



“Mounting Blocks” Lesson Package

If you’ve never been on a horse before, or a beginner rider looking to start your riding journey safely and with confidence:

Mounting Blocks Lesson Package: 5 lessons

- Works slowly building confidence on the ground through groundwork with the horse
- Building proper form and muscle memory allowing for CONFIDENCE on the horse before the first ride even begins!
- Learn invaluable safety techniques to work on and around the horse
- Buyer’s guide for equipment and attire for riding
- Rider’s log: template pages for recording your riding goals and successes both on and off the horse

Lesson one – Safety

Barn etiquette:

- What to wear around the barn
- How to fit a helmet
- Barn protocol
- Hazard awareness

Horsemanship and horse handling:

- How to safely approach a horse
- How to put on a lead rope
- How to cross tie
- Quick-release knot directions
- How to safely lead in a horse with a halter and lead rope

Study guides:

- Equestrian equipment and attire buying guide
- Hazard awareness manual
- Halter and lead-rope diagram
- Quick-release knot step-by-step guide

Lesson two – Horse-care

Tack identification:

- Proper tack used for riding
- How to properly store tack and equipment
- How to set-up tack before putting it on the horse
- Proper tack care and maintenance
- Identification of grooming tools and what order they are used on a horse

Horsemanship

- Grooming a horse in the cross ties
- How to saddle a horse
 - Order in which the equipment goes on
 - Proper placement of saddle
 - Preliminary assessment of saddle fit
- How to bridle a horse
 - How to arrange the bridle to present it to a horse
 - How to hold the horse's head while holding the bridle
 - How to properly place the bit in the horse's mouth
 - Order in which to do up bridle buckles
 - Preliminary assessment of bridle fit
- How to put sports boots on a horse
 - Placement and proper tension of sports boots

Horse handling

- Leading a horse with a bridle
- Proper set up of saddle and other equipment while the horse is being led

Study Guides:

- Step-by-step grooming guide
- Parts of a saddle
- Parts of a bridle
- Step-by-step saddling guide
- Step-by-step bridling guide

Lesson 3 – Rider exercises (stretching, mat-work)

Horsemanship:

- Simple horse anatomy
- Horse movement
- Identification of horse gaits

Rider Body Awareness:

- Simple human anatomy
- Impact of the rider on the horse
- Rider breathing awareness exercise
- Rider psoas awareness exercise
- Rider stabilization exercise
- Rider flexibility exercises

Study guide:

- Horse anatomy guide
- Human anatomy guide
- Rider stabilization and flexibility exercises

Lesson 4 – Horse simulation

Horsemanship:

- Identification of natural and artificial aids
- Identification of different rider 'seats'
- Identification of simple movements in an arena
- Proper arena etiquette – protocol for riding with others

Rider equitation using exercise ball, saddle horse

- Centered riding "building blocks"
- Feeling the seat bones
- Soft-eyes/hard-eyes
- Practice giving horse cues
- Practice turning while preventing "building blocks" from tumbling over

Study guide:

- List of natural and artificial aids
- Arena protocol guide

Lesson 5 – Your first ride!

Horsemanship:

- Mounting and Dismounting

Horse handling:

- Walk
- Halt aids
- Walk- halt transitions
- Walking on the rail
- Simple changes of direction
- Simple circles

Study guide

- Mounting and dismounting cue cards
- Simple arena movement diagrams

Cost: “Mounting blocks” with Larissa:

\$100/person plus travel expenses

“Mounting blocks” online:

\$60/person



www.larissacoxtraining.com

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