



## FAQs for the Equine Liberty Sports™ Teaching Program

**DO I NEED EQUIPMENT FROM EQUINE LIBERTY SPORTS TO START THE PROGRAM?** No. You do not need to purchase special equipment from Equine Liberty Sports to enjoy the program.

**WHAT EQUIPMENT IS RECOMMENDED TO GET STARTED ON THE PROGRAM?** We recommend a rope halter that is of medium weight, medium thickness, medium flexibility. You will need an 8-12' foot line, medium to thin in weight, and as flexible as possible. Ideally, the line has an eye at the end that can be knotted underneath the rope halter, however, lines with clasps are useable.

**WHAT PENS, ARENAS AND CORRALS WILL I NEED?** Small corrals and round pens accelerate some of the early lessons, but the program can be learned in any fenced in area of any size.

**DO I NEED A ROUND PEN?** No, it's not necessary because the program does not use the round pen in a traditional way; the round pen is simply a smaller classroom. However, if you do have access to a round pen or a small corral, definitely use it.

**DO I NEED SPECIAL ARENA EQUIPMENT?** We recommend that you invest in ground poles (they can be purchased at Home Depot or Lowes in the garden section, inexpensively) and 2-4 plastic barrels.

**WHAT DOES MY HORSE NEED TO BE ABLE TO DO/KNOW BEFORE WE BEGIN?** Your horse must be safe on the ground. This means that your horse should not be trying to run into you, bite you, kick you or strike you. Equine Liberty Sports relies upon you to determine if your horse is safe to handle on the ground. Equine Liberty Sports is not a problem-solving program. However, sensitive, high-energy, or strong-minded horses often respond very well to the ideas in the program, because the ideas and lessons are engaging and new. If you have determined that your horse is safe to handle, they should do well in the program.

**IS IT SAFE TO DO LESSONS WITH MY HORSE AT LIBERTY?** Equine Liberty Sports exercises should be very safe to learn with your horse, but if you are concerned about safety issues with your horse, do not start the program. We recommend that you work with your horse until you have determined that he or she is safe before you start the program, or seek professional help. If you have determined that your horse is trustworthy, but *you* are nervous, the early lessons should be comfortable for you to do and should build your confidence. Equine Liberty Sports teaches Liberty in an on-line to off-line progression and early Liberty lessons are very low-energy and are done at the walk for some time.

**HOW MUCH TIME SHOULD I DEDICATE TO THE LESSONS?** Lessons can be practiced in 15-20 minute sessions. Playing with the lessons a few to several times a week is ideal, but horses have powerful memories, do the best you can, and you and your horse should progress nicely. It is important to remember that the experience of enjoying your horse in new ways is the reason for learning the program. Equine Liberty Sports encourages you to be in the moment every time you play with the ideas, and let the progress flow naturally.

**CAN EQUINE OF ANY BREED DO THE PROGRAM?** Yes! That's why it's called EQUINE Liberty Sports, and not: Arabian Liberty Sports, Haflinger Liberty Sports, Pony Liberty Sports.... all equine, all breeds, all ages can enjoy the Equine Liberty Sports teaching program.

**IS THERE AN AGE (EQUINE) THAT IS TOO YOUNG OR TOO OLD TO START THE PROGRAM?** Foals can get started on the program right away, even when they are still with their dam. The on-line portion of the program is superb for teaching basics to foals. However, we recommend that you only play with the lessons for 5-10 minutes at a time, and only at the walk until he or she is at least a year old.

*No Lines. No Limits.*



## FAQs for the Equine Liberty Sports™ Teaching Program, *continued*

One of the most incredible aspects of Equine Liberty Sports is that it offers a new “career” for older horses or horses that have injuries that limit their athleticism. Horses that can move around without too much discomfort can enjoy the program with you. You can have a thoroughly meaningful Liberty experience with your horse... and never leave the walk!

**DO I NEED TO BE ATHLETIC TO DO THE PROGRAM?** Equine Liberty Sports is unique in many ways, and one of them is that the program encourages the handler to be as physical as they want to be. However, while the program teaches you to dance with your horse, if slow dancing is your preferred style, you should have a very fulfilling experience.

**WILL I DO LIBERTY RIGHT AWAY?** Yes and no. You will be encouraged to be loose with your horse in a series of exercises called *Be with Me* from the very beginning. The Liberty communication is taught in a very specific on-line to off-line progression to create success. However, you will be invited to “dabble” with Liberty, beginning in Lesson 3. Some horses and Liberty handlers make the leap to Liberty early on, others need more time.

**HOW LONG WILL IT TAKE BEFORE MY HORSE AND I ARE DOING LIBERTY WELL?** This depends on how much time you devote to the lessons, how sociable your horse is, and how connected he or she is with you, *before* you start the program. Towards the end of Phase I, you should be dancing with your horse at Liberty, up close, at the walk, and possibly trot. In *Phase II, Liberty... as You Always Imagined!*, the Liberty work is advanced significantly.

**CAN I TEACH MORE THAN ONE HORSE AT THE SAME TIME?** Yes, the more the merrier! The more that YOU do Liberty, the more easily it will come to you, and the easier it will be to teach your horses to learn. Do Liberty with the whole barn!

**DO I NEED SPECIAL SKILLS, EXPERTISE?** You do not need to be experienced in ground work or longeing to start the program.

**CAN I DO THE EQUINE LIBERTY SPORTS PROGRAM IN ADDITION TO OTHER ACTIVITIES?** Yes! That is one of the more wonderful aspects of Equine Liberty Sports– it can be enjoyed as an adventure unto itself, or it can be added to your regular work and play.

**WILL THE PROGRAM BE CONFUSING TO MY HORSE IF HE OR SHE HAS LEARNED ANOTHER PROGRAM?** Some of the communication is similar to some ground work programs, but the majority of the ideas and communication will be new to you and your horse. The feel, the presentation, and the spirit of the lessons are unique to the Equine Liberty Sports teaching program– your horse should respond very well to the new ideas.

**HOW LONG WILL IT TAKE TO FINISH THE PROGRAM?** The Equine Liberty Sports motto answers this best: “No Lines. No Limits.” In the Equine Liberty Sports teaching program, there is a beginning, there is advancement, but... there really is no end. It is important to state again that the EXPERIENCE of learning Liberty is the goal of the program!

*No Lines. No Limits.*