

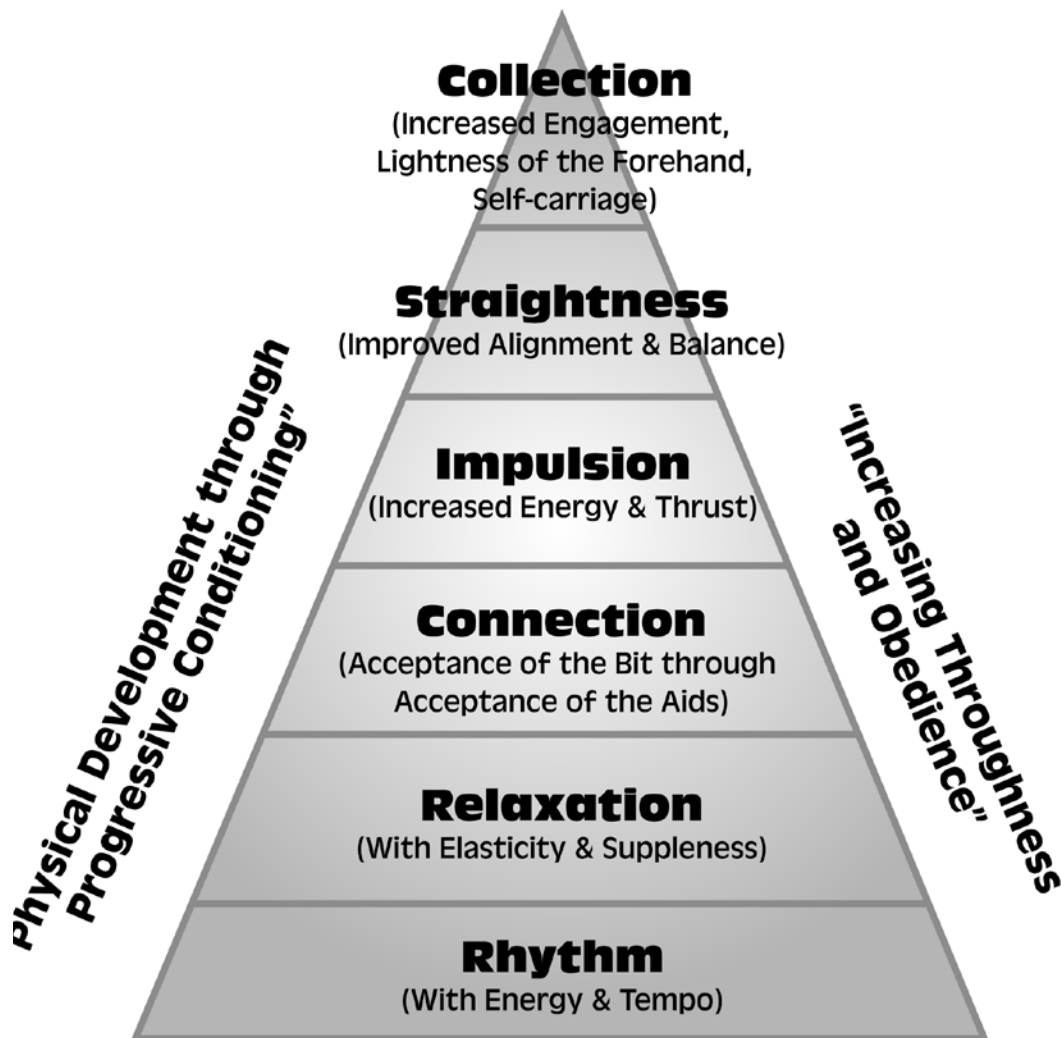
# CLASSICAL THEORY FOR LUNGEING THE HORSE

## Introduction

When lungeing the horse, just as when riding, the criteria of the Pyramid of Training must be the guidelines for all work. Mastery of lungeing will enhance the work under saddle, but cannot replace it. On the other hand, bad lungeing because of lack of knowledge or through negligence, can ruin a horse as easily as bad riding.

If the horse is regularly lunged correctly, he will be much better prepared to go in the same manner with a rider.

## THE PYRAMID OF TRAINING



# **Reasons for Lungeing Horses**

## ***Training of young horses.***

Familiarization phase, acceptance of the tack and the aids, confidence-building, improving relaxation and balance, preparation for mounting.

## ***Supplementing the training program***

As a warm-up for horses which are too fresh, cold backed, cinchy, tight in the back or in the loins, not coming through the withers, or generally take a long time to loosen up, to improve relaxation, regularity, impulsion, obedience, especially in transitions.

## ***Improving conformational shortcomings***

Ewe neck, strong muscle in under neck, no muscles in front of withers, weak in the back, loins, quarters, etc. Improving the top line. Useful: sliding side reins, work over ground poles and cavalletti.

## ***Re-training problem horses or horses from other disciplines.***

Re-schooling horses from other disciplines (off the track, ex-jumpers, etc). Improving the top line, improving connection, restoring confidence in the bit with horses that have been ridden with too much hand, improving impulsion, etc. Useful: sliding side reins, work over poles and cavalletti.

## ***Exercising horses that cannot be ridden.***

After lay-up or injury, sore back, etc., owner or trainer not able to ride, conditioning.

## ***As preparation for work-in-hand.***

Half-steps, piaffe, passage, long-reining.

# **Desired Results of Lungeing**

- Improves communication between trainer and horse, teaches obedience.
- Improves condition and muscle tone.
- Improves development of the top line.
- Improves balance, resulting in better quality gaits.
- Improves lateral and longitudinal suppleness.