

Meeting Notes

Understanding Coordination, Physics & the Invisible Forces of Balance

Introduction

This meeting combined practical horse training with an exploration of physics and invisible forces that influence balance for both horse and rider.

Foal Development

Young foals demonstrate remarkable coordination before developing significant strength. Early handling should encourage confidence, relaxation and healthy movement patterns.

Healthy Boundaries

Foals should learn to respect personal space while building trust. Clear boundaries prevent behavioural problems later in life.

Long and Low

True long and low places the head below the withers, ideally approaching the ground. It reflects improved balance rather than simply a lowered head.

Maintaining Balance

The goal is to sustain long and low for five to ten minutes in both directions at walk and eventually trot, showing genuine stability.

Physics of Balance

Balance can be understood as equalised forces acting in opposite directions. Invisible forces constantly influence movement even though they cannot be seen.

Resistance vs Force

Instead of creating movement with hands or legs, riders should provide quiet resistance and allow the horse to organise its own balance.

Invisible Corridors

Quiet aids create corridors that channel the horse's energy forward without introducing unnecessary force.

Point of Balance

The point of balance acts like the calm centre of a hurricane, remaining stable while movement occurs around it.

Key Takeaways

Balance is created through coordination, patience and subtle communication. Less movement from the rider often creates more balance in the horse.