

# The Positive Riding System

## Goals

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Positive Riding™

### Goals for the Rider

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

<b>Goal:</b>	<i>To develop a better understanding for how the horse should respond correctly to the aids</i>
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Intermediate goals	Priority	Methods and tools	Test
<i>Driving aids</i>	<i>Familiarize myself with subject.</i>	<i>Read about it in Positive Riding. Take lessons.</i>	<i>It should make sense. Do I know how the horse should respond?</i>
<i>Weight aids</i>	<i>Preparation</i>	<i>Create harmony.</i>	<i>Does the horse place his body in under my body? See the chapter <b>Harm</b>ony.</i>
<i>Effect of the seat</i>	<i>Driving aid</i>	<i>Transitions</i>	<i>The horse should respond by moving forward immediately when the aid is applied.</i>
<i>Effect of the hands</i>	<i>Effect of the seat</i>	<i>Transitions and changes of speed. If necessary supported with the leg.</i>	<i>Does the horse answer both the driving and the resisting aids?</i>
<i>Effect of the voice</i>	<i>Weight aids</i>	<i>Turn and circles.</i>	<i>Does the horse follow my weight or am I following him?</i>
<i>Inside leg</i>	<i>Effect of the hand</i>	<i>By means of half-halts and transitions get the horse to take a steady and light contact.</i>	<i>Is the horse against my hand? Does the horse lengthen his neck when I move my hands forward?</i>
<i>Outside leg</i>	<i>Resisting aids</i>	<i>Start with walk—halt transitions.</i>	<i>Should be able to stop the horse with the seat only.</i>

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<b>Intermediate goals</b>	<b>Priority</b>	<b>Methods and tools</b>	<b>Test</b>
<i>Outside rein</i>	<i>Effect of the voice</i>	<i>Use as little as possible.</i>	<i>Should be able to ride without using voice aids.</i>
<i>Inside rein</i>	<i>Inside leg</i>	<i>Turns on the forehand.</i>	<i>Should create a round, relaxed top line. See the chapter <b>The aids</b>.</i>
<i>Familiarize myself with the subject</i>	<i>Outside leg</i>	<i>Circles—turn on the haunches.</i>	<i>Should be able to keep the hindquarters in place.</i>
<i>Resisting aids</i>	<i>Inside rein</i>	<i>Circles and variations on circles.</i>	<i>Should be able to position the horse without resistance.</i>
<i>Preparation</i>	<i>Outside rein</i>	<i>Transitions. Circles with the horse straight.</i>	<i>Does the horse answer the resisting aids? Can I keep the horse straight while on a bent track?</i>

Notes:
<i>It is a good idea in the beginning to focus on one aid at a time.</i>