

CYC

Guidebook



Can You Course Step by Step Guide

- Watch Welcome Video
 - Accept invite to join FB group. Introduce yourself with a pic of you and your horse, where you live and what you'd like to get out of the course
 - Watch Seed Task #1 Video
 - Try out Seed Task #1 with your horse (check it with speed too)
 - Watch Imagination Exercises Video
 - Complete Imagination Exercise #1 Worksheet (below)
 - Choose a Can You Task or 2 or 3 to try with your horse
 - Share your task/s on the FB Group
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- Watch Seed Task #2 Video
 - Try it out with your horse
 - Complete Imagination Exercise #2
 - Choose a Can You task/s to try out with your horse
 - Share your task/s on the FB Group
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- Watch Seed Task #3 Video
 - Complete Imagination Exercise #3
 - Choose a task/s to try with your horse
 - Share your task/s on the FB Group

Imagination Exercise #1

“This world is but a canvas for your imagination.” Henry David Thoreau

Complete this after you've:

Watched the Welcome video

Watched Seed Task #1

Tried out Seed Task #1 with your horse as a diagnostic (at a walk first and if you get rhythm, try it at a trot)

Watched Imagination Exercises Video

The goal of this exercise is for you to strengthen your imagination by using the concept of changing one thing to create a new Can You.

Start with Seed Task #1: Can you send your horse over a pole from 8-10 feet away at a walk and then turn face and wait. With your horse maintaining rhythm over the pole

There is a table provided for you to organize your tasks. Each row is a new task- change one thing each time for each new row to come up with a variety of new tasks to try out. The one thing that will stay the same for this first exercise is what the horse does- goes over the pole with rhythm. In Seed Task #2 and especially #3 this will change.

All of our brains are going to work differently on this- the table is one way to do it. If it doesn't work for you, you can just write out your new Can You's OR you could make a set of cards using index cards or file folders (like I mention in the Imagination Exercises Video)

The thing to practice is to change one thing at a time.

Once you've come up with your list, choose one or 2 to try out with your horse. Please also share your tasks on our FB group so we can all keep collecting new ideas.

Start	What Horse does	Distance: Close-45 ft or more	Savvy: OL, Lib, FS, FN	Gait	Zone	Other *	End
Send over pole	Crosses pole with rhythm	from 8-10 ft	OL	Walk or trot	1		Turn, Face and wait
	Crosses pole with rhythm						
	Crosses pole with rhythm						
	Crosses pole with rhythm						
	Crosses pole with rhythm						

Start	What Horse does	Distance: Close-45 ft or more	Savvy: OL, Lib, FS, FN	Gait	Zone	Other *	End
	Crosses pole with rhythm						
	Crosses pole with rhythm						
	Crosses pole with rhythm						

* Other Column

Examples of things to play with in the “other” column: Environment (take them somewhere new), way to get to the pole (send them sideways to the pole before crossing it), change something with your orientation (sitting in a chair, standing on a barrel, from another horse, etc), change the obstacle (add something to it, change the height, etc), change the ending (have them stop straight after they go over the pole, have them go to another obstacle and stop, have them go sideways, etc)

Imagination Exercise #2

“Your imagination is the preview of life’s coming attractions” – Albert Einstein

This will be very similar to Imagination Exercise #1. Try this after you’ve watched the Seed Task #2 video and you’ve tried out Seed Task #2 with your horse

Start with Seed Task #2:

Can you stand 8-10 feet from the pole and send your horse to stop at the pole OR over the pole.
Horse stands confidently

Then play with changing one thing at a time and create a list of new Can You’s

Pick a couple to try with your horse and share them on our FB page.

Remember that if you get to a task that your horse has trouble with- change one thing at a time to make it easier.

Start	What Horse does	Distance: Close-45 ft or more	Savvy: OL, Lib, FS, FN	Gait	Zone	Other *	End
Send	Stop at or over pole	From 8-10 ft	OL	Walk or trot	1		Stop at pole

Start	What Horse does	Distance: Close-45 ft or more	Savvy: OL, Lib, FS, FN	Gait	Zone	Other *	End
	Stop at or over pole						
	Stop at or over pole						
	Stop at or over pole						
	Stop at or over pole						
	Stop at or over pole						
	Stop at or over pole						

Imagination Exercise #3

“Every child is an artist, the problem is staying an artist when you grow up.” -Pablo Picasso

You get the idea of the exercise now 😊 Except- for this one, you can decide what the horse does with the obstacle. Also play with how you are communicating with your horse- close range porcupine instead of driving game (this could be put into the distance section).

One suggestion: start with something you’re going to have your horse do at the pole (one foot on it, back over it, sidepass over it, straddle it, etc) then come up with a couple of variations of that task before you change what your horse can do at the pole.

Choose a couple of your favorites and go play (and share with the rest of us)

Start	What Horse does	Distance: Close-45 ft or more	Savvy: OL, Lib, FS, FN	Gait	Zone	Other *	End

Start	What Horse does	Distance: Close-45 ft or more	Savvy: OL, Lib, FS, FN	Gait	Zone	Other *	End

