

Introduction to pole work-part 3



Parallel poles

- Minimum 2 poles
- Width apart impacts difficulty- the narrower the harder.
- Use the poles as 'x' to practice transitions
- Rein back through the poles- nose on the vertical, active strides and lifting through back.



Fan poles

- 3-8 poles
- 45 degree angle
- Small to larger circles
- Poles can be raised at middle point
- Walk and trot



Sideways poles

- Minimum 1 pole
- Horse must stand over pole with forelimbs one side and hind limbs the other.
- Move the horse sideways over the pole keeping the pole under the belly.
- Tip!- start by asking the shoulders and hind limbs to move individually before asking for both at the same time.