

# The Positive Riding System

## Goals

By Henrik Johansen



Positive Riding™

### Goals for your Horse

Name: \_\_\_\_\_ Date: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

Goal:	<i>To improve the harmony between me and my horse</i>
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Intermediate goals	Priority	Methods and tools	Test
<i>My position</i>	<i>To make sure I understand the task at hand</i>	<i>Read the chapter <b>Harmony</b>. Talk with my instructor.</i>	<i>Does it make sense? Do I understand the concept?</i>
<i>Energy To get the horse thinking forward</i>	<i>To be mentally prepared</i>	<i>To create an image in my mind and to imagine how it should feel when correct.</i>	<i>Can my mind control my body?</i>
<i>Straightness</i>	<i>The horse's relaxation</i>	<i>A relaxed environment.</i>	<i>Is the horse mentally with me?</i>
<i>My relaxation</i>	<i>My relaxation</i>	<i>Take a deep breath and let my muscles totally relax.</i>	<i>Can I get the horse to relax by relaxing myself?</i>
<i>The horse's relaxation</i>	<i>My position</i>	<i>Sit straight and evenly on both seatbones. Be in balance.</i>	<i>Did it influence the horse in a positive manner?</i>
<i>To be mentally prepared</i>	<i>I should have a feeling of</i>	<i>having the horse right under me, having him balanced, having more horse in front of me than behind me.</i>	<i>When this is so the horse will respond promptly to my signals, especially the weight aids.</i>
<i>To make sure I understand the task at hand</i>	<i>Energy To get the horse to think forward</i>	<i>To make the horse respond to the driving seat and leg.</i>	<i>Transitions.</i>

<b>Goal:</b>	<i>To improve the harmony between me and my horse</i>
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<b>Intermediate goals</b>	<b>Priority</b>	<b>Methods and tools</b>	<b>Test</b>
<i>I should have a feeling of</i>	<i>Straightness</i>	<i>A combination of sitting straight and having energy. Suppleness.</i>	<i>Circles in both directions. To be able to ride straight on center line.</i>
<i>The horse should wait for my signal</i>	<i>The horse should wait for my signal</i>	<i>Practice the different exercises in walk first.</i>	<i>Does what is happening now feel as if it is something I created?</i>
	<i>Ultimate goal</i>		<i>Can I influence the horse by moving my center of gravity? Are the horse and I traveling in the same direction?</i>

Notes: