling of foals near tail, 80

- mattress, 148, 150
 memory, 10–11, 49
 military analogy of horses' temperaments, 29
 monotony, value of, in training abused horses, 69
 motivation. *See* rewards
 motorbike, dirt bike, 54, 140
 motorized farm equipment, 54
 mounting block, 153
 mouth, 72
 moving forward. *See* responsiveness exercises
My Horses, My Teachers (Podhajsky), 6
- neck
 - flexing laterally (side to side), 95, 96, 97, 98
 - massaging muscles of, 96, 97
 - overbent, 135, 136
 - possibility of injury to, 157
 - slaps or thumps on, 45, 48
 - stretching exercises for, 93, 94
 - telescoping action when in motion, 117, 123
- neckreining, 90
- needs of horses
 - comfort, security, and trustworthy leadership, 6, 21
 - gender influences, 25–26
 - hierarchy of, 13–15
 - ignoring as negative training, 4
 - to obey leader, 14, 20–21
 - personality types, 27–30
 - physiological, 13–14, 17–19
 - to please, 7
 - putting ahead of rider's needs, 165
 - relaxation and companionship, 7, 14, 19, 49
 - responsibility of humans to recognize, 6, 165
 - safety and security, 14, 19–21, 49
 - self-esteem and learning, 15, 22–23, 24
 - social hierarchy in herd, 14, 26–27
 - strength, fitness, and balance, 15
- negative reinforcement
 - as behavior strengthener, 7
 - description of, 168
 - as disappearance of discomfort, 9, 10–11
 - tap with crop or nudge with heels, 11
- negative training, 4, 13, 35
- newspaper in touch exercises, 82
- noise and sounds, 54, 82, 143–147
- nonrewards, 45, 48–49
- “no” signals from horse. *See also* “yes” signals from horse
 - fidgeting, flattened ears, head shaking, hind foot raised in warning, 24, 79
 - flicking ears and swishing tail, 25
 - head tossing and snorting, 12, 141
 - increased breathing and heart rate, 33
 - pushing, bumping, charging, pinning ears, baring teeth, squealing, threatening to kick or bite, 21
 - rolling eyes, agitation, sweating, 33
 - when asking for actions outside comfort zone, 37
- obedience to leader, 14, 20–21
- overreactive horses, 68
- overwork, avoiding, 49, 55, 64
- palsied or trembling hand on reins, 94
- panic
 - at any restriction on head, 60
 - at being tied, 155
 - as first instinct of trapped prey animal, 5
 - and possibility of injury, 29
 - at restricted freedom of movement, 17–18

- patience
 teaching to spoiled horse, 74
 as trait of effective trainer, 40
- pecking order, 24, 26–27, 43
- pelham, 114, 122
- peppermints as food rewards, 82
- persistence, as trait of effective trainer, 40
- personality types and reactions, 27–30, 138, 142
- phlegmatic, coldblooded horses, 29
- physiological needs of horses, 13–14, 17–19
- plastic tarp, 54, 145, 148, 149
- play, 41
- playfulness
 as aid to training, 34–35
 horses' enjoyment of, 22–23
- plywood, and training to cross bridges, 11–12, 147–148
- poles (ground poles), 87, 89, 91, 104, 122, 125
- positive reinforcement
 as behavior strengthener, 7
 description of, 168
 importance of reward with, 10
 inadvertent, 8
 as repetitive pattern of response and reward, 8
 as signal/reward when catching horse being good, 8
 using in combination with negative reinforcement, 9
- posting trot, 124
- praising, approving as reward, 8, 42, 44, 45, 78, 82
- preride exercises. *See* warm-up stretching exercises
- pressure of halter or leg, 18, 41, 45
- prey animals, horses as, 5, 17–18, 29, 155
- primary rewards, 41
- principles of training. *See* training, principles of
- problem horses, rehabilitating
 barn-sour horse, 163–164
 candidates for, 67
 developing trust in fearful horses, 68–69
 difficulties traveling in trailer, 161
 difficulty bridling, 154–155
 poor manners during saddling, 151–153
 purpose of exercises, 151
 refusing to load in trailer, 157–160
 refusing to stand tied, 155–157
 spoiled horses, 70–71, 73–74
 spookiness, 161–162
- protective boots, 56, 58
- pulley rein, 116, 119
- punishment
 for bad behavior, 10, 12, 34, 38, 73–74
 defined, 10, 168
 never for awkwardness or bumping when backing up, 87
 never for fear or timidity, 10, 32–33, 68, 156, 162
 possible need in work with stallions, 19
 threat of, 10, 12, 21
 when inappropriate, 10, 32–33, 34, 162
- racetrack, 52
- ramp-load versus step-up trailer, 157
- rectangular arena, 53
- reinforcement. *See* negative reinforcement; positive reinforcement
- reinforcement phase of learning process, 53
- reining, 94, 104, 116, 117, 119, 123
- reins. *See also* contact (of reins)
 avoiding unclear communication, 35
 description of, 168
 knotted for hands-free riding, 100
 pulley rein, 116, 119
 in responsiveness exercises, 115–117
 sidereins, 56, 58–60, 108
 Vienna longe reins, 60

- relaxation, 41, 45, 49, 158
- relaxation signals. *See* “yes” signals
from horse
- repetition of training pattern
importance, 9
for incremental progress, 52
in offer-response-reward sequence, 8
to strengthen response, 10
value of monotony in training
abused horses, 69
- resistance. *See also* problem horses,
rehabilitating
caused by ignorance, inconsistency,
misunderstanding, or need to
dominate, 13
caused by negative training, 4
caused by overtightened girth, 94
from horse avoiding overwork, 49
horses’ resort to, when threatened, 3
from lack of respect, 143
as response to something wrong, 35
- Resistance-Free Training* (Shrake), 29
- respect
lack of, 151
strength or new skills as possibility
of challenge to rider, 24
through touch exercises, 78
and trust, 4, 13
- responsibility, sense of, on part of horse,
31
- responsiveness exercises
canter transitions, 119–120
equipment, 114–115
guiding through turns and corners
with hands and legs, 117
halting from walk, 118
purpose, 113
rewards toolbox, 113
taking up contact, 115–117
walk-trot transitions, 118–119
- rest, as primary reward, 41, 45, 49, 86
- reward cycle, 38, 168
- rewards. *See also* food rewards
absence of, 7, 10, 11
appropriateness, 9–10, 49–50
cessation of discomfort, 9
compared to bribe, 8
for correct responses, 7
environmental or situational, 10
for every attempt and incremental
step, 33, 95, 117, 133, 158
examples for dressage arena, 45
freedom of movement, 18
importance of consistency, 163
matching to horse and environment,
40–41
and nonrewards, 45, 48–49
primary, 41
requirements for effectiveness, 43,
45
as saying “thank you,” 33
secondary, 42–43
for smallest signs of trust, relax-
ation, and cooperation, 69
for spoiled horse, 74
timing, 8, 9, 10, 33, 45, 49–50
unperceived by trainer, 10
withholding and extinction, 10
- reward spots, 8, 77, 80
- rewards toolbox, 39, 168
- ribs, 45
- rider. *See also* balance exercises for
rider; trainer
strength of, 40
weight plus tack, 152
- riding crop, 80
- river crossing, 49
- roles for horses
adapting for other riding disci-
plines, 52
avoiding pigeonholing, 52
carriage drivers and horses, 65, 104
cutting horse, 30
jumpers, 30
- rope
breaking, refusing to stand tied, 155
in combat training, 140
as come-along in emergency trailer-
load situations, 160
for touch exercises, 78

- unbreakable, 156
 - versus longe line, 60
- rope halter, 78, 84, 156
- round pen, 52–53, 54–55, 108, 140
- rubber bungee-type cord, 156
- rubber mat in trailer, 157
- rubber as training surface, 52
- rubbing and scratching like buddy grooming, 19, 20, 44, 80

- saddle pad, 152–153
- saddles
 - breastplate, 153
 - dressage, 101, 108
 - English, 58
 - poor fit, 152
 - surface of, 112
 - western, 101, 108, 153
- saddling, correcting poor manners, 151–153
- safety
 - horses' need for, 3, 14
 - possibility of trouble through horse's curiosity, 22
 - in process of combat training, 139
- safety hazards, eliminating, 35–36, 140–141
- sand as training surface, 52
- seat, maintaining. *See* balance exercises for rider
- secondary rewards, 42–43
- security, horses' need for, 3, 14
- sedatives, 71
- sensitive horses, 68
- shank (curb) bit, 100
- shipping boots, 158
- shoulder dropping on turns, 129
- sidepull, 72
- sidereins, 56, 58–60, 108
- simulated danger, 36. *See also* combat training
- sitting trot, 124
- skin, sensitivity of, 45, 48, 79, 81

- slant-load versus straight-load trailer, 157
- sliding sidereins, 58–60, 117, 168
- smart bodies, 68
- snaffle bit/bridle, 56, 94, 114, 122, 169
- sociability
 - innate to horses, 3, 19–20
 - social hierarchy in herd, 14, 26–27
- sounds and noise, 54, 82, 143–147
- spoiled horses. *See also* problem horses, rehabilitating
 - handling and teaching manners to, 70–71, 73–74
 - unlikelihood of spoiling with proper training, 7
- spookiness, 29, 39, 161–162. *See also* combat training
- spurs, 114–115, 132
- squares, octagons, and circles exercises
 - circles at trot and canter, 129
 - equipment and location, 122
 - octagons at trot, 127–129
 - octagons at walk, 125–126
 - purpose, 121
 - rewards toolbox, 122
 - squares in groundwork exercises, 91
 - turning corners at trot, 124
 - turning corners with full halt, 122–123
 - turning corners with half-halts, 124
 - turning corners with quarterturn on forehand or haunches, 123
- squeaky toy in touch exercises, 82
- stallbound horses, 18
- stallions
 - deference to alpha mares, 26
 - instinctive need to procreate, 13, 19
 - preprogramming to challenge herd leader, 19
 - problem of challenge to human partner for dominance, 26

- standing
 - in groundwork exercises, 87
 - tied, as basic requirement, 54
 - tied, as lesson in patience, 74
 - tied, refusal to, 155–157
 - for touch exercises, 77
- standoffish, aloof horses, 28
- steady contact, 123
- step-up versus ramp-load trailer, 157
- stick, 80–82, 84, 140, 153, 158
- stirrups
 - adjusting length, 100, 101
 - considerations of friction, grip, and balance, 112
 - exercises for riding without, 107
 - tying up while longeing, 58
- stopping. *See* halting
- straight-load versus slant-load trailer, 157
- strength of horse
 - contributing to physical comfort, 18
 - developing in lateral exercises, 131
 - as possible herd-status enhancer, 24
- strength of trainer, 40
- stress, using good stress, not distress, 34
- stretching, exercises for. *See* warm-up
 - stretching exercises
- stretching horse's topline, 93
- submissive horses, 29, 30
- subtlety of requests and movements, 21, 33
- surcingle, 56, 94
- surface
 - of training area, 52
 - willingness to walk over variety of, 54
- surroundings
 - familiar, horses' need for, 14
 - ideal training area, 52–53
 - unfamiliar, slow familiarization through combat training, 139, 161
 - unfamiliar, variety of approaches and responses to, 31–32
- tail, 80, 81
- tailgate, 159
- tarp, 54, 145, 148, 149
- Teaching Safe Horsemanship* (Dawson), 102
- teamwork, 4
- teeth, 72, 154
- temperature considerations, 18, 162
- tents, shade awnings, 146, 149–150
- threats and threatening gestures
 - examples of, 21
 - possible need in work with stallions, 19
 - use in place of actual punishment, 12, 21, 24
 - using while longeing, 62
- tickling, 79, 81
- tires, 149
- torque (turning stress) on legs, 62
- touch
 - ignoring if ill or in pain, 19
 - as reassurance and reward, 18, 45
 - as reward or discomfort, 19
 - simulating grooming buddy rubs and pats, 19, 20, 44
- touch exercises
 - with bare hand, 79
 - equipment, 78
 - focusing on reward spots, 80
 - with other objects, 82
 - purpose, 77–78
 - rewards toolbox, 78
 - with stick or whip, 80–82
 - training area, 79
 - TTeam system, 77
 - as type of combat training, 82
- towel, 82
- trailer or van
 - combat training simulating, 150
 - leading in versus self-loading, 159–160
 - loading in emergency situations, 160
 - loading into, 54
 - problems of travel in, 54, 157, 161
 - refusing to load into, 157–160
 - slant-load versus straight-load, 157
 - step-up versus ramp-load, 157
- trail riding, 65

- trainer. *See also* rider
 emotional, physical, and psychological traits, 40
 as perpetual student of equine nature, 6
 responsibility for relationship with horse, 6, 165
 seeking new skills, 52
 as “wise old mare,” 31–32, 73
- training. *See also* learning process for horses
 avoiding overworking, 49, 55, 64
 as constructive play, 22
 as dynamic, never-ending process, 6, 40, 52
 as expanding horse’s knowledge base, 32
 implication of herd’s social hierarchy, 26–27
 implications of personality types, 27–30
 implications of working horses in group, 27
 negative, creating resistance, anxiety, and bad manners, 4, 13, 35
 purposes and duration, 5–6, 13, 52
 subtlety of requests and movements, 21, 33
- training, goals of
 cross-training, 65
 longeing, 56–64
 mastering basics, 53–54
 principles for setting, 51–52
 round pen work, 54–55
- training, implications of horse’s needs
 challenges to pecking order, 24, 43
 comfort, avoidance of discomfort, 19
 companionship and herd instinct, 20
 conformity to herd’s social hierarchy, 26–27
 considerations for food rewards, 18
 curiosity and enjoyment of constructive play, 22–23
 freedom of movement, 18
 gender differences, 25–26
 hormonal influences, 19, 26
 obedience to and trust in leader, 21
 personality types, 27–30
 responsiveness to threatening gestures, 21
- training, key concepts of
 combat training, 39
 comfort zone, 37–38
 learning zone, 38
 reward cycle, 38
 rewards toolbox, 39
 trust builders, 39
 trust busters, 39, 42, 43, 169
- training, principles of
 changing training plan as necessary, 35
 creating controlled, simulated danger, 36
 eliminating safety hazards, 35–36, 140–141
 keeping communication clear, 35
 leaving personal baggage at home, 34
never punishing fear, 10, 32–33, 68, 156, 162
 saying “please” with preparation for command, 33
 saying “thank you” with reward, 33
 summary list, 37
 understanding horse’s comfort zones, 36–38
 using good stress, not distress, 34
 using hands, legs, voice, and weight (balance), 34, 35
 using horse’s curiosity and playfulness, 34–35
- training area, 52–53
 training halter, 78, 84
Training Strategies for Dressage Riders (deKunffy), 65
 tranquilizers, 71
 transition, 169
 traveling. *See* trailer or van
 trembling or palsied hand, 94
 trial-and-error learning, 8
 “Trot on” command, 85

- trotting
 - in balance exercises for rider, 109–111
 - in circle exercise, 129
 - in corner exercise, 124
 - in hand, 85
 - on longe line, 62
 - in octagon exercise, 127–129
 - problem of bouncing, 99
 - sitting versus posting trot, 124
- trust builders, 39, 169
- trust busters, 39, 42, 43, 169
- trust in horse on part of trainer/rider
 - all-importance of, 15
 - compared to blind obedience by horse, 31
 - interactions confirming or weakening, 6
 - as temporarily giving leadership role to horse, 21
 - as trait of effective trainer, 40
- trust in trainer/rider on part of horse, 77–78, 151
 - all-importance of, 15
 - building through combat training, 139
 - building through proper motivation, 7
 - confidence and, 13
 - fostering in fearful horses, 68–69
 - given to human as part of herd, 20
 - interactions confirming or weakening, 6
 - respect and, 4, 13
- TTeam system, 77
- turns
 - on forehand in groundwork exercises, 87–90
 - on forehand in lateral exercises, 131, 132–134
 - on forehand or haunches in corners, 123
 - on haunches, 169
 - on haunches in groundwork exercises, 90
 - on haunches in lateral exercises, 137–138
 - in octagons, 125–126
- twitch on lip or ear, 154
- two-point position, 100
- umbrella, 144
- unsaddling, as primary reward, 41
- upside down travel, 58
- vans. *See* trailer or van
- Vienna longe reins, 60
- voice
 - commands during groundwork, 84, 85, 86
 - commands during responsiveness exercises, 118
 - commands while longeing, 56, 62, 63
 - loud excitement as frightening, 49
 - praise, verbal, 42, 45
 - praising, approving as reward, 8, 42, 44, 45, 78, 82
 - soothing for fearful horses, 69
 - use as communication tool, 34
 - “walk,” “whoa,” “walk on,” “trot easy,” 63
- “Walk” command, 63, 84, 85
- walking
 - as aid to circulation and digestion, 17–18
 - training for, 53, 54, 62, 63
- “Walk on” command, 85
- warmbloodedness, 29
- warm-up stretching exercises
 - equipment, 94
 - front leg stretches, 98
 - leg-yielding as, 136
 - neck flexing laterally (side to side), 95, 96

- neck massage, 96, 97
- neck stretches while mounted, 98
- purpose, 93–94
- rewards toolbox, 94
- softening of jaw and longitudinal flexion, 94–95
- weight considerations, 40, 152
- western riding, 65, 90
- western saddle, 101, 108, 153
- whip
 - in canter transitions, 120
 - dressage, 81, 114–115, 132, 140, 143
 - in groundwork exercises, 84
 - longe, 60, 62, 63
 - in responsiveness exercises, 117, 119
 - in touch exercises, 80–82
 - training use of, 60
- “Whoa,” training for response, 9, 63, 84, 87, 118
- “wise old mare,” trainer as, 31–32, 73
- withers, 8, 48, 80, 81
- “yes” signals from horse. *See also* “no” signals from horse
 - lowered head, relaxed ears, soft eyes, easy breathing, chewing, 79, 81, 141
 - relaxed jaw and soft eye, 96

