



HOOFBEATS

Southern Comfort Gaited Horse Club

Control of Body Parts Clinic

ARTICLE FOR FOSH (Friends of Sound Horses online magazine).

Each year, the Southern Comfort Gaited Horse Club (www.gaitedhorseclub.com) hosts a variety of clinics and events for the good of the club members and horse community in the Boise, Idaho area.

We recently had Leo Van Sistine spend the day helping us. Leo is a natural horsemanship trainer in our area who has skills in cowboy dressage, working equitation and most importantly; helping each horse understand their riders cues.

The morning session was for folks newer to the lesson of controlling body parts. Starting with ground work, each team worked on how a lead line becomes the rein. How the hand or stick providing pressure becomes the leg, heel or spur.



Once each team understood how to progressively ask for A body part to move, they mounted and repeated the lessons. Leo stresses Softness, Feel, Bend and Balance. So plenty of time was spent on the importance of being clear in our cues so you can



get a shoulder vs a hip to move. And we kept applying the idea of GUIDING our horses thru a movement so they can stay in balance and confident in their rider.

The afternoon session was with another group of riders with a bit more experience. They also began with ground work and once saddled, started applying the specifics under saddle.



The culmination was riding up to a gate and opening it with the least amount of steps.

1. Approach at 90 degrees to gate and to the outside of the actual latch.
2. Press hip over to be parallel with gate, hand should be at the latch.
3. Open gate, back up if necessary, walk through at a 45 degree angle.
4. Rotate hip away and move shoulder over to:
5. Close the gate.

Many thanks to the Bennetts for letting us use their arena. Reminder: pick up your poop, no matter where it might be. And if you see some around anywhere - pick that up too.