

## Groundwork: Directing the Body to Access the Mind

- I. Introduction
- II. What is Groundwork?
- III. Understanding the Equine Mind
  - a. Instinct
    - i. Prey vs. Predator
    - ii. Herd Animal
    - iii. Flight or Fight
  - b. Motivators of the Horse
    - i. Safety
    - ii. Comfort
    - iii. Food
    - iv. Stimulation
- IV. Response to Pressure
  - a. Types of Pressure
    - i. Physical
    - ii. Mental
  - b. How Horses Learn
    - i. Release of Pressure
    - ii. Three Second Rule
    - iii. Consistency
  - c. Causes of Undesirable Behavior
    - i. Lack of Leadership
    - ii. Fear
- V. Reprogramming Through Groundwork
  - a. Modify Pressure Response (Yield and Relax)
    - i. Sensitize
    - ii. Desensitize vs. Differentiate
  - b. Startle Response
  - c. Problem Solving
- VI. Steps of Groundwork
  - a. One: Drive Body
    - i. Prove Worthy Leadership
  - b. Two: Draw Mind
    - i. Portals to the Mind
      - 1. Ears
      - 2. Mouth
      - 3. Eyes
- VII. Groundwork Exercises
  - a. Shadow Game
  - b. Yield Shoulders
  - c. Head Down
  - d. Lunging Transitions
  - e. Backward Forward