

Horsemanship School Curriculum

Welcome to the Horses Heal Hearts Horsemanship School, a place where self awareness is our aim and where the horses come first! I am excited to share with you the knowledge I've gained from over 50 years of working with horses. I've put together this curriculum not only to help me be the most effective teacher, but also to help outline for you what it will require to make a good start on your horsemanship journey. This program is meant for anybody, from the most beginning riders to the most advanced. My focus is on teaching proper horsemanship and correct, effective riding. Understanding your horse and how you influence him will be the most important thing. Once you've completed this program you'll be well on your way to becoming a top notch horseperson!

As you move through the curriculum's levels, you will learn groundwork and riding skills that progress from entry level to advanced. In order to move onto the next level, students will need to complete both a written test and demonstrate their competency while completing each levels' tasks. The levels build on each other as well as contain items that we will constantly be circling back to in our lessons. Concepts that were introduced in the lower levels will continue to be explored, practiced, and refined. EVERYONE will start with the Tiny Tot test and concepts, perhaps for just one lesson, so that we make sure nothing that I give you later will be too difficult for you or confusing to the horse. Remember that my number one goal here is that the horse comes first! That means that we need to communicate effectively and put our egos aside. And trust me, the more time you take to work on the basics, the faster you will progress in your knowledge of horsemanship.

Tiny Tots

Equine Body Language-Learn to talk 'Horse'!

Prey vs. Predator-Why They Move Quickly and We Need to Be Slow and Quiet

Blind Spots-Where They Can't See You

Keeping a Space Bubble Between You and the Horse

Major Parts of the Horse

Colors and Markings

Grooming-Names, Use, and Care of Grooming Tools

Why We Groom and What to Look For

Safely Leading a Horse-When I Stop, They Stop!

How to Mount and Dismount Safely-Practice on a Fake Horse First

Correct Body, Leg, Hand and Head Position

The Three Basic Natural Aids-Leg, Hand, Seat

How to Properly Hold and Shorten the Reins

How to Sit Properly-Be a Carried Fairy Not a Slumpy Grumpy!

Learn the 2 Basic Seat Positions-Full Seat and Two Point

Practice the 2 Basic Seats at the Halt and Walk

How to Go, Whoa, Turn and Back Up

Removing the Bridle

Taking Care of The Horse Means Cleaning Up and Caring For Him and Thanking Him!

Grateful Greenhorns

How Horses Move Each Other and How We Train Them-Pressure and Release, Direct or Drive
Move Loose Horses Around in the Arena, Separate Them, and Learn to Draw Them In
Learning to Read Calming Signals
The Horse's Brain-How It Is Different Than a Human's Brain
Getting a Horse to Follow You/Hook On
The Concept of Following a Feel
How to Catch a Horse-Approaching, Pausing, Angles
Proper Haltering and Types of Halters
Cross Tying and Single Tying Safely
Beginning Groundwork-Circles, Stopping, Backing, Sending on Circle and Through Gates
Intermediate Parts of the Horse
Intermediate Grooming-Picking Hooves, Braiding/Ponytailing the Mane
Splint Boots and Bell Boots
Parts of the Saddle and Bridle
Beginning Bridling and Saddling-With Assistance, Using a Noseband First
Adjust the Girth and Stirrups From the Ground
The Six Natural Aids-Brain, Breath, Seat, Leg, Hand, Voice
Artificial Aids-Flags, Crops, Spurs
Learn the Two Advanced Seat Positions-Light Seat and Posting
Shortening and Lengthening the Reins
The Four Basic Rein Aids-Direct/Supporting, Opening, Lifting, Indirect
Halting-The One Rein Stop and the Two Rein Stop
Walk and Trot On a Rope in All 4 Seats
How to Make Transitions-The Four Steps With the Natural Aids-Brain, Breath, Seat, Leg/Hand
Practice Riding the Rail and Patterns at the Walk and Trot (Circles, Half Circles, Diagonals, Serpentine, Figure 8s)
No Rein Exercises at the Walk
Cavaletti Work at the Walk
Dropping and Picking Up Your Stirrups at the Halt and Walk on a Rope
Around The World! No Reins, No Stirrups!
Cleaning Tack, Boots, and Barn Equipment
Horse Science-Nutrition and Water Intake, How to Tell If a Horse Is Sick or Lame

Cowpoke Club

Catching a Horse in a Herd
Lightness-Moving the Horse Without Force-Leading Without Pulling
Intermediate Groundwork-Changing Direction, Sending Over Obstacles, Backing
Learning About Footfalls-How Many Beats in Each Gait and Footfall Sequence
Longing
Ground Tying
Polo Wraps and Standing Wraps
Breeds and Conformation

How to Blanket and When To Use Coolers and Blankets
Working A Horse From the Fence
Advanced Parts of the Horse
Advanced Grooming-Bathing, Vacuuming, Clipping, Mane Shortening and Pulling
Tack Other Than the Saddle and Bridle
Types of Bits
Advanced Tack Care, Cleaning and Use of Equipment
Intermediate Bridling and Saddling-Without Assistance
Adjusting the Girth and Stirrups While Mounted
Groundwork Exercises Under Saddle-Halt, Move Hind, Move Front, Back Up
Open and Close Gates While Mounted
Move Another Horse Around While Mounted
Learn Correct Posting Diagonal
Cantering On and Off Rope
Learn Correct Lead
Practice Riding the Rail and Patterns at Trot and Canter(Circles, Half Circles, Diagonals, Serpentine, Figure 8s)
No Rein Exercises at the Trot and Canter
Cavaletti Work and Trot and Canter
Simple Changes of Lead
Walk and Trot Without Stirrups
Bareback Riding
Riding with a Neck Ring
Horse Science-How to Treat Wounds and Take TPR's (Temperature, Pulse, Respiration)
Giving Oral Medications
Hoof Care-Shoeing and Lameness
Dental Care
Stall Cleaning with Assistance

Handy Horsegals

Groundwork-Backing Circles, Yields
Ponying Another Horse
Galloping
Cantering Without Stirrups
Leg Yields and Half Pass
Counter Canter
Trail Riding
Bareback Riding with a Neck Ring
Jumping
No Rein Exercises While Jumping
Beginning Colt Starting Exercises
Trailer Loading
Stall Cleaning Without Assistance in a Herd
Show Braiding

Giving IM and IV Medications
Helping Teach Lessons