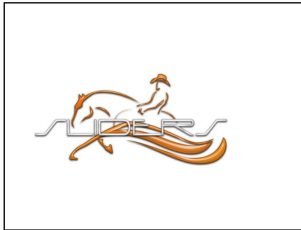


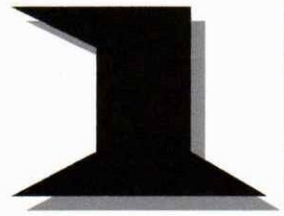
TRAINING PATTERNS

Patterns Developed by Warwick Schiller as part of a strategic plan to develop reining in Australia.

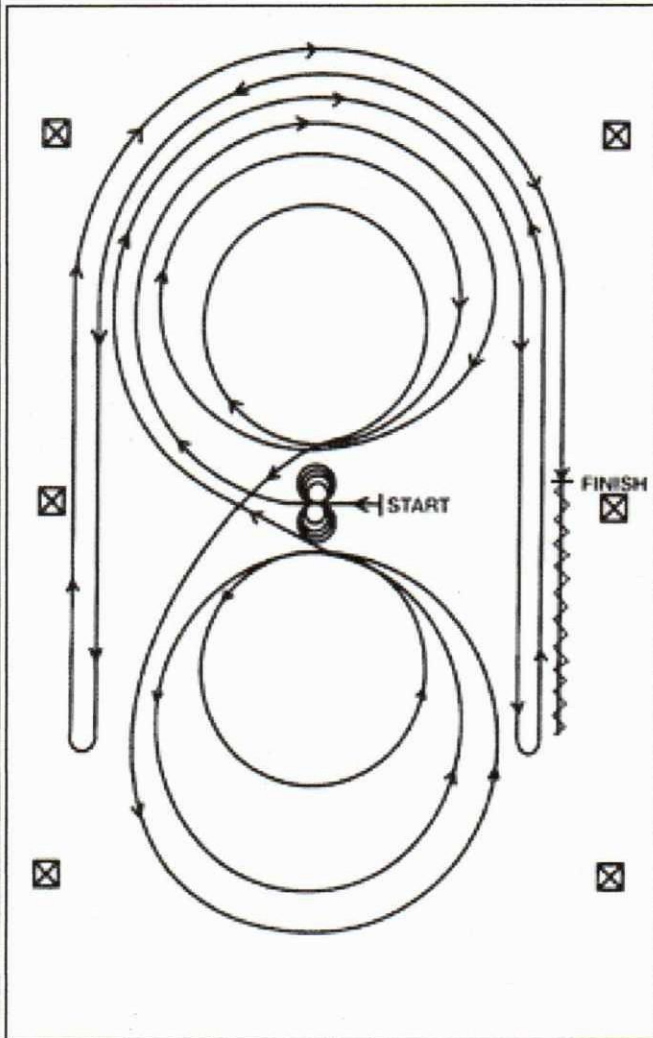


TRAINING PATTERNS

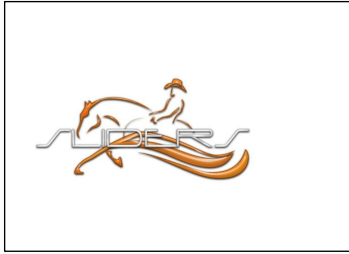
PATTERN 1



Horses may walk or trot to the centre of the arena. Horses must walk or stop prior to starting pattern. Beginning at the centre of arena facing left wall or fence.



1. Walk one 2-3 metre circle to the left, at the completion of the circle wind it into two 360 degree spins, then walk back out into another 2-3 metre circle. Hesitate.
2. Walk one 2-3 metre circle to the right, at the completion of the circle wind it into two 360 degree spins, then walk back out into another 2-3 metre circle. Hesitate.
3. Beginning on the right lead, complete three large circles to the right. The first two circles will be unjudged and are to be used to make the necessary corrections so that the horse will lope the third circle with little or no rein contact. Stop in the centre of the arena.
4. Beginning on the left lead, complete three large circles to the left. The first two circles will be unjudged and are to be used to make the necessary corrections so that the horse will lope the third circle with little or no rein contact. Stop in the centre of the arena.
5. Begin a large circle to the right but do not close this circle. Canter straight down the right side of the arena, at least 6 metres from the wall or fence, past the centre marker and come to a stop, passing through the trot and the walk before halting. Back 4 or more steps and rollback 180 to the left.
6. Continue back around the previous circle but do not close this circle. Canter straight down the left side of the arena, at least 6 metres from the wall or fence, past the centre marker and come to a stop, passing through the trot and the walk before halting. Back 4 or more steps and rollback 180 degrees to the right.
7. Continue back around the previous circle but do not close this circle. Canter straight down the right side of the arena, at least 6 metres from the wall or fence, past the centre marker and come to a stop, passing through the trot and the walk before halting. Back up at least three metres. Hesitate to demonstrate the completion of the pattern

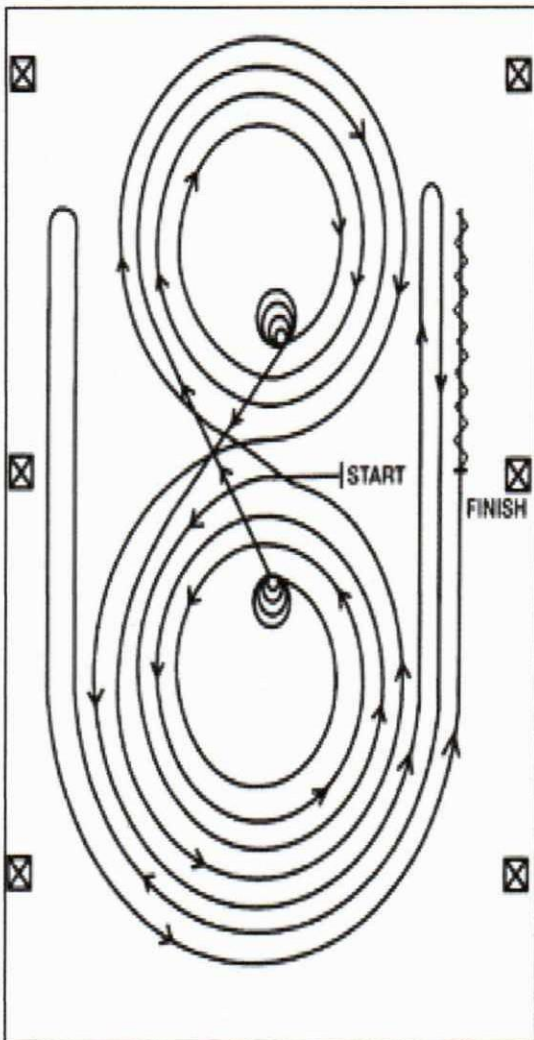


PATTERN 2



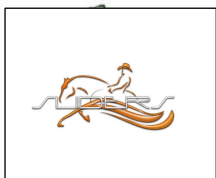
TRAINING PATTERNS

Horses may walk or trot to the centre of the arena. Horses must walk or stop prior to starting pattern. Beginning at the centre of arena facing left wall or fence.



1. Beginning on the left lead, complete three circles to the left: the first two circles larger and faster (the first of which is unjudged). Break to a walk at the centre of the arena and immediately lope off into a small slow circle. Stop at the center the arena.
2. Walk/trot a 2-3 metre circle to the left, at the completion of the circle wind the circle into two 360 degree spins, then walk/trot back out into another 2-3 metre circle. Hesitate.
3. Beginning on the right lead, complete three circles to the right: the first two circles larger and faster (the first of which is unjudged). Break to a walk at the centre of the arena and immediately lope off into a small slow circle. Stop at the center the arena.
4. Walk/trot a 2-3 metre circle to the right, at the completion of the circle wind the circle into two 360 degree spins, then walk/trot back out into another 2-3 metre circle. Hesitate.
5. Beginning on the left lead, run a large circle to the left, at the center of the arena break to a trot, leg yield a few strides to the left then pick up a right lead. Run a large circle to the right, and at the center of the arena break to a trot, leg yield half pass a few strides to the right, then pick up a left lead.
6. Continue back around the previous circle but do not close this circle. Canter with speed straight down the right side of the arena, at least 6 metres from the wall or fence, past the centre marker and come to a stop, passing through the trot and the walk before halting. Back 4 or more steps and rollback 180 degrees right.
7. Continue back around the previous circle but do not close this circle. Canter with speed straight down the left side of the arena, at least 6 metres from the wall or fence, past the centre marker and come to a stop, passing through the trot and the walk before halting. Back 4 or more steps and rollback 180 degrees left.
8. Continue back around the previous circle but do not close this circle. Canter straight down the right side of the arena, at least 6 metres from the wall or fence, past the centre marker and come to a stop, passing through the trot and the walk before halting. Back up at least three metres. Hesitate to demonstrate the completion of the pattern

TRAINING REINING PATTERNS



TRAINING PATTERNS

Reining patterns all contain the same complex maneuvers, and trying these on an untrained horse can lead to some serious issues. Reining Australia, as part of their Grassroots development plan, realized this. They understand that people wanting to try reining find that a full reining pattern is quite a lot to tackle. Unlike dressage, which has levels of patterns or tests that eventually lead up to Grand Prix dressage, people who try reining for the first time will run the same patterns as the best horses and riders in the world.

If a person starting reining buys a finished horse, all they have to do is master the maneuvers and then patterns (which is not as easy as it sounds). However, if a person wants to try reining on an untrained horse, attempting the maneuvers and patterns on that horse will most likely lead to the horse becoming very resistant. They will also likely find that development of maneuvers are hindered by this resistance.

Warwick Schiller

developed 2 training patterns similar to dressage that will allow riders to get the feel for reining patterns while making them aware of some basic exercises that reining trainers use to develop the finished maneuvers on their horses. The two patterns are named Training Pattern 1 and Training Pattern 2. They are both based on NRHA patterns, but contain training elements used to teach reining maneuvers, replacing the actual maneuvers. Training pattern 1 is the more basic of the two, and Training pattern 2 is slightly more advanced. These patterns, we feel, will be beneficial not only for beginners to the sport of reining, but people who have been doing it for some time to check to make sure there are no major holes in their training program.

TRAINING REINING PATTERN 1

SPINS

This pattern is based on NRHA pattern 8. The first 2 maneuvers in the real pattern are the spins, the first 2 in this pattern is comprised of a drill that trainers use to teach spins. Forward motion is what trainers use to keep the feet moving when learning the spin, as opposed to trying to start spinning from a standstill. What you are required to do in this maneuver is walk a 2-3 metre circle, and while maintaining the cadence and movement of the horses front feet, wind that circle into 2 spins, and then back out into one more circle. There will be no over/under turn penalties in this maneuver.

TRAINING TIPS To work on this drill before going to a show, try walking a 2-3 metre circle, and gradually make it smaller until your horse takes a lateral step with their inside front foot, then walk back out into the circle. Once the horse does it easily with 1 step, then try 2. If you feel the horse try to step behind their inside front foot with the outside front foot, walk forward and out into the circle again. Be aware of your horses body, you'd like them to bend their neck and body in the same arc as the circle. Do lots of walking in and out of spins, trying to keep the same cadence. In the pattern the most important part of the spin exercise is that cadence, that is what the judge will be looking for. Any loss of that cadence is an indication that the horse has stiffened up and become resistant.

CIRCLES

The next 2 maneuvers are the circles. As you can see on the pattern description, the first 2 circles are unjudged to allow the horse to trot into the canter departure and for the rider to make the corrections necessary to have the horse lope the final circle on a loose rein with little guidance. In this training pattern, in the circle maneuver, there will be no lead penalties or break of gait penalties in the first 2 circles, however there will be in the judged circle. For those of you not aware of those penalties, you incur 1 penalty point for every 1/4 of a circle (or part thereof) that you are not on the correct lead (which includes crossfiring), and a 2 point penalty for every time you break gait (which means you hit any gait other than a canter). There will be no break of gait penalty in the downward transition to the stop.

TRAINING TIPS. There are many training techniques to teach a horse to lope circles on a loose rein with little guidance and riders should seek help in learning how to do this. A great article that explains a simple way to do this can be found at <http://www.hendricksreininghorses.com/>. Once there, click on the articles thumbnail, then choose **Master circles with Dell Hendricks**. It is recommended you do not try a hard stop if your horse is not ready for it, instead make a trot/walk/stop transition. There are no lead changes in this pattern, as attempting lead changes before the horse is trained to do so usually results in the horse developing some seriously bad habits.

STOPS

The next maneuver is where the stop would normally be. As you can see in this pattern, there are no sliding stops. In this maneuver you are required to lope down the side of the arena past the centre marker and make a downward transition through the trot, and walk before coming to a stop. You are then required to back 4 or more steps before rolling back towards the fence. Credit will be given for maintaining the forward motion of the front feet.

TRAINING TIPS. Like the spins and the lead change, attempting a hard stop on a horse that is not trained to slide will create a lot of bad habits, the worst of which is bracing up and slamming both front feet into the ground. Many trainers teach the slide in two parts, the first part is coming to a stop while keeping the front feet moving, the second part is backing the horse up to transfer its weight over its hocks. When added together these two exercises form the basis for the sliding stop.

(Version 109)

TRAINING REINING PATTERNS



TRAINING PATTERNS

If the horse resists the pressure from the reins, it will usually stiffen its body and the front feet will lock up. The key to performing this is to eliminate that resistance. An exercise to refine this maneuver is to trot on a loose rein, then slowly pull back until the horse walks. If the horse pushes on the bit as it transitions down to the walk, push it forward up into the bridle at the walk until it softens, then release, trot, and try again. Once your horse can do this well from the trot to the walk, try it from the canter to the trot. Try the same from the walk, to the stop and back up. Then try to put them all together, canter, trot, walk, stop back, going through all the gaits without any resistance.

TRAINING REINING PATTERN 2

Pattern 2 is based on NRHA pattern 5.

CIRCLES

The circles in this pattern start out the same as in the first except there is only 1 unjudged circle and now we are looking for a little bit of speed. Also included is a small slow circle, with a break to a walk before picking up the small slow. This is how most trainers teach their horses to go into the small slow when cued. Credit will be given for loping these circles in relaxed manner with little or no resistance. It will be beneficial to have mastered the stopping exercises in Pattern 1 so that there is no resistance breaking down to the walk.

TRAINING TIPS. To work on this, run some faster circles, giving you horse some sort of "go faster" cue, (leaning forward, clucking, bumping legs, etc.) then as you come to the centre, sit back, relax and THEN break your horse down to a walk. The secret to this is to give your slow down cue first, wait a second, then make them slow down to a walk off your hands. If you sit back and pull at the same time they'll never learn to do it off the sit back cue on its own. Once they walk then the pattern calls for you to lope off into a small slow circle. Don't forget to practice loping small circles too, the same way you would practice loping large circles for pattern 1, put them on a circle, and when they leave it steer them in.

SPINS

In this pattern the spins are similar to the first pattern, however they can be done at the trot. This is not easy, but the judge will give you more credit for it, and this exercise that will encourage your horse to turn faster.

TRAINING TIPS. Start working on this the same as the spins in pattern 1, trot some circles and wind it into 1 spin step then back out again. Make sure you horse keeps the trot cadence in and out of the spins, which is not easy, but once they master it the spins will be easy.

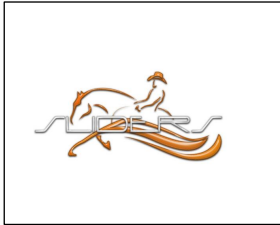
LEAD CHANGES

There are no lead changes, but instead, an exercise to help prevent the biggest problem horses and riders have changing leads, which is the horse dropping its shoulder into the new lead. So in this exercise, you are on a left circle first. As you approach the centre of the arena, break to a trot and with your hands and your right leg, move the front of the horses body over to the left, moving slightly diagonally to the left. As your horse does this ask for the right lead.

TRAINING TIPS. You will tend to drop your hand AS you ask for the new lead. DON'T. Make sure that you keep your horses shoulder to the left until the horse picks up the new lead, and then even for stride or 2 afterwards. When working on this at home practice the transition to the trot and the leg yield, then stay on the same circle and pick up the same lead again and do it over and over until your horse does it quite well before adding the new lead departure.

STOPS

The stops are the same as pattern 1, except you will be given more credit for doing a minimum number of steps in each gait before stopping, while still keeping the front feet moving.



JUDGES GUIDE



TRAINING PATTERNS

JUDGING MANUEVERS

Maneuvers will be judged the same as regular NRHA patterns, with a range from -1 1/2 to + 1 1/2. However the patterns are simplified and the expectations aren't quite as high. Here is a breakdown on judging the maneuvers and what we are looking for. Also included is an explanation of how penalties are to be assessed.

CIRCLES

PATTERN 1

In pattern 1 there are 3 circles, but the first 2 are unjudged. This means no trot penalties in the lead departure nor any lead penalties in the first 2 circles. As the competitor comes through the middle the second time, the judging begins and break of gait and out of lead penalties will apply. Because we don't want a beginning rider/horse to try a hard stop in the middle, no break of gait penalties will be incurred in the downward transition to the stop.

The judged portion is the circle and the stop in the middle. We are trying to encourage newcomers to get their horse to lope a circle and stay between the reins. Collection is not required, but would be given credit if it was present. A zero circle would be one where a horse lopez a circle on a loose rein, and comes to a stop in the centre without being too pushy on the bridle or stiffening up with both front feet. There is no speed required or asked for.

CREDIT- will be given for:

- A horse that guides on a loose rein
- Softness in the poll in the downward transition to the stop
- Maintaining cadence/movement in the front feet in the downward transition
- Riding a round circle without dropping a shoulder in or leaning outwards

FAULTS-include:

- riding the circle on a tight rein
- resistance to the bit in guiding and in the downward transition
- Not riding a round circle or being off centre

PATTERN 2

In pattern 2 the first circle is unjudged. The second circle is judged and some speed is required to be correct. In the small slow circle, a transition to a walk is required before lopez off into the small circle. This is to teach people to make sure their horse really comes back to them instead of pushing on their hands. There will be no break of gait penalties in the downward transition to the walk or to the stop in the middle.

CREDIT- will be given for the same criteria as in Pattern 1 as well as

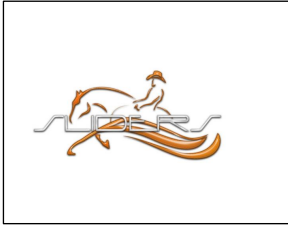
- Controlled speed in the large circle
- A minimum number of walk steps in small slow transition

FAULTS -will be the same as in pattern 1.

SPINS

The biggest thing in spins that we want to promote to newcomers is to maintain movement/cadence of the front feet. This is the single biggest factor in the teaching of the spin, and we want people to be very aware of it. So consequently, the most credit will be given for maintaining the cadence of the front feet. In pattern 1, the horse should walk a 2-3 metre circle and then step into 2 spins before stepping back out into another 2-3 metre circle.

In pattern 2, they have the option of jogging the first and/or last circle and credit will be given for doing this.



JUDGES GUIDE



TRAINING PATTERNS

CREDIT- will be given for:

- Maintaining cadence/movement in the horses front feet
- Walking/jogging an even, round circle that is 2-3 metres
- Softness in the poll
- Having a supple arc in the horses body
- Trotting the first or last circle in pattern 2

FAULTS- include

- Resistance to the bit
- Not having a common centre for the circles and spins
- Swapping ends when spinning
- Not maintaining cadence/movement of the front feet
- Stepping behind with the outside front foot in the spins
- Making a circle that is beyond 2-3 metres

LEAD CHANGES

There are no lead changes in either pattern, however in Pattern 2 in the figure 8 there is an exercise that will prevent riders from creating some common problems. For a left to right change, this involves breaking to a trot, then moving the horses shoulders laterally off the right leg, before departing on the right lead. We are not trying to get riders to teach a break to the trot type of change, hence multiple steps and lateral movement at the trot is required.

CREDIT- will be given for:

- Guiding softly between the reins
- Lateral movement at the trot

FAULTS- include:

- Resistance to the bit
- Lack of lateral movement at the trot

STOPS

The stops for both patterns are the same, namely it is a downward transition to a stop, followed by a backup. The horse should go from the canter, to a trot, then a walk and finally to a stop and back up at least 4 steps before rolling back.

CREDIT- will be given for

- Softness in the poll
- Maintaining cadence of the front feet
- Controlled speed going to the stop in pattern 2
- A minimum number of steps at each gait in pattern 2
- Bending the spine and pushing deep under with the hocks in the backup

FAULTS- include:

- Resistance to the bit
- Not attaining all gaits in the downward transition

NOTE- There will be no trot/break of gait penalties after the rollback, however lead penalties still apply going around the end of the arena. This is to allow riders whose horse picks up a wrong lead after the rollback to break to a trot and get the correct lead without penalty.