

Kitchen Table #2 Notes

May 6, 2025

Theme #2: Preparing to throw your leg over for the first time in the season

In Attendance: Melinda, Janat, Julie, Jill, Martha, Marley, Scott, Margaret, Carrie, Dawn, Emily & Alice



Recap & Reflections from March 3, 2025 – Kitchen Table #1: Importance of Ground Work

Reminder of Homework:

- Relaxation exercises – specifically ‘The Bolero’
- Long & Low on the lunge line
- Work in Hand – four specific maneuvers

Reflections:

Julie – Found the processes of having the focus of the homework was motivational and helped create consistency;

Martha – Had to take her filly, Liberty back to the vet, but now continuing with soft ground work;

Margaret – Was dealing with Colorado weather, but found working with her TW gelding over ground poles to help with his rehabilitation;

Kitchen Table Horse Study

with Alice Trindle,
Emily Kitching & Eclectic Horseman

Examining Theme #2: Preparing for those early season rides

GOAL: To set it up for success of both horse and rider to have a safe, fun and balanced experience...mentally, physically, emotionally and spiritually by providing good leadership.

OBJECTIVES:

- Reestablish our foundation – “A Willingness to Yield in a Respectfully manner”; Checking out both horse & human attitudes, physical attributes and conditioning, and engaging the minds of both parties in the relationship;
- An eye to safety – Looking at our environment, our tack and transportation if needed, to make sure everything is in working order and free of harmful attributes (i.e. nails sticking out, holes, sharp objects, wire, etc..)
- A refresher course to ‘Engage’ our mind, heart, the connection and build on our relationship with the horse; “*Complacency has no place in good horsemanship*”

TACTICS:

1. Review the suppling and lunging exercises to:
 - Relax and supple
 - Strengthen and condition
 - Check out physical attributes of both horse and human
 - Reestablish connection

Reference materials for tactic #1:

- Horseman’s Gazette Articles
 - [Suppling Exercises with Alice Trindle](#)
 - [Work in Hand](#)
 - [Use of the Lariat in the Round Pen](#)

T&T Horsemanship Website – Video & Articles

- [Belero Exercise](#)

- [Tip for the Ride – Stop Sign Pattern Work in Hand](#)
- [Preparing for a Great Ride – Human Exercises from the Saddle](#)
- Ground Work with the Lariat – [Part I](#) and [Part II](#)
- T&T Horsemanship Article: [Working Another Horse from A Top Your Own](#)

HOMEWORK:

For the Human:

- Commit to pilates and/or yoga 2 to 3 times per week
- Commit to checking out your tack and environment
- Commit to ground work exercises with your horse and add in yielding exercises using the rope (Note: You don't have to use the lariat, but any longer piece of soft rope to ask for yielding of all four feet, and perhaps other body parts; You are checking out the "Yes...but don't touch me there" parts!)
- Commit to accomplishing at least 2 to 3 of the 'in the saddle' human exercises

For the Horse:

- Ground work with the rope
- If you have two horses: Accomplish the ponying exercises
- Mount from the fence