

# Table of Contents

iv	Groundwork Is Teamwork	25	Passing Other Horses	62	<i>Exercise 13: Developing Bend</i>
v	Groundwork Exercises	26	Positions to Lead from Next to the Horse	63	Thoughtful Desensitization
<b>1</b>	<b>INTRODUCTION TO GROUNDWORK</b>	26	Leading with Precision	64	Composure
1	Trust and Fun with Groundwork	27	Halting and Standing	64	Flight Responses
1	Foundations for Trust	27	Standing Obediently	66	"Rattle Sack"
2	Human and Horse	28	Rein-Back	66	Ribbon Curtain
3	Communication	29	Moving Off in the Walk	67	Umbrella, Ball, and Friends
5	Equipment for Human and Horse	30	Leading at the Walk	68	Tarp on the Ground
6	Change of Direction	31	Switching Sides and Leading from Either Side	69	<i>Exercise 14: Some of Everything</i>
6	Obtrusiveness and Personal Space	32	Change of Bend in the Walk	70	<i>Exercise 15: Little Horror Show</i>
7	Resistance	32	Weaving	71	<i>Exercise 16: Composure Test 1</i>
8	Visual Cues	35	Trotting in a Straight Line	72	<i>Exercise 17: Composure Test 2</i>
8	Tactile Cues	35	Changing Speed	73	Groundwork for Children
9	Auditory Cues	35	Changing Gait	75	<i>Exercise 18: With Lead Rein and Child Mounted</i>
10	Combining Cues	36	Yielding the Forehand	76	<i>Exercise 19: Partner Trail</i>
10	Body Language	36	Yielding the Haunches	77	<i>Exercise 20: Handler Agility</i>
11	Posture	36	Yielding Laterally	78	<i>Exercise 21: Timed Agility</i>
11	Movement	38	Leading the Horse through School Figures	79	<i>Exercise 22: Experienced Ponies Only</i>
11	The Direction of the Gaze	39	<i>Exercise 1: Walk Variations</i>	80	<i>Exercise 23: Accuracy</i>
12	Gestures	40	<i>Exercise 2: School Figures</i>	81	Lead Lines
12	Safety Considerations	41	<i>Exercise 3: Lateral Movements</i>	81	Changes of Speed and Gait
<b>14</b>	<b>GROUNDWORK IN ACTION</b>	42	<i>Exercise 4: Trot Variations</i>	82	Working with Long Reins
15	Groundwork Is Fun!	43	In-Hand Inspection	83	Groundwork without a Rope and Liberty Work
15	Fairness First	46	<i>Exercise 5: Chutes and Ladders</i>	84	<i>Exercise 24: With a Lead Line from a Distance</i>
15	The Groundwork Area	47	<i>Exercise 6: Merry-Go-Round</i>	85	<i>Exercise 25: With Long Reins</i>
15	Equipment for the Horse	48	<i>Exercise 7: Tarp and Slalom 1</i>	86	<i>Exercise 26: Groundwork at Liberty</i>
16	Different Types of Groundwork	49	<i>Exercise 8: Tarp and Slalom 2</i>		
19	Equipment for the Human	50	<i>Exercise 9: Trapezoid</i>		
19	Tasks on the Ground	51	Training over Poles		
20	Greeting and Approaching	56	Rein-Back in an Obstacle		
21	Haltering	57	Backing into Turns		
21	Barn and Grooming Area	58	Bottlenecks		
22	Tying Up	59	<i>Exercise 10: For Young Horses</i>		
22	Bridling	60	<i>Exercise 11: Take It Up a Notch</i>		
24	Leading with a Bridle	61	<i>Exercise 12: Leg Day</i>		