

# THE HALT

Turn on the forehand is a turn around a point under the horse's inside front foot, executed out of the walk. It is a suppling exercise that does not require a lot of collection, however, it is important to keep the horse in balance and maintain equilibrium through the topline. Otherwise the exercise can invite the horse to fall onto the forehand.

The turn on the forehand is performed following a halt or shortening of the stride. From the halt, the horse is ridden forward a few steps in a slightly shortened walk in preparation for the turn. The turning point is located under the inside front foot, which is picked up with each step and put down in the same place or slightly forward of the place from which it came. The outside front foot moves forward step by step around the inside front foot during the turn.

Consequently, both front feet are allowed to step within a limited circular area, the size of which highly influences the scoring of this movement. The hind legs describe an arc around the turning point by stepping sideways, with the inside hind foot crossing over in front of the outside hind foot.

The horse should be flexed to the inside and yield willingly from the rider's inside leg. He should also remain on the bit with a soft and submissive feel, while seeking to go forward to the bit, executing the turn step by step without hurrying.

## PURPOSE OF THE MOVEMENT

The turn on the forehand is a suppling exercise, used to relax the horse, remove tension, and to activate the hind legs. It also creates a need in the horse to seek to go forward and down to the bit, and helps the horse to develop obedience and an understanding of the lateral aids.

The horse should understand the aids for turn on the forehand before you teach him to rein back.

## THE AIDS

By bending the wrist of his inside hand, the rider asks the horse to flex his neck (at the 2<sup>nd</sup> and 3<sup>rd</sup> vertebrae) to the inside. The rider's inside leg is placed, according to need, approximately a hand's width further back than normal leg position, and gives the horse a signal to move his hind quarters sideways.

The outside rein acts, according to need, in a restraining manner and is used to regulate the

flexion. The outside leg remains in its normal position where it assists the inside leg in driving the horse forward. The outside leg also aids in regulating the tempo by acting on the horse as he takes each step.

The rider should sit straight over the horse, with his weight in the direction of movement. If necessary, he can support his inside leg by sitting deeper on his inside seat bone, but he must be careful not to collapse his inside hip in this case.

### TEACHING THE MOVEMENT

Turn on the forehand is most easily taught with the forehand towards the wall. When the horse stands facing the wall, it decreases the necessity to use the reins in a restraining manner.

It is important, in the beginning, that the turn on the forehand is ridden on a small circle, rather than around a single point. The circle can be progressively reduced in size as the rider learns to influence the horse more effectively, and the horse becomes more responsive to the aids.

It can be helpful to lead the horse into the direction of the movement with the outside rein for the first few steps. For example, if the horse is to do a turn from the rider's left leg, the rider should lead him a little to the right with the outside right rein.

When the horse understands how to move off the inside leg the exercise can be done everywhere in the arena.

### MOST COMMON FAULTS

- The horse becomes tense.
- The horse loses his will to go forward.
- The horse does not maintain the correct rhythm and footfall of the walk.
- The horse crosses his inside front leg in front of the outside front leg.
- The horse tenses his neck and comes above the bit.
- The horse falls out through the outside shoulder.
- The horse tilts his head.
- The horse falls onto the forehand.
- The rider pulls the horse around by using his inside rein.

- The rider collapses his inside hip.
- The horse does not stand still.
- The poll is not the highest point.
- The horse does not stay between the aids.
- The rider's outside leg is not steady.
- The rider uses his outside leg too much.