

IN TUNE

It is the little things that we do every day....the allow us to do the things that are quite significant!

Lizzy



TAIJI HORSEMANSHIP
Annette & Lizzy Traband

www.TaijiHorsemanship.com

OPENING FREESTYLE

The freestyle I choose for this video is “Waive the Flag”it is a choreographed bridleless jumping routine that we created for the 2010 World Equestrian Games. In 2010, the World Equestrian Games, which runs only every 4 years, came to the US. I was one of 43 entities given a golden ticket to perform, teach and entertain at the world equestrian games. For two weeks, I taught, performed and entertained for the over 600,000 in attendance at the games. It was an amazing experience. Enjoy....“Waive the Flag”

USE OF SKILLS

- Used for teaching any horses to have basic lateral and longitudinal ride-ability
- Starting young horses
- Starting young or inexperienced riders
- Preparing a horse for competition training – dressage, reining, jumping, cutting
- Will improve the “ride-ability” of any horse including horse just ridden for pleasure or on the trail.

GOALS & BENEFITS

- The big picture is to get your horse rideable and responsive to the aids, which result in the horse and rider having a more enjoyable ride.
- This routine also helps to prepare the horse for more advanced skills, such as jumping, reining, riding bridleless or upper level dressage work.
- Teaching the horse to have longitudinal adjustment
- Teaching the horse to respond to lateral aids
- Teaching the horse to have lateral adjustability by developing control of the shoulder and hind quarter with use of lateral aids
- Teaching the horse to go round with good self carriage and effective use of their hind ends
- Helping the horse to develop strength over their top line

PREREQUISITES

Prerequisites

- IN FOCUS
- IN CONTROL
- IN BALANCE

EQUIPMENT

- Riding area with good footing
- Suitable, safe and properly fitted tack

KEY POINT: Taiji Checklists

In Taiji horsemanship, we use checklists....and...yes...we really use them. For this topic there are 3 prerequisites. Here is what we really want with these prerequisites.....a horse that is focused on you....and not their buddies in the fields or a newly hung banner at the end of the ring. We want a horse that is in control. Not one that is prancing while being led to mount, but one that will stand quietly while you mount. As for the rider, we want a rider that has spent some time mastering there balance, so that as they go through these exercises, the horses is responding to your specific requests and not everything you may be doing in the saddle as a result of having poor balance. It seems to be human nature to decide to just skips things..... go right for the immediate gratification! I DON'T SKIP THINGS. If my horse needs to step back and do the dance of Taiji to be properly prepared to move on...I step back. Maybe I have to change my goal and expectation for the day, but in the long run this is what is in the best interest of both me and my horse. The most significant reason to use checklists is to keep both you and your horse safe, but using checklist is also going to make sure that your training is successful and productive!

PRESENTATION OF EXERCISES OR TRAINING PROGRESSION

I selected three horses to demonstrate these exercises. I selected Jaco, who is a very well broke, supple warmblood, who has successfully competed national in the hunter and is currently one of our bridleless exhibition horses. Jaco is the perfect gentlemen. I felt he was a good choice to do the initial demonstration on, because he rides very supple. The second horse I selected is HUH. HUH is a two year that I had just broke at the time of this video. He had been in work for only 30 days. I chose him, because he is at the beginning stages of him training. If you or your horse are just starting out ...I thought it might be helpful to see what and how these exercises can be used on a very young and/or inexperienced horse. The last horse that I selected was Rosie. Rosie rides much like a thoroughbred. If not impeccably balanced, she will get quick. In addition, suppleness does not come naturally to her. She can be very stiff. With a novice rider, she would just assume do motorcycle turns on the ends. I selected her to show that a horse like this CAN do these exercises and can over time become soft, responsive and supple. In addition, with Rosie in the last segment, I show how I do these exercises as part of my daily routine. I may not do every exercise every day in any particular order, but I always do some every day. I choose what I feel is most appropriate for that horse depending on what they need and where they are in their training.

DEMO ON JACO

DEMO ON "HUH"

DEMO ON ROSIE

Throughout all three demos, I will discuss many of the finer points of riding these exercises. I encourage to take notes on all of the key points!!!

SUCCESS CHECKLIST

TROUBLESHOOTING

SUMMARY & CLOSING

NOTES

NOTES



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