



23120 Garrison Road • Corcoran • Minnesota • 55340-9106
Business (763) 498-6565 • Fax (763) 498-6565
mary@riderselite.com • www.riderselite.com

Glossary

Aid

Is a signal a rider uses to communicate with the horse. Aids tell the horse what to do. They include voice, seat, legs, hands and weight. Saying the word "Whoa" to stop your horse is using a voice aid.

Cue

Is another word for aid. A cue indicates what the rider would like the horse to do.

Endorphins

Are chemicals produced in the horse's brain. These naturally occurring chemicals reduce stress and help your horse relax.

Evasions

Are ways your horse finds to avoid an obstacle or aid. Stopping or backing up are both common evasions to obstacles.

Flexion

Is to bend at the poll and yield to the pressure of the bit. The horse can flex to the right, left or longitudinally.

Forehand

The portion of the horse's body from the heart girth forward. The front.

Forward

Means asking the hindquarters to propel the horse's body ahead. This is an important concept in obstacle work. We need to drive the horse forward through the obstacle.





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Herd Bound

Is when the horse is overly dependent on being with other horses and doesn't want to be separated from them.

Hindquarters or Haunches

Is the portion of the horse's body from the heart girth area back. The rear.

Inside

Refers to the side of the horse and rider toward the center of the arena or pen. When traveling clockwise, inside would be the right side of the horse and rider.

Lateral Movement

Is a sideways movement. It includes leg yielding, side passing and other maneuvers where the forehand and haunches are on different tracks.

Loose rein

Is a slack rein with no contact.

Motivator

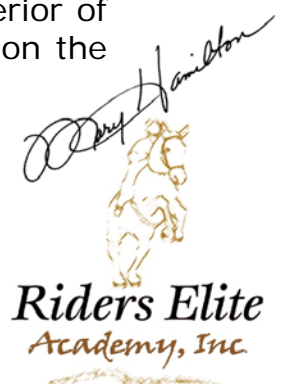
Is an act that gives your horse a reason or incentive to walk through the obstacle.

Obstacle

Is any item that causes your horse difficulty. It impedes your passage. Trail obstacles may include water, rocks, flags or anything that startles your horse.

Outside

Refers to the side of the horse or rider closest to the exterior of the pen or arena. When riding clockwise in a arena everything on the left side of the horse and rider are outside.





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Position

Refers to placement. A balanced rider has their shoulders, hips and heels in straight vertical alignment. We also position our horse to walk through the obstacle where we choose.

Praise

Is a positive reinforcement for your horse's attempt at an obstacle. It increases the likelihood of that behavior to occur again. Praise can be verbal or a pat on the withers after a job well done.

Precision

Is accuracy. Our horse is moving exactly where we are asking with our aids. Exactness is important. Our aids must be clear-cut and specific.

Rein Back

Is to back your horse.

Release

Is to let go or give. It provides a reward to the horse and tells him his action was correct.

Resistance

Is how your horse tries to ignore your cues. He may not move forward when you ask or he may tense and raise his head to resist you.

Reward

Is something given after good performance. A reward must be given one to three seconds after the horse's act for him to connect the performance with the reward. It can be verbal praise, a pat or cessation of work and a rest break.





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Safe Zone

Is the area you left free of obstacles in your training arena. It's a safe place for you to go and regroup when you are having difficulty.

Shying

Is when a horse spooks or becomes startled by an object or movement.

Side Pass

Is a maneuver where the horse moves sideways with no forward motion. The horse crosses one leg over another.

Spook

Is flight response behavior. A horse's natural instinct is to flee when startled by an obstacle. A spook could be a sideways jump, spin or a stop.

Tack

Is the equipment used on a horse such as saddle, bridle, cinch etc.

Turn on the Forehand

Is a maneuver where the horse's hindquarters rotate around his forehand which stays in place.

Turn on the Haunches

Is a maneuver where the horse's forehand rotates around the haunches which remains fixed.

