



Cows, Cowboy Dressage & Mountain Trail Workshop Concepts

I love using **what** I ride to develop **how** I ride ("what" meaning the discipline, event or style). When I first used the basics of Cowboy Dressage to help students work cows and execute obstacles . . . it was **magic!** I wanted every rider to feel the freedom and joy of riding in connection with their horse: mentally, emotionally and physically. That's the intent of this workshop. And, it's **more fun** than you can imagine!

If you've ridden with me on cows, you know that it's not about the cow for me; it's about **what the cow can do for you and your horse**. Whether your horse needs cow confidence at the end of the lead line or you're cutting like a pro, we've got you covered!

Executing trail obstacles utilizing Cowboy Dressage principles is unparalleled in developing trust and confidence in both horse and rider. Again . . . it's **magical!**

What's in the Workshop?

Cowboy Dressage

We will work on basic principles to refine your individual partnership by maximizing the effectiveness of your horse/human communication. These basics are what lead to: establishing free gaits, terrific transitions, bio-mechanically balanced haunch and forehand turns, fantastic figures of 8, and beautiful bow ties.

We'll use ground work, group work on the rail, smaller group exercises on and off the court and end with riding a test. During the test rides, you'll each get an opportunity to call, evaluate and ride the tests.

Use the gear you usually ride with. If you are riding one handed on a bridle-horse, please bring along your snaffle or hackamore for two-handed work.

Take it to the Trail!

In this session we will apply previously learned techniques to enhance trail obstacle execution. Learn mental savvy to help you maintain efficient, consistent communication with your sturdy steed so that you navigate trail obstacles with safe, quiet confidence

and trust. You'll be amazed at how applying Cowboy Dressage philosophy and techniques can develop your partnership so that you have the tools to approach and execute even new and "scary" situations.

What you need: your horse tacked up and ready to ride. Dee may also request some other specifics (halter & lead rope for example).

Put Some Cows in Cowboy Dressage!

Whether you've never worked a cow or it's second nature, you'll learn something new in this session. We'll be holding rodear and using Cowboy Dressage techniques to develop control, position, correctness and cow sense. We'll learn some cow lingo and work individually or in groups as needed for the level of each partnership. Here are some concepts to get you thinking about what we'll be working on in this session:

Control—Holding, Releasing, Turning

Position—Position of horse on the cow to facilitate the action desired in the cow. For example: horse's head/eye behind the cow's shoulder to push forward and away; behind the cow's hip to push forward; in front of the cow's eye to turn.

Correctness—The level of assistance the horse requires from the rider to perform. The expression of the horse (attentive, ignoring, afraid, etc.)

Degree of Difficulty—This can be the cow, or the place in the working area that the cow is worked (for example, whether or not a fence is used).

Cow Sense: The way the horse engages the cow. Is the horse accepting the cow; seeing/sensing the cow's movements and intentions. Is the horse willing/wanting to control the cow?

Work Done—how much effort was given.

We'll probably find time to do some cow jumping and/or ranch team work over obstacles! It's addictive—watch out! You won't want to stop!

If you ride one-handed, be sure to have headgear for your horse to go two-handed if you need to. If your horse is new to cow work, bring your halter and lead with you to the arena.

In general, we'll start and end each day with a horseless session to review, plan and answer questions. We usually start at 8:30 and end by 4:30. We break around noon for an hour and a half for lunch. We stay flexible to work around weather and needs.