



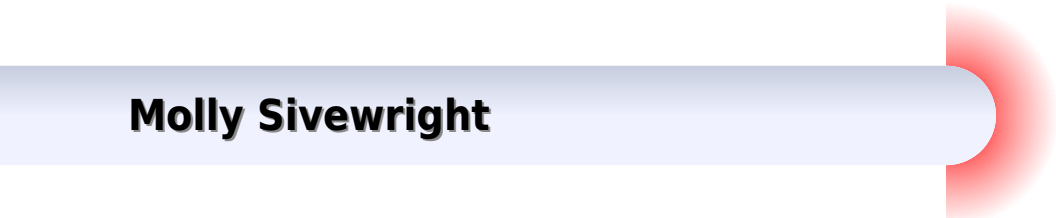
**Claire
Lilley**

Lungeing, Long-Reining and In-Hand Schooling



Lungeing Long Reining Schooling Claire Lilley

Molly Sivewright



Lungeing Long Reining Schooling Claire Lilley:

Lungeing, Long-Reining and In-Hand Schooling Claire Lilley, 2017-05-31 Schooling the horse is not just about riding many problems or misunderstandings between horse and rider can and should be sorted out on the ground before attempting to ride at all This book explains how to school your horse from the ground starting with fundamental techniques and gives progressive exercises to work through It explains the importance of stretching work how to establish a correct outline and how to build strength and suppleness Remedial work is also included to improve crookedness unbalance and stiffness for example Also covered is the use of training aids where necessary and schooling over ground poles and cavaletti as well as jumping the horse on the lunge Observing your horse working without a rider gives you valuable insight as to the correctness of his paces how his muscle development can be improved and his general attitude and willingness When your horse is moving beautifully on his own there is no reason why he cannot do the same with you in the saddle *200+ School*

Exercises with Poles Claire Lilley, 2017-05-31 This book discusses ground pole training for all disciplines and shows how you can make the most of precious schooling time It provides quick and easy pole layouts using just a handful of poles Different exercises are given for each pole layout so there is no need to move the poles during a session Exercises range from the simple to the more intricate with the inclusion of more transitions lateral work raised poles cavaletti or riding in a different gait Claire Lilley explains how these pole exercises can help you to ride with precision and improve your horse's way of going adhering to the scales of training You can also use the different layouts to check whether you are sitting straight turning correctly and riding transitions and lateral movements properly She lists common rider faults for each exercise to help riders self correct if schooling alone As an experienced trainer herself Claire knows that this book will prove an invaluable resource for riding instructors providing a veritable cookbook of ideas for lesson plans Poles are a great teaching tool adding variety to every lesson and helping the teacher to explain lessons to the pupil Teacher's tips are given for each exercise Claire says Try the exercises for yourself and I'm sure you will be amazed at the improvements that can be made both in your riding technique and in your horse's way of going You will never be bored with schooling again *Horse Massage for Horse*

Owners Sue Palmer, 2017-05-31 Practical educational and easy to follow the author shares the knowledge and skills you need to massage your own horse Learn about equine anatomy and the seven key muscles you will work on and how to draw them in chalk on your own horse Get to grips with the different massage techniques effleurage stroking petrissage compression and kneading tapotement cupping and friction cross fibre friction and know how and when to apply them Find out how to combine the moves to develop a complete massage routine that your horse will enjoy and find beneficial With the emphasis on how you can work with your own horse Sue offers an insight into how to reduce pain and stiffness in your horse as well as improving performance And to make the learning process foolproof there are sections on problem solving and frequently asked questions **The Psychology of Horsemanship** Claire Lilley, 2020-01-27 Horses are fascinating and perceptive

creatures Developing a thorough understanding of how a horse interprets the world around them and deliberately being self aware as a rider are the essential skills to a successful and fulfilling partnership In *The Psychology of Horsemanship* well known equestrian author and horse expert Claire Lilley shares her passion and knowledge about horses and riders developed from over forty years experience in the equestrian world and more recently several years in the mental health profession Divided into three sections the book covers Equine psychology the horse's senses primary responses and emotion Training psychology the rider's communication training and learning from past experiences Relational psychology the goals the development and the challenges faced in successful horsemanship With high quality photographs diagrams and extended real life examples this book explores the application of psychology to the world of horses and how the understanding and involvement of the horse rider relationship impacts on both mental and physical development

Horses in Company Lucy Rees, 2017-08-31 *Horses in Company* a revolutionary radically new analysis of horse social behaviour opens the way towards a better understanding of horses on both ethological and practical levels Based on first hand observations of wild horses and their evolutionary need for collective defence against predators it shows how domestic life distorts horses natural social relations encouraging misinterpretation mistreatment and human horse problems

Plants, Potions and Oils for Horses Chris Dyer, 2017-05-31 *Plants Potions and Oils for Horses* takes a new look at some old remedies together with some contemporary alternative therapies to offer the horse owner some simple but safe treatments for common horse ailments Topics covered in this new book include herbal remedies treatments from the kitchen traditional treatments and aromatherapy

Horse Movement Gail Williams, 2017-05-31 Anatomy particularly functional anatomy is a vital and dynamic subject an appreciation of which leads not only to superior husbandry and welfare but also to a better understanding of the anatomical challenges associated with riding training overtraining injury and rehabilitation Using Alexa McKenna's fabulous illustrations this book shows the correlation of the skeleton muscular system and locomotion providing a clear insight into the functional and dysfunctional horse It also addresses the largely misunderstood concept of perfect conformation and looks at the effect on function of the rider and tack using cutting edge diagnostic techniques such as thermal imaging and gait analysis Again with the emphasis on the visual readers will be able to appreciate how muscles function in differing athletic disciplines by analysing the heat generated in musculoskeletal structures after exercise This will also highlight the importance of post competition recovery The book concludes with a range of useful techniques to improve the function of any horse including stretches taping wrapping and other proprioceptive techniques to increase balance flexibility awareness and posture

Do You Speak Equis? Antonello Radicchi, 2017-04-03 *Do You Speak Equis* outlines a method of communication with the horse using the head collar and the bit in a way that is non coercive and based on mutual understanding and reciprocal respect The aim of the method is to develop a horse who carries himself with lightness from the outset of training Topics covered include communicative action and receptive reaction natural flexions aggressive horses

and how to work with them interaction with head collar and finally introducing the bit

The Problem-free Horse Claire Lilley, 2007 A guide on how to cope with all the little difficulties that can turn the euphoric dream of becoming a horse owner into an uncontrollable nightmare It offers practical advice on managing horses in the stable the field and schooling from the ground from putting on the bridle correctly to clipping an awkward horse

The Scales of Training Workbook for Dressage and Jumping Claire Lilley, 2010 The scales of training are the components of a progressive training system that has evolved from the teaching of the great riding masters of Italy France and Germany The scales apply to the basic schooling of every horse whether the rider wishes to concentrate on dressage jumping or eventing and provide an essential foundation for the horse's physical and mental development If the scales are not observed at novice level then it is unlikely that horse and rider will progress to advanced levels or be able to maintain a consistent level of performance In this illustrated workbook Claire Lilley explains how to use the scales when schooling and jumping at home She describes the principles of each training scale and includes in each section a number of exercises designed to improve performance with notes on what to look for training tips and solutions to common mistakes and misunderstandings

Dressage to Music Claire Lilley, 2008 Many riders are put off riding to music because it seems too complicated The task of putting together a routine to ride to appears daunting as does selecting suitable music but this book tells you everything you need to know from choreography to quadrilles and competition Schooling to music adds another dimension to daily training helping both horse and rider to develop a sense of rhythm and fluency in work

Lungeing and Long-reining Jennie Loriston-Clarke, 1994 The guidelines in this book aim to achieve a greater understanding between horse and rider while offering advice on training foals and young horses lungeing over fences and general handling techniques as well as such advanced long reining exercises as passage shoulder in and flying changes

The Art of Long Reining Sylvia Stanier, 1995 This classic treatise is an indispensable schooling aid containing detailed advice on fitting equipment handling the reins and long reining techniques which will take the horse from simple basic exercises to advanced movements such as flying changes piaffes and passage

Lessons on the Lunge for Horse and Rider Molly Sivewright, 1998-02-19 Aimed at novices and experienced riders alike this guide to lungeing describes how to address and correct many common problems The coverage includes rider faults and long reining

Notes On Lungeing And Long Reining Of The Horse Monty Mortimer, 1991

Long Reining Alfons J. Dietz, Daniela Bolze, 2003-01-01 Long reining might be thought of as a means of training a horse at a safe distance from the ground The horse is controlled by means of extended double reins and is made to circle its trainer who is able to observe and correct the horse's gait Long reining is used for exercising lame or convalescing horses for correcting poor gait and for training horses for dressage This book illustrates the various aspects of this complex but invaluable training aid

How to Lunge Your Horse Safely and Effectively Christopher Conradt, 2020-12-14 Learn to Lunge Your Horse Safely and Effectively Prepare your young unbacked horse to carry a rider Teach him to understand and respond to your vocal aids and to accustom him to going forward on his

own without being led Develop a level of communication with your horse to deepen understanding and trust Teach your in experienced horse to be controlled by a contact to his head and to go in a rhythmical balanced manner Assess and observe your horse s way of going and attitude of mind from the ground Give your stabled horse on non riding days some physical exercise and help him relax mentally Exercise your horse when he cannot wear a saddle because of a temporary injury to his back Settle and loosen up your fresh horse before riding Correct your horse s neck and back problems encourage him to track up work from behind to the bit and loosen and supple his stiff side if he prefers to work on a particular rein Lungeing may look easy but if you want it to be effective and improve the way your horse is going you have to learn the correct way to work with your horse on the lunge Christopher Conrad will take you on a practical easy to understand step by step journey explaining clearly where and how to lunge what equipment is needed and how it is fitted and used correctly In this completely revised and updated version of Vol 1 of the Avalon Horse Training Series you will discover How You Introduce Your Horse to Loose Schooling How You Lunge Your Horse Safely and Effectively Which most suitable equipment you should use How you handle the lunge line and whip How your body position and voice aids influence your horse How you use side reins and a chambon How You Introduce Your Young Horse to Lungeing The Does and Don ts of leading your horse in hand How you safely introduce a roller and boots to your young horse How you teach your horse the meaning of the lungeing aids How You Long Rein Your Horse with Two Lunge Lines You will also get a blueprint for a meaningful lungeing session and a guide about how to deal with specific problems that can occur when working with your horse from the ground This natural horse training guide with many practical tips and pictures will teach you everything you need to know about lungeing your horse safely and get the most benefit from your lungeing sessions The Avalon Horse Training Series is a comprehensive set of training guides specially written for riders trainers and instructors who want to improve their horsemanship and be able to produce a happy healthy well schooled and co operative equine partner and friend Check out Vol 2 How to Train Your Horse Successfully to master your dressage goals and transform your horse s performance Vol 3 How to Train Your Horse To Jump Safely and Confidently Don t let another day go by pick up your copy now to get started

The Art of Schooling for Dressage Sylvia Stanier, 2005 This is the follow up title to Sylvia Stanier s two best selling titles The Art of Lungeing and The Art of Long Reining By the time that the reader uses this title it is assumed that they understand the work that has been outlined in the two previous books The same muscles of the horse will be developed and the same logical programme followed This book is very much rider orientated and contains instructions on where to sit in the saddle how the rider should use his her legs reins and body weight to achieve the required results The author also includes comments on the effect of the weather on training and very clear descriptions of the various lateral movements An integral part of Sylvia Stanier s teaching is that the rider must be shown how to work so that the horse complies willingly with the rider s wishes The Art of Schooling for Dressage with its clear explanatory text line drawings by Maggie Raynor and photographs by Kit Houghton and John

Evans illustrating the various techniques will help riders to achieve the desired results *Long Reining to Break Horses to Harness* Heinrich Freiherr von Senden, 2009 RIDING HORSEMANSHIP Working with long reins is an ideal and above all safe way to break horses to harness and to train the driving horse correctly This book is an essential training book for all drivers and horse trainers Heinrich Freiherr von Senden a successful driver and horse trainer has developed a structured training programme Beginning with work on the single lunge moving on to long reins and then on to the initial hitching he gives tips and advice from his accumulated wealth of experience explaining how potential problems can be successfully resolved

Training the Horse in Hand Alfons Dietz, 2004 The origins of modern dressage lie in the Classical style of riding as practiced at the Spanish Riding School in Vienna this book goes back to those roots showing how horses can be trained in hand without a rider using the lunge or long rein Although most equestrian hobbyists do not practice these specialist training methods themselves the principles involved are of exceptional interest to dressage enthusiasts and traditional trainers As a result this textbook is more than a practical training manual it is an attractive reading package with excellent color photographs

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