

SHERYL LYNDE & RICK HOFFMAN FOUNDATION TO FINISH TRAINING



Hello Everyone



IT'S THE LITTLE THINGS THAT MAKE A BIG DIFFERENCE IN YOUR TRAINING

Correcting all the little things that come up when you are riding makes the biggest difference in having a well broke horse whether you ride in the arena or trail. This also requires you to be a responsive rider, not just a passenger who reacts after the behavior has occurred - or what we call a reactive rider.

Lets say you are out on trail and your horse speeds up and begins trotting and you haven't asked for the trot. Whether you know it or not - your horse just bolted on you. What you do to handle this is the difference between training or UNtraining.

If you are a responsive rider - you would feel the speed build up in your horse at the walk and right before your horse chose to trot off you would redirect his energy by first exhaling and stop riding with your seat and legs, then by taking the slack out of one rein - bringing his nose to your toe, changing direction and releasing the rein. You don't need to disengage - just exhale and relax your body and change direction, once you have changed direction - take the opposite rein and take the slack out by bringing the horses nose to your toe and change direction again. Release the reins completely and allow him to walk off. Allow him to make a mistake by speeding up his walk so that you can correct it by exhaling and sitting deep in the saddle and changing direction - then pitch the reins again. Repeat until your horse walks at the speed you have directed him to do so. In a short period of time your horse will have learned to respond to your pre-cue which is exhaling and he will slow down off your seat which is much easier for him than the change of direction. The changing of direction is the escalation of cue by which he will have to work a little harder by bending and softening his nose to your toe. You get a horses attention through performance -by asking tasks in short increments, by giving a pre-cue and if necessary escalating your cue. So you are getting your horse to listen to your body relaxing - thus building the foundation for rating and an additional benefit will be softening laterally and sensitizing him to the reins by releasing as soon as he softens and changes direction as you stay calm and loose in the saddle. No fights - just training.

If you are a reactive rider - you start pulling tight on both reins AFTER he has broken into his trot. The horses head gets higher and his anxiety increases due to feeling trapped by the reins, his mouth gaps as he tries to elude the pressure of the bit, your body stiffens and the fight begins. His body braces like a steel beam - reacting to the stiffness in your legs, if you release the reins he takes off so you begin to ride holding on to his mouth more and more - and as a result you are DE-sensitizing your horse to the reins and bit. Pretty soon - you will need to constantly hold on to his mouth for fear of his speeding up at his will.

You have become "fired" as the leader of your horse and he has reverted to his instincts to take care of himself - flight.

This is the difference between being a responsive rider and a reactive rider - it just takes correcting one little thing at a time and having the patience to stick to it until you have made a difference. Piece of Cake!

We just got back from the EXCA World Finals - Rick won 3rd on Cash - our 3-year old gelding in the Futurity. We have had Cash since he was a yearling - I picked him up and his full sister Gypsy Chic (Rick won the World Futurity Championship on Gypsy in 2010) in Idaho - I started them both and Rick put on the finish. Our training program is all about building a strong foundation and making those corrections - working on all the little things that make a big difference.

Horse Training

If you would like to bring your horse to us for training such as colt starting, problem solving - etc, .we work the horses 5-days a week - Tues. thru Sat. Depending on the amount of time the horse is with us for training - we will build a strong foundation desensitizing to tarps, plastic bags, flags, dragging, obstacles as well as take them out on trail. Price includes working with the owner as often as they can fit coming into their schedule. Call us for additional information.

Lessons

1 hour - \$50.00

1/2 day lesson - including cow work - 125.00

We are available for full day private lesson - your date and time - call for additional information.

Rider Confidence Clinic

What is your level of horsemanship and what areas do you lack confidence?

How to gain more control on a loose rein, how to develop a more relaxed seat, how to overcome fear in your horse on a loose rein.

Upcoming Events

Rider Confidence Clinic
Our facility-Anza, CA

9 am - 4 pm

Dec 10

\$125.00

Call for reservations

Check Website

www.sheryllyndeclinics.com

for additional information

or call 760-285-0160



Cash and Rick at the EXCA 2011 World Futurity Finals



Lakota was brought to us to start -This is her first trail ride



Indy was brought to us to start - this is his first trail ride



Rick and LeeRoy - deep water crossing