

10 STEPS of GROUND POSTURE FOCUSED TRAINING	✓ INTRO	✓ NOVICE	✓ INTERMEDIATE	✓ DISTINGUISHED	✓ ADVANCED
Prerequisites - Circling (Walk & Trot)	L Walk & Trot & Stop at the shoulder. Send on a circle R	L R	L R	L R	L R
Prerequisites - Hind End Yield - Disengagement	L Using the stick cue. Front foot stationary. R	L R Walk-Stop-Disengage	L R Trot - Stop - Disengage	L R	L R
Step 1 - Partial Hind End Yield Engagement, Lateral Flexion	L Walk, stop, 1/2 HQ yield, walk. R	L Energetic walk - 1/4 HQ yield - energetic walk R	L Energetic walk - push HQ till nose comes towards you - energetic walk R	L Trot - HQ yield till nose comes towards you - trot R	L Wean off stick cues. Increase distance and impulsion. R
Step 2 - Downward Transitions to a Back Up, Vertical Flexion	L At the fence, walk - stop - back up few steps using the stick. Treat for vertical. R	L Add impulsion. Eliminate the stop. R	L Trot - Stop - Back Up R	L Add impulsion. Eliminate the stop. R	L Canter - Back up w/good impulsion R
Step 3 - Sideways / Leg Yield	L Walk at the Shoulder - Partial HQ yield into sideways. Stick outside hand. R	L Walk with-face horse-stick towards lower ribcage/infront of flank- 2-4 steps leg yield. R	L Walk - leg yield - trot out R	L Trot - leg yield - canter out R	L 2-3 steps of cantering leg yield R
Step 4 - Shoulder Yield/Counter Bend, Slight Vertical Flexion	L Prereq. Sideways in front of you. Face horse, step into direction of yield, bring nose and shoulder 1-2 steps. R	L Next to horse's neck, hold side of halter/nose towards you,/walk then yield shoulder with stick 1-2 steps, treat towards point of shoulder. R	L Counter bend at the walk & trot away from you R	L Counter bend at the walk and trot towards you R	L Walking counter bend 1-2 steps then depart into canter. R
Step 5 - Stretch	L Lower head with steady pressure on the poll & steady pull on halter/lead under chin, give treat low. R	L walk-hand or stick towards nose for straightness--bend over-walk towards head-stop-lower head-treat-walk R	L walk (&eventually trot) -lower head while walking (&eventually trotting)- maintain several strides -stop-treat R	L Add impulsion during the walk and trot stretch. R	L Add distance from horse. R
Step 6 - Shortening and Lengthening of Stride =Transitions within the gait	L Prerequisites - stop cue and half halt cue (stick up for transitions) & walk - trot from stick cue. Steps 1-5 PFT. R	L Lengthen stride during stretchy walk (& trot eventually) by slowly adding energy. Use half halt if break of gait. On fence if leaking out. R	L Transitions on the fence W(T)-S-B (vertical flexion). Shorten stride when on the fence using stick chest cue. Introduce stick cues for piaffe (on legs and on butt) R	L Back and forth between trot lengthenings and shortenings using two sticks. Wean off fence. Add impulsion. Increase the quality of rhythm and relaxation. R	L Shortening in the canter using two stick. Start by the fence. R
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Step 7 - Shoulder In	L R Prerequisite - sideways around you, standing in front of your horse. Horse is o.k. being between two sticks.	L R Facing your horse, 2 sticks, push the HQ away on one side and bring the nose and shoulder towards you on the other side then take a step back.	L R Full circle of shoulder in at the walk and change directions. Wean off shoulder stick. Shoulder in down the fence (optional).	L R Full circle of trotting shoulder in at the trot and change directions. Wean off shoulder stick. Trotting shoulder in down the fence (optional).	L R Canter departures from a trotting and then walking shoulder in. Canter shoulder in.
Step 8 - Haunches In and Out	L R Haunches In: On the fence, 2 sticks, facing horse. Walk-stop-draw hip in-walk while holding shoulder-stop-(treat)-repeat.	L R Haunches Out: On the fence or off for safety, 2 sticks, facing same as horse. Walk-stop-belly away from horse-push hip away-address outside shoulder (fix a leak or hold)-walk.	L R 2-4 steps of walking Haunches In and Out without the fence at the walk. 1-2 steps of trotting Haunches In and Out at the fence.	L R 6-10 steps of walking and trotting Haunches In and Out without the fence and weaning off one stick. Canter departures from trotting Haunches In and Out.	L R Cantering departures from walking Haunches In and Out (counter canter. Canter Haunches In and Out, can start on the fence if needed.
Step 9 - Half Passes towards me and away from me	L R Prerequisites - Step 8 Intro & Novice Level	L R Prerequisites - Step 8 Intermediate & Distinguished Level	L R Walking Half Pass Away from me and Towards me from Haunches In/Out starting at the fence then wean off fence.	L R Trotting Half Pass Away from me and Towards me from Haunches In/Out starting at the fence then wean off fence.	L R Cantering departures from trotting (eventually from walking) half passes towards me and away from me. Increase the number of strides of cantering half passes.
Step 10 - Simple and Flying Lead Changes (at the Shoulder)	L R Prerequisite Step 8 Advanced Level	L R Prerequisite Step 9 Advanced Level	L R Practice Simple Lead Changes through a trot using Half Passes and/or Haunches In and Out positions.	L R Practice Simple Lead Changes through a walk using Half Passes and/or Haunches In and Out positions.	L R Add impulsion to canter on a straight line at the shoulder and try for a lead change into a Haunches Out/Half Pass Away. Counter canter with impulsion on a straight line then try a lead change towards you into a Haunches In position or Half Pass in if the horse doesn't change.
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