

Score \_\_\_\_\_

Everyone needs to complete this book.

# 2024 Project Record Book

Due MAY 1<sup>st</sup>

Exhibitor Name \_\_\_\_\_

Club Name \_\_\_\_\_

Age \_\_\_\_\_ (As of Jan 1<sup>st</sup> 2024)

Are you in the horseless horse program? \_\_\_\_\_

*Please print the above and below information.*

## Circle ONE Age Division

This is your age as of Jan 1<sup>st</sup> 2024

Age 8 Years old

Age 9 or 10 Years old

Age 11 or 12 Years old

Age 13 or 14 Years old

Age 15 or 16 years old

Age 17 or older

*Attach project photo here*



Members Signature \_\_\_\_\_

Parents Signature \_\_\_\_\_

Or

Leaders Signature \_\_\_\_\_

\_\_\_\_\_/8 points

**Project Record Book.**

All pages will need to be completed for this to be graded. Project record book is a requirement for the horse project. **If not completed. Exhibitor will not be allowed to participate in any grand and reserve classes at fair.** See horse project record book requirements page for other options

This year ALL EXHIBITORS will complete the whole book.

<b><u>Names of pages</u></b>	<b><u>Points Available</u></b>	<b><u>Your Score</u></b>
Front Cover	8	_____
HPRB Requirements	2	_____
Horse Information	11	_____
Ground Rules	45	_____
Grooming	19	_____
Horse Markings	9	_____
Your Horses Markings	21	_____
Saddle fitting	4	_____
Saddle Fitting cont	23	_____
Tack and equipment	56	_____
Inheritance and Genetic	20	_____
Inheritance and Genetics cont	29	_____
Lunging	2	_____
Lunging Cont	37	_____
Color	1	_____
<hr/>		
Total	287	_____

## **Horse Project Record Book Requirements**

4-H Horse Project Members may elect to participate in 4-h Winter achievement with a Horse Science Project (See WA events catalog for details).OR Participate in Hippology/Horse Judging: Attend a minimum of 5 meetings and 1 competition INSTEAD of completing the Require Project Record Book.

1. Resources to be used to complete this record book to be **Scored**: "4-H & Horse and Horsemanship, Horse Science, Horseless Horse, State 4-H Horse Show Rules and Regulations, SCC 4-h & Youth Fair Book, SCC Miniature Horse Show Guidelines and the other resources directly provided in record book **ONLY**.
2. All Books Must be **Signed** by Exhibitor and Parent or Leader.
3. **ALL PAGES** that are listed as required for your division **MUST BE COMPLETED** regardless of incorrect answers. **DO NOT LEAVE ANY BLANK ANSWERS**. If the line does not apply to you, please put N/A. N/A will only be acceptable for answers that are not found in books above or within the project record book itself. If answers are left blank that is considered **INCOMPLETE PAGE**. Two or more **INCOMPLETE PAGES** it **WILL** be considered an **INCOMPLETE BOOK**.
4. **INCOMPLETE** or **LATE BOOKS** will **NOT** be eligible for **Championship classes during FAIR**. This is all Horse Project classes. Project Record Book is a **REQUIREMENT**.
5. **INCOMPLETE** Books will **NOT BE SCORED** and will automatically receive "C" rating.
6. Books that contain obvious adult contribution or inappropriate content will not be scored. This will make it an **INCOMPLETE BOOK**. If you have a special need, please let the Project Record Book Committee know. Please Complete the book to the best of your ability
7. Coloring Is allowed and encouraged. As well as completing pages from other age divisions. **NO EXTRA CREDIT POINTS** will be given for this. **HOWEVER**, Extra contribution could be used to determine top awards if needed. Such as a Tie.
8. Creativity, effort, correctness, and completeness will all be used in judging this record book.
9. **ALL PROJECT RECORD BOOKS MUST BE TURNED IN MAY 1<sup>st</sup>**
10. Books will be judged and the top 10 scores in each division will receive placing, with Grand and Reserve if warranted.

Start Date of Book \_\_\_\_/\_\_\_\_/\_\_\_\_

Please Sign below saying I have read all the above requirements and I understand all of them.

Exhibitor \_\_\_\_\_

_____/ 2 points
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***Horse Information***

Horse name \_\_\_\_\_

Breed \_\_\_\_\_ Age \_\_\_\_\_

Size \_\_\_\_\_ HH. Color \_\_\_\_\_

Who takes care of your horse? \_\_\_\_\_

What is something special about your horse? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What goals have you set for you and your horse? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What is your favorite class at fair? \_\_\_\_\_  
\_\_\_\_\_

What would you like to see new at fair and Why? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

_____ /11 points
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# Horse Project Ground Rules

## Fill in the blanks

1. Please watch for \_\_\_\_\_ . NO \_\_\_\_\_ ON THE \_\_\_\_\_ GROUNDS!!! This is a \_\_\_\_\_ rule.
2. \_\_\_\_\_ are to lead their \_\_\_\_\_ to and from rings by the \_\_\_\_\_ . Stay within fenced areas.
3. When you have finished \_\_\_\_\_ your horse, leave the \_\_\_\_\_ and \_\_\_\_\_ . If you must \_\_\_\_\_ your tack, do it \_\_\_\_\_ the ring.
4. YOUR \_\_\_\_\_ must be \_\_\_\_\_ tacked in the practice ring. No riding in \_\_\_\_\_ . It's \_\_\_\_\_ that \_\_\_\_\_ participants wear protective \_\_\_\_\_ in the \_\_\_\_\_ .
5. There will be \_\_\_\_\_ times for practicing \_\_\_\_\_ . During these designated times, only \_\_\_\_\_ will be allowed in the \_\_\_\_\_ ring.
6. All rider's \_\_\_\_\_ wear boots. \_\_\_\_\_, sandals, \_\_\_\_\_ shoes, etc are not \_\_\_\_\_ while \_\_\_\_\_, handling or caring for your horse(s).
7. \_\_\_\_\_ rule \_\_\_\_\_ will result in a verbal warning.
8. \_\_\_\_\_ infraction of the \_\_\_\_\_ rule, you are done showing for the \_\_\_\_\_ .
9. Third \_\_\_\_\_ of the same rule, you are done \_\_\_\_\_ for the \_\_\_\_\_ . Your project \_\_\_\_\_ will remain on the \_\_\_\_\_ for the remainder of fair and you are \_\_\_\_\_ for its \_\_\_\_\_ . \_\_\_\_\_/45 points

# GROOMING

True or False

- \_\_\_\_\_ Proper grooming is necessary to make the horse more attractive in appearance and to assist in maintaining the best health and condition.
- \_\_\_\_\_ Grooming should start the day of the show.
- \_\_\_\_\_ A grooming cloth is used to give a final polish to the hair coat.
- \_\_\_\_\_ A metal curry comb is used on the thin skin of a horse.
- \_\_\_\_\_ Horses that are worked should be groomed before being worked or exercised and after exercised before being stalled.

## LIST SEVEN GROOMING TOOLS AND DESCRIBE IN DETAIL HOW THEY ARE USED

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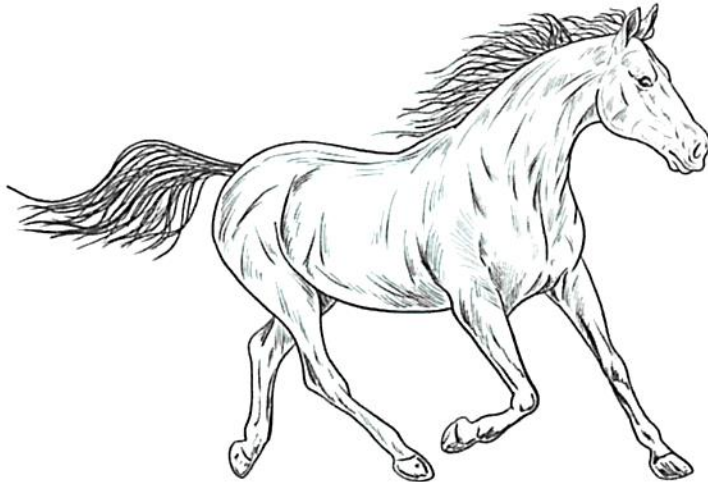
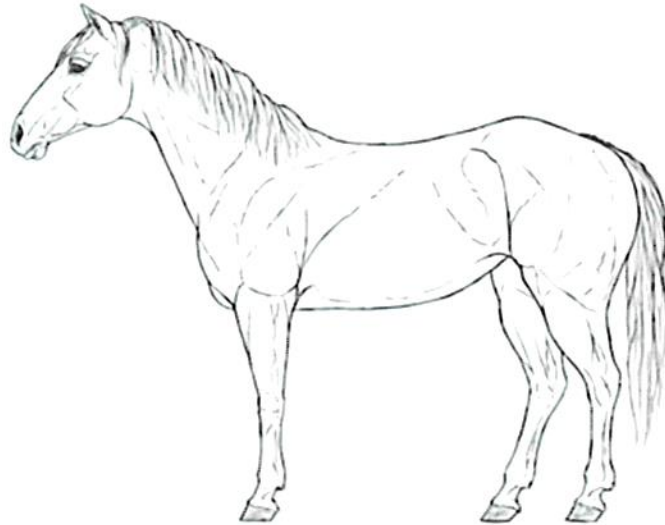
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\_\_\_\_\_ /19 points

## Horse Markings

Color this horse like a palomino. With back right leg white sock. This horse has a brand of a star on the left shoulder.



Color this horse Black with 2 front legs stockings. Back left leg white pasterns.

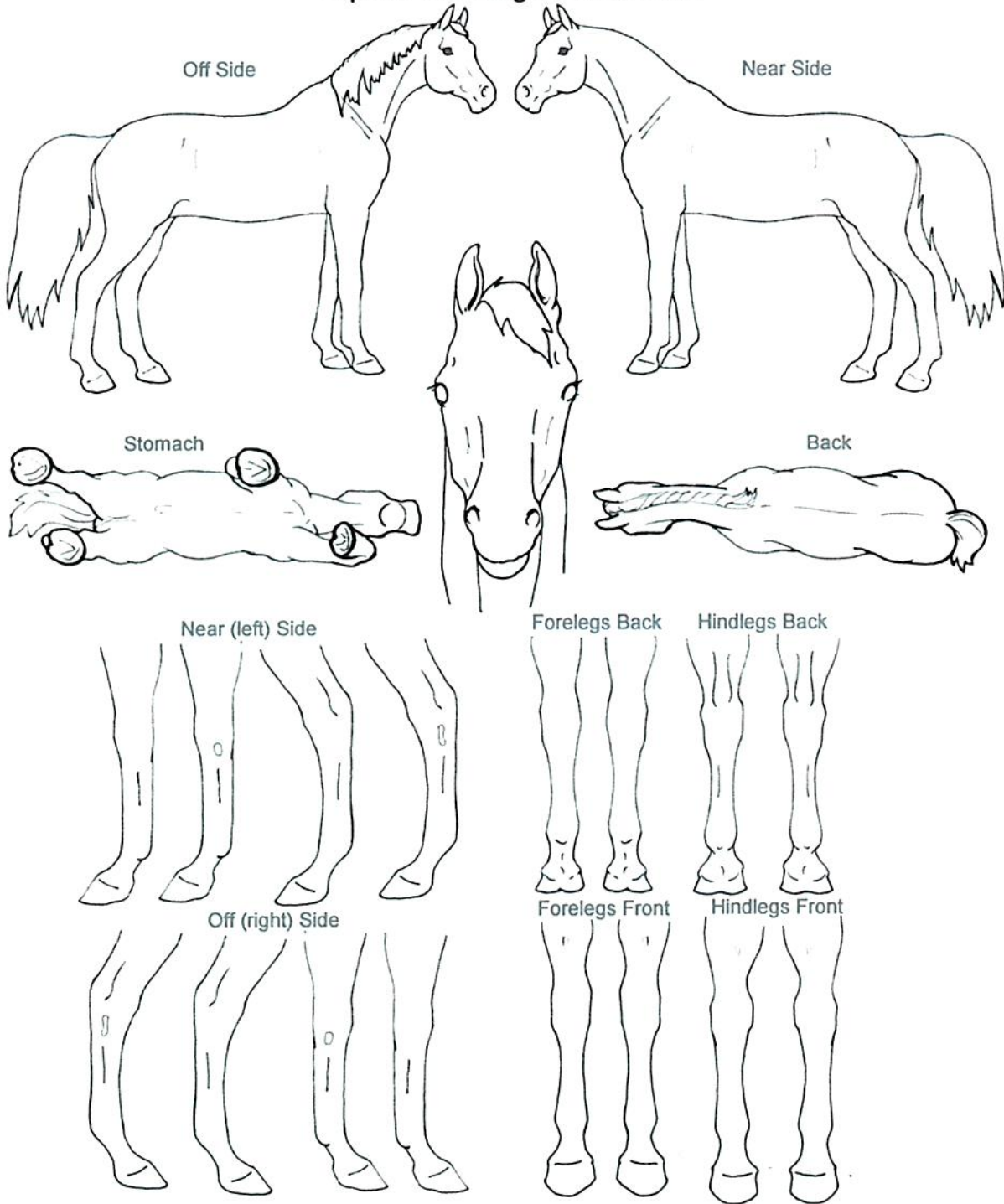


Color this horse a Bay with a white blaze.

\_\_\_\_\_/9 Points

Color the Horse below Like the horse You will be using at Fair. Please Put in all marking and label them including colors. If your horse is a solid must label the colors.

### Equine Markings Worksheet





## **Saddle Fitting Horse and Rider.**

Saddle fitting can be intimidating, but understanding the basics allows you to [choose a saddle that best fits you and your horse](#). Not only is a good-fitting saddle more enjoyable to ride in, but ill-fitting saddles can also cause long-term damage to your horse's shoulders and back. Pain from a poorly fitted saddle can cause behavioral issues and even career-ending lameness. Thankfully, advances in technology have greatly benefitted the saddle-fitting industry. Cameras, infrared heat mapping and equine treadmills equip saddle fitters to understand horses' saddle fit needs better than ever.

Recognizing the signs of an ill-fitting saddle is the first step toward making a change. The pressure it takes to crush a grape between your fingers is enough to irritate a horse. Ill-fitting saddles can pinch nerves, cause muscle atrophy, and make horses numb as they work. Think of pinching your skin with your fingernails: after a while, the pain and irritation is dulled, but the injury is there. An ill-fitting saddle can first cause wither blisters, which are raised bumps on or near the withers during riding. Dry spots (within the saddle sweat stain) on the back and withers after exercise, as well as white hair growth, indicate something is wrong. Both of these signs occur when intense pressure is applied to the skin. They are precursors to cartilage degradation in the shoulders, withers and back—an unfixable problem.

When a horse is experiencing pain, the heart rate goes up, releasing the stress hormone cortisol in the blood, Cortisol means high risk of colic and ulcers.

Here are 3 main points in fitting a saddle.

1. Withers and Gullet Width
2. Weight Distribution and Saddle Length
3. Bar Angles

### **Wither and Gullet Width**

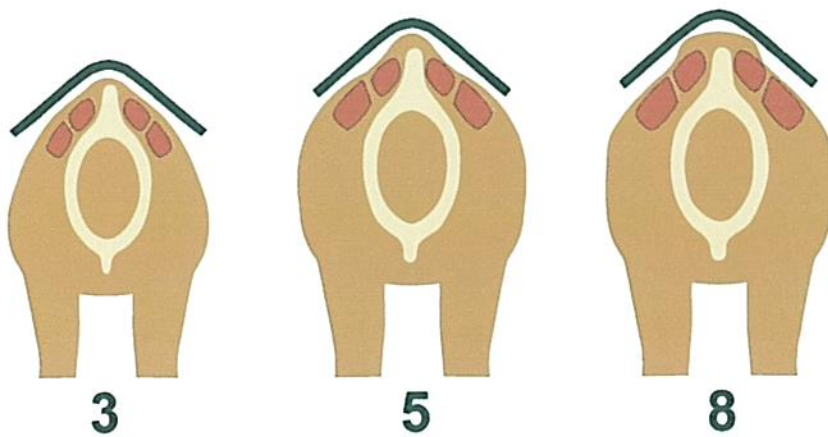
Riders learn that a saddle should never touch the top of the withers, but don't realize the sides of the withers are also incredibly sensitive. The top is just bone and cartilage, but the sides have all these nerves. Horses with saddles that pinch their withers show reluctance to move forward and they hollow their backs, making it impossible to perform in a safe and athletic manner. More stress is put on the tendons in their legs as they move awkwardly, trying to relieve the pinching sensation the saddle applies to the withers. The withers need 4 inches of clearance on top and 2 to 3 inches around the sides to keep from compromising the muscles and nerves in the area. Saddles that are too narrow will pinch this area, while saddles that are too wide will fall downward and "crush" the withers and the shoulders.

## Weight Distribution and Saddle Length

Balance is one of the most important factors in saddle fitting. Having a saddle that fits well at the withers with even contact down the back is vital. Saddle bars are meant to support your weight and distribute it over your horse's back muscles, but a horse that is under-muscled or overly fat might experience the bars pressing harder in some places, causing stress. An English saddle's bars begin at the front D-ring and extend all the way down the saddle. On a western saddle, which is designed to have things attach to it for trail rides and ranching needs, the weight-supporting bars begin at the first concho and end where the seat connects to the skirt.

## Bar Angles

As horses age, they change shape. Starting with round barrels, horses become more angled as they work and build muscle. This is because their rib cages are suspended by muscles instead of a skeletal structure. Their posture changes as they grow and learn to use their bodies to support weight and carry themselves well. Their shoulder blades move upwards and back as they build muscles. This means that one saddle might not always fit. It's a good idea to always check your saddle for fitting. Checking your saddle often will help keep your horse safe. Below shows a horse at different sages in life. 3,5 and 8 years old. How the same saddle fits. As you can see same saddle isn't always the best idea.



Not only does the saddle have to fit the horse. But the rider is important too. Fitting a saddle to a rider depends on the saddle and the type of riding style you are pursuing.

But check for seat size is to fit four fingers behind the rider's seat to the top of the cantle. If a full hand and thumb width behind the rider's seat, which indicates the saddle is too big. This check can also help the rider determine proper positioning in the saddle. Many times riders sit too far back, actually sitting on the cantle, causing improper position with the leg too far forward. A hand's width behind will help alleviate this problem. An English saddle will also have the same check of a hand's width behind the rider's seat. Another way to check Three finger between thigh and fork/swell, correct fit. Full hand's width between thigh and fork/swell, saddle too big. No fingers width between thigh and form/swell, saddle too small.

This is just a few ways to check to see if the saddle fits the horse and rider. If you are having issues finding the right fit it is always a good idea to find a saddle fitter in your area to help you make the best choice. But always remember riding with a well fitted saddle is the best way to get the best from your horse.

**Read the follow article and answer the questions.**

Have you checked to see if your saddle properly fits your horse? \_\_\_\_\_

Tell me how your saddle fits you as a rider. Using 3 or more sentences. \_\_\_\_\_

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\_\_\_\_\_/4 Points



Fill in the blanks using the saddle fitting article you just read.

1. The pressure it takes to crush a \_\_\_\_\_ between your fingers is enough to irritate a horse.
2. When a horse is experiencing pain, the \_\_\_\_\_ rate goes up, releasing the stress hormone \_\_\_\_\_ in the blood, Cortisol means high risk of \_\_\_\_\_ and \_\_\_\_\_.
3. Riders learn that a saddle should never \_\_\_\_\_ the top of the withers, but don't realize the \_\_\_\_\_ of the withers are also incredibly \_\_\_\_\_.
4. The withers need \_\_\_\_\_ inches of clearance on top and 2 to 3 inches around the sides to keep from \_\_\_\_\_ the muscles and nerves in the area.
5. Saddle \_\_\_\_\_ are meant to support your \_\_\_\_\_ and \_\_\_\_\_ it over your horse's back muscles, but a horse that is under-muscled or overly fat might experience the bars \_\_\_\_\_ harder in some places, causing \_\_\_\_\_.
6. As horses \_\_\_\_\_, they change shape. Starting with round \_\_\_\_\_, horses become more \_\_\_\_\_ as they work and build muscle. This is because their rib cages are suspended by \_\_\_\_\_ instead of a \_\_\_\_\_ structure.

Now tell me how important it is to have a good fitting saddle. Use 3 or more sentences.

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\_\_\_\_\_ 23 points



## Tack and Equipment

To use and enjoy a horse or pony, a variety of equipment will be needed to ride and / or drive. The word \_\_\_\_\_ is used to refer to any and all \_\_\_\_\_ used for horseback riding and \_\_\_\_\_.

The basic part of a bridle are the \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_.

The bridle when placed on a horse's head serves as a means of \_\_\_\_\_ between the \_\_\_\_\_ and \_\_\_\_\_ or \_\_\_\_\_.

A variety of styles are available; \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_.

The headstall has a \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_ and possible a throatlatch and \_\_\_\_\_ band. There are various types of headstalls.

The \_\_\_\_\_ has one bit with two sets of reins, the \_\_\_\_\_ and the \_\_\_\_\_.

The hackamore is a bitless \_\_\_\_\_ that works by \_\_\_\_\_ exerted on the underside of the jaw, the \_\_\_\_\_ and the \_\_\_\_\_.

Bits are used for \_\_\_\_\_ and \_\_\_\_\_ through different pressure points.

Bits rest on the part of the \_\_\_\_\_ called the \_\_\_\_\_, which is an area between the \_\_\_\_\_ and the \_\_\_\_\_.

A \_\_\_\_\_ must fit the horse's \_\_\_\_\_ so the horse is \_\_\_\_\_.

A good set of \_\_\_\_\_ is the first \_\_\_\_\_ of equipment that needs to be \_\_\_\_\_. Your \_\_\_\_\_ apply and \_\_\_\_\_ the degree of \_\_\_\_\_ communicated to the \_\_\_\_\_.

Name the parts of the bit

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

What are the seven pressure points of the horse's head?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_

## **Inheritance and Genetics**

### **Fill in the blanks:**

1. The study of how characteristics are passed from the parents to offspring is called \_\_\_\_\_.
2. \_\_\_\_\_ are the only links of inheritance an animal has with its parents. A \_\_\_\_\_ cell from the sire and an \_\_\_\_\_ cell from the dam.
3. Complex chemical compounds which are the carriers of inheritance are called \_\_\_\_\_ and \_\_\_\_\_.
4. Horses have \_\_\_\_\_ pairs of chromosomes in each cell.
5. Characteristics are passed from parents to offspring through \_\_\_\_\_ which are the " \_\_\_\_\_ " of the cell.
6. The formation of egg and sperm cells is called \_\_\_\_\_.
7. One pair of genes causes the coat to be either \_\_\_\_\_ or \_\_\_\_\_, depending on which particular combination of the \_\_\_\_\_ genes is present.
8. The \_\_\_\_\_ gene is dominant.
9. \_\_\_\_\_ means genetic makeup.

### **10. Consider these circumstances:**

- a.) A red (chestnut) mare(bb) is bred to a truly black stallion (BB). What color will the foal be? \_\_\_\_\_
- b.) A black stallion that has a Bb genotype is bred to a red (bb) mare, what color will the foal be? \_\_\_\_\_
- c.) A (Bb) stallion bred to (Bb) mare, what color will the foal be? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Inheritance & Genetics continued**

11. List 6 traits in horses that are influenced by genes:

_____	_____
_____	_____
_____	_____

12. Many equine crosses have been made, the most popular between the \_\_\_\_\_, as the male parent, and the horse \_\_\_\_\_ producing the \_\_\_\_\_.

13. A stallion bred to a jennet produces a \_\_\_\_\_.

14. The \_\_\_\_\_ and the \_\_\_\_\_ are usually sterile.

15. Stallions have one x \_\_\_\_\_ and one \_\_\_\_\_ chromosome, Their sex genotype is \_\_\_\_\_.

16. Mares have \_\_\_\_\_ x chromosomes. Their sex genotype is \_\_\_\_\_.

17. In reduction division in the stallion, half the \_\_\_\_\_ contain an \_\_\_\_\_ chromosome and half contain a \_\_\_\_\_ chromosome. In the mare all \_\_\_\_\_ cells contain an x \_\_\_\_\_.

18. If a sperm carrying an x chromosome \_\_\_\_\_ the egg, the foal will Have an xx genotype, and would develop as a \_\_\_\_\_

19. If a sperm carrying a \_\_\_\_\_ chromosome happens to fertilize the egg, the foal genotype would be \_\_\_\_\_ and would be a stallion.

20. The chances are \_\_\_\_\_ for the foal to be \_\_\_\_\_ or \_\_\_\_\_.

# Step-by-step guide to lunging

Lunging is a great way to keep your horse fit, but are you working them correctly?

## What you'll need:

### For the horse:

- a lunge line
- a lunge whip
- a halter, bridle or lunge cavesson.
- protective boots or bandages (optional)

### For the handler:

- a hat
- gloves (optional)
- sturdy boots

## Why lunge your horse?

Lunging can be a great way to exercise your horse, especially if time is short or you're unable to ride. Aside from helping to build and maintain fitness, lunging offers lots of benefits:

- Encourages suppleness, engagement and obedience
- Improves balance, especially in young horses
- Allows you to assess how your horse is working from the ground
- Adds variety to your horse's work
- Plays a major part in training young horses to accept the contact and get used to their tack without the weight of a rider
- Can be an effective part of rehabilitating your horse from an injury

## How to tack up and prepare for lunging

The simplest lunging tack is a correctly fitted halter, bridle or lunge cavesson. If you plan to ride after lunging, your horse can wear their saddle. Remember that saddle should be tightened down before lunging.

## How to lunge your horse in 5 steps

Lunging your horse correctly takes time and practice. If you're at all unsure, ask your instructor or an experienced friend to assist you for a few sessions until you feel confident. Another good tip is to watch an experienced lungers work their horse to see how they get the best out of their horse and what exercises they use.

### 1. Choose your surface

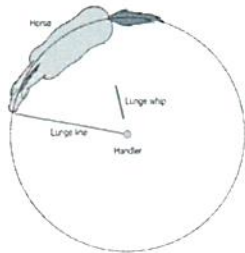
Lunging should be done on a non-slip surface that's as flat as possible. Lunging can be quite wearing on a horse's joints, so avoid hard surfaces such as baked ground (this means avoiding your field in the hot summer months).



Unless your horse is well behaved, opt for a smaller area to lunge in, as you may find you don't have enough control. A round pen or an area with a sand, rubber or carpet-fibre surface is perfect.

## 2. Maintain a 'triangle' position

To get your lunging position right, imagine a triangle with you at one point. Stand in the middle of your circle, looking towards your horse. Your lunge line and whip form the two sides and your horse makes up the third side. This will ensure you are in the correct position to drive your horse forward with your body language and help deter them from getting in front or behind of the movement.



## 3. Warm-up your horse for work

A session on the lunge should be similar to a riding session, so start by allowing your horse to stretch down in walk and trot/ jog before working them in forward trot and canter/lope. This is very important just like us. Horses need to stretch before going it hard work. Doing slow work first lowers the risk of injury.

## 4. Work equally on both direction and use transitions

Just like when you're riding, you should be careful to work your horse equally in both directions. Depending on your horse's level of training, this might mean asking for equal circles in walk and trot, or walk, trot and canter on both directions. If they're stiffer in one direction, try starting off on their good side to build their confidence and help loosen up any tight areas. Asking for lots of upward and downward transitions will get them listening and powering forwards from their hindquarters, as well as sharpening them up to your voice commands.

## 5. Remember to cool down

Always follow your session with a stretch in walk on both direction. Keep them walking forwards and don't let them dawdle along, continuing until their breathing has returned to normal.

**TIP:** Working a horse on the lunge is more intense than riding, so don't overdo it. Five to 10 minutes equally in each direction with plenty of walk breaks is sufficient for a lunge session. As your horse's fitness improves, you can increase the time.

## What to look out for

1. Your horse should respond quickly to your body language and voice commands. When you use your voice, for example saying 'Trot or JOG!', use a confident, encouraging tone, reinforced with 'driving' body language that directs your energy slightly to the back end of your horse to encourage them forwards. If they don't respond, follow up with a flick of your whip so they understand what's expected. When asking for a downward transition with 'And woah', use a softer, more relaxing tone and relax your stance, lowering your eyes and softening your gaze. This approach will help your horse understand what you're asking them to do.

2. Your horse should have an even suppleness through the body in the direction of the circle. If they are struggling on one side, try in-hand exercises to improve your horse's flexibility.

3. A good swing through the loins with a soft tail shows they are working freely. Your horse's neck should be reaching forwards out and down. You are looking for relaxed muscles. Sometimes in the beginning on lunging the horse is tense and a little high strung. Lunging will help with getting them to relax.

## Common lunging mistakes and how to avoid them

- **Poor handling of the equipment**

Dropping your lunge lines or getting them muddled is potentially dangerous, so practise handling them before you start lunging. You should hold the reins in big, neat loops, or weave them back a forth so they will not get tangled around your hand. Well off the ground this will help to shorten and lengthen them easily. If you don't feel confident with this, have someone lunge alongside you to help when needed. You must also be able to use the whip independently in your other hand. There are a few different ways to hold the line. Keep in mind that some lines are flat ropes and some are round. Finding a comfortable way to hold the rope is important. But it also needs to be safe. Below is one way to hold the line. Running through the bottom of the hand then out the top and to your horse. Another way it so run the line from the top through your hand out the bottom and to your horse. Both ways are correct it all depends on your preference. Keep in Mind everyone has their own way of doing this. Keeping you and the horse safe while lunging is the top priority.



- **The horse is strong and pulls against you**

Horses sometimes get excited or in some cases spook and pull against you. Having gloves on can help keep your hands injury free. Some like to tie knots in the lunge line to help them get a better grip on the line. Horses can be very strong so being prepared for all situation is important.

- **The horse comes in on the circle**

Use the lunge whip to keep the horse out by pointing it at his shoulder. If it's a young horse you are teaching to lunge, ask someone to stand by their outside shoulder to guide them and keep them out on the circle in walk.

- **The horse runs off**

If the horse decides to take off and you can't stop them, gradually decrease the circle size and your voice to steady them. Don't be afraid to ask for help from an expert.

Now that you know a little bit about lunging a horse answer the questions. Using the article you just read and your personal experiences.

1. Do you lunge your horse before you ride? WHY ? \_\_\_\_\_

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Fill in the Blanks.

2. Lunging can be a great way to \_\_\_\_\_ your horse, especially if time is short or you're \_\_\_\_\_ to ride.
3. Plays a \_\_\_\_\_ part in training \_\_\_\_\_ horses to accept the contact and get used to their \_\_\_\_\_ without the weight of a rider.
4. Lunging your horse \_\_\_\_\_ takes time and practice. If you're at all \_\_\_\_\_, ask your \_\_\_\_\_ or an experienced friend to assist you for a few sessions until you feel \_\_\_\_\_.
5. Lunging should be done on a \_\_\_\_\_ surface that's as \_\_\_\_\_ as possible. Lunging can be quite \_\_\_\_\_ on a horse's joints, so avoid hard surfaces such as baked ground (this means \_\_\_\_\_ your field in the hot summer months).
6. To get your \_\_\_\_\_ position right, imagine a \_\_\_\_\_ with you at one point. Stand in the middle of your \_\_\_\_\_, looking towards your horse. Your lunge line and \_\_\_\_\_ form the two sides and your horse makes up the \_\_\_\_\_ side.
7. A \_\_\_\_\_ on the lunge should be \_\_\_\_\_ to a riding session, so start by \_\_\_\_\_ your horse to \_\_\_\_\_ down in walk and trot/ jog before \_\_\_\_\_ them in forward trot and canter/lope.
8. Just like when you're \_\_\_\_\_, you should be careful to work your horse \_\_\_\_\_ in both directions.
9. If they're \_\_\_\_\_ in one direction, try starting \_\_\_\_\_ on their good side to build their confidence and help \_\_\_\_\_ up any \_\_\_\_\_ areas.
10. Working a \_\_\_\_\_ on the lunge is more \_\_\_\_\_ than riding, so don't \_\_\_\_\_ it. Five to 10 \_\_\_\_\_ equally in each direction with plenty of walk breaks is sufficient for a lunge session.

**True or False**

11. Your horse should respond slowly to your body language and voice commands \_\_\_\_\_
12. When asking for a downward transition with 'And whoa', use a loader, more relaxing tone and relax your stance, lowering your eyes and softening your gaze. \_\_\_\_\_
13. Your horse's neck should be reaching forwards out and down. \_\_\_\_\_
14. You are looking for relaxed muscles. \_\_\_\_\_





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This page will be entered into a coloring contest.

Date completed \_\_\_\_\_

\_\_\_\_\_/1 point