



Phase I, Invitation to the Dance, Overview

In *Phase I* of the Equine Liberty Sports teaching program, you are entering the incredible world of Liberty! While you may have been attracted to the idea of teaching your horse to work or play at Liberty, there is much more waiting for you. In *Phase I*, you will learn the principles, attitudes, movements, and communication that are at the heart of the program. You will transition from ground person to Liberty handler. You will add Liberty to care and management activities with your horse. At the end of *Phase I, Invitation to the Dance*, you and your horse will have made the leap to Liberty. Your horse will be following your suggestions, up close, at the walk, possibly even at the trot, in a wide open area... *without lines!*

Phase I, Invitation to the Dance introduces 6 Exercise Levels, parallel lesson plans that progress simultaneously and are merged throughout the program: 1. *Be with Me*, 2. *Liberty Communication*, 3. *Liberty Handler*, 4. *Liberty*, 5. *The Supple, Dancing Horse*, and 6. *The Liberty Way*.

Phase I, Invitation to the Dance Exercise Levels

Be with Me
Liberty Communication
Liberty Handler
Liberty
The Supple, Dancing Horse
The Liberty Way

Lesson 1: *Be with Me, Come to Me* This tutorial introduces 2 of the main teaching principles. *Be with Me*, the 1st teaching principle and also the first Exercise Level, creates a new mind set about Liberty for both you and your horse. *Come to Me*, the 2nd teaching principle, is presented in the first exercises in the *Liberty Communication* Exercise Level.

Lesson 2: *The Send, Engage* New *Be with Me* exercises are added. The 3rd teaching principle, *Go Over There*, is introduced, which is taught with the send. The send exercises also teach the very important in-hand position which is your lead dance position. *Engage* exercises focus on your horse's hip and how it will be used to create movement in the program.

Lesson 3: *Early Dance Steps* *Be with Me* exercises and all *Liberty Communication* exercises are advanced and new ideas are added. The 3rd and 4th Exercise Levels, *Liberty Handler* and *Liberty* are introduced, where you begin your transition from ground person to Liberty handler (and enjoy your first dance lesson with music!). *Be with Me* exercises merge with *Liberty Communication* exercises for your first *Liberty* lesson.

Lesson 4: *Magnetic Pull, Watch Me* The magnetic pull is a strong attraction that keeps your horse with you when the lines come off. These *Liberty Communication* exercises use visualization to develop this phenomenon. You learn to use praise as deliberate communication to deepen the social connection that has been occurring. In this first section of the *Watch Me* exercises, you learn to move your horse's shoulder in preparation for teaching the change of direction and creating future dance movements.

Lesson 5: *Purpose, Independence* The *Watch Me* exercises are the focus of this tutorial, using barrels and more to add purpose to your Liberty communication and help your horse start thinking for himself (*Independence*). You teach the very important change of direction, the send from the front position, advancing the principle: *Go Over There*. The 4th teaching principle, *Move!*, is introduced as you focus on your horse's hip, adding your eyes, to create circles. A new exercise level, *The Supple, Dancing Horse*, is introduced which begins to prepare your horse's body for future dance maneuvers.

No Lines. No Limits.



Phase I, Invitation to the Dance, Overview, continued

Lesson 6: More Purpose, More Independence The *Liberty Communication* exercises focus on advancing the Watch Me exercises from Lesson 5 by adding even more obstacles. The Pointing Finger cue is reinforced in the Watch Me exercises, as well as the *Supple, Dancing horse* exercises, and more audio cues are added. Trotting is added to your on-line circle work. Music is added to *Liberty Handler* exercises again, and *Liberty* lessons take a leap in this tutorial.

Lesson 7: Get Everything Better This tutorial marks the halfway point in *Phase I*, and before you enter the second half, you focus on getting ALL Liberty communication and ideas presented so far... *even better!* The very important problem-solving process: "Separate, Integrate" teaches you how to identify lesson challenges and solve them— *on your own!* This tutorial offers fun activities to get all learning deeper and lighter, with a special focus on horses with low energy.

Lesson 8: Mimicking Instinct Your horse's natural mimicking response is developed as you encourage your horse to mimic your energy, your steps, your tempo, and your animation. The incredible Stopping Box exercise is introduced to teach the halt and half-halt on-line. The mimicking exercises are added to your circle work and the Stopping Box exercises, and *Be with Me* and *Liberty Communication* continue to merge for more *Liberty* play. *The Supple, Dancing Horse* exercises add shoulder work and Look at Me cues on the circle for early lateral movement

Lesson 9: Liberty Handler The focus is back on you as you learn to become the lead dance partner that your horse wants and needs. This is where the mimicking instinct really gets to shine! You are introduced to the "Liberty Quotient," which evaluates you and your horse's natural Liberty "personality" and offers suggestions to strengthen specific areas of the social connection between you and your horse. The power of positive reinforcement is deepened as your horse's motivation potential is identified. New and varied applications of positive reinforcement are explored.

Lesson 10 The Riveted Phenomenon The magnetic pull is advanced to create the riveted phenomenon with a powerful dance sequence between you and your horse that puts your horse's focus on you like never before! On-line circle work evolves into more animated free style dancing at the walk and trot. The powerful Leave Me, Come to Me exercises are introduced, and the half-halt and mimicking is added to your *Liberty* lessons.

Lesson 11: The Invisible Line The on-line to off-line progression for the leap to Liberty in wide open areas is started with the use of the Invisible Line. *Liberty Communication* and *Liberty Handler* exercises are progressed with this new communication style. A new exercise level, *The Liberty Way*, is introduced, which adds Liberty to basic care and management activities with your horse.

Lesson 12: Liberty on a Leash This is the last step before you remove the lines completely in the wide open area. The *Liberty on a Leash* exercises "tests the waters" and lets you know if you and your horse are ready for Liberty in wide open areas. You and your horse practice all *Liberty Communication* exercises "on the leash," especially the Traveling Loop Along the Rail and the freestyle circle work and you apply the "Separation, Integration" trouble-shooting process to help you strengthen communication before you make the leap to Liberty.

Lesson 13: Silence, Move! Liberty on a Leash exercises are advanced. Silence, Phase 2 of the positive reinforcement program is introduced at Liberty. Movement, energy and distance are added to the on-line *Liberty Communication* exercises. Leave Me, Come to Me exercises are advanced, as well as the use of the half-halt to recapture your horse's attention. You learn how to use the basic principles of the teaching program to help solve behavioral challenges...*The Liberty Way!*

No Lines. No Limits.



Phase I, Invitation to the Dance, Overview, continued

Lesson 14: Leap to Liberty!–1 The Invisible Line technique is added to Liberty on a Leash exercises and then the lines are taken off in a wide open area. *Liberty Communication* exercises are practiced without lines, using obstacles and patterns to create success. Liberty trouble shooting exercises are presented, and more excitement and movement is added to on-line *Liberty Communication* exercises in preparation for more spirited dancing in *Phase II*.

Lesson 15: Leap to Liberty!– 2 This tutorial focuses entirely on Liberty work and play, with more trouble-shooting exercises and creative ideas to get all *Liberty* sessions with your horse even better! The “Liberty Quotient” is revisited to further evaluate the Liberty connection between you and your horse. A check list helps you determine if you and your horse are ready to graduate to the even more challenging (and exciting!) *Phase II, Liberty... As You Always Imagined!*

No Lines. No Limits.