

The 10 Points of the Rohrmann Plan

The following points are only guidelines, which in my teaching are fair to both the horse and the rider in theory and in practice. The foremost consideration is the welfare of the horse, regardless of which discipline a horse and rider participate.

- Be in control of yourself and your body- thus enabling you to also be in control of your horse. Through this your horse can begin to trust you and work *for* you
- Learn to permit the movement of the horse with respect to *your human* nature. (We naturally work with our hands for balance, and in reaction to fear or surprise.) Thereby enabling you to improve upon and refine the movements of your horse.
- Understand your horse and learn to read *him* and feel *him*- then he will be able to answer your requests correctly (Allowing you to use sensitive aids/ “to be like a fly”)
- Make your training fun for your horse and motivate him to work- this will also make training fun for you and motivate you
- Always take “baby-steps” in your training, they can never be too small- this will allow you to advance in the long run by leaps and bounds
- Don’t be afraid of making mistakes. Rather embrace them so that you can learn to recognize and learn from them.
- Keep an open mind to all methods of training (both new and old), as a result allowing you to incorporate what you find worthwhile into your own training
- Learn to yield slowly with the hand- so that you can correctly come into the collection with impulsion
- Always analyze your riding/ training. Remember that you were not born a rider, and should therefore critically analyze your actions so that you can refine and improve upon them.
- And never forget: The horse is only a horse with all of its characteristics. As a flight and herd animal, they were never born to be ridden. He cannot read books or watch DVDs about training. Always keep this in mind whilst training and riding so that you do not harm the horse.

Translated from Lauren Bamford, Canada – thanks for this