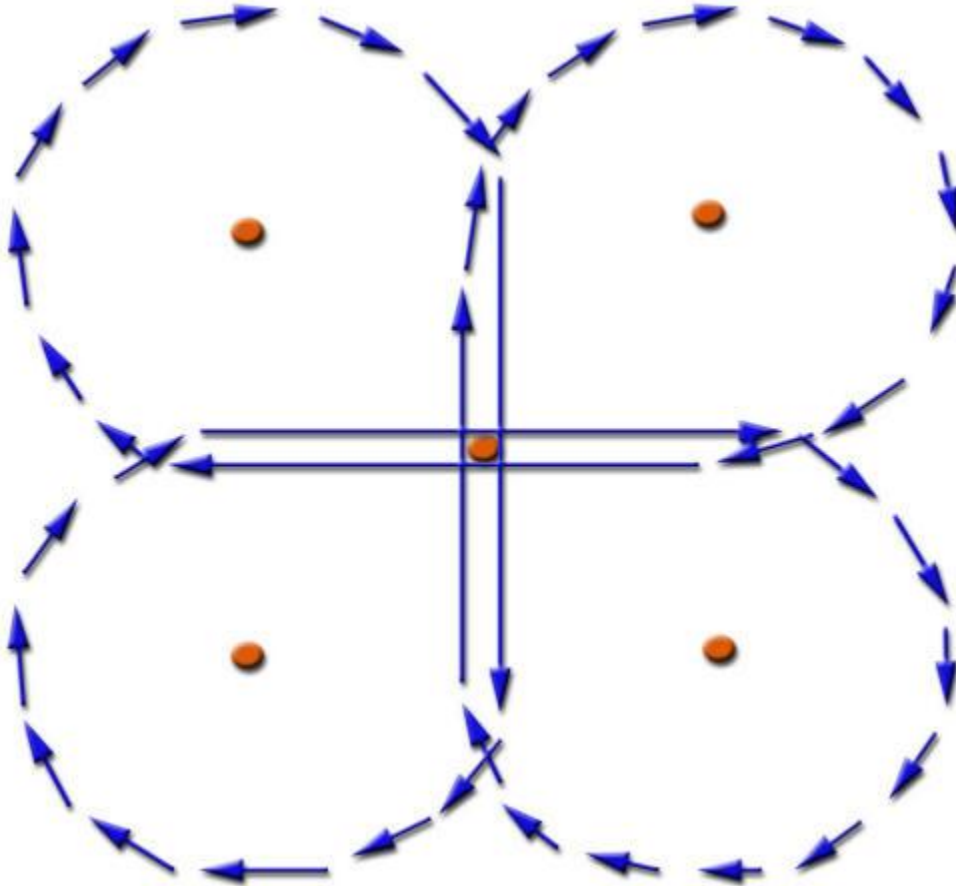


4-Leaf Clover Pattern



Visualizing and riding patterns is a great exercise for you and your horse. It gives your riding a purpose, helps you develop skills for delivering consistent cues for forward impulsion, develops balance and timing, and builds a foundation for guiding your horse with your eyes, legs, seat and body position

Here is a simple pattern to try out. Begin at the center cone with the cone on your right side. Go straight forward and make a circle to the right. Look back over your shoulder and keep your eyes on the center cone. The cone should be on your right as you come back through the center. Make another circle to the right and pass the cone again on the right. Continue this pattern until you have made a complete clover leaf. Rest your horse in the center for 3-4 minutes and try it again. When your horse is soft and supple at the trot and you have consistent speed control then try it at a lope.