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What I'd Teach Your Horse: Training & Re-Training The Basics (Horse Training How-To) (Volume 8)



Synopsis

Question: "I just got a horse. What do I do first?" Answer: "Buy my book, 'Teach Your Horse.' Here's how to train a horse, your map to building the foundation every horse needs regardless of age, breed or background, regardless of riding discipline (English or Western), regardless of what you've planned for your mare, stallion, colt or filly's future. It's also your guide to learning and practicing proven, natural horsemanship tips and techniques, methods vital to ensuring future success - because your horse won't change until you do.

Tomorrow: Your green colt training begins with Chapter One if you broke that young colt to saddle and rode it for the first time today. If you've got an older horse in need of "re-training," you'll start with Chapter Two. Unillustrated (no pictures), 219 pages. When you finish this book, you'll have a horse that's better trained and more dependable than 99% of the others at your barn. You'll have a horse that goes where you want it to go at a speed you pick; you'll have a partner to hit the trail with or to enjoy in a thousand other ways. But, you'll also have a horse that's had the schooling necessary to move to the next level (showing and competing) if and when you're ready. You'll be set to train for barrels, roping, or reining, eventing, jumping or dressage. But today, basic training is basic training and we're going to keep things simple and easy. Section I is pure step-by-step "horse training." It's what to do and precisely how to do it. It's what every horse needs to know, young or old. Section II is the theory (the horsemanship) every rider needs to know. Practice the first few chapters in order as written. Beyond that, feel free to mix and match depending on your needs or riding abilities. Some chapters are dependent upon others, but in those cases I've spelled out necessary prerequisites covered elsewhere in this book.

Contents:

SECTION I YOUR HORSE STARTS BASIC TRAINING

Legs Mean Move

Hip Control Part I

Hip Control Part II

Classic Serpentine

Train Your Horse to Travel Straight

Clockwork: Teach Anything to Your Horse

Shoulder Control

Reverse Arc

Circle

How to Fix Leaning Shoulders

Serpentine: Indirect to Direct

Basics of Speed Control

Slow Down Part I: Move the Hip

Slow Down Part II: Train the Brain

Balky Horses: Comatose One Minute, Hot to Trot the Next

Crossing Creeks & Scary Stuff

Teach Your Horse to Lower Its Head While Standing

Better Back Ups

Simple Steps to Power Steering

Diagonal Movement (Leg Yields Without the Legs)

Softening

Getting Leads

A Fix for Cross-Firing (aka Cross-Cantering)

Hips, Get Behind the Shoulders (And Stay Put)

Hips-in ("Haunches-in" or "Travers")

Neck Reining How-To

SECTION II REAL HORSEMANSHIP: THE THEORY BEHIND THE PRACTICE

The First Thing I Do

Successful partnering requires understanding horse behavior. Here's the 1st thing you should do with your horse today and any horse that's "new

to you."Each Time You Mount Up, Do ThisHere's a small thing you can do to keep your horse's attitude in check--and prevent mount-up problems from taking root.How to Pick Up Your Reins Like a ProIt's critical that you become practiced with your hands, your primary source of communication. This is--in detail--how to pick up, handle, and release your reins.Horse Training Magic: Release on the ThoughtTwo days from now your friends at the barn will point at you excitedly, step from your path reverently and coo "oooh" as they watch you ride.What You're Feeling ForJust as another person might reach out a hand to shake yours as you approach, a trained horse will read your body language and act, not waiting for a tug on the reins.Reins Tell Direction Legs Tell SpeedIs your horse getting duller to your cues? Maybe you're burning out your cues, using them as both a "heads-up" and motivator.Plus: Talking HorseSee Yourself Leading When RidingPerfect the First Time6 Easy Ways to Improve Your TrainingRider

ChecklistsDiagnosing ProblemsMore Horse Training Books from This AuthorMeet the Author: Keith Hosman

Book Information

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Customer Reviews

Keith Hosman's books are a wealth of information written in a plain easy to understand manner. His love of horses and wry sense of humor come through in his books. Terrific information and tips for horse lovers on any level. Cannot recommend them highly enough. If you are having problems with your horse, then your horse is most likely having problems with you. Keith helps untangle that web.

My son is a professional chef, graduating from the California Culinary Academy in San Francisco and cooking at top restaurants. When he bought me a cookbook, it was the best: a phone-book sized tome, "James Beard's Theory and Practice of Good Cooking," written with Julia Child. This book contained everything I could possibly want or need to know about cooking. When I was reading Keith Hosman's What I'd Teach Your Horse, I thought of that cookbook. Hosman's book is a dense collection of very clear directions about how to do things with your horse that you probably never thought you could. I found this challenging reading, though it's clear, well-written and fully explains Mr. Hosman's techniques. The challenging part was that it describes a level of horsemanship and training that I could barely imagine. It also got me thinking about a bunch of things, which I'll touch on below. I began riding horses in 1955 and rode with some top trainers, back in the day. That was then; this is now. The new horsemanship is a whole new level of sophistication and training techniques. Hosman describes an exercise where the rider sits on his/her horse and imagines each of the horse's hooves planted in the center of a clock, the face marked 1 to 12 in a circle in typical clock fashion. The rider teaches, through carefully explained steps, the horse to put each of its feet on each number of the clock. This has a number of training benefits. The rest of the book relies on similar exercises. I can't imagine that level of training subtlety, yet I've been to seminars given by my top trainers where they demonstrated similar feats. The book is full of things like this which sound promising to produce a horse whose training level is beyond anything I've experienced. Midway through, I began to feel discouraged. "I can never do that. I'm so bungled up physically (I'm 70), I can't even ride for more than twenty minutes." A thread of hope runs through this book, though. Just when I felt like what Mr. Hosman was saying was a really good idea that I would never be able to actualize, that famous skit from Saturday Night Live came to me. "Lowered Expectations," about a dating service for regular people, as opposed to the supermodels usually pictured on dating sites. The opening credits of the skit show an exceptionally appearance-challenged couple walking on a littered path by a polluted river. "Lowered expectations!" I thought. "Baby steps." I didn't have to learn all that and apply it perfectly. "Just try a few things. Go slowly." I loved a couple of things he brings up, like talking to your horse and telling it what to do. I do that all the time; horses are very good listeners on all sorts of things. I also loved his technique of visualizing your horse doing the right thing on the first try. That visualization technique won me lots of ribbons when I was a kid. I'd be going to sleep and imagine my horse and myself doing a stock horse routine. Piece of cake at the show the next

day. This book piqued a fascination for Mr. Hosman's work. I want to check out his seminar schedule. I highly recommend this book to my fellow horse people. As I worked my way through it, I thought, "This is hard. This is relearning everything I do automatically, but the result seems like it will be better all the way around." I thought about why people want to do things better, with their horses, and in life. We have a responsibility, those of us who love horses, to do our best by them and give them the best lives possible. We also have a responsibility to do the best by the other creatures on this planet, the Earth itself, and our fellow human beings. And ourselves. So we learn new techniques in hopes of improving our riding and maybe improving this planet.

That's as worthwhile as it gets. Keith Hosman's book definitely moves in that direction. I had a few wishes he'd write about. Thoughts come up while reading this book. First, I'd like to see more about gaited horses and using the techniques in this book with them. We've had Peruvian Paso horses since the 1980s. The saddest thing I've seen is a new person who buys a Peruvian Paso horse, puts it with a Western trainer and then enters it in a Western Pleasure class at a Peruvian show. Invariably these horses, trained to hold their heads between their knees, come in last. Their owners and trainers don't know they've violated the breed standard. There's got to be a way of incorporating the techniques shown here with gaited horses that won't get them laughed out of a show arena. Also, I'd like to see a book, or something "audio, video" for handicapped riders. My physical condition "I'm 70 and falling apart" limits me. I'm still riding, and I want to ride as long as I can. But how? And how to be super safe so I don't go Splat!? How can I use these techniques with my limitations? New book, please. Maybe a workshop. :-)

That's my wish list, Mr. Hosman. Reading this book was a great experience. I was delighted to hear that there's an audio version. The information in the book would be even more useful if you could sit on your horse and leaf through the exercises, having a narrator explain the steps. It is a doing book, a cookbook. Keith gifted me a copy of this book in return for an honest review. This is it!

I have been reading Keith Hosman's training tips for many years. In every aspect of training with my horses I can always reflect back upon what Keith has taught. Keith has taught me patience. Not only with my horses which is imperative, but also with my own self. I have learned not to get angry at my own self and give up. Something I was way too good at decades ago!! There is always an answer for everything that is presented to us as we work with our horses. All horses are different of course. However the tips are based on common sense. Never forcing, never pushing. Also trying to view

things behind the "horses eye". During the times that I am presented with a "scary" obstacle, such as rearing, striking, bucking or similar I know I can always search in my guides and find the right answer. I love that Keith is kind but straight to the point. There is no name calling or ridicule as you sometimes see out there in the horse world. Keith cares and he wants to help! I highly recommend this Book as well as registering your email address and receiving the highly needed updates, reminders and ofcourse high fives for continuing to try. Keith LOVES horses and he cares about people. You cannot go wrong!!

Good training tips

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