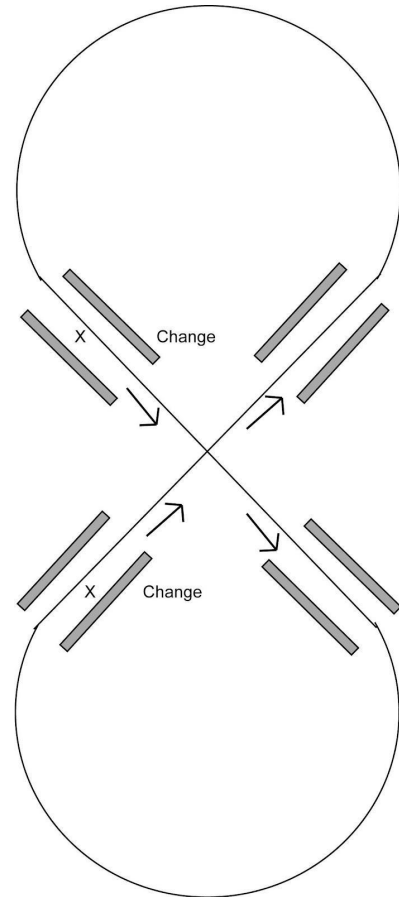


“X” GRID EXERCISE

The “X” Grid exercise is another great exercise for practicing bends, circles and straight lines.

- This exercise can be used to help maintain straightness in transitions and lead changes. The exercise should be practiced at all gaits. The change of bend, lead or transition (X) should be performed in the second corridor with a few strides of straight between the corridors. The horse should maintain straightness through the second corner before executing the turn back onto the circle. This helps the horse learn “creating a bend” does not equate to an immediate turn.
- Practice all transitions while maintaining straightness. Add a halt and back in random corridors to help the horse stay attentive to the rider’s cues and rebalance. Ride half halts the length of the corridor, stretch or extend between the corridors and ride half halts to rebalance through the next corridor.
- If at any point the horse rushes, gets tense, loses straightness, add a halt. Rebalance the horse and move forward. If the horse is too tense and can’t settle, walk away from the exercise, allow the horse to regain its composure and return to the exercise.



Exercise from the Working Equitation Handbook by Kelli Paulson and Tarrin Warrin

www.WorkingEquitationHandbook.com

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This exercise will be explained more fully in the **Trail Obstacle Horsemanship Membership** November 14th.

Join the Membership here: <https://kelli.samcart.com/products/trail-obstacle-membership>

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