

THE PYRAMIDS

A PLAN FOR SIMPLIFYING

RECEPTIVENESS

The horse is ready to learn

Respect
Obedience

Trust

Rider has control
Mentally relaxed
Physically relaxed
Attentive and cooperative
Healthy and sound

HARMONY

The horse and rider are in harmony

Balance
Equilibrium

One center of gravity
Directly under the rider
In front of my leg
The horse follows the rider

Signals from the seat

The hind legs come out of my seat bones

UNDERSTANDING

The horse understands the aids

Aids

The horse
The system of aids

**The horse may not
leave the arena with un-
answered questions**

DEVELOPMENT

The horse develops and advances

Think forward
Horse understands
Have a goal and a plan
Practice riding tests
Get help/instruction

Be positive and alert
My next goal is 4th level
**Ride as if the horse is already
further along**

*Add your own keywords
to the pyramids to
remind you of points
that are essential for
progress towards your
personal goal*