

Introduction to *Pocket Guide 1*

*Learner Preparation*

Lesson 1:

Discovery and commitment

Lesson 2:

Starting a new relationship with your horse

Understanding equine psychology

Developing curiosity

Lesson 3:

Learning to use your horsemanship tools

and body for communication

The *Carrot Stick* and *Savvy String*

'*Body Blocks*'

Lesson 4:

Introducing your new tools

to your horse



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# POCKET GUIDE 1

PARTNERSHIP  
*Level*



*Pocket Guide 1*  
*Level 1 Ground Skills*  
*Lessons 1-4*

*Beginning your Partnership Ground Skills*

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Now that you've viewed DVD-1, Chapter 1 "Preparation for Success," your journey can begin!

## Introduction to Pocket Guide 1

This is the beginning! Before you start pursuing a long learning goal it is very important you know how to use what you have to your best learning advantage AND how to get yourself unstuck if you run into road blocks on the path.

Indulge us for the short time it will take to study this first introduction well. It'll hold you in good stead for the remainder of your journey.

Our aim has been to design the best program possible in a genuine attempt to facilitate your unique learning experience. Much has been drawn from the experiences of teaching thousands of students each with their own learning skills and unique horses.

From those experiences we have an excellent understanding of what needs to be taught, to what degree of understanding and skill level and in what order. That knowledge forms the structure of the whole of the *Parelli Level 1 Program*.

Within that structure the features and elements support you on your own unique journey. That means you will have strong guidelines for some things, such as the

sequence of lessons and how well you perform each skill before moving forward.

By the same token you will have flexible guidelines for other things, such as how often you review the DVD segments for learning and reinforcement.

Every *Pocket Guide* follows a similar format. Each contains one or more specific lessons. It starts with a unique *Introduction* that will prepare you for where you are heading on that new leg of the journey.

When necessary, the *Introduction* is followed by a section titled *Learner Preparation*. This section outlines what you need to do BEFORE you start the lessons in that *Pocket Guide*.

After your preparations you will follow the lessons in the *Pocket Guide* in order until you have completed each lesson and the tasks assigned. The final section of each *Pocket Guide* tells you how to assess where you are so you can make a clear decision about when to move on.



## Learner preparation

*What you will know and be able to do at the end of the lessons in this Pocket Guide*

The very first lessons in *Level 1* are designed to prepare you with the basic knowledge and skills you need BEFORE you start this Program with your horse.

This Program will develop within you a whole new way of thinking about horses in general and your relationship with your horse in particular.

Everything is about to change.

You will learn new ways to describe your horse's behavior and your behavior when you are with him. You will use new kinds of tools for communicating. What you expect of your horse and yourself when you are with your horse will change.

The four lessons in this *Pocket Guide* set a strong and important foundation for everything that follows. By the end of the lessons in this *Pocket Guide* you will:

1. Have an idea of what the result of the *Level 1* journey will look like when you get there;
2. Learn, or reinforce, new ways of thinking about horses;

3. Have started developing skills with your natural horsemanship tools;
4. Have taken the first critical step in developing a different kind of relationship with your horse.

## Viewing assignment

In this *Pocket Guide* you will be instructed to view related segments on your DVDs at the time of the lesson.

## Reading assignment

Before the start of *Lesson 2* you will be asked to read "*Understanding Equine Psychology*" in your *Theory Guide*.

## Lesson 1: Discovery and commitment

*Getting a clear picture of where you are heading and what to do if you get stuck or stall at any time in this Program*

Please look in the *Level 1* box and get your *Success Map*.

### Introduction

*Knowing where this Level 1 journey is taking you is the subject of this first lesson. Knowing where you have come from and where you are in the Program is the purpose for the Level 1 Success Map and the records you will keep there.*

In a long learning journey, students can sometimes lose motivation simply because they have no easy way to see that change and progress is being made.

We also can have difficulty seeing the forest for the trees when we are engaged in challenging lessons. It is easy to become disoriented and the map will help you see your efforts in perspective.

It is also quite conceivable that at some point on this learning journey you will be waylaid by some problem related to learning, motivation or a special circumstance

with your horse. We have been teaching this Program for many years with thousands of students just like you. As a result we know you may need support along the way that can't be easily predicted when you begin. We have built numerous support services to assist you.

You must be committed to being proactive if you get stuck along the way. Using the resources is your responsibility. Only you know when you are stuck, therefore taking proactive steps to getting unstuck has to be your responsibility!!

What to do if you hit a roadblock on your learning path is outlined clearly on the *Getting Unstuck* section of your *Success Map*.

### Directions

Find a place in your home, office or stable where you can tack the map to a wall. The only thing that matters is that the location is a place you will see each day. The door of the refrigerator is a good place.

The map is a visual reminder of what it is you are doing and the *Getting Unstuck* section reminds you that there is help for you when and if you need it.

## Knowing where the journey is taking you

There are several ways that Parelli students can register their progress and achievements.

One way is to self-assess your progress using the checklists in these *Pocket Guides* or the challenges in the *Savvy Club Passport*.

Students can also be assessed "officially" by submitting a video for assessment to a *Parelli Professional Instructor*. We have included a list of tasks for this *Level 1* assessment in your *Log Book* and you will soon be introduced to that list.

Those students who submit an assessment video and who pass are given an official accreditation for *Level 1*. They receive a certificate, red *Savvy String* and a *Level 1* pin.

On the opening night of Linda's *Level 1* course, students watched a *Level 1* assessment video of a successful student. And this is where you too will begin!!

The student's assessment is NOT instructional!! It is NOT meant to teach you how to DO anything! Instead it is meant to help you see the place you will go with your horse as a result of your studies.

These are useful images Linda wanted her students to have in their minds BEFORE they started. Let's face it, if you aim in *Level 1* to look like Pat Parelli playing with his horse you are going to get stuck and frustrated very quickly! It is

NOT expected that you will have that level of skill while you are in the learning stages.

We chose this particular student's assessment for particular reasons. This student's demonstrations of the *Level 1* tasks are VERY good, and indeed some are at a *Level 2* standard. But at this stage it is important for you to have a good model, even though your *Level 1* skills may look a bit less coordinated (even downright ugly!) in parts.

Later in the Program you will be instructed to view another *Level 1* student doing these tasks successfully at a true *Level 1* standard.

Our aim is twofold: to present you with good images at the start, but avoid having you become trapped in what we call "*Level 1* purgatory!" – the place some *Level 1* students find themselves when they try to make *Level 1* look like *Level 2*!

You will learn more about this as you progress. For now, sit back and enjoy the following DVD segment.

## Viewing Assignment

Play DVD-1, Chapter 2, and watch the segment titled, "*Helen Hall's Level 1 Assessment*."

Don't take notes – they will not be useful.

Sit back and relax.



Make a mental note of what you are doing in your mind during the viewing.

At what points do you find yourself saying, "I could do that!" or "I can imagine doing that." Perhaps you can tie the *Halter* knot correctly or back your horse up or walk with him behind you on a loose rein.

At what points do you find yourself thinking, "If ONLY I could..." or "If my horse yielded like that he'd perform much better under saddle..." Perhaps your horse crowds you when you are leading him so you might be thinking, "If ONLY I could get my horse to respect my space I could lead him on a loose rein" or "If ONLY I could get my horse to stand still..."

*When you are done viewing this Chapter, return here.*

*Level 1* is about your safety and the safety of your horse when the two of you are interacting. It is about learning the psychology of horses, learning a language for communication, and using that language to communicate what you want and don't want to your horse.

*Helen Hall's DVD segment* shows clearly the **DESTINATION** for your journey but not the experience you will have **GETTING THERE!** You may be imagining the journey as a simple or difficult challenge.

However you see it, you will succeed if you follow the Program as it has been designed, and commit to being proactive at any time you feel you have hit a road block you cannot get around.

We expect that each student will have a different impression having viewed *Helen Hall's assessment!* Your past experience (or lack of experience) with horses, the horse you've chosen for your *Level 1* partner, and your nature as a leader and communicator will all be factors.

This is **NOT** a good time for judging what you think will be easy or hard, what you will or will not be able to do. You **CANNOT** know! This is a good time for **DAYDREAMING** about the kind of relationship, experience and results you will have when you and your horse are communicating clearly as your *Level 1* skills develop.

### *Before you continue...*

Please read the chapter titled, "*Understanding Equine Psychology*" in your *Theory Guide* before you begin *Lesson 2*.

## Lesson 2: Starting a new relationship with your horse

### Understanding equine psychology

#### Introduction

*Everything begins and ends with how you are perceived by your horse when you are approaching him. We cannot know how you've been doing this up until now, but we can be clear about how, if done naturally, it will develop a more positive relationship in everything you do with your horse.*

(When you read the chapter "Understanding Equine Psychology" in your *Theory Guide*, you discovered the theory necessary to support this lesson.)

Let's start by being conscious of how we are perceived when we approach, remembering that horses do perceive us as predators, even if we are nice ones! Predators approach in a direct line, eyes focused on what they want. When a horse sees this it sets off their instinctive alarm bells because they know the predator is going to try to catch them.

In some horses it's only a mild alarm, but in others it's very strong and these are the ones that tend to run off and are the most difficult to catch. A horse that is difficult to catch is telling you he does not trust or respect you; this is

important feedback. It's also why forcing him to be caught does not improve things.

In either case, you will learn to not approach your horse this way and to make sure you don't cause him to feel the need to leave.

This lesson is about using horse psychology, making a favorable impression on your horse, and beginning the process of developing curiosity. You have to convince him that you are not going to ACT like a predator, no matter what the circumstance. You have to become the kind of human he is INTERESTED in spending time with.

#### Developing curiosity

Reverse psychology is one of the most effective strategies you can use when it comes to horses.

Horses are so perceptive of intention that they can read you like a book. This is why people hold halters behind their backs, but this doesn't fool the horse because the intention is still obvious. *This kind of sneaky behavior teaches horses to not trust you!*

An example of reverse psychology is acting disinterested about catching your horse! If you go into his territory and don't care about catching him, sit down, or walk the other way... your horse will actually get curious and come to you! (Some may take longer than others and again, this is just



feedback as to how much trust still needs to be built.)

## Objectives

- ★ To stimulate your horse's curiosity.

## Tools

- ✎ A wrist watch.

## Viewing assignment

Play DVD-1, Chapter 3, and watch the segment with Linda and Stephanie titled, "Developing Curiosity."

*When you are done viewing this Chapter, return here.*

## Directions

You are not going to ride, not even catch your horse. There is nothing for you to "do" in this lesson, making this a good time to observe your horse's behavior.

Politely enter your horse's pen, paddock, stall or yard. Smile at your horse and walk right past him as if he is not there. Find a place to sit down and allow him to become curious enough to come over and see what you are doing. You have 30 minutes.



**WARNING:** If you do not feel it is safe to sit down in the space where your horse is kept, then for this first time please stand inside the yard, or sit outside at a safe distance. If the stall or pen is too small, take your horse to a slightly larger area, like a round corral.

Whatever you do, don't catch him or reach out to him. Only rub or touch him IF he touches you first and even then, resist the temptation the first few times! Don't try to keep him there if he wants to move away.

Whatever happens, happens. Your response to whatever he does needs to be nothing more than "HOW INTERESTING!" Everything your horse does has meaning and will make sense to you soon.

You will do this task only one time before moving on to the next lesson, so take the time to do it well this first time.

*When you have completed this task, return here.*

One thing we know from experience with thousands of students is that given the diverse nature of horses and how they have been previously handled, there is no one way that this task will turn out. But there is a good set of typical scenarios, some of which we think you may have experienced for yourself.

## What happened?

- My horse walked as far away as possible, turned his hindquarters to me, and stayed like that for the whole time.
- My horse showed some interest in me for a short while before moving away.
- My horse waited for quite a while before approaching.
- My horse gave me a good long sniff.
- My horse touched me.
- My horse stood close to me for the whole time.
- My horse tried to step on me, bite me, or otherwise shove me around.

Many horses have NEVER had the experience of a human not coming to GET them to do SOMETHING. They are not curious about us because we do not create the physical, mental or emotional space for them to BE curious. We are always approaching, never retreating or being still, and that really bothers prey animals.

For some of you, when you do this task your horses will think you've been taken over by aliens; others might guess that you are playing some sinister game!

Without question, however, all of you have horses that

will be driven to be curious about you. He may not have looked curious or even as if he wants anything to do with you (HOW INTERESTING!). But believe us when we say you've made an impact and are now and forever more on his mind in a very different way. For some horses this will be the first time this emotion has been elicited by a human being.

You will begin to notice great changes in the behavior and responses from your horse when he sees the pattern of YOUR behavior changing in this way.



## Viewing assignment

Play DVD-1, Chapter 4, and watch the segment with Linda and Stephanie titled, "Noticing change and interpreting equine behavior."

*When you are done viewing this Chapter, return here.*

## Moving on...

Later you will be instructed to do this task a number of times as a program for you and your horse. It will change each time you do it for quite a number of occurrences. There is a lot for your horse to sort out about you and this exercise

is the first key to the door marked *emotional change*.

But... BEFORE you do this as a program you will need the new skills taught in the next lesson. The reason for this is as your horse becomes more comfortable and more interested in you, he may want to start to play with you and see just what he can do with you. He would do this if you were another horse.

These new skills will help keep safety as your highest priority. Patience please.

If you do have to get your horse during the time you are working through the next lesson, please enter his yard, pen or paddock and DO NOTHING directly with him for between 10 and 15 minutes before starting your session. Take with you your new awareness of horse psychology, and the importance of a horse's interest and curiosity.

### **Level 1 Success Map**

When you have completed your first 30 minute session of quiet time with your horse place a check mark for that task on your map.

*Then ... take yourself on to Lesson 3.*





## Lesson 3: Learning to use your horsemanship tools and body for communication

### Introduction

Before doing anything different with your horse than you are accustomed to doing, you need to get used to some of the techniques we will ask you to use in communicating with horses.

You should practice all these techniques until they feel familiar and comfortable to you before trying to use them with your horse.

Effective communication relies on delivering your message the right way, with the right feel, and at the right time. Your equipment can either hinder or enhance this.

During *Level 1* and your preparation for *Level 2* you will learn to use *The Horseman's Halter, Carrot Stick, Savvy String and 12-foot Line*.

As with many things, the right tools make the task a lot easier. The tools commonly available for use with horses are not designed to enhance the kind of communication you will learn in this Program. They are mostly designed to hold horses hard and fast, they are clumsy to handle, or uncomfortable for the horse. This is exactly the opposite of what you need.

Linda was taped teaching her *Level 1* students a lesson on using the new tools and "body blocks" in the classroom. Watching this DVD segment will make your progress in this lesson much more efficient.

### Viewing Assignment

Play DVD-2, Chapter 1, and watch the segment with Linda titled "*Learning to use your Savvy String, Carrot Stick and Body Blocks*" with Linda, and "*Techniques for moving new skills into your comfort zone*" with Stephanie.

*(You may want to have your Savvy String and Carrot Stick nearby so you can practice the skills with Linda and the class.)*

*When you are done viewing this Chapter, you will be ready to begin this lesson.*

## The Carrot Stick & Savvy String

There is a whole savvy to ropes and sticks. Ropes are for leading and directing, and sticks are for pushing and supporting.

Most horses and people perceive sticks to be threatening mainly because they are mostly used to punish a horse. So the stick is associated with an attitude and underlines how the horse really feels about people – unsure, distrusting. The

*Carrot Stick* is not designed for punishment. It is designed for communication.

In this Program you'll see how to use the *Carrot Stick* to teach your horse that we mean no harm and then to teach him to yield. With this foundation, later developments at higher levels involving pushing with your legs, the supporting rein, flying changes and even bridleless riding are a breeze.

It is named the *Carrot Stick* to forever keep in mind that it is somewhere between the 'carrot' and the 'stick' methods that are so commonly used with horses.



The "carrot method" entices and bribes the horse. The "stick method" forces the horse. Neither one is really effective. Therefore, the *Carrot Stick* is the middle of the road – friendly when you need it to be, and firm if you need to be.

At four feet in length, the *Carrot Stick* is a valuable extension of your arm and will be used in many situations to accelerate results as well as to keep you or the horse safe.

It makes your body and personal space the same size as

the horse's by extending the length of your arm. For even greater reach you can attach the 6-foot *Savvy String* to the *Carrot Stick* to extend your reach to around 12 feet (including your arm).

Your *Savvy String* will come in handy for a lot of different things and you'll be using it more and more as you progress toward *Level 3*.

Note that the *Carrot Stick* is stiff and not flexible. This is a critical element. It gives you total control and does not have a whip-like effect that could sting the horse. It enables you to touch the horse with almost the same feel as your hand.

The *Carrot Stick* is not a whip. It is an extension of your arm and a very important communication tool. In this session you will learn to become handy with it.

It is IMPORTANT that you gain experience with your *Carrot Stick* and *Savvy String* WITHOUT your horse at first. Who you are in your horse's mind with the *Carrot Stick* is different than who you are without it.


As a part of this lesson you will introduce your horse to your new tools by first letting him be curious about them and accept them as harmless. Then he will learn to accept YOU with them. That will come at the END of this lesson.



## Objective

- ★ To get familiar with handling your *Carrot Stick* and *Savvy String* in each hand.

## Tools

 *Carrot Stick*, *Savvy String*, and *12-foot Line*. A chair, fence, a friend, and a cup filled with sand or a tin can.

## Directions

Use your *Carrot Stick* to stroke the fence, the legs of a friend, or a chair. See if you can put 'feel' into it as if it were your hand. You will use this technique if you have a horse that doesn't like his feet or head being touched. It'll give you more reach and keep you at a safe distance while you continue to desensitize him.

Attach the *Savvy String* to the leather loop of the *Carrot Stick* by drawing it through its own loop. It is now an extension of the *Carrot Stick*.



Hold the *Carrot Stick* by the handle, and swing the *Savvy String* over the fence, friend, or chair in a soft, rhythmic motion, as if you were swinging it over your horse's back with a friendly attitude.

Swing the *Carrot Stick* and *Savvy String* like a huge helicopter blade above your head without getting it wound around itself.

Pick two targets (chairs, fence posts, buckets, a leaf or rock) and imagine they are the withers and rump of your horse. See if you can swing out and lightly touch them with the end of the string.



Put a cup filled with sand, or a tin can, on a fence and see if you can swing out and knock it off the fence three times. Remember in all these tasks to get comfortable doing this with each hand.

Attach the snap end of your *12-foot Line* to a fence or chair and hold the other end in one hand. Hold the *Carrot Stick* in your other hand and stroke it up and down the rope with fluid rhythm. Stroke the top of the rope, and then try stroking the underside.

With one hand, hold the *Carrot Stick* out in front of you. Then, swing the stick up in front of you (by bending your wrist upward) so that the string starts to swing toward the handle. As the string gets to the handle, catch it in your fingers so that you are now holding the handle and the end of the string in the same hand. (This is a handy way to keep the *Savvy String* contained when you're not using it as part of the *Carrot Stick*.)



## 'Body Blocks'

There are times when you'll need to be able to protect your personal space to prevent a horse from entering it uninvited.

A block is a martial arts type of move. It protects your space but is not intended to strike, it simply stops the horse's on-coming movement.

### Here's an example:

Some horses have a great (and annoying) trick of swiping off your hat with their head. Sometimes they even knock you in the side of the head. The common human response is to duck out of the way or to hit back at the horse, and neither are effective!

If you duck, the horse turns it into a dominance game. You can bet he'll do it again and again, just to make you move out of the way.

If you hit the horse you will upset or frighten him, and if he is a less spooky horse he will turn it into a game: "Let's see if I can knock your hat off and get out of the way quickly enough so you miss!" Horses that bite often play this same game.

## Types of Blocks

There are two main types of blocks:


1. The *straight block* that is used when the horse is close to you, and;
2. The *rhythmic driving block* when he's a little further away and you want to warn him to not come closer.

Use the *straight blocks* in situations like when the horse's head tries to wipe you out! Use the *rhythmic blocks* when a horse goes to bite or run over you. Deliver it three times in a row, with energetic rhythm and without moving your feet. Not only will this encourage the horse to leave or not come into your space, but having to do it three times helps stop you from having an angry reaction or taking a swipe back!

Try to do your blocks without looking your horse in the eye. In this way he won't read it as a challenge and will be more likely to blame himself for running into your arm. Learn to have eyes in the back of your head. In learning the skills of a horseman, your peripheral vision and perceptiveness has to improve sharply, just like a horse's.

(The reason we use three repetitions is because it's hard to do something three times with anger.)


## Note

 Something that has no place in natural horsemanship is a single kick or slap delivered with aggression. Once you find that you have other ways to deal with unwanted behaviors – which are actually much more effective – you'll find your emotional fitness will improve to the point where a horse just can't make you mad or frustrated anymore. In fact you usually only get that way because you're out of control or out of strategies. *This is about to change dramatically.*

## Objective

★ To learn how to use the two main types of body blocks to protect your personal space.

## Tools

 A friend who can pretend to be a horse invading your space.

## Directions

Practice the following blocks with your friend pretending to be a horse invading your space:

### Upper body arm blocks:

**Straight:** arm to the side; or arm with bent elbow to the front (to protect you from the horse's neck or head).

Note: Your feet must be braced so the horse can't push you off balance.

**Rhythmic:** jumping jacks! (prevents front and side invasion of space, horse running you over) elbow flaps (prevent nipping and biting). Do them with energy.

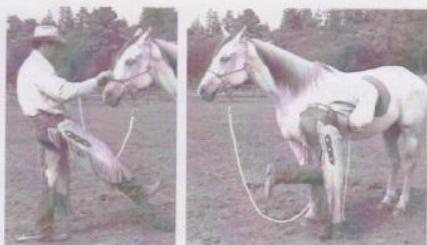


### Lower body leg blocks:

**Rhythmic:** lift your knee three times with rhythm (stops horse putting his head down); lift your foot with a straight leg three times with rhythm (stops horse coming into your space), kick your butt three times (stops horse invading



from behind or trying to nip you when you have your back turned or are bent over and picking out his feet).



### Success Tips

- ✓ Instead of ducking and hitting, use a 'block'. The horse will think he ran into it and it is his fault, rather than a hit which makes him think you're acting like a predator!
- ✓ Throw your arm straight out to the side or, with a bent elbow, to the front and have it protect the boundary of your personal space. Your horse will feel the energy of the block but your intention is what he'll feel the most: "don't invade my space." You are not being aggressive, nor are you allowing the horse to push you around. It will take only a few of these for your horse to realize you have a new-found *savvy* and his behavior will change and become more polite around you.
- ✓ You need to be consistent. Don't think your horse won't test you again from time to time.

### Lesson 3 Check List

- You can use the *Carrot Stick* and *Savvy String* with either hand, as if it is an extension of your arm, in a rhythmic, friendly way.
- You can knock a tin can or cup off a fence post five times IN A ROW with your *Savvy String* attached to your *Carrot Stick*.
- You can throw the *Savvy String* around the legs and body of another living thing (children, partner, or friends – plants don't count!) and it feels comforting and soothing to them.
- You know which block to use, and can automatically do all the blocks when a friend simulates a horse invading your space.

### Level 1 Success Map

You should now check off *Lesson 3* on your *Success Map* and confidently move on to the next lesson.



## Lesson 4: Introducing your new tools to your horse

### Introduction

As has been said already, who you are to your horse with a *Carrot Stick* in your hand is NOT who he sees and knows you to be without it. Your horse needs to be allowed to sort this out in his own way.

As you will be using these tools later in the Program to direct and support your horse, it is very important that he first accepts them as an extension of you, and not as a threat.

To introduce your horse to the *Carrot Stick* and *Savvy String* you are going to now begin a program of spending undemanding time with your horse. Some of this time will be spent sitting in his "bedroom" while your horse is allowed to explore and test the *Carrot Stick* and *Savvy String*. You will spend some of the time walking away from and around your horse while you carry the tools.

Two things tell us, and you, that you are ready for this step:

1. You now know how to use 'blocks' to protect your personal space.

If while sitting in the yard with your horse he starts to experiment with what he can do with you by nipping at your shirt sleeve, you can let out a big yawn, stretching your arms up to 'block' him from that action.

You can cross your legs if he steps too close to your foot, and so on. Your responsibility is to use 'blocks' to STOP your horse from doing something you don't want him to do. If you are standing, you can use rhythmic 'blocks' (without being rude or mean) to move him out of your space if he gets too close for comfort.

2. You have practiced using your *Carrot Stick* and *Savvy String* enough to know that you can be pretty accurate and not accidentally slap it hard or rudely across his face or body, or poke his eye with the end of your *Carrot Stick*!

DEPENDING upon the nature of your horse, you may do all of the following in one session, but it may take a good number of sessions advancing one small step at a time.

We cannot always know exactly what is influencing horses to respond the way they do. Some will simply need more time, or small steps, while others will not be in any way concerned. THIS IS NOT ABOUT THE STICK!

The stick is just an extension of you, so it's really about you! And don't worry, you're going to change that perception.


Your horse's confidence and process matters more than any expectations you have for this being done quickly.

## **SLOW AND RIGHT BEATS FAST AND WRONG!**

### **Objectives**

- ★ For your horse to learn that the *Carrot Stick* and *Savvy String* are 1) not a threat to him; and 2) a source of comfort.
- ★ To learn how to introduce something new to your horse without installing a new fear.

### **Tools**

 *Carrot Stick* and *Savvy String*.

### **Directions**

Remember, this is slow and steady. Take a small step then another. Take a small success and take a break.

Go into your horse's yard and carry the tools around with you without showing any interest in your horse. If he follows you around just walk casually AWAY letting the *Carrot Stick* and *Savvy String* drag behind you. The worst

thing you could do is approach your horse with them; this would make him worried.

If your horse wants to investigate the tools, let him have a good sniff but don't try to make him do it. The point is they're no big deal so act like they aren't even there.

Your aim is have your horse confident with you WHEN YOU HAVE THE TOOLS AS A NATURAL EXTENSION OF YOU.

You should have the *Carrot Stick* with the *Savvy String* attached EVERY TIME you are with your horse now even if he won't let you touch him with it yet. Just carry it around as if it is part of you.

IF your horse has been AGREEABLE AND EASY, accepting the new tools, you can do the additional tasks that follow. You and your horse are ready for this step.

IF this has been a CHALLENGE for your horse, SKIP the additional directions and DON'T BE CONCERNED. Go to the Checklist for *Lesson 4* and prepare to move to the lessons in *Pocket Guide 2*. There you will learn the concepts and skills that will help you help your horse advance in this process. Having your horse be more challenged than necessary, or frightened of you now, is not a problem you have the skills to fix at this time.

Wisdom is to move on...

### *Additional directions for those WHO CAN*

Walk up to your horse and rub his neck and body with your hand while your *Carrot Stick* is in your OTHER hand. Rub him rhythmically for a long time with your hand. Bring the *Carrot Stick* into play for a rub too. If he gets anxious DON'T STOP the rhythmic rubbing motion BUT move the stick farther away and rub the air or the ground.

As he relaxes move the stick closer and then farther away. Approach and retreat. Sometimes walk away dragging the stick behind you. If he follows you great, let him. Every now and again stop and give him a good rub again.



Don't be sneaky with the stick. Do everything with a rhythm. Horses can understand the pattern of the rhythm; they relax when they know what is coming.

Take the *Savvy String* off the stick and teach your horse that this is something that is safe. Rub him with it. Again, approach and retreat, approach and retreat. Drape the string over his back. Slide it up and down. Let him sniff it and play with it if he wants to.

With the *Savvy String* attached to the *Carrot Stick* swing the string over your horse's back and around his front legs if he'll let you. Again, if he gets anxious and moves away keep the string swinging, just swing it away from your horse in the air or on the ground.



### *Lesson 4 Checklist*

- Your horse accepts the *Carrot Stick* and *Savvy String* in his yard.
- Your horse does not run away from you when you are carrying the *Carrot Stick* and *Savvy String* around in his yard.

### *Level 1 Success Map*

You should now check off *Lesson 4* on your *Success Map*. Congratulations! You have now completed all of the tasks for the lessons in *Pocket Guide 1* and are ready to move on to *Pocket Guide 2*.

*Now... go get Pocket Guide 2 and we'll see you there.*