

The Positive Riding System

Current Status Analysis



Name: _____

Date / 2006

Horse: _____

Evaluate the degree of ability/readiness 1-10 (10 = Optimal)

Rider's Capability:

Physical	Now	3 months	Comments
General condition			
Strength			
Flexibility			

Riding technique	Now	3 months	Comments
Coordination			
Balance			
Unity/harmony "One with the horse"			
Influence			
Feeling			
Ability to relax/contract muscles			
Sense of tempo and rhythm			
Posture			
Mobility (gross motor skills)			
Mobility (fine motor skills)			

Mental	Now	3 months	Comments
Self confidence			
Stress tolerance			
Courage			
Self control			
Self discipline			
Ego			
Ambition/winner instinct			
Ability to concentrate			
Goal orientation			
Humility			
Positive attitude			
Self assuredness			
Focus			

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Horse's Capability:

Physical	Now	3 months	Comments
General condition			
Energy			
Balance			
Straightness			
Suppleness/freedom of the shoulder			
Use of hind legs and back			
Tempo, rhythm			
Range in walk			
Range in trot			
Range in canter			

Mental	Now	3 months	Comments
Temperament			
Stress tolerance			
Ability to concentrate			
Ambition/winner instinct			

What is your goal for this horse? _____

How do you prepare? How do you train yourself, other than riding (motivationally, physically, technically and mentally)? _____

How do you prepare and train your horse? _____

Is there something specific that you would like to improve and develop? _____

What obstacles or difficulties may limit your efforts? _____

What kind of support and help do you need from your trainer? _____

Other comments: _____

Something to Think About!
*Keep in mind that feedback is important.
 We must agree on where we are in order to be able to know where we are heading!
 It is not enough that I carry a compass with me, if we are not using the same map!*