



LONGEING 1

RIDER AND HORSE DETAILS

Application date (m/d/y)	05/13/2016
Name rider	Ruth Chapple
Country	Select Country
Name horse	Grays Dino
Age horse	9
Gender horse	Gelding
MemberID	6168
YouTubeURL	https://youtu.be/M9x7RVzK0gE

RESULTS

Your score	57
Star rating	
Evaluator	Elaine Coxon
Remark	please resubmit

star rating classes

☆ = 61- 71 / ☆☆ = 72 - 82 / ☆☆☆ = 83 - 93 / ☆☆☆☆ = 94 - 110

SCORING ELEMENTS

#	Description	Score	Comment
1	<p>a. Halt at the center line with the horse's nose towards the long side.</p> <p>b. Forward down at a standstill.</p> <p>c. Lateral bending at a standstill to the left and to the right.</p>	5	<p>Nice to see you in your second Touchstone, Ruth and Dino. Nice to see you have your excess loops coiled neatly and a good sized whip. Your lunge line is rather long – a shorter line would be more manageable. Your cavesson may be a little too loose – please see the notes from your Groundwork 1 – Comment 1.</p> <p>Dino is a little against your request to lower his head, so take care not to trigger this defensive state by having too long, too strong pressure on the line. Please refer to GW1 Comment 13.1. Also his weight has come a little into his shoulders – and therefore his front legs are no longer upright and this will cause him to fall into the movement.</p>
2	<p>LFS in hand to the right: Minimum two – maximum four small circles (diameter 10 meter / 33 ft) to the right.</p>	5	<p>Nice to see that Dino is a little less defensive than in the GW1. Please refer to your GW comments – especially C13.2 because there is a lack of connection from his hind leg through to your hand – this is because of the tendency to pull Dino forward which causes the Centre of Mass to come into his shoulders. Take your time from the stand-still exercise to set him up so that he does not fall into the movement. Take care not to pull him forward with a straight arm, but encourage him to bring his energy from his inside hind leg, over his back and into your hand. With a little bend in your arm, and with your hand closer to the clip you will be able to make more subtle and precise half halts. The GW circle is preparation for the longeing, so you need to have a smaller circle, so that you can set Dino up with the lateral bend and the stepping under, when the circle is too big you can only address the forward down.</p>
3	<p>a. Stop in the middle of the circle with the horse's nose towards the other long side.</p> <p>b. Forward down at a standstill.</p> <p>c. Lateral bending at a standstill to the left.</p>	5	<p>a). Nice to see you walk backwards through the circle for the halt and that Dino responds well to your request.</p> <p>b). Now take care asking for the forward down, that you do not use too much pressure and for too long. Make sure he has nothing to go against.</p> <p>c). Take your time with the lateral bending, to set him up for the next movement – so ask for the bend, and check that it goes all the way through to his inside hip, then he will be well prepared for the next movement. Every exercise gives something to the next one.</p>

4 LFS in hand to the left: two –four circles. 5

Again nice to see that Dino is a little less defensive than in GW1. See Comment 2 regarding taking care not to pull him forward into the movement, but rather encourage him forward from his inside hind leg into your hand. With a soft bend in your elbow and you hand closer to the clip you will be able to make more subtle half halts. Now keep the essence of this exercise in mind to prepare him well for the longeing. So make a smaller circle and monitor the whole body, to not only have a nice forward down tendency, but also a good lateral bend and nice stepping under of the inside hind.

5 a. Halt at the center line.
b. Forward down at a standstill.
c. Bending at a standstill to the right. 5

a). Nice you walk backwards through the circle to come to the halt.
b). Take care not to use too much pressure and for too long – this can cause Dino to become defensive and go against the pressure. Close your hand shortly and open immediately Dino meets your request to avoid too long and too much contact on the line.
c). Use the standstill exercise to set up for the next exercise. Every exercise adds something to the next. When we have the forward down, and the lateral bending then he is well prepared for the stepping under for the first step forward.

6 a. LFS in hand to the right, gradually make the circle bigger with more distance between you and your horse.
b. Minimum two – maximum four big circles in LFS to the right in walk. 5

Dino is trying hard to meet your requests. The important thing about the longeing is to keep the LFS, therefore we use a gradual process to get from Groundwork to Longeing so that the LFS is not lost. So ask Dino out inch by inch with the feeling of him bending around you and your whip whilst supporting him with little half halts and the support of the whip on his shoulders, ribs or hind leg to maintain the LFS. This link may help you find some more little details to help.
<http://straightnesstraining.com/.../how-to-go-from.../>
It is important to always move forward during Longeing, asking Dino to move away from you. Walking backwards can cause your horse to reduce the size of the circle and lean inwards because walking backwards creates a draw. It is also important to be aware of our posture. The raising of our shoulders/arms can either speed our horse up or slow our horse down. So we need to be congruent in our body language, with both arms/shoulders raised at the same time it is misleading. Also take care not to wiggle the line, but rather use half halts by closing the hand, horse yields, open hand, horse searches and maintains the balance, suppleness and shape.

- 7
- a. Halt on the circle.
 - b. Go towards your horse and invite him/her in to the center of the circle and make a halt.
 - c. Forward down at a standstill.
 - d. Lateral bending at a standstill to the left.

6

- a). A nice responsive halt from Dino and nice to see you put your weight onto your leading leg, close your shoulder and raise your arm – well done. With Dino listening so well, now see if you can refine this with a lesser raise of the arm, which will encourage Dino to keep his head lower and therefore not shorten his top-line.
- b). Nice to see you gently invite Dino into the circle, and he makes a nice smooth halt – well done.
- c). Take care to invite the forward down, and not make it happen, using inner picture and soft pressure and release techniques.
- d). Set Dino up for the next movement, take your time.

- 8
- a. LFS in hand to the left, gradually make the circle bigger with more distance between you and your horse.
 - b. Two–four big circles in LFS to the left.

5

Again Dino responds well to your request. Set up the circle with the LFS in groundwork and then slowly, inch by inch, ask Dino to make the circle larger but keeping the LFS. Keeping the LFS is the most important part of the Longeing. Take care not to walk backwards and to be more aware of your posture and body language. Now you have more experience it would be useful to refer back to Mastery – Module 4.2 – Aids, you will see more details that will help you to improve this aspect. Be sure not to wiggle the line to create 'white noise'. See Comment 6 for more tips on how to improve this gradual process.

- 9
- a. Halt on the circle.
 - b. Go towards your horse and invite him in to the center of the circle and halt.

6

- a) Dino responds well to your request to halt. See Comment 7a. See if you can start to whisper the aids – play with this in your laboratory and see how much you can get with how little.
- b) Take care not to pull Dino into the circle, but rather invite him. Nice to see you reward him at the end, but better to reward him with his head in the forward down position. Also would have been nice to reward his effort for the halt on the circle, so that he can be sure to realise that he did the right thing.

Nice to see you and Dino in this touchstone, Ruth. You are very nearly there and with some little 2mm changes from the feed-back you will be able to make the necessary changes.

Your main points to note are;

1. Check, and integrate, your feedback from GW1. Focus on refining your pressure and release technique, so that there is nothing for Dino to brace against. So remember to guide shortly and release often/soon/quickly and long.

2. Take care not to start on a big circle in Groundwork when you prepare your horse for Lunging. Always start on a small circle and when preparing with the Groundwork circles have the essence of Longeing already in mind. Remember every exercise is to prepare for the next one. When Groundwork circles are too big you will have the forward down tendency but will be missing the lateral bending and stepping under. So prepare him well with a small circle so then you are able to increase the circle when you go to the Longeing where your horse has to show LFS on his own four feet. It is important to have the essence of Longeing in mind when preparing with the Groundwork circles.

3. The most important part when going from Groundwork to Longeing is not losing the LFS on a bigger circle. So gradually make the circle bigger, inch by inch. Keeping the LFS is our golden thread in everything we do. Without a proper LFS there is no physical quality and then longeing might not benefit the horse in his development, rather the opposite. So ask Dino to move out on the circle, whilst keeping the LFS, inch by inch. Having the feeling of bending Dino around you and your whip, when he loses it, move closer and help him to keep the LFS. Now when increasing the distance to be sure to always move forward yourself on the circle asking Dino to move away from you. Walking backwards can cause him to fall inwards because walking backwards acts as a draw.

4. Start working a bit more on refining your posture, especially your arm/shoulder position. Seeing how your body language will influence Dino in the Longeing. Now you have more experience take another look at Module 4.2 in the Mastery, because now you will see more details.

I look forward to seeing you integrate your feedback from this Touchstone and your GW1 and following your ST journey. You are very nearly there – keep going, Ruth and Dino.

10 Overall impression (counts double). 2x 5

