

Meeting Notes

Stability, Resistance & Helping the Horse Discover Balance

Introduction

This meeting focused on how horses discover better coordination through supportive training, and how rider stability influences balance.

Frisco's Progress

Frisco can now maintain long and low for five minutes on the long reins, showing improved coordination and topline organisation.

Groundwork to Riding

The same movement pattern must now be performed while carrying the rider, requiring greater strength and stability.

More Steps = More Repetitions

Balanced repetition strengthens both muscles and the nervous system, allowing the new coordination to become habitual.

Milo's Development

Milo's hindquarter issues were discussed as changes in movement habits rather than structural injury, with encouraging signs of progress.

Foal Learning

Young horses learn incredibly quickly, making early boundaries, trust and confidence essential.

The Balancing Table

A balancing robot and a raw egg illustrated how shifting weight constantly destabilises a moving system, much like horse and rider.

Resistance Rather Than Force

Instead of creating movement with visible aids, riders should provide quiet resistance and allow the horse to organise around that stability.

AI Summary

An AI review of previous meetings highlighted recurring principles including observation, the Learning Frame of Mind, balance before movement and allowing the horse to search for solutions.

Key Takeaways

Observe before diagnosing, support rather than force, encourage the horse to solve movement problems, and remember that quiet riding produces clearer communication.