

## **BONUS SECTION:**

### **Complete written Introduction and Chapters of Series 3, The Details of Riding that make a Difference by Andrea Fappani**

#### **Introduction:**

Everybody I know loves one part about showing 3 year olds: they are honest. It's a lot of work to train a young horse, but when you finally get to the end result, it's sure exciting to show a horse that is true in the show pen. What you have in the warm up pen is what you have in the show arena, and you can show everything you have without worrying about your horse anticipating the next maneuver and cheating you in the tricky spots of the pattern as you go through.

It seems amazing, but when you get done with the Futurity and you take your horse to the first show as a 4 year old, everything changes. That pure and honest partner that you showed a couple months ago turned into one of the smartest animals you've ever known. It's hard to believe that just a few runs would change a horse, but they sure do. Their willingness seems to decrease, the attitude changes and the overall experience of going to the show feels like *déjà vu* for both rider and horse.

The fact of the matter is that no matter where or how hard you showed your horse in his 3 year old year, that experience will change him for life, and you have to deal with it. I already showed you how I train my young horses keeping an eye on the future, now it's time to change a few things in our training program in order to be successful in the aged events.

#### **Exercise 1: Training at home**

After the futurity, I usually give one or two months off to my horses. They've had a long fall and I think that they need to freshen up mentally and physically so that they come back as strong as possible as four year olds. A lot of times I come home from the Futurity and I want to go back to work and improve some stuff that I didn't like when I showed, but I learned from experience that it's better to wait a few weeks and give your horse a chance to rest and relax.

When I start back to train my horse, the biggest thing that I try to keep in mind is that my horse already knows how to do all the maneuvers. Sure, there may be something that needs to be improved (there always is), but in general we just want to bring our horse back from his used to his full potential without hurting him and keeping him happy about his job. Sometimes I pull their shoes if they need it. I don't train on them every day because I don't want to overdo it. Depending on the horse, I usually train four days a week for a couple of days, just exercise and then one day off. I also don't come out and work on every maneuver. The horse already knows how to do everything, so I just pick and choose every lesson what I want to work on in order to make my horse better and keep him happy at the same time.

#### **Circles**

The horse knows how to circle, but the older he gets the less I tolerate mistakes. When he leaves the circle or drops his shoulders I correct him gently a couple of times but if he's not doing it after that I'll get more severe with my correction because by now he knows what he's supposed to do

and checks out because he's just not paying attention. If you have an open area I'd go lope circles out there or in the middle of the arena to make sure that he's listening and not just following the fence. When I work on speed, I slow down everywhere in the arena and if they don't slow down, I'll draw them in the ground. I take my weight out of my stirrups to see if they stay in position.

Mistakes:

- 1) Holding your horse in position
- 2) Being too forgiving
- 3) Always circling in the same spot
- 4) Circling on the fence
- 5) Using two hands
- 6) Always slowing down in the middle
- 7) Slowing down with all 3 ques

### **Turnarounds**

A lot of horses need work on their turnarounds all their lives. They're not very natural at this maneuver, and will always have to be reminded to keep a correct position. This is the only maneuver where I put up with the horse making many mistakes because it's hard for a lot of horses to perform it correctly, and if they don't do it right a lot of times is not because they don't want to be good, but it's because they have a hard time doing it.

I train a lot on the start of the turn one handed because I believe that's how a horse starts to tell you the quality of how he's going to turn. I want the horse to keep a good speed on its own and at any time I don't want him to jump out of the turn. Even if every maneuver can always be improved, I feel that at this point my horse is not going to improve the quality of the turns very much, so I work on having it as correct as I can. I don't set them up at all but I might just be walking around the arena and stop and start turning one handed on a loose rein and expect my horse to turn as close to good as he can. I might also stop, turn one way and then the other and then stop and go the other way again just to make sure that he's listening.

Mistakes:

- 1) Using two hands
- 2) Keeping your hands up and holding your horse in position
- 3) Turning too slow
- 4) Turning too fast all the time
- 5) Setting your horse up too much before the turn
- 6) Turning every day
- 7) Always turning from a stand still

### **Lead changes**

By now the horse is broke and knows how to change leads. So now I don't change very much, but I work on making him wait. I work through lots of counter cantering and setting him up in the middle. I don't change every day.

Mistakes:

- 1) Changing too often
- 2) Holding the horse too much through the lead change

- 3) Never changing in the middle
- 4) Changing in the middle all the time
- 5) Setting your horse up too much before the lead change

### **Stops**

- 1) Lots of rundowns
- 2) Control the speed all the time
- 3) Draw in the ground
- 4) Saying whoa
- 5) Mix it up
- 6) Teach him to wait in the rundowns after he turns the corner

Mistakes:

- 1) Concentrate on the stop and not the rundown
- 2) Stop on the same spot too often
- 3) Stop every day
- 4) Running fast all the time
- 5) Using both hands and voice all the time

### **Rollbacks**

- 1) Soft and slow
- 2) Invite horse to jump out
- 3) Rollback to the inside
- 4) Always one handed
- 5) Always back him up before rollback

Mistakes:

- 1) Not practicing anymore
- 2) Always backing up before the rollback
- 3) Pulling on the face during the rollback
- 4) Going too quick without being correct

### **Show pen**

At the show I'll ride them a little different. Depending on the horse I'll ride them softer or harder, but I don't practice the maneuvers quite as much. I spend a lot of time making sure that they don't lean anywhere in the circles, especially in the middle.

### **Schooling**

- 1) I don't want my horse to get sour at shows so I don't drill every maneuver on him every day.
- 2) Very important to keep horse honest
- 3) Even if I don't have any problems yet in the show pen, I still school them
- 4) Get them running hard, kind of like you would really show them before you go
- 5) Always keep one hand
- 6) Stay on pattern
- 9) Always wait to speed them up... if they stay quiet.
- 10) Stop for a long time in the center
- 11) Move around a lot in the saddle

12) Make horse go fast