



# FOUNDATIONS OF EXCELLENCE

ABCs of Advanced Body Control — Cheat Sheet

# ADVANCED BODY CONTROL CHEAT-SHEET

The most important exercises I use, in the order I teach them under saddle.

## FIRST: Prerequisite Suppling/Yielding Exercises from a Standstill

1. Flex left and right
2. Yield hindquarters
3. Yield forequarters

- In the initial stages of training, there is a distinct separation between “Impulsion” exercises and the “Suppling/Yielding” exercises listed above. Impulsion exercises include simple cruising on a loose rein, following the fence, etc. to get the horse moved out at all 3 gaits and establish reliable forward motion (i.e., a “good gas pedal”).
- The only transition exercises you’ll do at this stage are One Rein Stops and Yield The Hindquarters To A Stop. When riding, you’re either in “Impulsion” mode or “Suppling” mode. Treat these modes like they’re oil and water — don’t try to mix them. Keep them entirely separate until you’ve built the horse’s confidence and they’re ready to begin the sequence below:

## NEXT: The “7-BOX SYSTEM” to Prepare for Advanced Maneuvers

### Circling Cones / Guiding / Loping Patterns

- Lots of “move out” and “follow your nose” exercises at this stage. In my steering and guiding, I soon start to introduce some indirect rein (drawing the outside rein across the neck) to help move the shoulder, get the horse comfortable with accepting that indirect contact, and have it be tied to causing a change in their feet. Gradually I wean the horse on to accepting more dynamic contact on their face (lateral and vertical) , instead of just steering with one rein or the other like in the beginning stages with a green colt.

- No need to single out and teach vertical flexion at a standstill... this approach is much more natural for the horse and ensures you don't "disconnect" his mouth from his feet.

### **Bending Stage One**

- The first true "suppling" exercise with the horse's feet in motion. Bending forward and around on a circle, using only inside leg and inside rein to soften the horse and create shape.

### **Circles with Three-Quarter Turns**

- I'll start doing little transitions where I spiral in on my circle and bring the front end through; tipping the horse's nose with the inside rein, drawing the outside rein across his neck, and using a little active bumping pressure with outside leg to help draw the horse around in a little 270-degree pivot. Doesn't have to be pretty, just need to get the front end broke loose.

### **Bending Stage Two**

- Advanced bending with vertical flexion added. More dynamic contact on both reins, being pickier about balance and the horse maintaining shape and forward motion semi-independently.

### **Shape Up and Drive the Hip Off the Circle**

- AKA *Two Tracking on the Circle*. This is the first time we ask the horse to move laterally off our leg while maintaining forward motion. I teach this on the circle because (1) it's a comfortable starting position from the advanced bending exercise which the horse already knows, (2) the bend in the horse's body gives me more leverage and discourages stiffness/resistance, and (3) I can control the horse's front end by using the indirect rein as a "brake rein" to slow the shoulders down and allow the hind end to lead the way... to step "out and around" the front end.

- I'll use my off-side leg in the same way; "blocking" the shoulders and keeping them where they need to be, while reaching back with my other leg and driving the hindquarters out and around on the circle. I also refer to this as the "*Poor Man's Two-Track*" because it's basically just a leg yield, but with some bend in the horse's body.
- As the horse gets more advanced you start taking them straighter and straighter until you're doing a true leg yield or two-track. Having bypassed much of the resistance and fuss by teaching it on the circle first, your job here is way easier.

### **Shape Up and Drive the Shoulder Off the Circle**

- Same idea, but this time the front end is leading the way. This is also known as "*Shoulder In / Shoulder Out*" or a "*Poor Man's Counterbend*". It's not a true counterbend because we're not driving the horse's hips up under him as we move forward on that counter arc. But we're still getting the basic idea across: Bend the horse to the left, drive his shoulders off to the right, while maintaining that left bend. And vice versa.

### **Counter-Bending**

- Now we refine things, practice changing shapes more smoothly and fluidly; getting both the front end and hind end working together. Shape the horse on the circle while driving him up into the bridle, step the shoulder off on a counter-arc, while simultaneously driving his hip up, AND maintaining forward motion.

## **NOW: Straighten the Horse's Body & Take Everything Onto a Straight Line...**

- 1. Leg Yielding / Two Tracking / Sidepassing**
- 2. Shoulder Control / "Hinge" Exercise**
- 3. Drive Up to the Bridle Straight / Vertical Flexion / Collection**
- 4. "Forward & Around" Exercise to Teach & Refine Spins, Neck Reining**

This is all way easier now that your horse knows how to handle all that dynamic pressure of your legs/reins with confidence.

---

## Congratulations!

You've now paved the way for your horse to perform effortless, balanced Lead Departures, Lead Changes, Neck Reining, Spins, Stops, and more.

You can now work on refining these advanced maneuvers with confidence... knowing you've prepared your horse correctly, and knowing that if anything "breaks", you have all the tools you need to correct it.

**Success shouldn't be this easy...**

---



LUNDAHL PERFORMANCE PRESENTS:

**FOUNDATIONS OF  
EXCELLENCE**

BRAND NEW Training Series from Lundahl Performance

**PRE-ORDER NOW FOR \$247**