

Horse Training How-To from Horsemanship101.com

What Is Wrong with My Horse?

Fixing Problems DIY & Step-by-Step

by John Lyons Certified Trainer Keith Hosman

*Part of the "Horse Training How-To" Series from Horsemanship101.com
Find step-by-step horse training articles 24/7 at Horsemanship101.com/Articles*



“What Is Wrong with My Horse?”

by Keith Hosman

ISBN: 1477697713

ISBN-13: 978-1477697719

Copyright (C) 2012-2015

by Keith Hosman, PO Box 31, Utopia, TX 78884 USA

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted, in any form or by any means, electronic, mechanical photocopying, recording, or otherwise, without the prior written permission of the publisher.

Please note: The information appearing in this publication is presented for educational purposes only. In no case shall the publishers or authors be held responsible for any use readers may choose to make, or not to make, of this information.

Keith Hosman

horsemanship101.com

PO Box 31

Utopia, TX 78884 USA

020714

Table of Contents

Preface 7

Use this handbook to “fix your horse for good.”

Section I: Fear In All Its Forms

How your horse gets scared determines how we fix it.

Retraining the Flighty or Bratty Horse 11

Horses are herd animals and instinct tells them that there’s gotta be a boss. If it’s not you, it’s gotta be them. Here’s how to get and maintain control.

Whoever Moves First, Loses..... 17

Discipline problems vanish when your horse sees you as boss; here’s training for a rainy day that puts you back in charge.

Scared of My Horse 26

If your horse has taken a turn for the worse (manners-wise) since you’ve owned it, here’s help.

Despooking: Scary Things 32

Sack out and desensitize your horse to scary objects - like your hands, tack and everyday equipment.

Despooking: Scary Moments 42

Here’s how to teach your horse to contain himself (and thus, keep you safe) when something scary pops out of nowhere.

Despooking: Scary Places 48

Does your horse turn into a basket case every single solitary time he gets near the same darn spot on the trail or seemingly innocent patch of arena dirt? Here’s your fix.

Despooking: Scary ‘Away’ Places..... 53

When your horse only turns into a freakzoid when you’ve trailered to a distant location - like a show - here’s what to do.

Say Good-Bye to Mr. Jiggy..... 60

Here we'll learn to relax and slow a high horse with a method so simple that it only has one step.

How to Slow Down Your Too-Fast Horse..... 66

If you have problems with your horse getting "higher and higher" -- or need a way to slow a fast one down -- then this is for you.

Calm Down Now..... 71

Nature placed an On/Off switch onto each horse. This exercise gives you the "flip switch."

Section II:

Keeping Your Horse On the Straight and Narrow

What you do today determines the horse you'll ride tomorrow

Perfect the First Time 81

If you're guilty of being a bit heavy-handed (as evidenced by a stiff-as-a-statue horse) here's a Top Five Horse Training Concept that will soften your horse fast.

6 Easy Ways to Improve Your Training..... 83

Six horse training tips, each designed to simplify your training and make big changes fast.

Rider Checklists 90

Here are 3 "Rider Checklists." Together, they'll keep you safer - and accelerate your training to boot.

The First Thing I Do..... 97

Here's the first thing you should do with your horse today - and with any horse that's "new to you."

When You Do Get On, Do This First..... 104

Here's one small thing you can do to keep your horse's attitude in check - and prevent mount-up problems from taking root.

Is My Horse Hard to Train... Because of His Feet?..... 106

If your horse stumbles, cranes his head to the ground, takes halting steps, doesn't want to "move out," or has grown irritable, it might be that his feet are hurting him. Here's how to tell.

Section III: Overt Vices

Here's how to fix some of the most common problems you might face with your horse: Easy, objective, step-by-step

Biting Horses113

Here's how to make your horse quit biting using the methods of John Lyons.

Cinchy Horses119

Here's an easy fix for horses that get cinchy or irritated when you tack up.

Horses That Won't Go 126

Addressed here: Horses that stop moving and stubbornly refuse to take another step. Two things not addressed here (at least not in-depth or specifically): Horses that have gradually become "dead-sided" and crossing obstacles.

Leading Stubborn Horses 136

Learn: A quick fix for getting a horse moving again if he freezes up when being led.

Help! Picking Up Feet 146

Teaching your horse to lift its feet on command is actually much simpler than folks tend to want to make it. Here's how.

Books by This Author 154

Meet the Author..... 155

John Lyons Certified Trainer Keith Hosman

Preface

Use this handbook to “fix your horse for good.”

This book is dedicated to every horse owner who has seriously considered leaving the gate open and spilling a trail of corn out to the highway. I've been there, my brothers and sisters. I feel your pain. Horses can be an amazing high - but can also drive ya nuts faster than you can say “Why would you do this to me when I pay all the bills?”

This book is also dedicated to all you folks who, new to horses, ignored all sensible advice and bought a young horse, figuring you could “learn together.” Doubtless, you're starting to doubt the sanity of that decision... but relax, it's our little secret. Cram what you can of this material each night; amaze your friends in the morning.

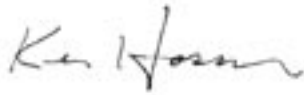
Section I: The lion's share of challenges faced by riders and owners revolve around some form of “fear,” the rider's - or the horse's. Here we deal with “fright” in it's myriad forms.

Section II: Neglect your lawn, get weeds. Neglect your car, break down. Neglect your horse... collect trips to the ER. Here's what you need to know to keep your horse tuned-up and out of trouble.

Section III: Find step-by-step fixes for the “most popular” (notice the quotes?) problems faced by horse owners.

You are a horse owner with problems. This is a book with solutions.

Good luck in your training!

A handwritten signature in black ink, appearing to read "Ken Hansen". The signature is written in a cursive, flowing style with a large initial 'K' and 'H'.

Retraining the Flighty or Bratty Horse

Horses are herd animals and instinct tells them that there's gotta be a boss. If it's not you, it's gotta be them. Here's how to get and maintain control.

Holding, reclaiming, or initially earning your horse's respect is a matter of taking action in the moments when he tests your position as boss.

If you've got a flighty or bratty horse - or even a horse you feel might be testing your authority - do this: Put a halter on it and go for a walk (with you on the ground). Walk around, watching the horse's ears until they prick up and he turns his head to look at something. That movement right there is what we've been waiting for. Memorize what it looks like from the safety of the ground. Walk some more and really take in the very instant when your horse abruptly changes his focus to something "over there."

Child's play? Sure, but you'd be surprised how many out of control horses are ridden by people who have overlooked or didn't recognize the very moment they lost control. When they finally get dumped, they have no idea where the storm came from.

Now, take that a step farther: Move off and wait till you lose the horse's focus again. Be ready and the instant it happens begin waving both hands, call out, hop if you have to - but get his focus on you - **GET BOTH EYES LOOKING AT YOU**. He'll probably try

to keep one eye on you and one on “the thing.” (Odd how they can do that.) You want both eyes and you’ll keep hopping till you get both.

Find something that seems to continually steal your horse’s attention and use it to your advantage. Your horse will want to look at the bizarre object rather than you. Even if you get his attention, you’ll quickly lose it when he looks back at the object. This is your big chance to be proactive and to start making a change. Do not let the horse tune in on anything except you by keeping him moving about, clap your hands, whatever, anytime he turns his attention away.

Stand there looking at him square in the eyes - relaxed, but waiting for him to mess up by looking away. The moment he does, get on his case like white on rice. Absolutely insist on having both eyes look at you until you signal with your body language (by turning away) that you’re through. Sidestep around the horse in a circle and expect him to turn around, looking at you. He’ll probably stop turning when you first begin, right about the time you get to his ribs area - but keep getting him “back on you” and soon enough he’ll follow you in a complete circle.

At first, he may rock back away from you as he turns rather stiffly and awkwardly, if he turns at all. Given that, you’ll know he’s progressing when he seems to lean or creep forward continuously (even through his turns) and moves with the fluidity of a snake, bending his body like a banana - as opposed to turning stiffly like he’s got a 2X4 stuck you know where. Help create this fluidity by continuing asking him to move a bit forward as he turns; do this by slightly backing away, drawing him toward you. That’s what we want, fluid and forward. Keep at this until you get it.

Take note that in this training you are not to continually make a hub-bub regardless of what the horse is doing; you are only to make a ruckus when he turns his focus away. Until then, when he's "on you," you are to be relaxed.

Begin working to lighten the amount of pressure it takes to get and hold his attention. It shouldn't take much as he learns what you expect, but consciously work to lessen the effort required. When you first begin, it might take you jumping up and down or whirling the end of the lead rope at his posterior - but once he understands what you're after and that you'll not take "no" for an answer, you'll find that simply kissing to him or turning toward him will pull his focus back on to you. You don't need to smack them to get and retain their attention. Just practice, thought, and persistence.

Gaining and holding his focus is key to being seen as leader. It is imperative that you retain this ground. Henceforth, you are to be a benevolent dictator. While you can hang out with your horse all day and he can simply munch grass, if your body language tells him that you need his focus, then get in the habit of expecting it immediately. Develop a zero tolerance for anything less. You know how you can't turn your back on the Queen of England in her presence? Your horse should start learning to treat you with the same deference. You know when somebody is addressing you and when they're ignoring you; it's no different with the horse.

This goes a long way to keeping your horse on the straight and narrow; it's work like this that keeps your horse controlled while your friend's horse goes bonkers. It's also how you indirectly solve (at least in large part) behavioral issues such as horses that bully you

Books by This Author

Check out these titles from Keith Hosman:

- Get On Your Horse: Curing Mounting Problems
- How to Start a Horse: Bridling to 1st Ride
- Rein In Your Horse's Speed
- Round Penning: First Steps to Starting a Horse
- Stop Bucking
- Trailer Training
- What Is Wrong with My Horse?
- When Your Horse Rears... How to Stop It
- Your Foal: Essential Training

Available in the following formats:

Paperback | Kindle | Nook | PDF (You print)

Purchase 24/7 at [Horsemanship101.com/Courses](https://www.Horsemanship101.com/Courses)

What Is Wrong with My Horse?

Meet the Author

John Lyons Certified Trainer Keith Hosman



Keith Hosman lives just outside of San Antonio, Texas and divides his time between writing how-to training materials and conducting training clinics in most of these United States as well as in Germany and the Czech Republic.

Visit his flagship site horsemanship101.com for more D.I.Y. training and to find a clinic happening soon near you.

How-to articles & trainer listings: horsemanship101.com

