

How Far How Fast How Little

by Josh Lyons & Keith Hosman

articles 8.1 & 8.3

The following example is appropriate for horses of any discipline. Let's say we have a reining horse – and we want to make his spin better. We have a recipe to improve his performance and there are three ingredients in this recipe. They are "further," "faster," and "less."

To begin, I don't worry about anything except "further." I do whatever it takes to make something go further. (In this case, the spin "action.") So I look at his front feet and I see that the step they take covers a distance of, let's say, two feet. I make it my goal to go further, maybe to two and a half feet. I'll then spin my horse. I'll kiss or kick with both legs or do whatever it takes to make that step bigger – and that's all I'll concentrate on. I'll only work on that for about thirty seconds, just till that one step is "further." (Maybe it sweeps and covers three feet.)

The next part is "faster." So now I keep the "further" – and I make it "faster." As soon as he gets faster, that is, as soon as he covers that same three feet in less time, I quit. Again, I do whatever it takes to make it faster – and for only about thirty seconds. Pretty soon, the step is further and it's faster. Then, the last thing in the recipe is "less." That means that I want to do what I've been doing – but with less pressure. So I ride and I ask him to spin. If he doesn't do it ("further and faster" as he's been doing) then I'll pick up the reins and get after him till I get that quality of movement. Then I'll go back to asking with less pressure. As soon as he does, I quit.

That's the recipe to use. Ask for further, faster and with less. Now, we don't ask for this all the time; it's too much for the horse and you're not doing much for "correctness." Remember, it's always more important to make everything correct than to do something fast. I'd much rather stop correctly in three feet rather than stop in ten feet incorrectly. So most often, when I train, I want to work on keeping everything correct as far as how he carries himself (position of his rib cage, head, feet, etc.), what he's thinking and so on. More often than not then, I want to work on making things "more

correct." "Further, faster, less" is for once in awhile when we need increased performance in a short period of time or when we want to change things up and approach training from another angle.

Our articles and free online study courses are available 24/7 at Horsemanship101.com/Articles.

Thought vs Action

by Josh Lyons & John Lyons Certified Trainer Keith Hosman

When you think different, you are different. The more you raise your expectations, the better your horse will become. Combining those two thoughts bring us to a concept called "Thought vs Action." Riding an "action" is how ninety-nine percent of the people ride ninety-nine percent of the time. That is to say they ride "a left turn," "a spin," or "a stop." They release their rein on a maneuver. "When the head softens up, we release." That's "riding the maneuver" or the "action." But instead of riding the action, why not ride the "thought"? The thought is simply "Why is the horse doing it?" Then when I ride, it's not so much the action that I release on as the thought in the horse's head. I ask myself: Does he turn faster to the right because the gate's over there and he wants to leave? That's a thought the horse is having. If you're doing a spin and he's drifting toward another horse, is he just trying to get to that other horse? That's also a thought. Ask yourself "Why and how is he doing the maneuver you're asking him to do? If the thought isn't good, then correct the thought, not the action. And, when you start riding the thought, you automatically begin riding one step ahead of your horse. The better you get the thought to be, the better the action becomes.

For instance, if I were to ask somebody to stand up three times, they might stand up with apprehension the first time, curiosity the second – and reluctance the third. But, if I were to offer that same person a hundred bucks to stand up they'd stand up with conviction (and probably a smile). They'd still stand up, but the way they stand up is completely different. Now they're thinking "yes!" instead of simply doing as I ask out of respect, fear, etcetera. The proper motivation makes a huge difference.

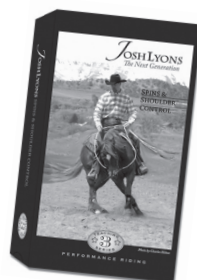
If I ride my horse the same way, where I work on the thought, I become an active rather than reactive rider. I stay one step ahead and that makes me ride better.

Read more at Horsemanship101.com/Articles

Spins & Shoulder Control DVD

From Josh Lyons: number 3 of 5 in a series
spins • shoulder control • neck-reining fundamentals

Reiners, this one's for you:
Improve lightness • Introduce your horse to neck reining • Gain control of your horse's hindquarters • Communicate with your horse's shoulders and hindquarters for a faster and more responsive spin and much more!



Buy it online at Horsemanship101.com/JohnLyonsVideo
Now on sale for just \$39.99!

PROVIDED BY

**KEITH
HOSMAN**

John & Josh Lyons Certified Horseman

PO Box 31, Utopia, TX 78884
213-923-1215 • kh@horsemanship101.com

"There are three ingredients in this recipe. They are 'further,' 'faster,' and 'less.'"