

Using your Log Book

Horse & Student Profile 1

Home Study Records

Horse & Student Profile 2

Lesson, Workshop, Course Records

Level 1 Challenges:

22 Ground Skills Tasks

20 Prep for Level 2 Riding Skills Tasks

The Official Level 1 Assessment Task Guide:

Liberty

On Line

Freestyle



Parelli Natural Horse•Man•Ship

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LOG BOOK

PARTNERSHIP
Level



This Log Book belongs to:

The Official Level 1 Adult / /



Parelli Natural Horse•Man•Ship
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Level 1 Log Book

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Level 1 Log Book

Your personal study record to help you keep track of...

Home Study Lessons & comments

Achievements

How much time you've put in

Your progress, what you've done

Lessons, Workshops & Courses with Parelli Professionals

Tournament attendance

Grading Day or Levels Assessment

This book will also come in handy for job interviews within the horse industry and if you have any professional goals with Parelli.

Date & Hours	Activity	Level/ Lesson studied		Comments
2/2/2000	Seven Games	L1	Less.3-8	Second session on Seven Games. Less opposition reflex this
1 hour				time. Circling Game - need more work on right side.

How to use your Log Book

Date & Hours... Record the full date and the number of hours or days that apply.

Activity... What you did with your horse that day.

Level/Lesson studied... The level you are studying and the Lesson number.

Comments... Comment on how it went, if you experienced any problems, and things to note or remember about the session.

Profiles... Complete the profile on yourself and your horse before you start the program and then again at the end of the lessons. This will help you to keep track of how much progress you and your horse are making as well as remember how things used to be!

Challenges & Official Assessment... You can use the tasks in the back of this book to increase your imagination and prepare for your official assessment.

HORSE PROFILE 1

Date _____

Name _____

Age _____ Breed _____

Sex _____ Height _____

Color _____

Hours in Parelli _____

Temperament

- Quiet Medium
 Medium-hot Hot

Spirit

- Low Medium High

Dominance factor with other horses

- Low Middle Alpha

Sensitivity

- Dull Low Med. High

Responsiveness

- Unresponsive Compliant
 Willing

Obedience

- Disobedient Obedient
 Highly obedient

Learning Ability

- Slow Medium Quick

Problems

- Bites Kicks
 Strikes Aggressive
 Cranky Runs away
 Bolts Rears
 Bucks Herd Bound
 Jigs on Trail Can't Stop
 Won't Go Pulls on bit
 Head throwing Over excitable
 Lazy Trailer loading
 Crossing Water Avoids jumps
 Narrow spaces Hosing
 Washing Grooming
 Handling feet Shoeing
 Pulls Back Can't stand still
 Resists bit Cinchy
 Bridling Saddling

Impulsion

- Under impulsive (short)
 Medium Impulsive (long)

Stable Imbalances (vices)

- Cribbing Weaving Pacing
 Kicking Lip Popping
 Other: _____

Parelli Level Achieved

- Official Unofficial

	Level 1	Level 2	Level 3
On Line	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Liberty	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
FreeStyle	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Finesse	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

STUDENT PROFILE 1

Name _____

Time in Parelli Program (approx. hours) _____

Time spent with horses
(months or years) _____

Horsemanship Experience Level

- Low Medium High

Confidence Level

- | | Low | Medium | High |
|--------------------|--------------------------|--------------------------|--------------------------|
| ground handling | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| riding saddled | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| riding bareback | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| riding with others | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| outside of arena | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Parelli Level Achieved

- Official Unofficial

	Level 1	Level 2	Level 3
On Line	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Liberty	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
FreeStyle	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Finesse	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Date &
Hours

Activity

Level/
Lesson studied

Comments

Date & Hours	Activity	Level/ Lesson studied

Comments

HORSE PROFILE 2

Date _____

Name _____

Age _____ Breed _____

Sex _____ Height _____

Color _____

Hours in Parelli _____

Temperament

- Quiet Medium
 Medium-hot Hot

Spirit

- Low Medium High

Dominance factor with other horses

- Low Middle Alpha

Sensitivity

- Dull Low Med. High

Responsiveness

- Unresponsive Compliant
 Willing

Obedience

- Disobedient Obedient
 Highly obedient

Learning Ability

- Slow Medium Quick

Problems

- Bites Kicks
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 Kicking Lip Popping
 Other: _____

Parelli Level Achieved

- Official Unofficial

Level 1 Level 2 Level 3

- On Line
Liberty
FreeStyle
Finesse

STUDENT PROFILE 2

Name _____

Time in Parelli Program (approx. hours)

Time spent with horses
(months or years)

Horsemanship Experience Level

- Low Medium High

Confidence Level

- | | Low | Medium | High |
|--------------------|--------------------------|--------------------------|--------------------------|
| ground handling | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| riding saddled | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| riding bareback | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| riding with others | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| outside of arena | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Parelli Level Achieved

- Official Unofficial

Level 1 Level 2 Level 3


- On Line
Liberty
FreeStyle
Finesse

Level 1 Challenges

Summary of Level 1 Ground Skills

The Seven Games are the basis of true communication with horses. Everything you ask is one of, or a combination of these games. Now you can add some imagination, have more fun with your horse, get great results and be safer because your horse is more like a partner.

Warning!

 Don't become a master of just one or two games and allow the others to be mediocre. Doing this will create holes in your foundation that will become more and more evident as you progress to the higher Levels.

Get all *Seven Games* equally good. You'll build a solid foundation and your horse's respect for you will build appreciably.

As you make progress each week, you can start using the games more creatively.

At first, it's important to play all *Seven Games*, in order, to make sure they are improving in quality and that it makes sense to your horse.

After that, you can use them just as a pre-ride check (like

the pre-flight check that pilots do before they fly) or you can use them to teach your horse to become calmer, smarter, braver and more athletic by turning them into challenges.

This is what this book of challenges and tasks is all about.

22 Ground Skills Tasks

Get imaginative!

Don't be boring for your horse! Remember that horses really enjoy playing once they feel safe and comfortable with you. Play is important to them. By challenging yourself and your horse with these tasks and a little imagination, you can actually become recreation for your horse.

Not only will he become calmer, smarter, braver and more athletic, he'll also get the mental and emotional stimulation that most horses lack when living in 'humansville'.

1. Back your horse up and down small hills:

- a) using *The Porcupine Game*^{#2};
- b) using *The Driving Game*^{#3};
- c) using *The Yo-Yo Game*^{#4}.

2. Back your horse into his stall or pasture gate:

- a) using *The Porcupine Game*^{#2};
- b) using *The Driving Game*^{#3};
- c) using *The Yo-Yo Game*^{#4}.

3. Back your horse between two barrels or poles:

- a) using *The Porcupine Game*^{#2};
- b) using *The Driving Game*^{#3};
- c) using *The Yo-Yo Game*^{#4}.

4. Go backwards a long way, about 20 to 40 feet.

- a) using *The Porcupine Game*^{#2};
- b) using *The Driving Game*^{#3};
- c) using *The Yo-Yo Game*^{#4}.

5. Squeeze over a jump or two.

6. Squeeze between all kinds of things.

Like between two barrels and buckets, set a few feet apart, and under things like soft tree branches, curtains, tarps,

dangling strips of plastic, etc.

7. Go sideways a long way.

Up to 20 or 30 feet.

8. Send your horse sideways then squeeze him back.

Start by sending him sideways, then walk backwards and slightly away from the fence and squeeze him back past you. Repeat this like a ballet.

9. Stand on something and play *The Circling Game*^{#5}.

You could stand on a stump, a barrel, etc.

10. Sit in a chair and play *The Circling Game*^{#5}.

11. Play *The Circling Game*^{#5} with your eyes shut.

Develop your sense of feel!

12. Go for a walk and play *The Yo-Yo Game*^{#4} and *The Circling Game*^{#5}.

Circle both to the right and left, and occasionally throw in a back up.

13. *Sit on your knees and play The Yo-Yo Game#4.*

14. *Sit in a chair and play the Yo-Yo Game#4.*

15. *Play The Yo-Yo Game#4 with your eyes closed.*

16. *Stand on something and back your horse down a lane.*

Back your horse between two poles set about 18' apart.

17. *Play The Friendly Game#1 with creativity!*

Use a sack, a hose, a sweater, a stool, a hat, a pad, an umbrella, etc.

18. *Ask your horse to step over a pole.*

With just his front feet and stop, then go back.

19. *Stand in one spot and...*

Send your horse around a barrel or chair and then bring him back to you.

20. *Send your horse forwards into a wash bay or stall...*

While you stay outside. After you can do this, see if you can back him in! (Hint: start with him inside, bring him out a little, then back him in again. Each time, bring him out a little further and back again, until finally he comes all the way out and back in again. This builds confidence so you can eventually line him up and he'll back in easily).

21. *Yield his hindquarters 360 degrees...*

With his front feet inside a hula hoop.

22. *Yield his forequarters 360 degrees...*

With his hind feet inside a hula hoop.

Get to where all of these become easy!

20 Prep for Level 2 Riding Skills Tasks

Now that you have all the natural riding principles in place, it's time to task and challenge them so you can put them to purpose.

One Rein Tasks using your Halter and 12-foot Line

1. Place two buckets four feet apart...

Try to ride around and then come through them at a walk, then at a trot.

2. Now try to back up through the buckets...

You could even make a little lane with buckets and see if you can back all the way through.

3. Place a bucket and try to ride a circle around it...

Keep an even distance between you and the bucket all the way around.

4. Follow the rail with one rein.

5. Put two markers down next to a fence about 20 feet apart...

See if you can ride sideways from one marker to the next (horse facing fence). Once you can do it over 20 feet, double it.

6. Set six buckets or barrels in a line, 12 feet apart...

(you can measure this distance with your 12-foot Line). See if you can weave through the markers using only one rein and keep it on one side, first on the right side, then on the left side.

7. Do the same weaving task but this time...

Toss the rope over the horse's head for every turn.

Tasks with a Carrot Stick only

Have the rein on your horse's neck; tied to your saddle horn; or tucked into your belt.

8. Snake through a line of buckets placed six feet apart...

(Measure this with your Savvy String) at a walk, then at a trot.

9. Back up through two buckets six feet apart...

Then back up through a lane of buckets.

10. Circle around a bucket...

Keep an even distance between you and the bucket all the way around.

11. Follow the rail...

Aim for four circuits without touching the rein, using only the *Carrot Stick*.

12. Ride sideways between two markers...

(Horse facing the fence.) Once you can do 20 feet, double it.

13. Go up to a trot and spiral down to a stop.

Two Rein Tasks

14. See how far you can back up using the 9-Step Back Up and only soft pressure...

Put markers at 6, 12, 24, and 36 feet. How much

progress can you make on this over the next few weeks?

15. Place several poles parallel to each other, four feet apart to make a lane.

See if you can trot down the lane without stepping out of it. Try a short distance, then longer distances as you get more confident.

16. Mark out a circle that is 22 feet in radius (44 feet in diameter).

You can do this by using a 22-foot *Line*, securing it in the center of the circle with a peg or someone holding it. Walk the circumference and drag your foot to mark out the circle. You can even sprinkle lime or chalk to mark it out in white). Put a straight line or pole about 22 feet away from the circle. Walk or trot across the line and bend to a stop within the circle.

17. Using the same line/pole and circle, cross the line at a walk or trot and...

See if you can come down to a 9-Step *Back Up* as soon as you enter the circle and without crossing out the other side. Then drop your reins and stand relaxed without the horse taking off.

18. Make two lines, parallel and approximately 36 feet apart...

Do four Yo-Yos using the *9-Step Back Up* from the walk. Then try it at the trot. See if you can do it without crossing the lines.

19. Go sideways between some distance markers.

Also, put a pole parallel to the fence and 12 feet away. See if you can go sideways through this lane made between the fence and the pole and not cross backwards over the pole.


20. Place two buckets, markers or barrels four feet apart.

Make a starting line 40 feet in front, and a finishing line 22 feet behind. Trot or canter across the starting line, through the barrels and come to a *9-Step Back Up*, without crossing the finish line, all the way back to the barrels. (You could even back up through the barrels if things are going great.)

The Official Level 1 Assessment Task Guide

Liberty

Tools

 Round Corral, Horseman's Halter, 12-foot Line.

1. Approach your horse from minimum 10 feet away.

- Student has friendly look and body attitude, approaches confidently.
- Holds *Halter* and *12-foot Line* out in front, inviting horse to smell it.
- Knows how to retreat and approach again if horse is reluctant to stand still.

2. Rub him all over with the Halter and 12-foot Line.


- Horse stands still.
- Horse is confident and seems to like the rubbing, shows no fear or skepticism of the equipment or intention.

3. Put the halter on and tie the knot correctly.

- Student lowers horse's head and turns it toward them.
- Student puts arm over horse's neck and lifts halter onto the nose.
- Knot is correctly tied, and efficiently done.

On Line

Tools

 Halter and 12-foot Line, Carrot Stick and Savvy String.

4. Play The Friendly Game^{#1} using Carrot Stick and Savvy String.

- Student moves confidently and with rhythm.
- Handles *Stick* and *String* smoothly.
- Shows that horse can accept *The Friendly Game^{#1}* all over, even around head, hindquarters and legs.
- If horse moves, student shows savvy of being able to keep going and then stop at the right time.

5. Play The Porcupine Game^{#2}: show backward, HQ and FQ yields from both sides.

- Student can move horse without *Opposition Reflex*.
- Good use of focus and position.
- Rubs after release.
- If *Opposition Reflex* is mild, student shows enough savvy of how to elevate phases and release at the right time.
- Note that FQ and HQ yields do not need to show a pivot. As long as the horse is yielding and not pushing through the pressure this is a *Level 1* standard.

6. Play The Driving Game^{#3}: show backward, HQ and FQ yields from both sides.

- Horse yields without opposition.
- Student is in the right position to affect the yields.
- Rope has slack in it.

7. Play The Yo-Yo Game^{#4}: show two complete Yo-Yo's.

- Student can send horse backward and bring back without *Opposition Reflex*.

- All phases are permitted, student must be effective.
- Yo-Yo's are reasonably straight.
- Student keeps feet still.

8. *Pick up all four feet from one side.*

- Student uses chestnuts on front legs and cap of hock on hind legs to get horse to lift his feet.
- Horse stands quietly and willingly gives feet.

9. *Play The Circling Game#5: show two laps each way and bring back.*

- Send is effective: student drives *Zone 1* or *2*.
- Allow is neutral: student stands relaxed, passes rope behind back and doesn't move feet.
- Two laps are completed without coaxing or correcting the horse.
- Bring back is effective: drawing on *Zone 1*, driving *Zone 4*.

10. *Play The Sideways Game#6: using a fence, show both sides.*

- Student uses most, if not all of the rope.
- Rhythmic use of *Carrot Stick* or swinging tail of rope.

- Effective driving of appropriate *Zones* (especially *1* and *4*).
- Student walks along next to fence, does not get pulled away.

11. *Play The Squeeze Game#7: show both ways and over a jump.*

- Student stands near fence, no more than 4-5 feet away.
- Sends horse in a "straight" line as opposed to off a circle.
- Shows *Squeeze* both ways.
- Releases rope and allows it to slide as horse goes by.
- Student directs and drives horse over jump from a few feet away.
- Student knows what to do if horse refuses the jump on the first try.

12. *Back your horse through a gate using The Yo-Yo Game#4 and The Squeeze Game#7.*


- Student uses good position, keeps feet still at first, then moves if necessary.
- Horse backs through, no *Opposition Reflex*.

13. Run forward with your horse, stop and back up without looking at him using your leadership skills and body blocks.

- Student gives plenty of rope to horse.
- Horse follows without dragging.
- When student stops and backs up, horse stops and backs up.
- Student may flap arms or wiggle rope behind back to cause horse to back up.

Freestyle

Tools

 Saddle, Halter and 12-foot Line (one rein only).

14. Saddle your horse from the Indian side with lead rope over your arm.

- Horse stands quietly.
- Rope hangs over student's arm, slack not taut.
- Saddle is placed gently and politely, like a hug.
- Student uses left hand to reach for cinch.

- Cinches are adjusted in three phases, moving the horse after each tightening.

15. Mount from both sides, stepping up and down three times.

- Horse stands still.
- Student holds inside rein and mane, does not have horse's head bent around (lack of trust/respect).
- Holds mane in one hand, saddle horn/pommel or cantle in other.
- Steps up and down three times, both sides.
- Student looks horse in the eye during mounting, turns belly button toward eye.
- Asks permission before forking leg over the horse's back, settles into saddle politely and with feeling.
- Sits quietly once mounted.

16. Dismount both sides.

- Student asks permission, makes eye contact with horse's eye.
- Holds rein and mane in one hand.

- Dismounts on same side as rein.
- Swings leg over and rests beside other leg momentarily to check that horse is still OK with this.
- Steps down or jumps down smoothly.

17. *Show lateral flexion when mounted to both sides.*

- Horse bends without *Opposition Reflex*.
- Correct rein position is used: student brings hand and rein to front of thigh.

18. *Pushing Passenger at the trot for 21 minutes.*

- Student "mirrors" horse in movement and transitions
- Student uses correct phases to go and whoa.
- Hands and reins are positioned on the withers.
- Back, head, legs and feet are relaxed.

19. *Ride "Follow the Rail."*

- Horse follows the rail at walk or trot.
- Student politely reminds horse to stay close to the rail.

20. *Emergency Dismount*

- Student can bend the horse to a stop from a walk/trot, quickly dismount and turn the hindquarters of the horse away by running backwards.