



## Overview of the Equine Liberty Sports™ Teaching Program

Equine Liberty Sports is a new way to experience your horse, grow with your horse, enjoy your horse. Equine Liberty Sports is approached as a discipline, with a step-by-step teaching program that shows you how to teach Liberty to your horse, as well as teach you how to become a Liberty handler. Equine Liberty Sports is also a new attitude, a new approach to horses, and a new way to connect with your horse.

The Equine Liberty Sports teaching program is divided into 3 Phases. Each phase presents Exercise Levels, which are parallel lesson plans, that progress simultaneously. These Exercise Levels are merged over and over again, as the program advances.

### *Phase I: Invitation to the Dance*

6 Exercise Levels are introduced in *Phase I, Invitation to the Dance* (see chart on page 2). The *Be with Me* Exercise Level is designed to change your habits and your horse's mind set about being with you without lines. The *Liberty Communication* Exercise Level is the core of the program and teaches a new communication and cueing system that produces a smooth transition from on-line to off-line work and play. The *Liberty Communication* exercises also teach you a communication to mold, shape and inspire dance movement from your horse without the use of equipment. The *Liberty Handler* Exercise Level focuses on transforming you from ground person to Liberty handler. The *Liberty* Exercise Level is, as the name suggests, working and playing with your horse at Liberty! The *Supple, Dancing Horse* Exercise Level begins a process of gradually suppling and conditioning your horse to be able to perform dance movements in the future. The *Liberty Way* Exercise Level shows you how to integrate Liberty into your daily care and management work, as well as how to take on common challenges using a Liberty classroom. In Phase I, you will also learn how to use positive reinforcement to inspire your horse and create a strong connection that models the social connection between bonded herd mates.

By the end of Phase I, you and your horse should be enjoying Liberty, up close, at the walk, and possibly even the trot. You will have transitioned from ground person to Liberty handler and will be enjoying a freer style of communication in the spirit of dancing. When you take the lines off, your horse will be engaged by you as you have never experienced before! Being with your horse, doing activities with your horse, even regular care, without the use of equipment will become more natural and more commonplace.

### *Phase II: Liberty...As you Always Imagined!*

In Phase II, the *Be with Me* exercises push the boundaries of what it means to be with your horse without equipment. The *Liberty Communication* exercises add distance, higher gaits and energy to your Liberty fun. You will be spending more of your time working and playing at Liberty and putting lines back on only for more advanced teaching concepts. In the *Liberty Handler* exercises your entire style and attitude will be transformed to one of lead dancer, and for some handlers, athletic partner. The *Supple, Dancing Horse* exercises transition to using the picadero to encourage natural engagement and collection. The *Liberty Way* exercises challenge you to throw away the lines as much as possible for all regular care and management activities, including Liberty strolls around your property.

A new exercise level, *Trust, through Confidence* is introduced. This incredible level deepens the social connection of Liberty play into trust between horse and handler with a series of confidence-building exercises that build self-esteem in your horse and elevates his esteem of you. The *Trust, through Confidence* Exercise Level puts forth a new approach to the horse to human partnership. The Liberty handler assumes the role and style of the "wise and veteran" herd mate that encourages, but never forces, your horse to take on challenges in a graduated lesson plan and to create a sense within your horse that he or she can do anything that is put in front of them! This exercise level prepares you and your horse for Phase III, which explores more athletic, creative and challenging Liberty fun!

Continued on page 2

*No Lines. No Limits.*



## Phase II: Liberty...As you Always Imagined!, continued

Towards the end of Phase II, a new exercise level, *Liberty, In-Hand*, is introduced which features Liberty exercises, up close and with contact with your horse. In Phase III, these exercises merge wonderfully with *The Supple, Dancing Horse* Exercise Level with the introduction of *Glide*, a slow dance activity with your horse. When you and your horse reach the end of Phase II, your horse may be so engaged by you, that you may have to “ask” your horse to leave you to do his or her Liberty work or play. Positive Reinforcement, coupled with Silence, allows you to add intensity to your requests, and raise your expectations of your horse’s responses and partnership, without triggering the flight response. Your horse will be following more challenging suggestions with confidence, your sessions will be exhilarating and moving.

## Phase III: Explore Liberty

Phase III celebrates your personal expression and creativity, as well as celebrates your horse’s natural athleticism, movement and personality. In this phase, you and your horse will explore the many dimensions of Liberty to discover what styles inspire you most, and what activities your horse particularly enjoys. You will be introduced to: *Glide*, a slow dance between handler and horse which emulates classical-in-hand training; *Liberty Expression*, an exploration of Liberty with music and dress; *Equine Agility*, Liberty over an obstacle course; *Liberty Jumping*, Liberty over a jumping course; and *Liberty Performance*, which advances Liberty to higher performance levels.

# Equine Liberty Sports™ Teaching Program Exercise Levels

<i>Phase I, Invitation to the Dance</i>	<i>Phase II, Liberty...As You Always Imagined!</i>	<i>Phase III, Explore Liberty</i>
<ul style="list-style-type: none"> <li><i>Be with Me</i></li> <li><i>Liberty Communication</i></li> <li><i>Liberty Handler</i></li> <li><i>Liberty</i></li> <li><i>The Supple, Dancing Horse</i></li> <li><i>The Liberty Way</i></li> </ul>	<ul style="list-style-type: none"> <li><i>Be with Me</i></li> <li><i>Liberty Communication</i></li> <li><i>Liberty Handler</i></li> <li><i>Liberty</i></li> <li><i>The Supple, Dancing Horse</i></li> <li><i>The Liberty Way</i></li> <li><i>Trust, Through Confidence</i></li> <li><i>Liberty, In-Hand</i></li> </ul>	<ul style="list-style-type: none"> <li><i>Be with Me</i></li> <li><i>Liberty Communication</i></li> <li><i>Liberty Handler</i></li> <li><i>Liberty</i></li> <li><i>The Supple, Dancing Horse</i></li> <li><i>The Liberty Way</i></li> <li><i>Trust, Through Confidence</i></li> <li><i>Liberty, In-Hand</i></li> <li><i>Discover Liberty:</i> <ul style="list-style-type: none"> <li>* <i>Glide</i></li> <li>* <i>Liberty Expression</i></li> <li>* <i>Equine Agility</i></li> <li>* <i>Liberty Jumping</i></li> <li>* <i>Liberty Performance</i></li> </ul> </li> </ul>

*No Lines. No Limits.*