

# SAVVY TIMES



Welcome to the Journey! Issue 2, January 2004

The Official Parelli Savvy Club Magazine

*Education:  
The Mutual  
Responsibilities of  
the Horse & Human*

**Savvy Lives Over  
the Silly Bridge**

*My Wild Horse  
meets **PAT PARELLI***

**The Long  
Road to  
Athens**

**Kids, Do  
You Know  
Your  
Phases?**

*The Cowboy  
and the  
Queen*

# THREE NEW DVD RELEASES FROM PARELLI!



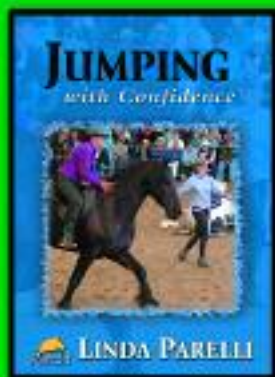
## **Natural Solutions for SPOOKY HORSES**

Horses are born skeptics, cowards, claustrophobics and panicalolics by nature... They are perceptive to danger, people, places, changes and things... And curiosity can be hazardous to their survival!

It's natural for your horse to be scared, he's a prey animal! So when you're introducing him to something new, he'll be looking to you for guidance. Can you be confident for him? Are you the kind of leader he trusts with his life?

In this DVD, through using "communication, understanding and psychology," you'll see what it takes to achieve this kind of trust and leadership as Pat helps a fearful horse go from fear to confidence with various obstacles.

This DVD also includes a special introduction by Pat with his top mare and stallion, *Magic* and *Casper*. Pat talks about the wonderful potential for pair-bonding between horse and human, just as precious and powerful as the synchronicity between a mare and her foal. *Length 1hr. 17min.*



## **JUMPING with Confidence**

Linda Parelli's lessons in "Fluidity" and "The Pushing Passenger Lesson" have proved revolutionary! And now...

Why do horses refuse, plow through, rush over, jump too high, buck, or run off after jumps?

Whether it is from self-confidence or disrespect, Linda explains how the answers can be found in how we prepare our horses [and ourselves], long before we ever go near the jump!

In this DVD, you'll discover: How these skills are valuable for more than just jumping! • How your leadership can improve your horse's willingness to jump • A deeper understanding of the *real* meaning of respect • How to be in tune with your horse when jumping • How to use horse psychology on the ground to keep your horse enthusiastic about jumping • How to be creative with your jump sessions and not bore your horse • How natural communication creates a more responsive, interested horse who has a GREAT feeling about jumping!

*Length 1hr. 36min.*



## **My Horse WON'T GO**

The ultimate feeling of being with a horse is when he synchronizes with you – goes when you go, slows when you slow – it's a magical thing. But is it really possible to have this kind of success with a horse that just WON'T go?

In this DVD you'll learn how to create *Impulsion*; how to fix the "go button;" why kicking/spurs don't work; why the five big lies can ruin your horse-human relationships; how to use "phases" for light responses; plus incentive programs.

1. *Parts I & II (39&29min.)* Pat demonstrates with *George*, a very clever, very lazy QH gelding who's learned every trick in the book to out-smart humans who ask him to do anything more than just eat grass!

2. *Q&A (26min.)* Gain a deeper understanding of why horses won't go in this in-depth session with Pat.

3. *Linda Parelli (20min.)* A special bonus session with Linda Parelli demonstrating Pat's concepts and techniques with a lazy horse.

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## Riding the River

by Kate Riordan

**"Y**ou gotta do an article on this guy."

This was the third time my assistant editor had marched into my office and insisted that I give this person "ink."

Geez, I thought, not another cowboy who could twirl a rope, tip his Stetson, and say "Howdy, ma'am" as he scuffed his boot in the dirt. Too many people who could afford \$12 for business cards and hang a sign on the fence were calling themselves trainers, even though they had no right to. And I sure wasn't about to give them coverage in my magazine.

It was 1984, and I was the editor of *California Horse Review*, a monthly, 300-page, full color magazine. It was a remarkable publication, representing the state that at the time had the most horses in the country, even more than Texas. I was bombarded by every person who owned a stallion or had a kid who could sit in a saddle, thinking that their horse/child should be on the cover. And then there were the "wannabe" trainers...

But I recognized that my assistant had a pretty good eye for horses and people. So to keep her happy, I agreed to drive down to Clements to watch this guy (I refused to call him 'trainer' yet). Off we went, camera and notebooks in hand.

As I walked up to the arena where this cowboy was holding his clinic, I peered through the rails and looked at the handpainted signs that adorned the inside of the round pen. Words



Pat in 1984 giving a Liberty presentation

like "communication," "justice" and "body language" were stenciled onto cardboard.

"What's this?" I thought — "a cowboy who's using psychology? How revolutionary!"

So I took my place along the outside of the pen, dug my boot heel in the dirt, looked at my watch and figured I'd give him a good 20 to 30 minutes of my time.

As you might guess by now, I stayed for the entire clinic, glued to every word Pat Parelli said that day. Some 20 years later, I'm still glued.

When I started writing this column, I wondered if I could find that first article printed in August 1984, and how much of it still rang true and withstood the test of time. I dragged out a copy from my files and dusted it off. Here are a few quotes from the article.

*"A lot of horses with potential never*

*succeed competitively because they weren't started properly."*

*"You can sell winning to people very easily, but winning alone doesn't necessarily mean good horsemanship. If people really want to have a good relationship with a horse they must learn to understand him."*

*"The main problem horses have is people, and people misunderstanding horses is the problem that needs a solution. That's why I do these seminars — to help people understand the horse's mind."*

*"Wait until the horse wants to know the reason for the principles, then take all the time it takes to accomplish the purpose. If you try to teach the purpose of opening a gate too soon, the horse won't know how to do it, will become confused and upset, and will be worse off than before. Teach him how to do a job, then*



give him a job. I'm after a relationship that's a partnership, so I want my partner to be educated."

When principles are true and solid, they're true and solid forever. And for a person to have his or her principles so ingrained that they live them every day is rare and indeed admirable. I remember that first day with Pat Parelli, as I do many of his clinics over the years. We shared ideas and thoughts around more than one campfire.

So here I am, 20 years later, still in admiration of Pat, proud to be riding for the Parelli brand.

• • •

Why do I call my column "Riding the River?"

My dad was a Montana cowboy long before he moved to Santa Clara Valley in California to become a rancher. He never lectured much, or even directly taught us lessons, *per se*. But he exemplified what he believed in, and he was a great architect of what was right and just. I remember him asking me one day, "Well, would you cross the river with that person?"

Even though I was young, I knew immediately what he meant. I had grown up on horseback, riding around on our ranch before I could walk on a plow horse named The Baron, and packing in the Trinity Alps and the eastern slope of the Sierra Nevada Mountains. I was taught to be independent, but I was also taught to be prepared to help when necessary. It took a bit of doing, but dad also made me recognize when I needed help and then actually ask for it.

To "cross the river" with someone was my dad's way of asking can you trust that person, will that person maintain focus, will he or she be prepared, not abandon you or the project, stay true to you, not be distracted, know how to read the river, get the job done no matter what, have the necessary tools and knowledge. If you've ever relied on anyone to help you cross a river on horseback, you'd better know that the dally will hold and they will stay the course — a great simile for life.

That's how I feel about Pat Parelli. I know I could always cross the river with him. 🐾




### New Website for Savvy Club Members

Watch for YOUR new Savvy Club website: [www.parellisavvyclub.com](http://www.parellisavvyclub.com) to be launched in January! You will receive your user name and password via e-mail. This website includes articles, tips, specials for Club members only, photos, new Achiever's tasks, tournament details and much more! Coming in the future... interviews, video clips and a virtual instructor (personal response to your questions from a Parelli Endorsed Instructor).

Suggestions? Ideas? Brainstorms? Proposals? E-mail you thoughts to [savvyclub@parelli.com](mailto:savvyclub@parelli.com) and we'll chat on-line. We value your input – it's your Club and together we'll keep making it better and better!

### Back Issues Available!

Missing a back issue? Whether it was the first magazine, audio CD or DVD, we have them all available for you at a special Savvy Club price!



**Savvy Times,**  
**Issue 1 • October 2003**

- *Choosing the Right Horse* by Linda Parelli
- *The Long Road to Athens* by Olympic Pentathlete Tracy Mattes
- Behind the Scenes photos, Tournament tasks, Parelli News, Junior Savvy and Q&A with Linda!
- *Horses that Freak Out!* by Linda Parelli

**\$7.95 (+S&H)**

### "The Fundamentals of Excellence," November 2003 Audio CD



- Sit-in on one of Pat's Level 3 courses at the 2003 International Savvy Center in Colorado
- Gain a deeper understanding of what a 'horseman' really is
- Pat explains how the principles of "Teaching, Controlling, Reinforcing and Refining" are the basis for truly natural and successful development of the horse.

**\$10.95 (+S&H)**

### December 2003 DVD, Issue 1



- Attitude: A Tribute to Tom Dorrance and Ronnie Willis with Pat Parelli
- Knowledge/Techniques: Linda provides a great insight into the dynamics of simple lead changes.
- Tools: Pat gives step-by-step instructions for how to tie The "Stockman's Bowline" and the "John Wayne" or "Bank Robber" knot.
- Imagination: Pat plays with Casper in the round corral showing how to use imagination with obstacles and challenges.
- Inspiration: Our children will learn how to be safer, have more confidence, and more fun with horses! Here's just a glimpse into this future.
- Behind the Scenes: In November 2003, Pat and Linda were invited to perform a special problem solving demonstration at Buckingham Palace for Her Majesty The Queen! Linda was able to capture some of this inaugural occasion on tape!

**\$15.95 (+S&H)**

## The Mutual Responsibilities of the Horse & Human

By Linda Parelli

**T**he more you use your reins, the less they use their brains," says Pat Parelli. "If you just catch the horse, saddle up, kick to go, pull to stop and rein to turn you'll do devastating things to the horse: You'll rob him of his brains, his sensitivity and his dignity.

"In every partnership there are mutual responsibilities – for the horse and the human. Trouble is, people don't think horses can have responsibilities. They don't give the horse enough credit for how smart he is."

I asked Pat how he came up with these *Eight Responsibilities*; four for the human, and four for the horse. "Troy Henry drilled them into me every day! Every time I held the horse back from changing gaits, every time I picked up the reins to turn, every time I posted on the wrong diagonal, every time I was out of position in the round corral, he reminded me: 'You have your responsibilities and horses have theirs,' he'd bark."

Troy Henry, Pat's mentor from 1977 to 1982, taught Pat what turned out to be eight responsibilities in a specific order. Pat then taught them to his students in clinics and finally published them in his *Western Horseman* book, "Natural Horsemanship," in 1993. These responsibilities have now become an integral part of Pat's home study program in the *Level 2 Harmony* section of his three part *Savvy System*.

*There are four responsibilities for the horse and four for the human — numbered in order for reasons that will become clearer as you continue through this article.*

### FOR THE HORSE:

1. Don't act like a prey animal.
2. Don't change gait.
3. Don't change direction.
4. Look where you are going.

### FOR THE HUMAN:

1. Don't act like a predator.
2. Have an independent seat.
3. Think like a horse.
4. Use the natural power of focus.

### 1. DON'T ACT LIKE A PREY ANIMAL

A horse acts like a prey animal when he goes "right brain," which means he is reacting instinctively and not thinking. He's acting out of self-preservation, when flight is his primary means of survival. It's natural for a horse to want to run away from something he's afraid of; it's only when he's trapped that he will fight.

#### Why this is dangerous to people

A horse is apt to do anything to save himself even if it includes killing you and him in the process. It may not appear logical to us, but it is instinctive for the horse. Just watch any documentary on African wildlife and then put your horse in the same category as the zebras. It's hard to make that transition

because we think our horses are domesticated. However, it's important to never lose sight of the fact that inside every gentle horse is a wild horse. Every horse has the same instincts; it's just that some are quicker to trigger than others.

The most challenging horses for humans are the ones wherein the prey animal lives very close to the surface; it doesn't take much of a scratch to expose that wild animal. These horses tend to be the more spirited, sensitive, perceptive types — not a great choice for many recreational riders! Others are far less sensitive — the draft horse, for example. When it gets scared, it may run off for 50 or 100 feet, whereas the Arabian might run for miles! (For more information on this, see the *Level 2 Harmony Program Theory Book*.)

In the human environment the things that might cause a horse to act like a prey animal are:

- Fear
- Confusion (for instance, not being sure of what is wanted of him – poor leadership or communication on the human's part)
- Lack of confidence (in himself, the environment or his handler)
- Claustrophobia (trailers, box stalls, stocks, wash racks, cinches/girths, cross ties, side reins, tie-downs, over-bridling, tight and restrictive reins,

tight hold on the lead rope, standing between other horses, ditches, etc.)

### How to interrupt the prey pattern

First, you need to prove to the horse that you are not endangering him. This is what the *Friendly Game* is all about. The more extreme the horse, the higher your level of savvy needs to be.

Secondly, you need to be a good leader. This means understanding the horse's psyche (his real fears) and redirecting his attention. In a sense you need to take charge of the situation and cause it to be difficult for the horse to use his right brain mode. Get him very busy with tasks like putting his foot on something, going sideways for a few hundred feet, playing the *Yo-Yo Game* until he can go straight between two target cones or something similar — anything but forward because horses can go forward easily when right brain.

Show your horse what doesn't work and what does. For example, when he's

freaking out, get more active to match his energy (but not his emotion). Get him more busy. When he stops and looks at you, stop, smile and get calm! If you can do this several times in a row, you'll convince your horse that you really are in control of yourself and the situation. Therefore the horse should trust you and calm down as well. Think of it like foals and their mothers; if mom is calm, so is the foal. If mom is freaked out, the foal had better be freaked out! Do you understand your role? You need to know the behavior you are looking for and what to do as soon as the right signs appear.

### 2. DON'T CHANGE GAIT

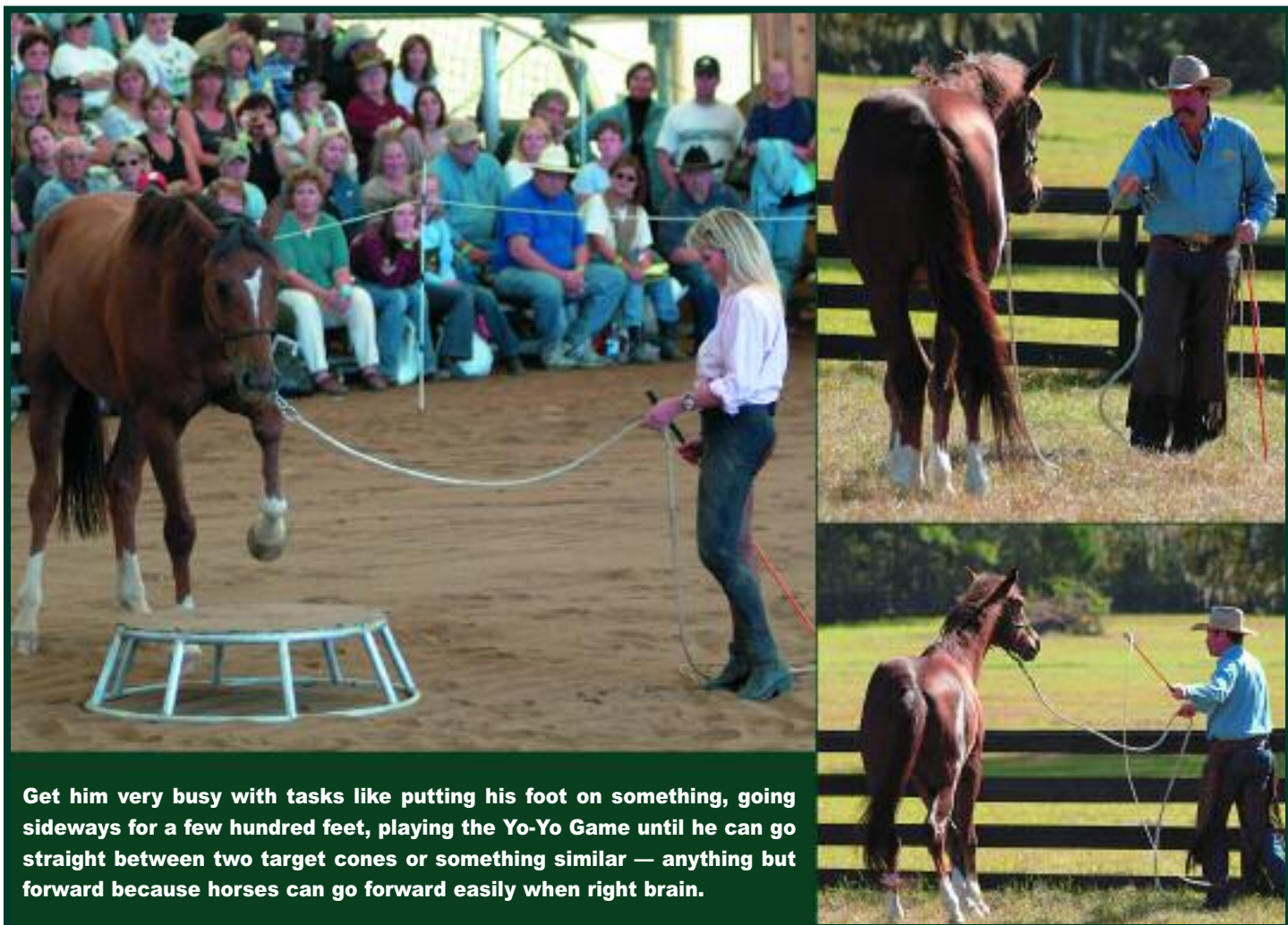
When a horse lacks confidence, the first thing he'll often do is change gait by getting faster and faster. When he's over-confident he'll do the reverse: not go. Even though a horse may not exhibit his more extreme self-preservation fears, confidence can still be an issue

and it is often read as disobedience. So here's your first clue: if a horse cannot maintain gait it could be a confidence issue. Sometimes this can be called "respect" but in my experience most people think respect has to be fixed with punishment (which would not be effective for any horse). It's better to be specific with labeling the cause so we can be more appropriate with our approach to the solution.

### What's the solution?

Correcting a horse that changes gait is not difficult. Simply lift the rein, bend to slow him down if he's broken into a higher gait. Go through your *Four Phases To Go (Partnership Program, PocketGuide 6 Lesson 12)* if he's broken into a lower gait. The most important factor here is WAITING UNTIL HE'S ACTUALLY CHANGED GAIT! If you try to prevent it, you won't be successful.

Treat it as a game. When it's a game for you, you'll develop an attitude that's



Get him very busy with tasks like putting his foot on something, going sideways for a few hundred feet, playing the *Yo-Yo Game* until he can go straight between two target cones or something similar — anything but forward because horses can go forward easily when right brain.

more like: "I can't wait for him to change gait. It gives me something to do!"

### 3. DON'T CHANGE DIRECTION

Horses change direction on the circle by not staying on it, making triangles, hexagons, etc. They change direction on straight lines by zigging and zagging. In both cases it has to do with your leadership in being able to set the responsibility for the horse and then supervise his ability to stick to it.

As with the previous principle, it's only when the horse deviates from what he's supposed to do that you should remind him of his responsibility. If you correct him before he makes the mistake, you'll stop him using his brain and turn him into a mindless and unhappy puppet. The secret is to allow him to deviate and then justly make the correction.

#### It's all about attitude

Let's talk about the term "justly." It comes from the word "justice" and is discussed in Pat Parelli's *Eight Principles* as *Principle #5: The Attitude of Justice is Effective*. This means little corrections for little mistakes and big corrections for big mistakes, and every increment in between. You need to know how big or little the mistake was, and this takes reading the horse (which at first may not be all that accurate, but as your level of savvy increases, it becomes more so). So let's assume the horse is never wrong. He's only operating as best he can given his level of unconfidence, his feelings about you (or humans in general) and his understanding of his task. Therefore your "corrections" need to begin softly and get progressively more insistent if he doesn't listen or respond.

At all times your attitude needs to be one of "let me help you find the right way" as opposed to "you dummy, stop doing the wrong thing." In terms of your relationship with the horse, this is critical. After all, you want him to like and respect you, don't you? Respect is made up of esteem and admiration for the leader; there is no place for fear and resentment because they do not build true respect.

### 4. LOOK WHERE YOU ARE GOING

Believe it or not, horses can watch out for holes, ditches, logs, fences, rocks,

trees, other horses, people and bumps in the road! The only time they don't is when they are acting like a prey animal or the human has robbed them of their capacity to think for themselves.

The best way to develop this responsibility is on the ground, which means you're not riding! Ground skills done on-line over obstacles and uneven terrain are the best way to teach a horse to take responsibility for staying upright and not tripping or balking at every change in the ground. In *Level 1* it's on a 12' Line. In *Level 2* it's on a 22' Line, and in *Level 3* a 45' Line. With each increase



in distance comes more complicated tasks: higher obstacles, bigger ditches, steeper hills, etc. Some horses have never experienced anything but flat ground (like racehorses) so they especially need help in developing their skills here.

The main point is that YOU don't need to help the horse watch out for things — this is his responsibility. The more you use your reins to steer around things you think your horse will have trouble with, or avoid uneven terrain and more challenging obstacles, the more ineffective, irresponsible and brain-dead you make your horse.

#### MUTUAL RESPONSIBILITIES

Okay, we put the horse's responsibilities first, but the responsibilities of a partnership are actually mutual so unless you uphold yours, the horse cannot and will not uphold his! We can't

expect the horse to do it first because he isn't the leader in this 49%/51% partnership — we are. Someone has to lead or everything just ends up going in circles. The difference is that this is more of a partnership rather than an owner-slave relationship. There's always an agreement with both parties feeling pretty good about it. Horses are natural born followers, they're looking for leaders.

### 1. DON'T ACT LIKE A PREDATOR

The hardest thing to do around horses is to not get out of sorts emotionally. As Ronnie Willis, one of Pat's mentors, said, "The horse is capable of bring-

ing out every emotion in the human." Oh yeah — fear, self-anger, frustration, judgment, criticism, anger, annoyance, chauvinism, lack of confidence, pride, peacefulness, mothering, stewardship, joy and exhilaration — in fact in just one ride, we can run the whole gamut!

To the horse, an aggressive predator and a scared predator feel just the same. They're tight, emotional, and the claws are out — one to fight and the other to hang on! Let's examine each one, first the confident human tending toward aggressive, then the unconfident human tending toward fearful.

#### Confidence tending toward aggression

People who are confident around horses have usually discovered that most horses are easily intimidated. They are effective trainers who can get horses to do all kinds of things but tend to use the "stick" method. If the horse doesn't



do what they want, they resort quickly to punishment with the whip or spur. Even if the technique is right, the attitude is not. The horse is pushed into everything and micro-managed through every maneuver. The end result is a horse with little if no expression, somewhat robotic and usually not at all enthusiastic about their interaction with people. At the other extreme they fight the human every step of the way and are branded untrainable or dangerous!

#### **Lack of confidence or fearful?**

People who are unconfident around horses are easily rattled, afraid of getting hurt and are often intimidated by the horse. They are afraid both on the ground and when riding. The horse is usually dragging, shouldering the human and overtaking them when being led. He takes full advantage when being ridden: snatching grass uncontrollably, running off, refusing to go, bucking, rearing, barn/buddy 'sweet,' recalcitrant, argumentative, difficult to maneuver, etc.

Horses need a confident leader so when confronted by someone who doesn't have enough knowledge or confidence they either lose confidence themselves (run off, freak out — right brain) or they take over (bully, doggedly do what they want — left brain).

Unfortunately a lot of horses appear to do better in the hands of a bossy, aggressive human because the strong leadership part works for them, but at the expense of the horse's emotional well-being. If you look into this horse's eyes, his lack of expression, swishing tail, laid back ears — that says it all.

#### **Balancing the scales of justice**

Believe it or not, even people who use the *Savvy System* can develop the role of too dominant a leader. It's not hard to take the techniques and apply direct line thinking. To stay on track you have to keep asking yourself, "Am I giving the horse a chance to use his brain or am I just micro-managing him into doing what I want?"

So the ideal must be somewhere in the middle, somewhere between aggressive and being a wimp. It's called assertive. One of you has to be the leader, have a plan, communicate clear-

ly, teach or guide when necessary, be responsible and caring. If the leader is the horse, then get ready to live in the pasture and become part of the pecking order, being told when you can eat, drink, who you can stand near, where to be at what time of the day! If the leader is you, then recognize your responsibility to learn what it takes to become the effective, benevolent leader the horse needs in order to get him to be interested in interacting with you.

#### **How to not act like a predator**

It's a process. Some of us need to learn how to be more assertive without getting mean, mad, frustrated or annoyed; others need to learn how to be more gentle and thoughtful without becoming a wimp. Recently I came up with a way to teach this in my classes because some people were far too quick at correcting their horses, they went for the Carrot Stick and the Schwiagemutter look before knowing what the horse's intention was! It goes like this. When the horse does something you don't want or didn't expect, pause for a moment and say, "Hmmm, how interesting." Then you'll be left brain enough to figure out what is going on and be appropriate for the horse.

For example, the horse is circling at liberty and suddenly turns and comes in to you, ears forward. You immediately turn and scold the horse for coming in, slapping your Carrot Stick and String to send him on his way. You got the job done, but you're annoyed. The horse went back on his way but his expression is now sour or he's lost confidence and has become unsure about whether he should ever come back to you, even when you ask!

If you used the technique of "hmmm, how interesting," you'd see the horse with his ears forward asking if he can come to you, you'd smile at him and say "not right now, but thanks for asking" and gently redirect him. BIG DIFFERENCE. Just think of it from the horse's point of view... hey, isn't that one of the upcoming *Responsibilities*?

#### **2. HAVE AN INDEPENDENT SEAT**

That wonderful connectedness and feeling of security when riding is indeed something to pursue. Once you find it,

#### **Another strategy: Listen to your instincts**

*If you are worried about getting on the horse, don't. If you think you should get off, do — RIGHT NOW! Listen to your instincts, you're right! Let there be no shame in acting on those instincts because safety comes before everything. You don't have to listen to those unsavvy people who tell you stay on, stay with it because the horse will think he's won. Horses are not devious — they are prey animals who are emotional animals acting in the moment out of self-preservation. If you are studying Pat's program, you know better than to listen to those who aren't in the program! They're using a different philosophy, one that is not based on understanding the horse.*



#### **When is right brain okay?**

*It's okay for the horse to be right brain as long as you aren't. It's a horse's programming to get right brain because it's all about survival and reaction time. Through Pat's program you first learn to become less reactive to your horse's reactions, and more responsive which has an emotional coolness about it. Your fear is controlled only by knowledge and know-how (savvy, as Pat calls it). The more you have, the less you are alarmed, afraid or out of control.*

*Each Level in the Savvy System helps you climb to new levels of savvy, that's why it's important not to stop at Level 1! The absolute minimum should be Level 2, and for more challenging horses it will take Level 3. For extreme horses, we're talking Levels 4, 5 and 6... and then there are some of the horses Pat's helped with which take Level 8 (the Hannibal Lector horses of the world!).*

*There are many horses anyone can get along with, some horses some can get along with and a few horses that very few can get along with. The higher your level of savvy, the less number of horses you can't get along with, the more strategies and solutions you have and the more success you have. When you find a horse that finds you frustrated, angry, scared or ineffective, all it means is that you don't have enough savvy for this one... yet.*

riding feels so safe, confidence soars and horses are SO appreciative!

An independent seat basically means that you can ride without hanging on to your reins or gripping with your legs for balance. I used to think I was pretty good until Pat told me to try a *Passenger Lesson*, allowing my horse to go wherever it wanted (within a given gait) and to follow its movement without touching the reins. It was the scariest thing I've ever done, even at the walk! I felt out of control, vulnerable, emotionally and physically tight, and it really bothered my horse. It was not until I could go where he went, willingly and harmoniously, that he settled down.

### The impact of our emotions

Horses are emotional animals, physically sensitive and are totally tuned in to herd behavior (when one runs, they all run). Their perception of you getting emotionally and physically tight means "I'd better go too!" Horses translate fear into flight, so running off is very appropriate for them and you are part of the problem. The more a part of the horse you become, the less you upset them.

### Becoming a part of the horse

A great new technique for this is the *Pushing Passenger Lesson* described in an article available on our website (in the April/May/June issue of *Savvy Up* at [www.parelli.com](http://www.parelli.com)). It involves doing the *Passenger Lessons* in *Levels 1* and *2*, but incorporating the technique of pushing slightly down and forward with both hands over the withers. The less confident you feel, the harder you push. The more insecure your horse, the harder you push. The effects are astonishing! Riders feel ten times safer and horses feel ten times calmer — within minutes. This is because the *Pushing Passenger* position helps you ride with complete balance and eliminates tension. Tension comes from fear or lack of confidence, the root of which is lack of balance. Once you experience what balance on a moving horse feels like, you can keep duplicating it and moving to greater and greater expressions of it until one day you can ride horses up and down hills, over jumps, zig and zag, stop and turn with greater velocity than you've ever



3-STAR INSTRUCTOR JONATHAN FIELD  
DEMONSTRATES THE PUSHING PASSENGER LESSON

imagined — and feel totally confident because you are "one with the horse."

Let's face it. If we knew we would never lose our balance and fall off, how much more confident would we be? Balance is the key, and the *Pushing Passenger Lesson* is your key to developing this skill.

### 3. THINK LIKE A HORSE

Ooooh, it's hard to think from someone else's point of view, let alone another species! Horses think completely differently from humans. Their values and motivations are different; that's what makes them so confusing and

complicated for those not 'in the know.' And that's why we get mad and frustrated — we just cannot understand why the horse won't cross that silly little puddle, go into that narrow space or trailer, the corner or certain parts of the arena, spooks at that trash can or same black stump on the trail every time. Should we blame the horse and call him stupid just because we think we know better, or should we consider that it doesn't appear the same to the horse and he has very good reasons for being skeptical or afraid?

Even though we pass that same stump on the trail every time, maybe it's only once a week or once a month. That's an eternity for an animal that lives in the moment, and that's why the *Savvy System* teaches you to repeat requests or tasks for your horse until he gives you a "positive reflex" (*Level 2*). That tells you the horse has decided it's okay and is confident. If you just do it once and he's not confident, he'll be the same or worse next time. Repeating the task until the horse is left brain and confident usually means that the next time he'll be ten times better or totally desensitized to it.

Naturally, there are a gazillion instances in which to consider the horse's point of view, and the more savvy you have, the more you'll understand and the less you'll blame the horse for his reactions; therefore, the

### What if we realized that...

- **Horses are deathly afraid of water** because it inhibits their primary defense mechanism — flight. If a horse cannot run away or is slowed down, this means he is more at risk of being captured by a predator. Remember, this is not logical for us, but it is genetically programmed for prey animals.
- **Horses are deathly afraid of narrow corridors**, enclosures or corners because they are 'traps.' They block a prey animal's escape options. Horses need much more than one way out; that's why they tend to be plains animals and not forest dwellers. They like wide open views and no hiding places for predators! That's also why some horses won't go into shelters no matter how bad the weather.
- **Horses are acutely aware of their environment, especially changes.** If a trash can is in a different place, a pole is moved, a routine is changed — horses notice. Black stumps, strange root systems, snake-like branches lying across the trail — all are suspicious until proven not so. Horses are pattern animals. They tend to stick to their territories and follow the same trails and patterns of movement by time of day or season.

more emotionally stable, calm, confident and guiding you will become. And the more calm, confident, smart, brave and athletic a leader you are, the more you will earn the trust and esteem of horses. The more complex and challenging the horse, the greater the leader you need to be.

Humans are direct-line thinkers: I want this, therefore I will do this and make it happen. Horses are lateral thinkers: predators will do this, therefore I will do that! That's why walking straight up to a horse and trying to catch him often does not work. They know you're going to do this and many of them will see your first step, in fact your first thought, and start moving away. That's called instant feedback! He read you, you're coming to catch him, and he does not want to be with you. Hard to take, but true. You need to be prepared to know the truth of what they are telling you. Otherwise, get a bike. Bicycles rarely share their opinions!

#### Just what is reverse psychology?

You've heard Pat talk about "reverse psychology" but what does this really mean? It means doing the opposite of what the prey animal would expect. Just when he thinks you're going to come toward him, move away. Just when he thinks you're going to smack him, pet him. Just when he thinks you're going to trap him, let him drift. Just when he thinks you're going to force him into the trailer, don't. Just when he thinks you're going to stop him coming out of the stall, the stocks, the trailer — don't. Just when he thinks you're going to shut the door and trap him in there, don't. Just when he thinks you're going to apply that bit/wormer/tube/thermometer/etc., don't.

Does that mean you never do? No. It means you read his emotions. If he's not relaxed, don't take final action. Rub him and start again, as often as it takes to reassure him. The end result is that you'll earn his trust because you consid-

ered his feelings and convinced him that there's nothing to fear. Use lots of approach and retreat (the *Friendly Game, Level 1*). You preserved his dignity.

#### 4. USE THE NATURAL POWER OF FOCUS

What is focus? It's more than your eyes and where you are looking. There's long term and short term focus. There's visual and mental focus. There's relative and direct focus. There's egocentric focus and exocentric focus.

##### Short term focus

Short term focus means you are concentrating on what you need to get done right now, i.e., the circle, straight line, maneuver, pattern, obstacle, grooming, saddling, bridling, the race, competition, trailer loading, trail ride, etc.

##### Long term focus

Long term focus means you are concentrating on where you want to take yourself, this horse development, or horse career. How far you want to go or

**CONTINUED ON PAGE 23**

## Parelli Tips

Ever wondered how those Parelli horses travel across the country to all those tour stops?

### Trailer the Parelli Way

Tips from our equine relocation specialist, Susan Pritchett



**Before you start your trip...** We feed APF (Advanced Protection Formula; [www.parellICollection.com](http://www.parellICollection.com)) to our horses every day. This product allows the horse to adapt to stresses such as trailering, as well as supporting the immune system. A strong immune system prevents stress in not only travel, but showing, trail riding or anything else you do with your horse.

**Tying...** If your horse can safely be loose in the trailer, let him be loose. If you feel the horse must be tied, a reverse slant (diagonal) position (the horse is facing the rear of the trailer) or fully facing backward is the best choice. Because horses carry 60% of their weight on their front end while standing still, they can more easily find comfort facing backward.

**Watering...** Don't worry if your horse doesn't drink; he'll drink when he's ready. Be sure to add some source of sugar to the water (1/2 to 1 cup of molasses for every 5 gallons of water) to help with hydration (good for people, too). Some of our horses drink less than a bucket of water on a 10-hour trip, while others drink three buckets.

**Feeding...** We feed the horses being trailered before we leave. About halfway through the trip, we feed them hay. Some will eat and some won't. If the horses are going to stay in the trailer while we sleep, we feed their evening feed and plenty of hay. This way they'll have full tummies and will sleep. A sleeping horse means a sleeping driver!

**To unload or not unload?** Parelli horses have been known to travel 24+ hours without being unloaded. We never unload during a trip unless it's for a minimum of 10 hours. Please keep in mind that the Parelli horses are hauled under the best conditions: best trailer on the road (Jamco), horses ride backwards, good footing, good flooring, proper ventilation, etc. However, unloading during a trip is stress-

ful for any horse. Changing a horse's travel pattern after he's become acclimated to the rhythm of the road only to stand for 30 minutes tied to the trailer doesn't make sense. Why not leave him standing in the trailer? Horses are pattern animals; stick to the pattern!

**Layovers...** Horse motels, stables, fairgrounds, and rodeo grounds are everywhere. The internet or the *Equine Stabling Directory* can help you find a place to spend the night.

Remember to trust your horse. He'll be just fine with very little attention and some common sense.



# TOURNAMENTS



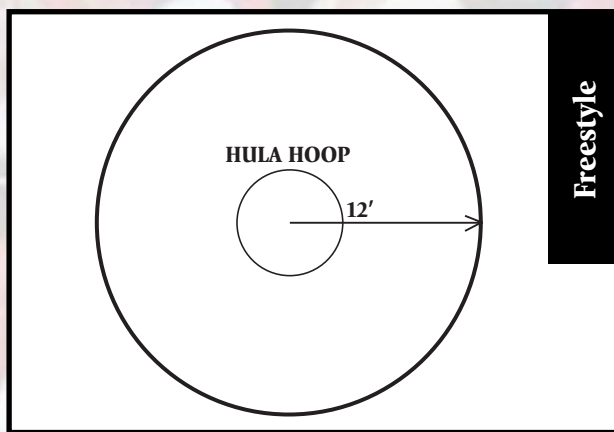
**H**ave you heard about *Parelli Tournaments*? This friendly competition has been demonstrated at the *Horseman's Savvy Conference*, our Tour stops and on some of the new DVD releases.

The first *National Parelli Games* are being held in Melbourne, Australia as we go to press (look for an insider's view in the next *Savvy Times*). The competition is

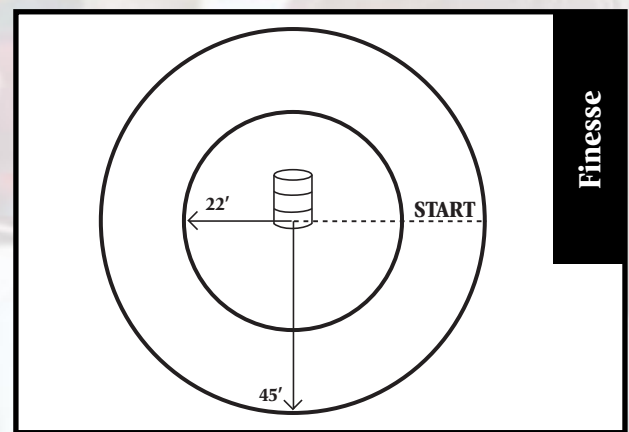
exclusive to the UK and Australian *Savvy Club* members and tests their knowledge of the *Seven Games* in all *Four Savvys*.

The U.S. is gearing up for its own Tournaments. It also will be exclusive to *Savvy Club* members. The goal is to have a U.S. competition where the winners would go on to compete internationally!

So, here are a few more tasks for you and your friends to start practicing!



**Freestyle**



**Finesse**

## TURN AROUND FOREHAND & HINDQUARTERS

**Set-up:** 12' Lead or Measuring Tape, Hula Hoop, Tent Pegs & Chalk (Mark a 24' diameter circle. Place the hula hoop in the center and pin down with tent pegs.)

**Equipment:** Saddle & Savvy String

**Goal:** Back into the chalk circle, place the horse's front feet inside the hoop, make one turn around the forehand both directions and back out of the circle. For 20 points, after the turn around the forehand place the horse's hind feet into the Hoop, make one turn around the hindquarters in both directions and back out of the chalk circle.

**10 Points** - One turn around the forehand in both directions

**20 Points** - One turn around the forehand in both directions and one turn around the hindquarters in both directions

### No points if:

- the horse does not back into or out of the chalk circle
- the horse steps out of the hula hoop
- the horse does not turn 361°



All Finesse tasks are to be completed with breakaway ties attached to one side of the snaffle for safety.

## CIRCLING GAME

**Set-up:** 45' Line or Measuring Tape, Barrel & Chalk (Mark two circles. A 44' diameter circle inside of a 90' diameter circle with the start line radiating from the middle. Place a barrel standing upright in the center.)

**Equipment:** Saddle & Snaffle equipped with Breakaway Tie

**Goal:** Circle in the lane for 2 laps, change directions through the middle, circle in the lane for 2 laps in the other direction and then stop with the horse's nose over the barrel for 7 seconds. The Steward will determine which direction.

**10 Points** - Simple Lead Change

**20 Points** - Flying Lead Change

### No points if:

- the horse steps outside of the lane (except for the change of direction or to stop in the center)
- the horse breaks gait (except for the simple lead change)
- horse does not canter across start line 5 times total
- the horse doesn't stop in the middle for 7 seconds
- the breakaway tie breaks
- the pattern is not completed
- wrong direction
- lead change not completed within the center circle

# Savvy Lives Over the Silly Bridge

By Dr. Stephanie Burns



Have you ever wondered what kind of learner Pat Parelli had to have been to do what he has done? Have you noticed that from year to year he demonstrates new knowledge and skills when you think there just can't be more? Have you ever observed students in a Parelli course and noticed there are students who learn much more than the others even though they have had the exact same experience? Of course, there are many factors involved, but on my recent visit to the ISC in Colorado, one factor stood out above the others.

My aim in this article is to share a model that will help you understand that factor. The lessons found in this model may greatly influence the speed and quality of your future learning.

## THE MODEL

I will build the model first and then from it we will draw some ideas important to us as Parelli students. It starts with three common labels.

Stupid  
↓  
Smart  
↓  
Bright

Like it or not we do label people. Some labels relate to the behavior of people as learners. Some people have behaviors that earn them the label "stupid" or "lazy" or "incompetent." These labels might be applied to a person who doesn't know how to do or what they need to do, in order to pass a test or get a job done. These are not particularly nice labels, but are widely used. People even use these labels to define them-

selves! We can take heart that there was a day when our Savvy String got knotted around the Carrot Stick and we most deservedly achieved the label "incompetent" in *Level 1*.

The outcome when we learn, be that through school or the *Savvy System*, is an intention to move *away* from "stupid!" We strive to achieve a label in the *smart* category. If we do this we "fit in" and "look good." To be deemed smart is about knowing just exactly what you need to know or do in order to pass. Smart people can do all the tasks at the *Level* they are studying.

Other people have a set of learning behaviors that take them past the point of being smart. They are perceived as being *bright*. You know, those students who have "a lot of potential." This is "looking really good." Bright people can do all of the tasks in their *Level* AND have well studied the *Theory Book* AND did all the extra challenges in the *PocketGuides*. I would wager a bet that they have read all of the answers that Linda wrote to the questions for the Virtual Instructor in DB's Cabin (parellinet.com)! So, there you go. Stupid, smart and bright.

To the right of those labels we have three new ones.

Simple  
↑  
Genius  
↑  
Brilliant

People who achieve the labels on the right side of the model do so in sequence from bottom to top.

Clearly some people have a range of learning behavior that takes them way beyond simply what is known, or what can be done! The right side is a whole different kettle of fish.

*Brilliant* is the label given to people who have studied in depth as bright people do and then **experiment wantonly**. When Pat encourages us to be creative about how and where and in what circumstance we play the *Seven Games*, this is the door he is inviting you to walk through. In doing this we learn how to use the basic knowledge and skills in many different and sometimes in new ways. **This, to me is where you will discover savvy in the Parelli program.**

*Genius* is the label given to a person who will invest in learning all that is to be known about something and then rip it apart in the hope of discovering ways of **seeing** it in a brand new way. What these people do **can change** how we **think** and what we believe to be true. Not everyone wants to go where you would have to go nor invest what is necessary to achieve genius. Yet, how many of you have had a fundamental change in how you think about horses since becoming a Parelli student? This was possible because at least one person was willing to go there. Thank you Pat.

Simple is the label given to those people who take very great risks. They do everything required of the genius but then strive to make a new way of thinking available to all of us. To do this they go through complexity first, then look

**Continued on Page 32**

# INTERNATIONAL SAVVY CENTERS

## COLORADO 2004

**Level 1 Partnership** with Parelli Instructors  
May 9-14 • Jun 13-18 • Jul 25-30 • Aug 15-20

**Advanced Level 1 Partnership**  
with Parelli Instructors  
May 16-21 • Jun 20-25 • Aug 22-27

**Level 1/2** with Parelli Instructors  
Jun 27-Jul 2 • Jul 25-30

**Level 2 Harmony** with Parelli Instructors  
May 23-28 (FULL) • Jul 4-9 • Aug 15-20

**Advanced Level 2 Harmony**  
with Linda Parelli • Jul 11-23  
with Parelli Instructors  
May 30-Jun 4 • Aug 22-27

**Level 2/3** with Parelli Instructors  
Jun 6-18 • Jul 4-9 • Sep 19-24

**Level 3 Refinement** with Pat Parelli • Jul 11-23  
with Linda Parelli • Aug 1-13 (FULL)

**Advanced Level 3 Refinement**  
with Pat Parelli • Aug 1-13  
with Linda Parelli • Jun 20-Jul 2

**Level 4 Competition**  
with Pat Parelli • Aug 29-Sep 7

**Reining** with Craig Johnson • Jun 27-Jul 2

**Riding with Fluidity**  
with Linda Parelli • May 30-Jun 11

## FLORIDA 2004

**Level 1 Partnership** with Parelli Instructors  
Jan 18-23 • Mar 7-12 • Oct 10-15

**Advanced Level 1 Partnership**  
with Parelli Instructors  
Jan 25-30 • Mar 14-19 • Oct 17-22  
Nov 28-Dec 3

**Level 1/2** with Parelli Instructors  
Oct 24-29

**Level 2 Harmony** with Parelli Instructors  
Feb 15-20 • Mar 21-26 • Oct 31-Nov 5  
Dec 5-10

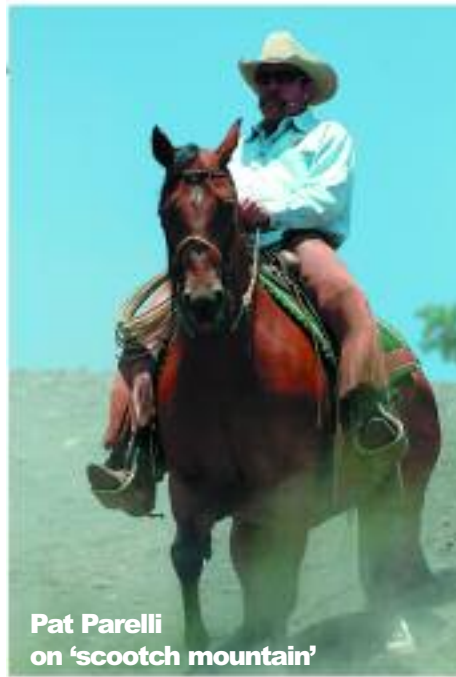
**Advanced Level 2 Harmony**  
with Parelli Instructors  
Mar 28-Apr 2 • Nov 7-12 • Dec 12-17

**Level 2/3** with Parelli Instructors  
Feb 22-27 • Nov 14-20

**Level 3 Refinement**  
with Linda Parelli • Feb 1-13  
with Parelli Instructors • Feb 29-Mar 5



**Craig Johnson**



**Pat Parelli  
on 'scotch mountain'**



## Learning from the Greats...

By Gina Torrel Parelli 3-Star Instructor



"What sticks in my mind most about Craig Johnson's Reining course was how the two programs complemented each other. Pat's Savvy System formed the foundation, so we could easily apply Craig's

techniques for developing a competitive reining horse.

"I saw how the importance of the impulsion programs of *Level 2* were also pieces of the reining exercises, and even in the competition itself.

"Craig talked about the positioning of the horse. Let them make mistakes. The horse needs to get to where he keeps doing more and more on his own. Its like the *Responsibilities* for the horse in the *Savvy System*. 'Don't change gait. Don't change direction. Look where you are going.'

"We did some fun, excellent exercises like 'controlled confusion' where you keep your hand over the center of the horse's withers following your focus, using straight lines and turns. If you felt him want to go somewhere else you turned and went the other way until you were connected.

"We also had a great time feeling slide stops on 'scotch mountain' where the natural terrain of the land helped our horses do what we needed them to do.

"We practiced simple lead changes as a group and then started going over a log, and eventually tried turning that into flying lead changes. Pat demonstrated a boxing position where you throw a left punch, bring it back (both hands are covering your face) then right jab, draw back, cover face, again change hands etc...

"We finished up the last day with a reining pattern and everyone got to take a turn like a real competition. A fabulous ending for a terrific week of horsemanship/reining with two of the best!"



**Squeeze Game over logs**



**Level 1 Friendly Game**

# Savvy Center Snapshots

**FLORIDA Fall 2003  
Level 1  
Course**



**Friendly Game with logs**



**The confidence to squeeze!**



**Circling Game with an obstacle**



**Instructor Jonathan Field gives hands on coaching**



**Instructor Rachel Gott gives the finer points of the Porcupine Game**



**Fluidity exercises**



**One rein riding**

## Parelli and the Thoroughbreds

The name *Parelli* is gaining momentum in the Thoroughbred world. Articles in *Florida Horse* and *Texas Thoroughbred* are turning heads, and people are still talking about *Parelli* making the *Thoroughbred Times Magazine*. Pat visited with the folks at *Three Chimneys*, *Lanes End* and *WinStar* farms in Kentucky prior to the Louisville *Success With Horses* tour stop. These farm managers are anxious to have their personnel attend a course with Pat this winter. Pat continues to develop a multi-fold program for Thoroughbred race horses, including a schedule for the first 1000 days of a race horse's life. We'll keep you informed.

Also while in Kentucky, Pat met with Dave Wilkins, who's on the Board of Directors of the *National Reining Horse Association*. Hot topic of discussion was having Pat and Craig Johnson give a demonstration during the *NRHA Futurity* in December 2004. Pat quickly came up with a list of ideas that knocked Dave's socks off. Ideas like a bridleless demonstration, adding other challenges to the official reining pattern, etc. Should be fun...

## Mama, Can I Keep It?!

Linda Parelli has a new pet. We often have to "rent" dirt for the arenas at our various tour stops, and in Battle Creek, Michigan, the soil was pretty sandy. While walking across the arena before the event, Linda noticed something moving. Well, indeed, some snapper turtle mommy had laid her eggs in that sand/soil, and one of her young was poking up through the sand, flippers pushing the grains aside. Linda swooped it up and declared this little creature hers.

## Parelli-On-Demand

If you have Comcast Cable, you're in for a treat. *Primedia*, publishers of *Horse & Rider*,

*Equus*, *Practical Horseman*, *Dressage Today* and *Arabian Horse World*, have chosen *Parelli Natural Horsemanship* videos to launch their "Equus" portion of their new video-on-demand programming. We'll let you know when our series begins...

## The World Loses a Master Showman



One of Pat's mentors, Fredy Knie, died in October 2003 at the age of 83. Mr. Knie was known as a master showman in one of the world's greatest circuses. As the leader of the *Swiss National Circus Knie* for half a century, Mr. Knie won admiring audiences throughout Europe, including Her Majesty The Queen. Mr. Knie was renowned for the ease with which he presented his favorite animal, the horse. Pat greatly admired Mr. Knie, and they had wonderful moments together, exchanging philosophies about training.

## Student Savvy

Susan Engle gave a *Parelli* presentation at the *Kentucky Horse Park*, representing the Foxtrotter breed. As other horses demonstrated the breed's unique gaits, Susan and Velvet did the *Seven Games* in the center of the arena, at liberty! The duo also gave a bridleless demonstration — performing reining, jumping and dressage. Susan made sure the announcer included the name of Susan's *Parelli 3-Star Endorsed Instructor*, Jennifer Copple-Vaught, so that everyone knew that Susan was a *Parelli* student. Kudos!

## 6 Degrees to Parelli

We often ask people how they heard about *Parelli*. One favorite

answer was given at a tour stop in Kentucky. Seems as though Kelli Summers first heard about *Parelli* in the emergency room of the local hospital. Kelli had been hurt in a horse-related accident and was whisked away to the hospital. The emergency room nurse took all the details, then proceeded to wag her finger at Kelli, saying "You need to get into *Parelli* and learn how to be safe with horses!" Well, by the time Kelli left the hospital, the nurse was feeding her *Winnies Cookies* (honest, I don't make up these stories) and volunteered to get Kelli on the *Parelli* fast track. To cut to the chase, Kelli is now a *Savvy Club* member and is enthusiastically rocking and rolling through the *Savvy System*.

Another odd connection story: Our *Horsecity.com* (great website) representative, Blaine Burdette, was in a horrible automobile accident, but gratefully is on the mend. It turns out that one of his angelic nurses is *Savvy Club Lifetime* member, Lorraine Kaliher. Talk about 6 degrees of separation...

And welcome to Linda Giles, newest *Savvy Club Lifetime* member. During the first break of the Winston-Salem, North Carolina tour, she marched up and joined the *Savvy Club*. When asked how long she had been involved with *Parelli*, she said this was her first exposure to *Parelli*. Talk about being impressed! Thanks, Linda — it's going to be a great journey!



## Versatility

Stormy, the Zorse who rocketed to *Parelli* fame with Instructor Andrew Booth, was on the cover of a Russian horse magazine. Stormy and Andy now call the



*Parelli* center at Haras de la Cense, Paris, France, their home... Speaking of Andy Booth, Pat honored him with a *Level 4 Horsemanship* black *Savvy String* last Fall. Not a dry eye in the house...



### Parelli Awards

#### Presentation Profile:

Joni and Stormy from Ohio have been *Parelli* students since 2001. While Joni was new to horses, Stormy was very strong minded. Joni knew that she needed a partnership with her horse...

Joni displays her award presentation with great pride as a visual reminder of the time it took while she and her Partner continue to take the time it takes on their journey together.

For more information about award presentations and to place your order, contact *Parelli Awards* by Ginny Sue at (269)781-2564 or awards@parelli.com.

### The Polls Are In

*The Horse Magazine's* website, horse.com, conducted a poll on natural horsemanship. Guess who landed in the #1 position. Yep! *Parelli*! And Pat Parelli was voted #1 trainer by the readers of *True West Magazine* for two years in a row!

### Student Tips

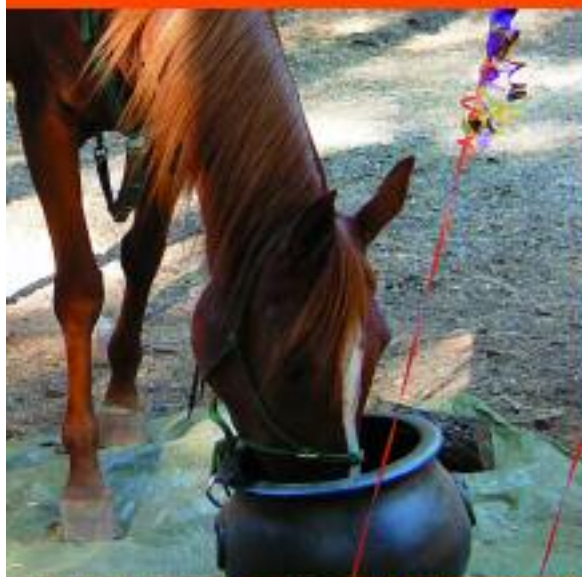
Here's a tip from *Parelli* enthusiast Dawn Brennan: "I hang my bareback pad upside down over a hitching post and spray it with an orange based natural cleaner (from my health food store). After it sits for a few minutes, I spray a small amount of water on it to create a lather and scrub it firmly with a stiff brush. Then I rinse it well with the hose and let it dry."

### Foundation for Police Horses

TheHorse.com had an article about raising police horses from the weanling stage using a certified animal behavioral specialist and *Parelli*. The *National Police Horse Academy* continues to have *Parelli* as its official training program, and several members of the mounted police in Lexington, Kentucky are working on their *Level 2 Harmony*.

*Parelli* enthusiasts in the Sierra foothills in Northern California get together for a Halloween camping trip each year — complete with tricks and treats for the horses. The photos say it all — *Parelli* horses (and people) really know how to have fun! Thanks to *Savvy Club* members Celenia Penix and Wendi Wilkinson for letting us know about this fabulous event...

Photos by Celenia Penix



### Ocala Style

We've made mainstream media. Linda and Remmer were on the cover of the November 2003 issue of *Ocala Style Magazine*, a glossy, beautiful publication about the city where our ISC is located. Great story, too, by Cynthia McFarland. Oh yes, they even included photos of Pat!

### Arabian Horse World

Watch for a story by Jamie Fend in *Arabian Horse World*. She came to our Media Days last summer, and was pretty impressed with what she saw, including a magnificent black Arab mare who was outstanding in the reining course taught by Pat and Craig Johnson. Who says Arabs aren't versatile?

Embark on a two-day journey of communicating with horses!

## LOVE ♦ LANGUAGE ♦ LEADERSHIP

### An Extraordinary 2-Day Horsemanship Seminar

**Kissimmee, FLORIDA**

February 7-8

Osceola Heritage Park

**Perry, GEORGIA**

February 14-15

Georgia Natl. Fairgrounds

**Andalusia, ALABAMA**

February 21-22

The Covington Center

**Tunica, MISSISSIPPI**

March 13-14

Tunica County Arena

**N. Fort Meyers, FLORIDA**

March 20-21

Lee County Fair

**Fletcher, NORTH CAROLINA**

March 27-28

Western NC Ag Center

**Oklahoma City, OKLAHOMA**

April 3-4

Oklahoma State Fair

**Dallas, TEXAS**

April 17-18

City of Dallas Fair Park Coliseum

**San Antonio, TEXAS**

April 24-25

Freeman Coliseum

**West Springfield,  
MASSACHUSETTS**

May 8-9

Eastern States Exposition

**Hamburg, NEW YORK**

May 15-16

Hamburg Fairgrounds

**Lexington, VIRGINIA**

May 25-26

Virginia Horse Center

And more...

visit [www.parelli.com](http://www.parelli.com) for  
additional dates and locations

Pat Parelli

Linda Parelli

**FREE Admission for Savvy Club Members!** Just show your passport at the door.

The Love ♦ Language ♦ Leadership seminar covers the *Four Savvys* of ultimate natural horsemanship: *On Line*, *Liberty*, *FreeStyle* and *Finesse*. Pat explains and demonstrates what they're about and how they develop savvy in the human and in the horse, to create an ultimate partnership.

With the help of his team of students and professionals, Pat shows beginner, intermediate and more advanced versions of each savvy so you get to see how it starts and where it leads in Levels 1, 2 and 3 of the *Savvy System*.

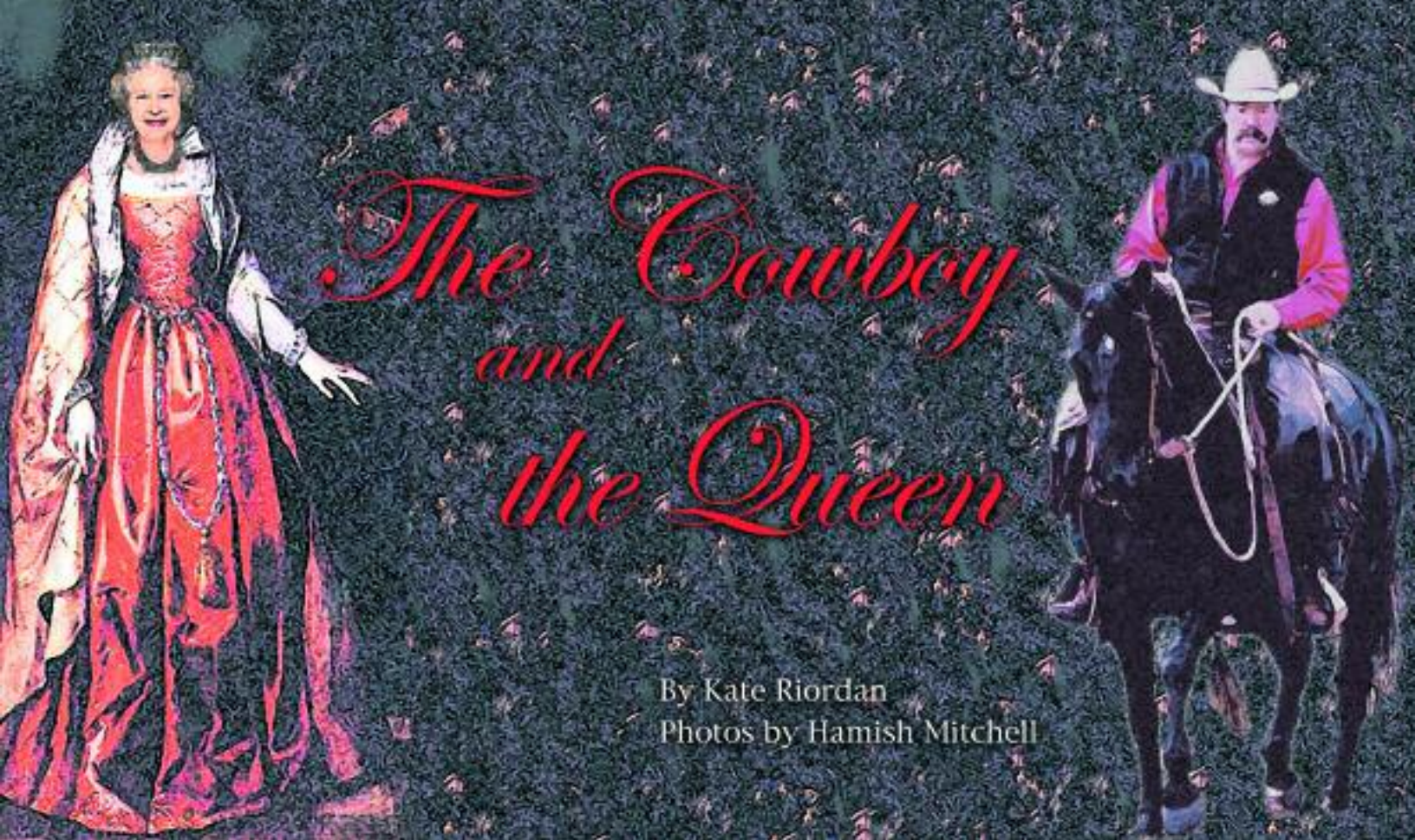
Then, he takes a green horse (can be up to three horses) that've never played the *Seven Games* and shows how he would go about developing rapport and language so they can communicate. It's a captivating display of confidence, curiosity, sensitivity and dignity. The next day, Pat and his team take the same horses and show how to progress to trailer loading and riding.

Linda Parelli will give a demonstration of how she prepares her horses, shows the new things she's working on, explains why she's doing what she's doing, what she's learned to savvy at this level, point out things in her horse that she's now being more particular

about, what to do when it doesn't quite go how you expected, etc. etc.

We've had many people tell us that this is the best seminar they've ever been to. No two seminars are ever the same... Pat is always launching new ideas, Linda has always made more progress and the new demo horses are the wild card. This seminar is a must for Parelli enthusiasts and people with goals like safety, recreation, performance and excellence. How one seminar can bridge all of this is no surprise when you've seen it. With the principles of Love, Language and Leadership as its base, how can any horse lover not be there? 🐾





# The Cowboy and the Queen

By Kate Riordan  
Photos by Hamish Mitchell

"I'm sorry. Who did you say it was who wants me to give a demonstration?"

"Her Majesty, Queen Elizabeth II."

"Oh. (Pause.) Hey! That's great!"

And so Pat Parelli, the world-renowned Natural Horseman, packed his Carrot Sticks, Savvy Strings and ropes, and he and his wife Linda were off to Buckingham Palace to see The Queen. Before he left, however, he was caught practicing his bow in front of the mirror prior to his November 5, 2003 royal debut!

Major Felix Wheeler, the Crown Equerry in charge of The Queen's transport (with the exception of air or ship travel), had called to make arrangements for Pat Parelli to demonstrate his horsemanship skills for Queen Elizabeth II, The Queen's Cavalry and the King's Troop at the Royal Mews (the working stables at Buckingham Palace that also house State vehicles including the magnificent Gold State Coach used for coronations).

Over the past two years, *Parelli Natural Horsemanship* has been pre-

sented at 53 demonstrations throughout the United Kingdom, many with Pat and Linda Parelli. At several demonstrations in London, members of the Kings Troop have been present. They've incorporated many *Parelli* training techniques into their program and have actually touted the *Parelli* system to audiences during their performances.

Even though it may not occur to us mere mortals that the King's Troop would have challenges with their horses, they do. Like most cultures throughout the modern world, the British too have inherited a generation disconnected from rural life; they have a number of young men in their troops who haven't grown up with horses. And so they've turned to Pat Parelli and his curriculum for solutions and a plan for developing their horsemanship skills.

"At our presentation at Solihull, England in September," says Linda Parelli, "two young fellows from the Royal Mews were really inspired by what we presented. They shared their challenges about their riding and driv-

ing horses with Pat that they felt Pat's program would easily solve. After some discussion of the possibility of Pat coming to demonstrate for the Royal Mews, and hopefully The Queen, they were so excited that they took the idea of Pat coming to Buckingham Palace to Major Wheeler, the Crown Equerry."

When asked if he was nervous about presenting before The Queen, the Crown Equerry, Head of the Kings Troop, Ambassador to the UK Will Farrish (who also owns Lanes End Farm in Lexington, Kentucky), mounted officers from the Royal Guard, officers from Scotland Yard, members of the Household Cavalry, members of the Kings Troop, and Master of the Horse Lord Vestey, Pat Parelli smiles and says, "I've taught my butterflies to fly in formation. The only thing I was worried about was bowing, and then hitting The Queen when I came up." Then he gets serious. "I usually ask myself whether something will benefit our mission statement, which is to help elevate the level of horsemanship worldwide. The answer to this situa-

## The Royal Mews



tion was, of course it would. The mission is the important thing. Doing it for The Queen was a bonus."

It must have been a bonus for The Queen, too, since the planned 30 minute demonstration held Her Majesty's attention for an hour and 15 minutes. The Queen even laughed at Pat's jokes.

It's safe to bet that Pat's cowboy hat stood out among the dignitaries at the High Tea hosted by the Crown Equerry preceding the presentation. It's also safe to bet that Pat's mother, Doris Parelli, was bursting with pride as she and Linda Parelli accompanied Pat that day. Prior to High Tea, the three of them were given a tour of the Royal Coaches, including the Gold State Coach, the remarkably ornate coach built for King George III, now housed in the Royal Mews. "It was awesome, all in gold leaf," says Linda, adding that Pat played the *Porcupine Game* (Game #2 of the *Savvy System*) on one of the fabricated horses hitched to the coach. "The insurance premium to take the coach out only one time," Pat adds, "is two million dollars. They even have to dismantle part of the building to get it out. It was incredible."

Now it's time to go to the riding hall, added in 1764 by King George III when he changed the name of the stables to the Royal Mews Pimlico. For most of the year the Royal Mews stables are home to the working horses

that play an important role in The Queen's official and ceremonial duties. The horses are mainly Cleveland Bays, the only British breed of carriage horse, and the Windsor Greys, which by tradition always draw the carriage in which The Queen is travelling.

When asked where she wanted to sit, Linda (rarely known to be shy) replied, "Right behind The Queen! So if I sat behind her, I could answer any questions she might have.

"We all stood when Her Majesty came in, and she smiled her gracious, regal smile. Pat took off his hat, and believe it or not, Pat winked at her! When I asked him later if he realized that he had winked at her, he chuckled and said, 'Yeah, and did you notice that she winked back?'

After we all sat down, the Crown Equerry gave a little speech about our presentation and why communication and psychology with horses was so important. Pat followed with an opening commentary about what an honor it was to be there, that he wanted to present his program with his students, and that this was really about what we teach people to do with their own horses."

"It was a really short speech," says Pat, "about 30 or 40 seconds. Maybe the shortest speech I've ever made."

Neil Pye, Dean of the *Parelli International Savvy Centers*, then introduced the *Savvy Team*: "Her Majesty and Distinguished Guests..." How many times can you actually use that phrase in a lifetime? Neil smiles and says, "That's exactly what I told my mother." Neil went on to introduce the *Savvy Team* and the concepts of the *Parelli* program.

Even though Pat Parelli has been deemed "the Elvis of the equestrian world" because of how he captivates and entertains an audience, his foremost thought is: "This isn't about what I can do with horses, this is about what I can teach others to do with their horses." In accordance with that philosophy, Pat had three of his students, Silke Vallentin of Germany, Ingela Sainsbury of England and Charlotte Dennis of England, perform for The Queen before he made his appearance. "I wanted The Queen to



**Neil Pye and Dave Stuart in front of the Australian ceremonial carriage**

see our 'wow' factor before I came on to demonstrate the 'how' part."

And a "wow" it was. One of the students, Silke Vallentin, was in a motorized wheelchair, her "legs" for the past 19 years since an automobile accident. Silke's demonstration for Her Majesty caused The Queen's eyes to widen in awe as Silke merely pointed to the horse trailer and her Friesian trotted in — no halter, no lead rope. Ingela and Charlotte earned smiles from Her Majesty as they rode bridleless with fluidity and grace.

"Because I was sitting behind the Queen," Linda adds, "I could watch her body language. At first she was sitting very primly, crossing and uncrossing her feet. And then Charlotte started doing some things at liberty, cantering alongside the horse, and The Queen leaned forward, captivated. Her Majesty was riveted from then on! Another thing that truly captured her attention was when the Crown Equerry mentioned that we have an approved horsemanship university. The Queen then leaned over to Ambassador Farrish and said, 'Really!'"

"I got a bit teary during the presentation, I have to admit," continues

### Arriving at Buckingham Palace



Linda. "I was listening to the gasps in the audience during the performance, and I just couldn't help myself. I think the liberty demonstrations really took these people by surprise. When Silke came on, she did a short presentation at liberty from her motorized wheelchair, and then sent the horse into the trailer on-line at the trot. Then she

sent the horse into the trailer at liberty and then backed him in. Everyone, including Queen Elizabeth, just about fell off their chairs! One of the dignitaries had been talking to me about trailer loading problems they'd been having, and I nudged him and said, 'Would that be good enough?' He looked at me with amazement and said, 'I've never seen anything like that!' Ambassador Farrish chimed in with, 'Oh yes, Pat's been playing with my stallion in Kentucky and doing all these things; isn't it remarkable?'"

So what horses did Queen Elizabeth have for Pat to play with?

They provided a horse for Pat that was, according to The Queen, "quite dotty, really." (Pat adds, "The Queen is quite a horsewoman; she really knows her horses.") This particular horse was an Irish Draft/Thoroughbred cross (mostly Irish Draft and huge,

according to Linda, adding that the horse made Pat look like a midget next to him). "This horse was really wired," says Linda. "They said this horse spooked at everything and was unpredictable."

Pat had tarps and other challenges laid out, and initially the horse wouldn't even go near them. He started playing with the horse, talking about his philosophy of love, language and leadership, and "doing his magic," as many say. Quickly the horse relaxed and gained respect for Pat. "Pat was doing his Three Stooges thing around the horse during the *Friendly Game*," Linda chuckles, "and at first The Queen could hardly believe what she was seeing, but then broke into laughter. When Pat got a horse in his hands, he just started talking like he always does, about prey/predator relationships, telling his stories, talking about how horses are husbands — you need to leave them alone at the right time. The Queen really laughed at that joke."



**Ingela Sainsbury and Charlotte Dennis preparing for the demo**

## Pat with Cavalry horse



"I started off by just trying to throw the lead rope over the horse's back," comments Pat. "This horse took off like a bullet backwards all the way down to the other end of the arena. He wouldn't even let me get close to putting that rope over his back. I just kept playing with him as I brought him back to the other side of the arena. I sensed the horse thinking, 'that didn't work,' and let him rest for a second. Then I saw the shift in attitude, and asked the audience if they saw the change in the horse. Then I tossed the rope over his back three times in a row.

"I did the desensitizing thing with the horse, too, asking the audience to clap and then stop when the horse relaxed and put his head down. Even The Queen participated, clapping along with everyone else! I don't think The Queen is ever supposed to clap or applaud, but she did, even when I said, 'give this person or this horse a hand!'

"I talked a lot about horse psy-

chology, and about how even Olympic rider Andrew Hoy (Australian Three-day Eventer) had to stand on a box to bridle his horse and how I was able to bridle the same horse from sitting in a chair after I played the *Seven Games* with him."

"As he was telling about Andrew Hoy's horse, Pat was sitting in a chair, using his hands to describe the story," Linda remembers. "Then The Queen's horse just went left brained and put his head on Pat's shoulder. Pat just continued talking, stroking the horse's head! This horse's behavior was just the opposite of what we had first seen. People were so impressed! Pat decided to end the performance there. He said he knew the Queen needed

to leave, and that there would be a break before continuing with the rest of the presentation. But the Queen was so riveted by what she had seen that she stayed."

"She was supposed to stay 30 minutes to be polite, 45 minutes maximum. But she stayed an hour and 15 minutes," proclaims Pat. "I think we made an impression, and I think she would have stayed even longer if she could have. But it was the perfect demo, and I think we'll be invited back."

After The Queen left, two other horses were brought out — one that couldn't be clipped and one that couldn't be mounted. Pat played with the one that couldn't be clipped while Dave Stuart,

5-Star Premier Instructor from Australia, played with the other horse. Of course Pat was able to use the clippers all over the horse within 20 minutes. Not only did Dave get on the horse's back without incident, but actually stood on the horse's back. For those of us who have seen Pat and his top *Instructors* before, we are continually amazed, but are not surprised by the success of the moment. However, for this audience, now in awe, it was unprecedented. After that, Pat put the horse's soldier on board and moved him around.

Just what does one give to the Queen as a gift?

"Before the Queen left," says Neil Pye, "Pat introduced Linda and Pat's mother to her. Pat gave Her Majesty the pictorial book about Pat and Linda, 'Keepin' It Natural.' As Pat inscribed the book, he whispered to Linda, 'How do you spell majesty?' and then signed his name. He passed the book to Linda for her autograph. Linda dashed off her 'Linda' five-



Dave Stuart standing on the Kings Troop horse

## Pat giving pointers to a King's Troop rider

character signature, at which time The Queen said to Linda, 'My dear, is that how you always write?'"

Neil laughs and says, "Pat can only do cat scratch handwriting, and here the Queen was commenting on Linda's signature (she usually has great penmanship), which now in The Queen's book consists of an L, a squiggly streak, a D, and another squiggly streak."

Linda is now roaring with laughter. "The Queen launched at me when I signed my name. And Neil's right, she said, 'Is that how you always write?' — poking fun at me, so I quickly responded, 'Oh, only that word.'"

What was Pat's fondest memory of this historic event?

"Probably watching my mom and the fulfillment she got from it."

"For Linda and me, it was a huge feather in our cap. It was almost surreal, like in a dream. Now we realize the magnitude of the event, and the possibilities of what can come in the future. I remember a quote from being a kid in Bible studies, something like, 'If you master your trade, you will perform in front of kings.' I never thought I'd be able to help fulfill our mission statement by performing for Her Majesty The Queen, but we did. If you can achieve something with excellence, then even kings and queens will take notice. So perhaps there is a perfect order of things."

And Linda's highlight? "It's now, realizing what we've accomplished. Being there was really cool, but it's the looking back and understanding the significance of what we've done that's important. It was a huge honor. Sitting behind The Queen was fantastic, watching her watch Pat. It was really a treat to watch Her Majesty's reactions. Oh, and I have to add that Pat was even politically correct!"

The follow-up? It's very likely that Pat and Linda will be invited to Windsor Castle to present for Her Majesty and the Royal Family. There's also talk with the Crown Equerry about a *Parelli* program for The Queen's horses.

And The Queen's parting comment to Pat Parelli?

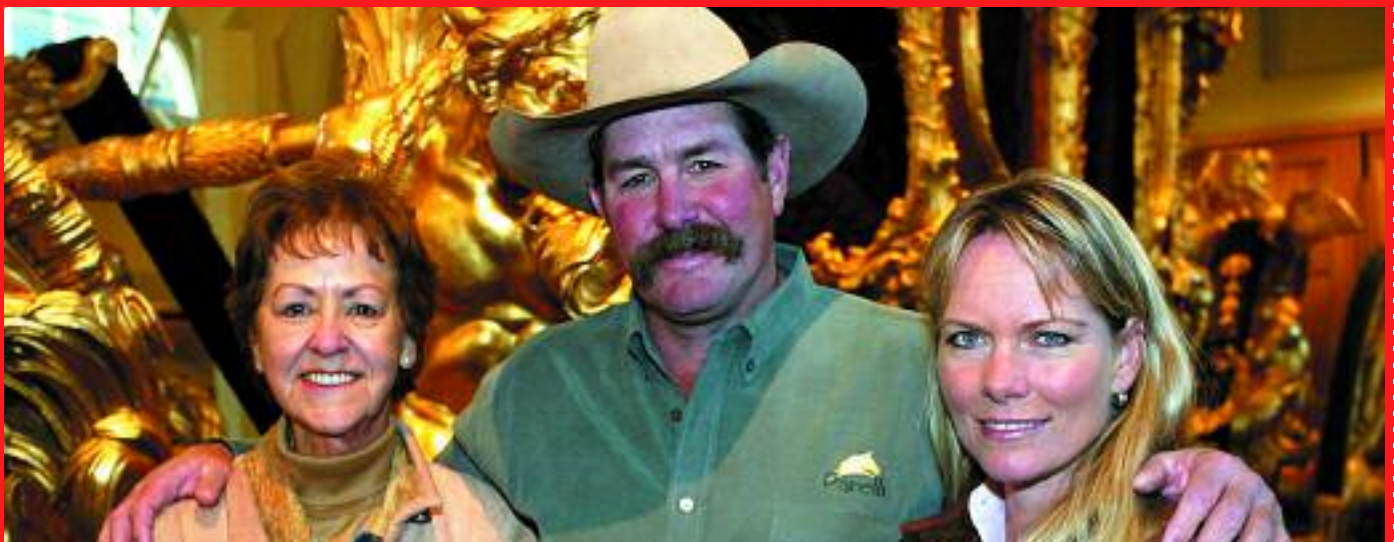
"I wish I would have found out about this when I was much younger. It's marvelous, really very interesting. Thank you ever so much."

Then The Queen smiled, and bowed to Pat Parelli. 🐾

*Because of the protocol of this partic-*



*ular invitation, there are no photographs of Pat and The Queen together. Rest assured that after the next invitation, By Appointment of Her Royal Majesty, there will be another story and photographs of The Cowboy and The Queen.*



**Pat's fondest memory: "watching my mom and the fulfillment she got from it."**

# A Parelli Journey

By Traci Falcone



Photographer Unknown



About Traci and Prince

I am lost inside the mind and body of my horse. My brain is telling me this can't be so, but we are bound together in a way I cannot describe. We communicate in silence. I see the course ahead and Prince willingly takes me there. This is freedom and joy beyond imagination.

How am I lucky enough to become so lost and so alive?

I became acquainted with *Parelli Natural Horse•Man•Ship* in 1992. I had a horse I could not clip, deworm or load into a trailer. I heard about a *Parelli Instructor* who specialized in difficult horses and I sent my horse to her. After a few weeks, and some personal instruction, I could not only clip, deworm, and load my horse, I could ride him on the trail in a halter. My *Parelli* journey was over (I thought). What else could I possibly want?! This was beyond my wildest dreams.

Then, three years ago, I bought a very spoiled, almost four-year-old Arabian gelding named CCR Viking Prince. I couldn't lead him down a trail without getting run over. I knew I needed help or I was going to get hurt. I again looked to *Parelli* for help. Lucky for Prince and me, I was able to have a private lesson from 5-Star Premier Instructor, David Lichman. My eyes were opening. I could see a path unfolding before us.

And now, after several *Parelli* courses and lessons, and meeting every Monday night at a community arena with supportive *Parelli* study group members, I have learned the importance of prior and proper preparation; of love, language, and leadership. I have learned to think like my horse — to be his partner, his leader. My attitude changed. We are teaching each other. I am willing to let go.

Now it was time to put our principles to a purpose. In August 2003, we traveled to Bridgeport, California to participate in our second 50 mile endurance ride together.

The afternoon before the ride, I lead Prince, at liberty, to the area where he will be examined by a veterinarian. He stands quietly in a long line of horses while we wait our turn. The vet examines him and then asks for us to trot out and back. Prince stays with me, and the vet comments, "That is very nice to see!"

Early the next morning, Prince and I start out on the ride with just a saddle and Savvy String between us. We travel 50 miles together over steep, rugged, mountain trails and glorious green pastures. We are a team, listening to each other, trotting down the trail with one mind, one body; time is standing still. I am exhilarated — overwhelmed with pride, respect, gratitude, and love. 🐾

I haven't known Traci Falcone for very long, but when I first heard her talk about her Parelli experiences, and watched the spark in her bright blue eyes, I knew that her tale was worthwhile. She tells her stories quietly, with gratitude.

What Traci doesn't write in her lovely prose is when she first got Prince, he would occasionally lunge at her with teeth bared when playing the Circling Game, and kick at her feet with his hind legs when she rode him. Prince was far from being a docile pussycat. Over time, Parelli has transformed the horse, and Parelli has transformed the woman.

Since Traci wrote this story, she and Prince have ridden four other 50-mile endurance rides (two bridleless) — calmly, with complete joy. Her passive persistence in first riding Prince with a Parelli hackamore, then the Savvy String, then bridleless at a walk — all that foundation paid off, resulting in an elegant communication between horse and rider.

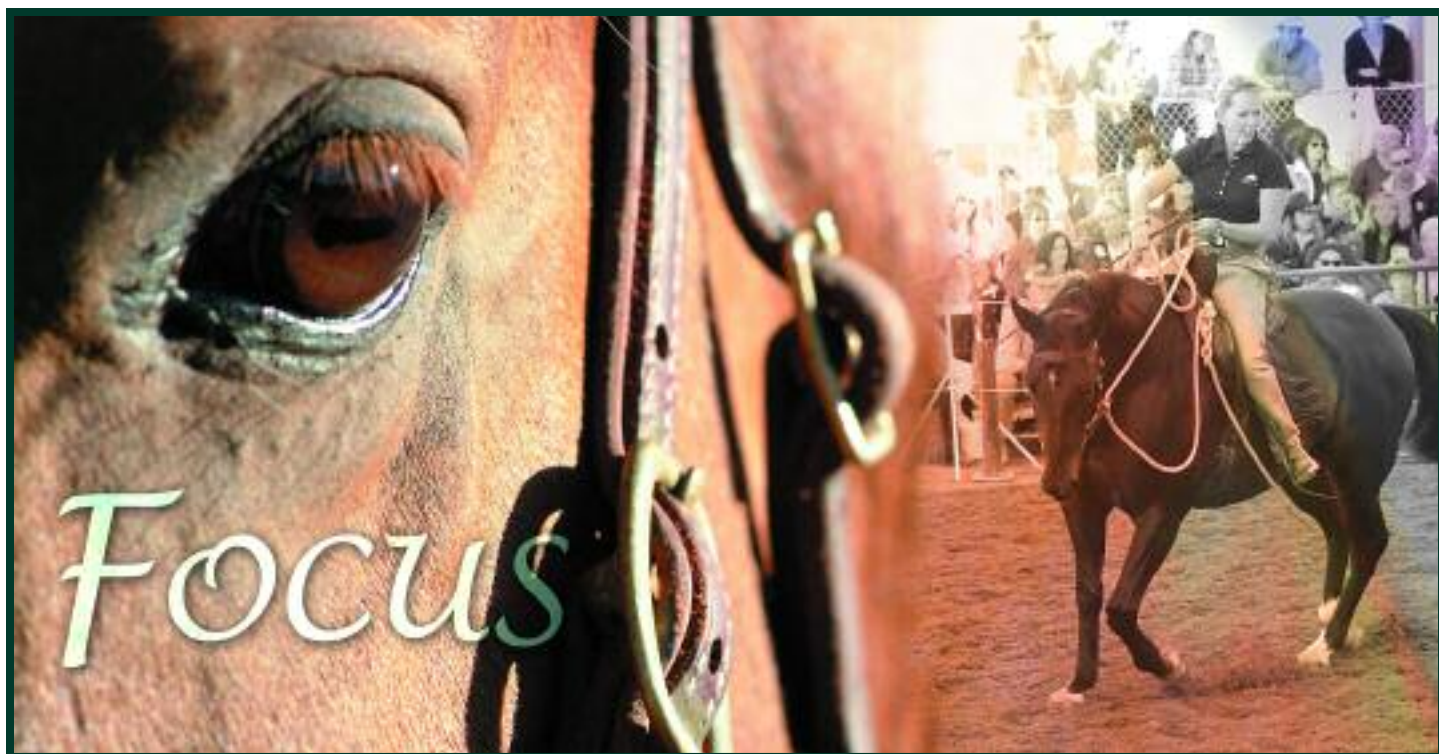
What Traci also doesn't tell you is that on the first bridleless 50-mile ride, she dropped her water bottle two times on the trail and her Chapstick once. For those of us who have ridden endurance, it's always tempting to just leave the items there, blindly ignoring them, because dismounting and holding a horse while others go rushing by is rarely fun, and trying to get back on a spinning, crow-hopping four-legged creature is even less fun. And then it's the inevitable out-of-control gallop to catch up with the others.

Because of the relationship Traci has developed with Prince through Parelli, she dismounted each time to retrieve her articles, while Prince merely stood quietly by her side, waiting patiently as horses whizzed past. (Remember — no lead rope, no reins.) What's equally amazing is that Traci told her riding partners to go on while she retrieved her stuff. As Traci mentioned, she even presented Prince bridleless at the veterinary check-in and checkpoints along the way. Prince trotted when Traci trotted; Prince turned when Traci turned; Prince stopped when Traci stopped. The veterinarians, I've been told by others, were amazed.

Traci's journey with Prince is captivating and inspiring. The more I talk to people, it seems as though every Parelli story is a remarkable journey. And, as with all journeys, it begins with just one step...

— Kate Riordan





not is not the idea; knowing what it is, is! That way you can make sure you are on track with every little thing you do. Your underlying thought is always: "is this contributing to the horse becoming my partner/trail horse/race horse/performance horse/work horse/role model for its foal/etc.?"

**Visual focus**

Visual focus means you are looking where you are going and not where the horse is going. If you are watching out for your horse you are taking away his responsibility and treating him like an idiot. Be careful that you don't do for him what he should be doing for himself.

**Do your knees focus?**

Now, in doing your job and looking where you are going (like any good leader should) let's establish how you should be looking. Believe it or not, you have more eyes than just those in your head. Imagine you have eyes all over your body: on your head, your shoulders, your belly button, your hips and your knees! This means that you look at where you are going with all of your eyes, thereby turning all those areas of your body. When you are consistent about this you'll be amazed at how much more responsive your horse becomes, simply because you are being really clear and he can understand you.

Many riders just use their eyes to focus and wonder why the message doesn't get down to their horse's body and his mind. Others just use their hands and legs and wonder why their horse is reluctant to take each step. You need to use your whole body to communicate. Even just bringing your energy up or down to communicate how fast you want a horse to go, riding or not, is remarkably clear to your horse.

**Focusing with your mind**

Mental focus means you have the whole plan in mind: what you are going to do today, why it is appropriate in the development of your horse or yourself or your relationship (even a trail ride is part of working on your relationship). This means that even if other things come up, like you discover an area of your horse that is not ready for what you want to do, dealing with that is not taking you off your mental focus — it's actually moving you along it. Think about how valuable that is when a wobble in your horse seems like it's interfering with your entire plan for the session that day.

**The value of direct focus**

Direct focus means you are looking at where you want to take your horse, from point A to point B; from this circle to that; from that zig-zag through a

lead change; from this trail to that; from this point into the trailer; from his stall to the round corral. Sometimes your direct focus needs to be even shorter than these, like just getting one or more of the *Seven Games* played successfully!

**The broad brush stroke of focus**

Relative focus means you are looking at the big picture and where you want to go after that in terms of the maneuver, the total exercise, the whole trail ride. Remember, the horse is banking on you, as his leader, to have a plan.

**Inward and outward: the egocentric and exocentric focuses**

Egocentric focus means you are thinking about you and everything in relation to that.

Exocentric means you are thinking about what your horse thinks, and even what observers think. In talking about observers, let's think about who really counts, those whose opinions are really valid: your teachers, your unconditionally accepting friends. Let's face it, not until you are *Level 5+* are you going to impress anyone in the performance field with your riding mainly because you can't do what they do, however you will impress them on the ground (*On Line* and at *Liberty*), and if you are a Horse Specialist, you'll definitely impress them with your handling prowess with horses

that have never been ridden or are more challenging than what they're used to dealing with. Let's never lose sight of this: you're studying to impress horses, not people. If you can impress a horse, then certainly you'll impress the on-lookers. Horses are actually much tougher!

### THE EIGHT RESPONSIBILITIES IN ACTION

Here's a real life example for you to consider.

#### Crossing Obstacles

Getting the horse to cross an obstacle he's not comfortable about, like water or a tarp or even a trailer. Begin by analyzing the situation via the horse's responsibilities:

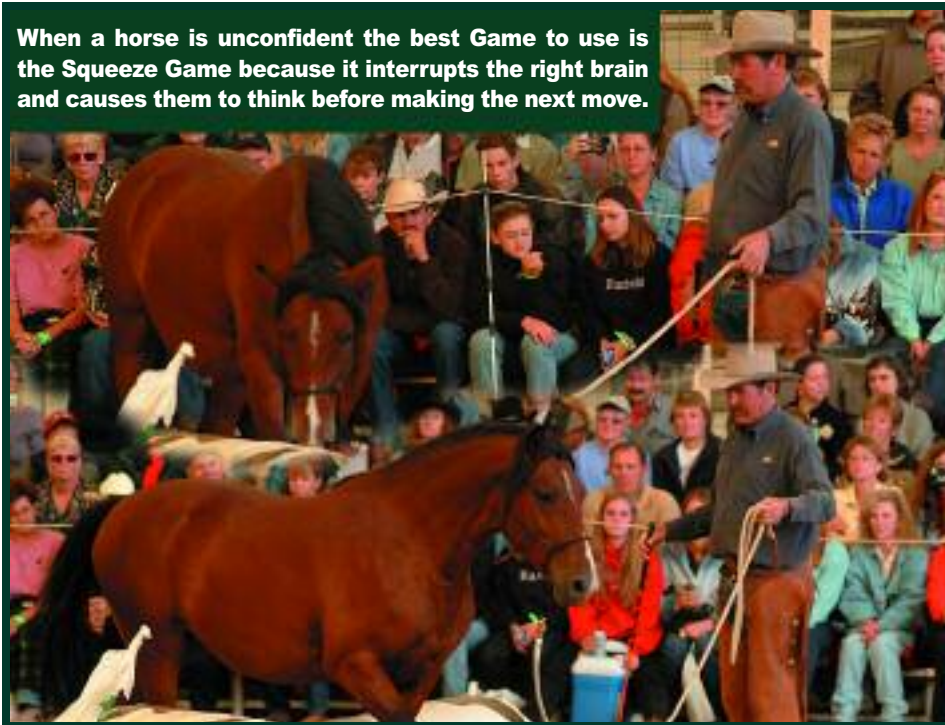
#### 1. Is he acting like a prey animal?

Scared, skeptical, hesitant? If so, be ready to do what it takes: matching his degree of reaction with your emphasis. Be emphatic about things like standing still, doing the *Yo-Yo Game*, going *Sideways*, doing the *Squeeze Game*. The worst thing you can do is try to calm him down by doing nothing or petting him. Imagine if you were afraid of something, you'd want your leader/confident friend/parent/spouse to be able to assuage your fears by taking the emphasis off of it, making you concentrate on something else, bringing you to your senses and interrupting your tendency to freak out and run away!

In the horse's case, it's not about the obstacle. It's about paying attention to you. Use the *Yo-Yo*, *Sideways* or *Squeeze Games* to get your horse responding to you and ignoring the obstacle in question. Most people try to take the horse toward the obstacle (direct-line) to show him that there's nothing to worry about, but they are thinking like people, not horses! The real issue is that the horse is paying more attention to the obstacle than to you. Rule number one: there is nothing more important than the leader he can trust. So make sure you don't look at the obstacle, don't even think of it just get the quality of your game right. Once you can do this your horse will get calmer, more focused and you'll be able to progress from there.

**2. Don't change gait.** Once the horse is not acting like a prey animal, is

When a horse is unconfident the best Game to use is the Squeeze Game because it interrupts the right brain and causes them to think before making the next move.



paying more attention to you and is calm, then you can proceed. So now, the *Game* becomes important. When a horse is unconfident the best *Game* to use is #7, the *Squeeze Game* because it incorporates important elements like moving past the obstacle then being able to turn, face and wait for further instructions. This interrupts the right brain process because it causes them to think before making the next move and to wait until you ask them to make that move.

Gait is not important. If he wants to walk, trot or canter towards, by, or over the obstacle that's fine. The more unconfident he is, the more likely he is to go fast or backwards. If you know to expect this it won't frustrate you. Accept it as an attempt and proceed as usual. Even if he goes toward it but changes direction that's okay because you'll calmly disengage him, ask him to face and wait, then send him again.

The worst *Game* you can use in this example is the *Circling Game* because a prey animal is designed to go forward without thinking (as in right brain) and often you'll play all four active *Games* (numbers 4, 5, 6, 7) just to prove that it's all about the interaction between you two and not about the obstacle.

**3. Don't change direction.** As stated above, if the horse goes at any gait he's

likely to change direction too, like swerving away at the last minute. Know that once *Responsibility #2* is accomplished (he can walk toward it as directed), he will then be able to deal with the next step of not changing direction.

Once you are sure you can send him toward the obstacle at the walk, then you can begin being more particular about his propensity to turn away from it instead of facing it. Do this by interrupting his behavior with four 'bumps' on *Zone 1* via the halter and 12' Line. The first bump is soft and each bump thereafter escalates so that the fourth bump feels more like a bite or kick from a dominant horse. For some horses (hot blooded, sensitive) this doesn't take much. For cocky, less sensitive horses this could take quite a bit! Your job as a developing leader is to figure out what that takes and to maintain the discipline of getting there progressively (it's NOT your first move or you'll be branded as an inconsiderate bully by your horse). In fact, if you have been studying the *Savvy System*, at *Level 2* you'll remember that it's a *LONG Phase 1* and a *QUICK Phase 2, 3, 4*. If this is not quick enough, your horse will act like he didn't even notice it.

Important note: If you get too particular about direction and gait before your horse has gotten past acting like a

prey animal, you're in big trouble. This is when you tend to say things like "I did all that," when in fact you thought you did, but you didn't effect a change in the horse. The deal is, stay in *Responsibility #1 UNTIL YOUR HORSE STOPS ACTING LIKE A PREY ANIMAL*. Only then can you move on. I've said this now as the voice of experience because every time I have tested the situation, the human is absolutely unable to play the *Squeeze Game* effectively (left brain) at close range next to the obstacle (maintaining gait and direction), yet they are trying to put the horse over or into it!

**4. Look where you are going.** It's the horse's job to figure out HOW to put his feet into that puddle or on that tarp, not yours. If the horse fumbles. If he trips. If he jumps. SO BE IT! That's his job to negotiate himself, not yours. Oh, if I could get a dollar for every time the human has tried to save the horse after he stumbles (let alone dollars for Pat!) I'd be a zillionaire.

I used to do that. I'd worry if my horse tripped or skinned himself to the point that I'd never put him at risk and keep him wrapped in cotton. At the same time I'd be limping from a bruise on my foot or shin (delivered by my horse) and never give it a second thought. Let's get over it! We're not trying to hurt our horses, but we do need to allow them to take care of themselves. Before you get to the obstacle, make sure your horse is properly prepared in terms of skills via the *Seven Games* over all kinds of obstacles as listed in *Partnership Program PocketGuide 10*. Each *Level* develops this skill and responsibility. That's the whole message: prior and proper preparation prevents poor performance! Once I saw how capable horses were of getting into a trailer with incredible athleticism, like jumping into the trailer from a standing position at the side of the trailer facing me, I finally learned this lesson. I didn't think horses could do that! Not to mention

them thundering onto the ramp and tripping off the side, fumbling and falling down... to being able to scamper up the ramp making barely a sound because they are so light and positive about the whole exercise! Until I'd seen this several times I had no idea that horses could make such little noise going over a ramp.

If you have properly prepared your horse (via the *Savvy System* checklist) then don't worry, proceed as usual. If you haven't, then stop right now because you are forcing your horse without giving him the right preparation. You need to start at *Partnership Level 1*, which has all the ingredients you need, and if you need more, they're in the second *Level, Harmony*.

*Eight Responsibilities*. A simple blueprint to savvy and partnership! 🐾

In the next issue, Linda will take her Trakehner warmblood, *Allure*, through the *Bullseye Pattern* for the first time. The *Eight Responsibilities* in action while riding.

It's the horse's job to figure out HOW to put his feet into that puddle or on that tarp, not yours. Before you get to the obstacle, make sure your horse is properly prepared in terms of skills via the *Seven Games*.



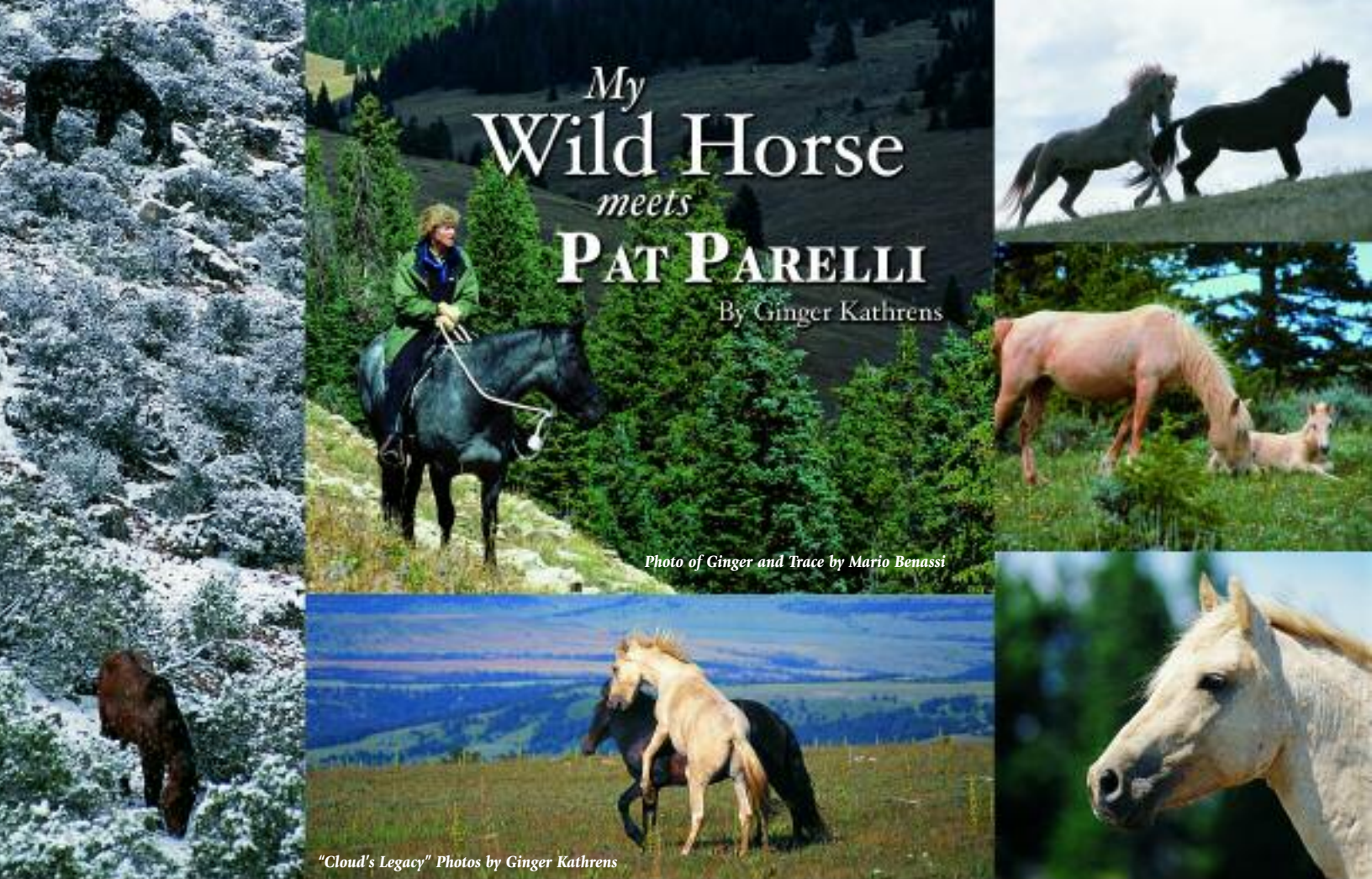


Photo of Ginger and Trace by Mario Benassi

"Cloud's Legacy" Photos by Ginger Kathrens

The fog was thick—so thick that the local man pulling my trailer could barely see the road. I stared out the passenger window looking for an old, long-unused two-track on which I'd ride Trace into the wild horse range. Trace is my blue roan wild horse. We first met when he was a tiny colt on the Arrowhead Mountains of southern Montana. As a yearling he was rounded-up and I adopted him, bringing him home to my ranch in the Colorado Rockies. That was in the fall of 1997.

Now we'd returned to his rugged mountain home. As the truck and trailer climbed higher, the fog grew thicker, and when a sign loomed in front of us, I knew we'd passed our turn. Dryhead Overlook, it read, marking the edge of an abrupt escarpment that dropped thousands of feet into the vast Crow Indian Reservation. "Let's stop here," I said. In the damp chill, I unloaded Trace and saddled him, slipping a Power Bar and water into the small pack attached to my lightweight endurance saddle.

Lastly, I put on Trace's Natural Hackamore, just a string halter and lead rope—no bit, no tie downs, no running martingale. We were in a 60-thousand acre wilderness with over 100 wild horses out there— somewhere in the fog—



Photo by Coco/Firefly Fotos

and I had a string halter on my horse's head. Some might question my sanity.

But, I'd been introduced to the

Natural Hackamore when Trace and I attended the Horsemanship Experience course at the Parelli International Savvy Center in Pagosa Springs, Colorado, only a month before. For five days, with a dozen Parelli Instructors and Pat Parelli himself, we worked on our Seven Games ground skills and then applied them to riding.

Trace is nervous when he encounters people mounted on horses, and there were 43 mounted riders, some working only an arm's length away. On the ground, he and I had few problems, but when we mounted up, it was a different story. A tall horse and rider trotted up beside us and Trace bolted. One of the first things we'd been taught was the one rein emergency stop and did it ever come in handy. I choked up on the right rein and stabbed my fist into my thigh. Within thirty feet, I had Trace stopped with just the Natural Hackamore on his head.

Trace's fear is quite legitimate. Bad things had come at him from up high...

the helicopter that drove him and his family off the mountaintop, workers atop corral fences shaking sticks with plastic bags on the ends to get the wild horses to move into the chute, and mounted cowboys forcing terrified horses through a maze of alleyways, again flicking plastic bags.

On our last day of training, Pat instructed the entire class in the huge Arena Grande. One-by-one we were called into the center. When he called



my name, I went brain-dead. Pat was mounted and on the end of his long stick was—guess what? A plastic bag. Oh, my God. Trace tensed but performed, despite my inept attempts at the right maneuvers. “Belly button,” Pat commanded, and I pulled the rein to my stomach. “Eagle,” he continued, and I tried to look over my shoulder, lifting the rein skyward to turn Trace on his forehand. Bottom line—it wasn’t pretty. But we lived. Trace learned to control his anxiety, and I learned to be more confident and to help him have confidence in me.

Riding off into the fog, Trace and I followed the main road into the horse range, a muddy two-track across open sub-alpine meadows broken by dense groves of firs. Somewhere ahead were wild horses, and there was zero visibility. I imagined coming upon a family band and having the band stallion run us out of the country. Even worse we might encounter a bunch of bachelor stallions who might try to play-fight

with Trace. Not fun either. I listened hard for a snort, a stallion scream, foot-falls—any clue as to what lay ahead. I only heard the wind in the firs, the call of a chickadee, and the rhythmic beat of Trace’s feet.

My *Nature* television producers were already at Penn’s Cabin atop the mountain, there to film my opening of “Cloud’s Legacy.” It’s the next installment in the saga of Cloud, the wild horse I’ve filmed since the day he was born. I hoped they weren’t smothered in fog—kind of scary for this trio from Manhattan. It turned out they were having the time of their lives.

The fog started to lift as I crested a hill above a crystal clear waterhole. At the instant I saw the cinnamon bear drinking, he lifted his beautiful head, sniffed and galloped into the forest. Trace acted as if nothing had happened. What was a bear to him? He’d grown up with them. While riding, we’ve seen bears—even a mountain lion—but Trace has shown no fear. As Trace drank, the dun stallion Shaman and his band appeared above us. The yearling palomino colt, who’s a key player in my new Cloud program, was with them. What a looker! He’s Cloud’s son, but the mare was with Shaman when she gave birth. So the colt knows only the dun as his father. Trace and I backed off quietly and made our way into the wild Krueger Valley, more noted for bear sightings than wild horses—and one of the mountain’s most isolated places.

In this valley, my film crew had left my 4X4 parked beside an old corral and barn. Trace would stay there, while I slept in the car. That night I awoke as Trace prowled the perimeter of the enclosure. He had hay and grass growing in the corral, but he was alone. And, I knew if he leaned hard on the rickety pole fence, it might collapse. Then what? I imagined him rejoining the wild horses. I got up and talked to him. He settled right down and I climbed back into the car, only to hear him prowling again. I must have gotten up a dozen times in the course of that long night.

Then, in the dim light of pre-dawn, I heard hoof beats. Oh, great. I made

out the shape of a horse and recognized him immediately. “Red Raven,” I whispered. It was Cloud’s half-brother, a feisty son of Raven. What was he up to? Red Raven watched as I quickly got out of the car and haltered Trace. Thankfully, Red Raven wandered off. After I gave Trace some oats, I tried to ready myself to be filmed. No sleep, no electricity, no running water. I was in trouble.

Regardless, the filming went without a hitch: me walking and talking; Trace walking alongside, hitting his marks and standing quite still while I babbled to the camera. We rode around, too—Trace in his Hackamore—again hitting every mark as if he’d been a movie horse his whole life. My New York producers were impressed.

As I rode Trace out of the Arrowheads, we spotted Cloud and his growing family. The pale stallion looked up and I waved as I have since the day he was born. Nothing to worry about big fella, it’s just me. In spite of predation, bachelor attempts to steal his family, government roundups, killer storms, and a frightening wildfire, he has survived. “Stay safe,” I whispered and Trace and I left the mountain.

While Cloud continues to travel the wilderness trails with his family, Trace and I explore the mountain trails above my Colorado ranch—and the time we share together is precious. Still, never a day goes by that I don’t wonder “what if?” What if Trace were still wild? Would he have a legacy, like Cloud? I rub the little place under his eyes that relaxes him, give him a kiss, and mount up. He walks out as he always does—boldly, bravely. In this way, he’s very much like Cloud; for that I am grateful. 🐾



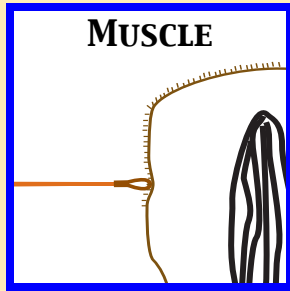
Find out more about Cloud by visiting [www.taurusproductions.net](http://www.taurusproductions.net) and learn more about wild horses at [www.savewildhorses.org](http://www.savewildhorses.org) Ginger Kathrens is an Emmy award-winning producer and an avid trail & endurance rider.

Photo by Steve Kroschel

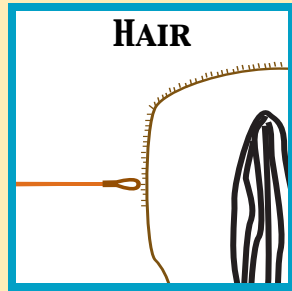


# Can YOU Put the Phases in Order?

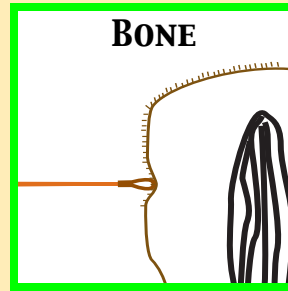
## PORCUPINE GAME #2



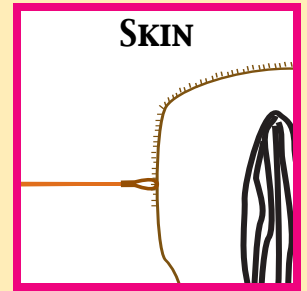
Phase # \_\_\_\_\_



Phase # \_\_\_\_\_

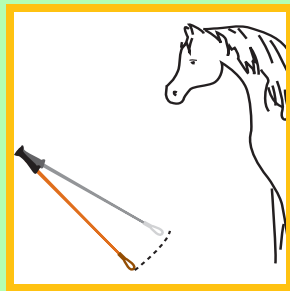


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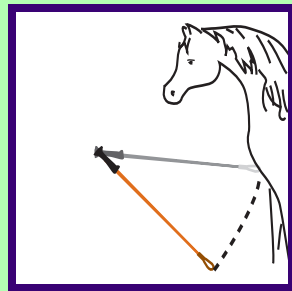


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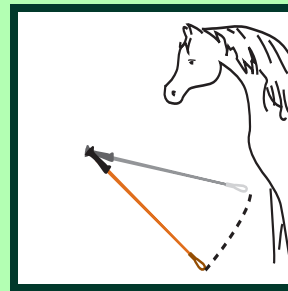
## DRIVING GAME #3



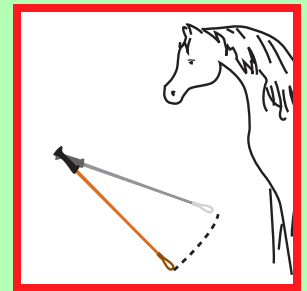
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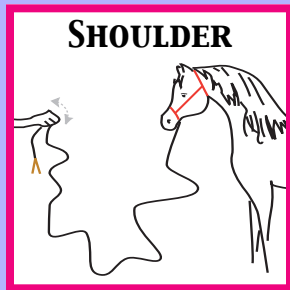


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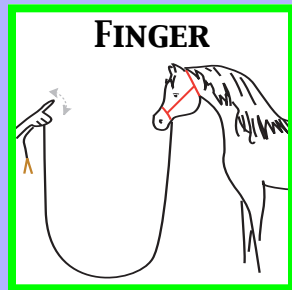


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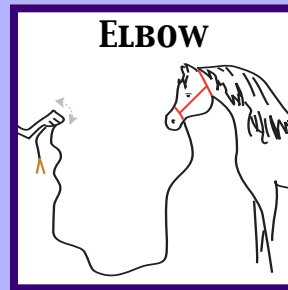
## YO-YO GAME # 4



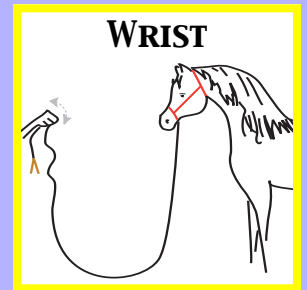
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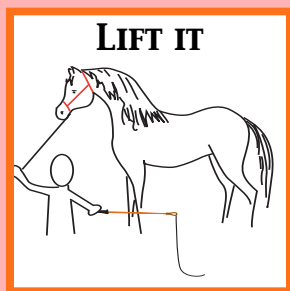


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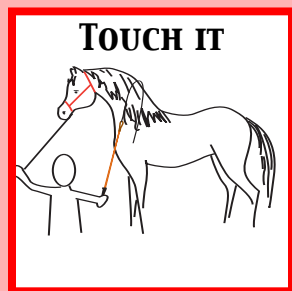


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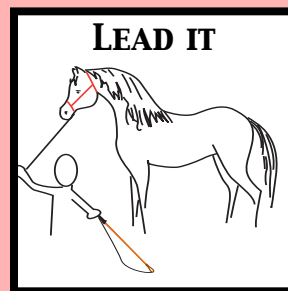
## CIRCLING GAME #5



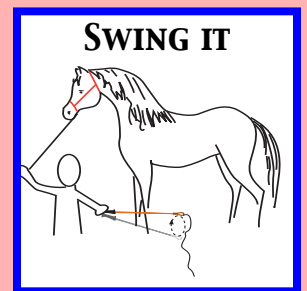
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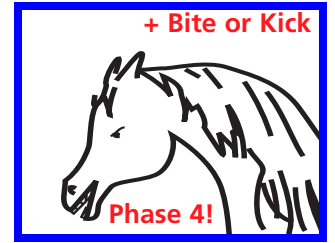
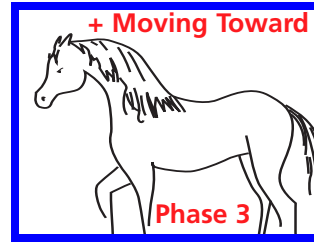
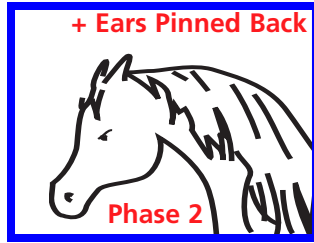
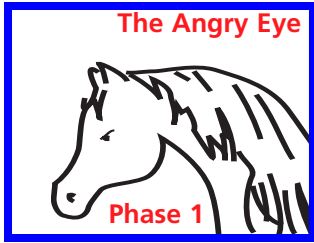


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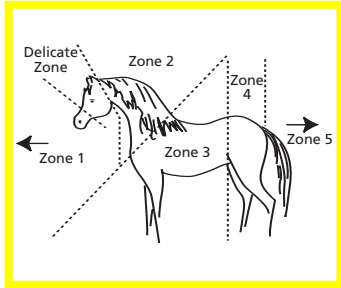


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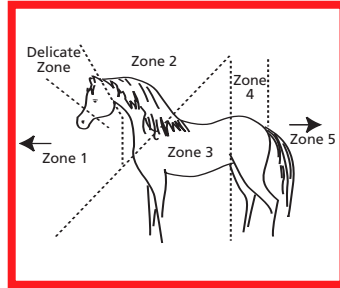
# THE FOUR PHASES BY HORSES



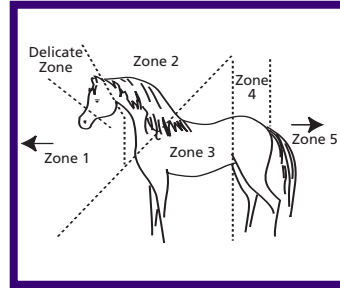
## COLOR THE CORRECT ZONE TO MOVE THE HORSE!



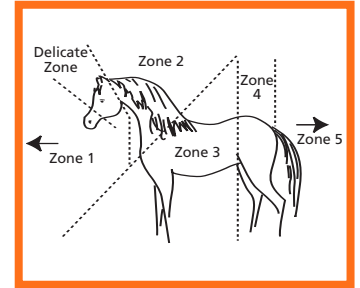
Zone # \_\_\_\_\_  
Drives the horse's front end around



Zone # \_\_\_\_\_  
Drives the horse sideways



Zone # \_\_\_\_\_  
Drives the hindquarters around



Zone # \_\_\_\_\_  
Sends the horse in a circle

1. What does "right" brain mean?

- a. the horse always turns to the right
- b. the horse has trouble turning left
- c. the horse is acting like a prey animal instead of a partner
- d. the horse sees better out of his right eye

2. Why do we play the Seven Games with a horse?

- a. to create a language
- b. to establish ourselves as his leader
- c. to help him use his left (thinking side) of his brain
- d. all of the above

# QUIZ

Test your Savvy...

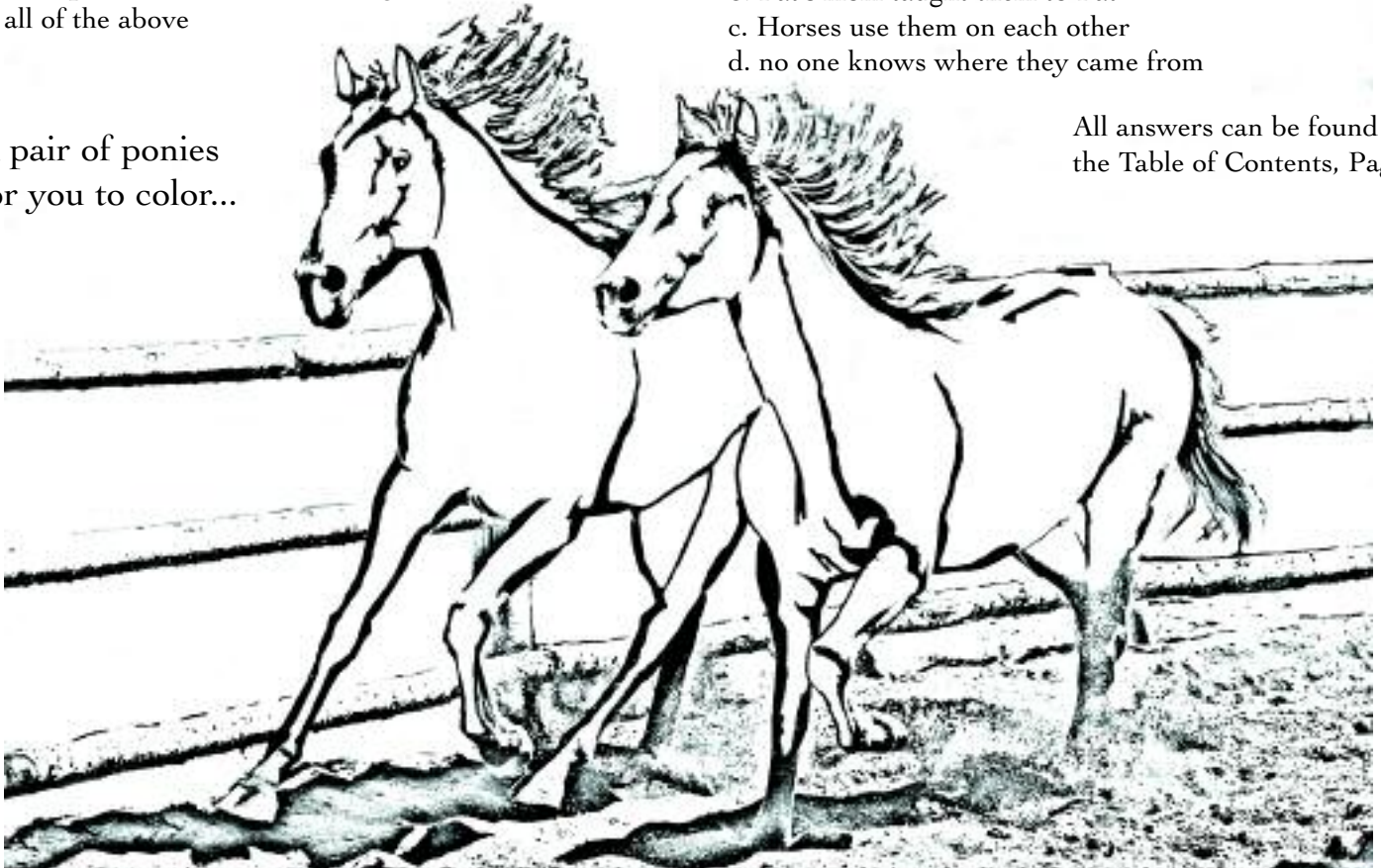
3. What is Approach and Retreat?

- a. the way a predator hunts a prey animal
- b. a new flavor of ice cream
- c. something you should never do with a scared horse
- d. a technique to help a horse become curious instead of afraid of an obstacle

4. Where did the Four Phases come from?

- a. Pat just made it up
- b. Pat's mom taught them to Pat
- c. Horses use them on each other
- d. no one knows where they came from

A pair of ponies for you to color...



All answers can be found on the Table of Contents, Page 1



# The Long Road to Athens

by Olympic Pentathlete Tracy Mattes

**H**ello again!

In my last story in *Savvy Times* about my Olympic quest I was just about to leave for Italy. But first I'd like to expand on my experience at the *Parelli International Savvy Center* in Ocala, Florida before I left. A few events happened that would send my training on a completely different path — the most important of which involved a horse, that has been strangely integral in every aspect of my experience with Pat Parelli. The horse's

name is Katie. I met her on my first trip to Pagosa Springs when Pat paired me with her. One month later I passed my *Level 1* on her. I didn't know at the time what a key role she would play in my life.

The day I arrived in Florida, Pat explained the importance of developing a strong independent seat before I could even think about jumping — the event required for the Olympic Pentathlon.

Pentathletes are required to jump 12 fences four feet high on an unfamiliar horse. Pat said the best way to develop an independent seat is to ride bareback for as many hours as possible. I wasn't exactly excited about this concept. I couldn't even sit a trot in a saddle, let alone without one. I had always posted. The sitting trot was uncomfortable and relatively out of control, so I just avoided it. But that avoidance thing simply wasn't going to happen with Pat.

On my first day Pat made me get on the horse bareback. I was thinking that at least we could ease into this bareback adventure. But I was wrong. So the first day I rode a horse named Idaho bareback, no pad, saddle, blanket, or anything. When we first started trotting, I bounced all over the place. Pat just shook his head. But then he gave me a few tips and I began feeling a little better. That first day I rode for 3-1/2 hours bareback; you can imagine how I was walking when I got off. Pat told me I needed to ride as much as possible, bareback. So the next day I rode Idaho again. Only this time we did drills over logs shaped in a "Z," with our focus on

"focus." I was still bouncing like a cork but it felt much better the second day than the first.

I worked on riding bareback for the next few days. As the weekend approached, Pat and Linda left for a show and planned to return on Monday. I was ready to practice diligently so by the time Pat returned I would have improved. But the next day it poured and thunderstormed all day so I was only able to ride for an hour or so. The sun came out the following day. I was determined to conquer this bareback riding assignment.

On my way to the ranch that day, I stopped at a tack shop and purchased a bareback pad, thinking this new piece of gear would be more comfortable and enable me to ride longer. I didn't know that Pat had invented the perfect bareback pad, so I purchased one from the local tack shop. When I arrived at the ranch, I learned that all the students and instructors had the day off and were on their way to Disney World. I was determined to practice and look better when Pat came home. I decided to get Katie. I thought she would be the perfect horse to practice alone with that day, because I felt comfortable with her. I outfitted Katie with a halter, lead rope and the tack store bareback pad. After playing the *Seven Games* with her, I felt confident enough to get on and ride. I just knew it would be a great day. Boy, was I wrong!

We began with a nice, slow, ambling walk, then all of a sudden she took off at a whistling-fast trot. The lead rope slipped down off her neck, and there I was — trotting completely out of control with the lead rope zipping along the ground. To make matters worse, the only way I knew how to stop a horse was to bend her with the lead rope, which I no longer had in my possession. So there I was, gripping with my legs for dear life, reaching out in front of me to try to reach the rope. And to top that off, my energy — comprised totally by my fear — was at an all time high. Everything my body said to Katie was: Go faster! Which is exactly what she did. She took off at a huge, fast canter. And what do I do? I grip harder! I give off



more energy! Katie is now even more out of control, galloping at an unbelievable speed, all the while slipping and sliding in the mud from all the rain. She suddenly threw her head down, and I lurched forward. I don't know how I stayed on, but at that moment my head was resting on her ears. Then she took off again at a full gallop, and again launched her head down. I just knew this was it, the end of my equestrian career. I flew right off her head, crashing to the ground. The fall wasn't bad because Katie's head was so darned close to the ground. What was bad, however, is that she never stopped running. I'm not sure how I ended up under her, but she ran right over me, stepping on my left leg in the process.

Can you imagine how it felt to have 1000 pounds of horse coming down on the lower part of your leg, just above the ankle? Whatever you imagine the actual event was worse! I laid on the ground, writhing in pain, looking around for someone to help me. I knew I couldn't walk, and the pain was pounding, but none of that seemed to matter in the moment. All I kept thinking was, not my leg! Thoughts of the Olympic Games kept flashing through my mind, and how it would be all over if my leg was fractured.

I finally got up and dragged myself to the dining hall, where there was one lone student who immediately took me to the hospital. It was Sunday and there was just one doctor available. Everyone thought I was crying because of the pain, but I was crying because I thought my leg was broken. After six hours and multiple X-rays, I learned there was no fracture. The doctor said I was very lucky it had rained so much, because when Katie stepped on me, she pushed my leg down into the mud. He said if she would have stepped on me on hard ground, the pressure would have just shattered the bone. I missed six weeks of training. My leg turned black, blue and purple from my foot up to the top of my calf, and I still have a permanent indentation in my leg that is actually Katie's hoof print.

This experience left me a little shaken, as you can imagine. I never saw



where Katie went after she ran over me. In fact, I never saw her again during this trip.

When I returned to the Florida ISC six weeks later, I was a little apprehensive about getting on a horse. That first day there was a tournament for the students and Pat suggested I just go through the drills. To my surprise (and dismay), which horse do you think Pat paired me with? You guessed it — Katie! I remember that when I got her ready, I never even looked her in the eye. I just kept saying to myself, 'you made me miss six weeks of training and now because of you I have to go to Europe to compete.' I know horses can sense what the rider is feeling, and Katie sure sensed what I was thinking of her. It was a mixture of fear and animosity. Of course she did nothing I wanted her to do, and the things I did manage to get her to do were just half effort on her part. I rode her the next few days in a saddle and snaffle bit. She was as difficult as ever, and by the end of the week I was happy to not have to ride her again. I'm sure she was happy to not have me as a rider, too.

You know the sayings, 'Out of all bad comes good' and 'Everything happens for a reason,' which can be really annoying when things are going bad. In my case, these statements couldn't have been more true. The accident with Katie caused me to go to Italy (during my recovery I missed competitions in the U.S., so I had to go to Europe to compete in order to qualify for the Olympics). That trip turned out to be one of the best tools of advancement for me. Not just in my riding with *Paralli* student and international competitor Luca Moneta, but in the other four sports of the Pentathlon as well — especially fencing. I learned things in Europe that I would have never learned had I

just stayed home to train and wait for a June competition. They fence very differently in Europe (where the sport was born) than they do here in the United States. I was able to fence against the best fencers in the world, which has helped me tremendously in my training and competitions.

As fate would have it, the best thing to come from this experience involved Katie.

It would be three months before Katie and I would meet again. To my surprise, our encounters over the summer would totally change everything. This horse would be my horse for the entire summer at the ISC in Pagosa Springs. Although I would never have guessed it at the time, Katie would become my greatest teacher, partner, learning tool, and even my very best friend. She would teach me things about horses and riding that I never knew existed. She would help melt away all the fears I ever had about riding freely with an independent seat. This very horse that had heightened my fears, would now erase them as though they never existed. She showed me what it would feel like to fly! I was never afraid again. She helped me believe in myself and my riding abilities. I changed, and she changed.

How this transformation happened, through Pat and his fantastic program, amazes me because it seems as though it transpired like magic. I would never have guessed how much you could learn from these amazing animals. And Katie — of all horses on earth. 🐾

*The next issue of Savvy Times will feature Tracy's on-going quest for the gold, as we follow her training and competitions throughout the world. As we go to press, Tracy is leading all US female Pentathlete competitors. The final selection of Olympic contenders occurs in June 2004.*

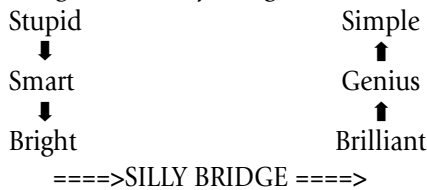


for simple ways to help others see and do these new things. These are people who make a fundamental change in our nature. This can lead to controversy and ridicule for a very large part of any individual life. For us to now be able to learn from Pat Parelli, not simply watch him perform, required that he take this step.

**THE BIG QUESTION**

The question now begs to be asked: What is the difference between those who play on the left side of the model from those who achieve the labels of the right?

Larry Wilson, the originator of this model, would say that those on the right have crossed a bridge. The name of this bridge is The Silly Bridge.



**What is the Silly Bridge?** The Silly Bridge is the decision to NOT care about what other people think during the time when you are learning!

**LEARNING BENEFITS FROM RISKING SELF-IMAGE**

Unfortunately, most of us are educated away from crossing the Silly Bridge. It is not a good idea to look stupid in school or in the workplace. That message is made very clear from a very young age. We quickly get the game of “looking smart” to avoid the consequences that fall on those who “look stupid.”

Of course, this is a good motive for doing what you have to do to be smart, but it causes a fear of doing what is necessary to be more than smart. It causes us to not ask questions, to not practice with others around who might help, to not volunteer and to not experiment. We just don’t want to look “silly.” It keeps us from achieving savvy!

Be very clear that if you make the choice to learn, then looking silly, stupid, uncoordinated and slow is going to happen. It is trying to avoid this that causes you to limit yourself to “smart.” It also causes learning to be frustrating, anxiety provoking and unsatisfying. You may stop learning from occurring at all!

So, smart people are stuck. Bright people have it even worse! Imagine



*To those who know her and her work, Stephanie Burns is something of an icon. She has devoted her life to achieving a greater understanding of the learning process and what constitutes influential communication.*

*Originally trained as a computer engineer in the US Army, she started her career as an educator designing and teaching programs on the practical use of computers.*

*Stephanie’s work in the fields of learning and communication led her to Australia. Her work has provided an unprecedented insight into why so many otherwise successful adults fail to sustain action when it comes to important goals – goals related to health and fitness, education, relationships, etc.*

*Stephanie Burns remains unique in her field due to her unquenchable thirst for understanding the how and why of learning. Her energy levels, combined with her knowledge of, and commitment to the learning and communication process, are extraordinary and clearly distinguish her from others in the education arena.*

achieving this glowing label from parents and teachers. How compelled would you be to risk looking “silly” then? Not very! This is one danger with the current labels of bright, gifted and high potential. The message can be: Do whatever it takes to “look good” which is very different from what you have to do to “be good.”

Learning benefits from a willingness to risk your self-image. People who play on the right side of the bridge are willing to look “not cool” while in the process of learning. I had a student once who would not practice the piano when anyone was home. She was concerned that she was not very good and that embarrassed her. Of course, this behavior was not going to help her get good either. And the really silly thing was that NO ONE expected or needed her to be good! She’s a learner! The Silly Bridge Model helped her become a satisfied student and very good pianist!

**IN CLOSING**

During my visit to the ISC this summer the lessons of the Silly Bridge Model were vibrantly apparent. Some students had learning behaviors that allowed them to take full advantage of what was

offered. Others just had never had the opportunity to learn the lesson that caring about what other people think prevents them from learning as fast and as much as they can.

When you next sign on to be a learner think about how important the issue of “appearance” is to you. If it matters a lot then you might think about this as an adult with an important goal that matters to you. You have the best models in learning through Parelli. Pat, Linda and many students truly cross the Silly Bridge. They are the ones you see with savvy.

**Savvy lives on the other side of the Silly Bridge.** 🐾

*Linda Parelli discovered the fascinating world of “accelerated learning” while attending a multitude of courses and seminars with Dr. Stephanie Burns in Australia in the 80’s. Stephanie’s development of the “On Line Support” website (aka DB’s cabin) at parelli.com has been a major influence in catapulting Parelli students to new levels of self-awareness and goal achievement. For more information on Stephanie, her published works and interactive tools you can visit [www.stephanieburns.com](http://www.stephanieburns.com).*

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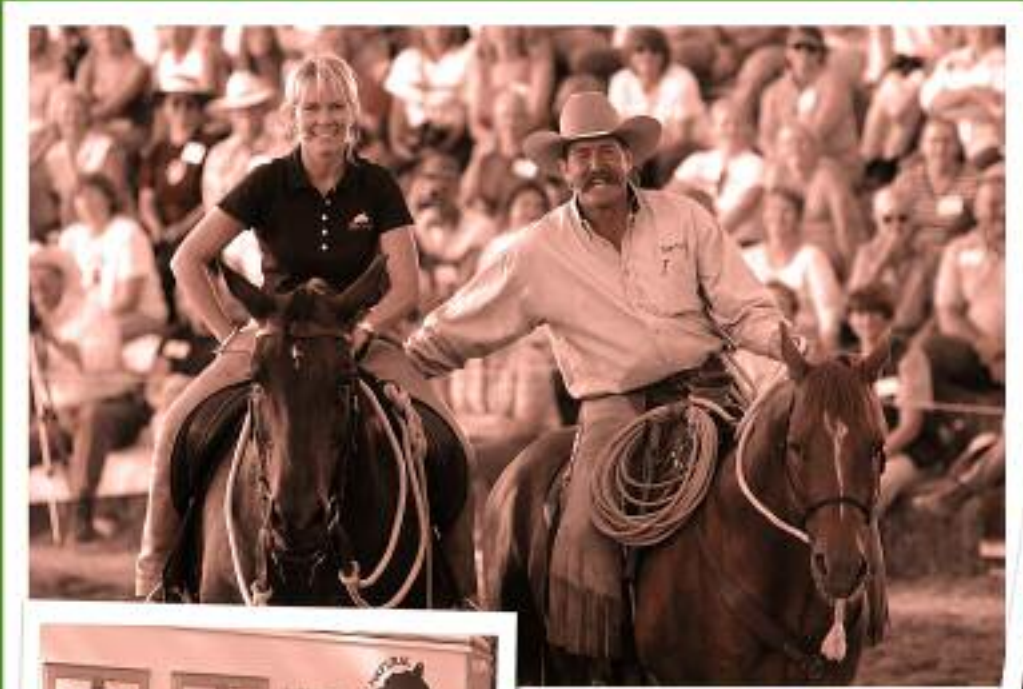


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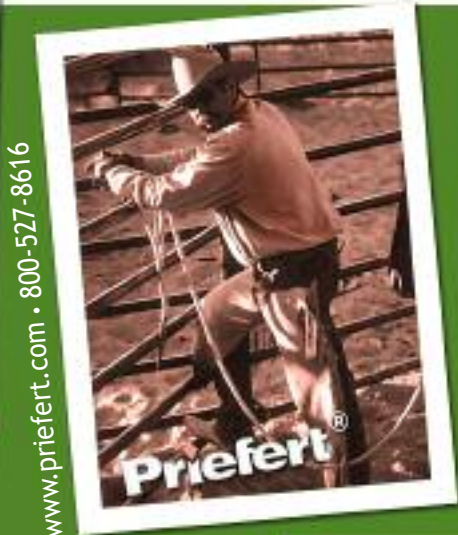
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