

**The Scottish Open for The Icelandic Horse**



# **Virtual Track & Trail Element 10 How To Guide**

# ELEMENT TEN

## Ridden In-Hand

Garrocha pole - Complete one (1) five (5) meter circle with the pole.

- A garrocha pole is a long, traditional Spanish pole used in horsemanship for cattle work and as an art form.
- Traditionally a 13-foot hardwood pole, modern versions can be lighter fiberglass or even PVC, sometimes telescopic for easier transport.
- You can use any material for your pole as long as it is safe for you and your horse to use.

Useful YouTube Links:

[www.youtube.com/watch?v=JDWzasKibgU](https://www.youtube.com/watch?v=JDWzasKibgU)

[www.youtube.com/watch?v=t1\\_Vhyx01XI](https://www.youtube.com/watch?v=t1_Vhyx01XI)

[www.youtube.com/watch?v=vKn8MGKxXmw](https://www.youtube.com/watch?v=vKn8MGKxXmw)



Maximum Time: 10 seconds



# ELEMENT TEN

## Ridden In-Hand

### Turn on The Forehand

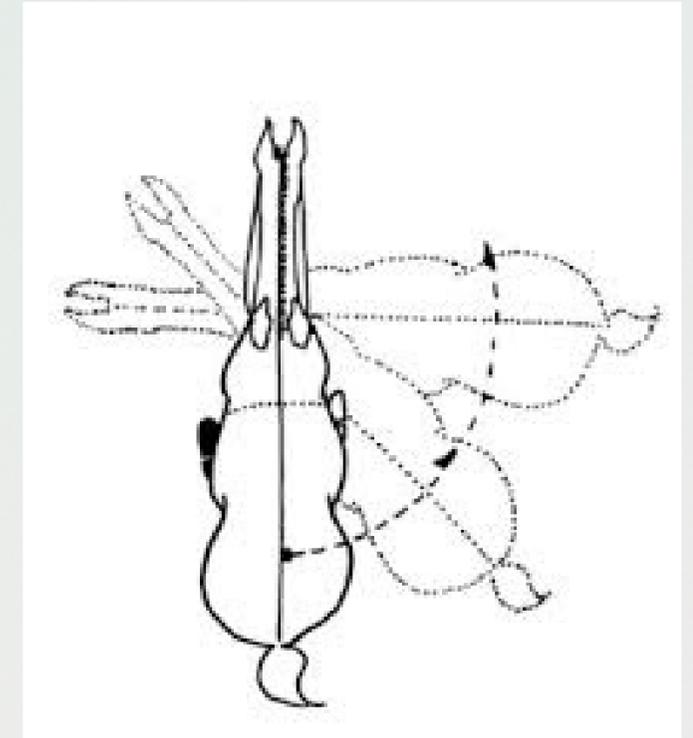
- Turning on the forehand is a lateral dressage movement where the horse pivots around its stationary front legs, moving its hindquarters in an arc.

#### Useful YouTube Links:

[www.youtube.com/watch?v=qB0f5BTReHY](http://www.youtube.com/watch?v=qB0f5BTReHY)

[www.youtube.com/watch?v=DWyfnEAu1kA](http://www.youtube.com/watch?v=DWyfnEAu1kA)

<https://www.youtube.com/watch?v=YIN1QyKZWtI>



Maximum Time: 10 seconds



# ELEMENT TEN

## Ridden In-Hand

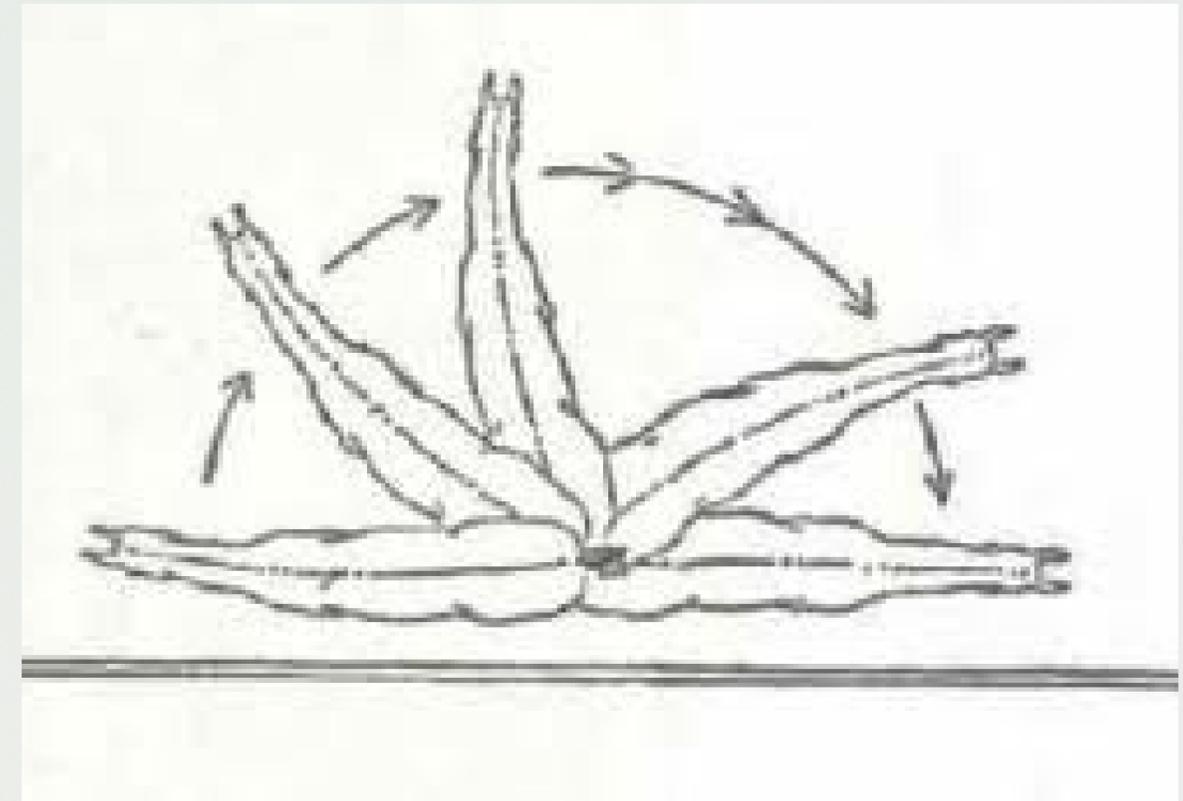
### Turn on The Haunches

- "Turn on the haunches" is a dressage movement where a horse pivots around its hindquarters, moving its front end in a circle, often starting at the walk or halt.

#### Useful YouTube Links:

[www.youtube.com/watch?v=xeRTH4BEtPk](https://www.youtube.com/watch?v=xeRTH4BEtPk)

[www.youtube.com/watch?v=fe2Mq1PfyVU](https://www.youtube.com/watch?v=fe2Mq1PfyVU)



Maximum Time: 10 seconds



# ELEMENT TEN

## Ridden In-Hand

### Horse Bowing - Full, partial or just head

- A horse bowing involves teaching them to bend at the knees and lower their head.
- You do not need to do a 'full' bow (Image 1)
- You can do a 'partial' bow (Image 2)
- You can just ask your horse to lower its head.

#### Useful YouTube Links:

<https://www.youtube.com/watch?v=RbsSYjExJP4>

<https://www.youtube.com/watch?v=RbsSYjExJP4&t=38s>



Maximum Time: 10 seconds



# ELEMENT TEN

## Ridden In-Hand

### Spanish Walk - 4 - 6 steps

- A Spanish walk is a movement where the horse lifts its forelegs in an exaggerated, high, and deliberate upward and forward motion.

#### Useful YouTube Links:

<https://www.youtube.com/watch?v=JCHHXujQM58>

<https://www.youtube.com/watch?v=fbknwBxCzSY>



Maximum Time: 10 seconds



# ELEMENT TEN

## Ridden In-Hand

### Umbrella - Open and Close

- Using an umbrella with a horse involves desensitization training to overcome the horse's natural fear of the sudden shape change, sound, and movement, transforming it from a "spooky object" into a non-threatening tool for building confidence.
- You can take a few steps with your horse or remain standing
- You can NOT use a cocktail umbrella.
- You can use a parasol, golf, telescopic, beach, patio or fishing umbrella.

### Useful YouTube Links:

[https://www.youtube.com/watch?v=ICmW\\_mN7MgI](https://www.youtube.com/watch?v=ICmW_mN7MgI)



Maximum Time: 10 seconds



# ELEMENT TEN

## Ridden In-Hand

### Horse to Kiss or Hug

- Any form of 'kiss or hug' is permitted as long as your horse makes contact with you.



### Useful YouTube Links:

<https://www.youtube.com/watch?v=EQIAnJC52ZI>

<https://www.youtube.com/watch?v=G3Ccfi3N67Y>

Maximum Time: 10 seconds



# ELEMENT TEN

## Ridden In-Hand

Horse to Touch (Targeting) or Pick up a non-food related item.

- Touching any item with the nose (Your horse not your nose)
- Picking up any item for a minimum of three (3) seconds (Again your horse picking up the item not you)
- If your horse can already play 'fetch' you can show this instead of 'touch' or 'pick up'.

Useful YouTube Links:

[www.youtube.com/watch?v=KasBLbKK\\_-g](https://www.youtube.com/watch?v=KasBLbKK_-g)

[www.youtube.com/watch?v=78XuFZ96-ZE](https://www.youtube.com/watch?v=78XuFZ96-ZE)

[www.youtube.com/watch?v=YkebMR9tTgl](https://www.youtube.com/watch?v=YkebMR9tTgl)

[www.youtube.com/watch?v=UoMISGF6uD4](https://www.youtube.com/watch?v=UoMISGF6uD4)



Maximum Time: 10 seconds



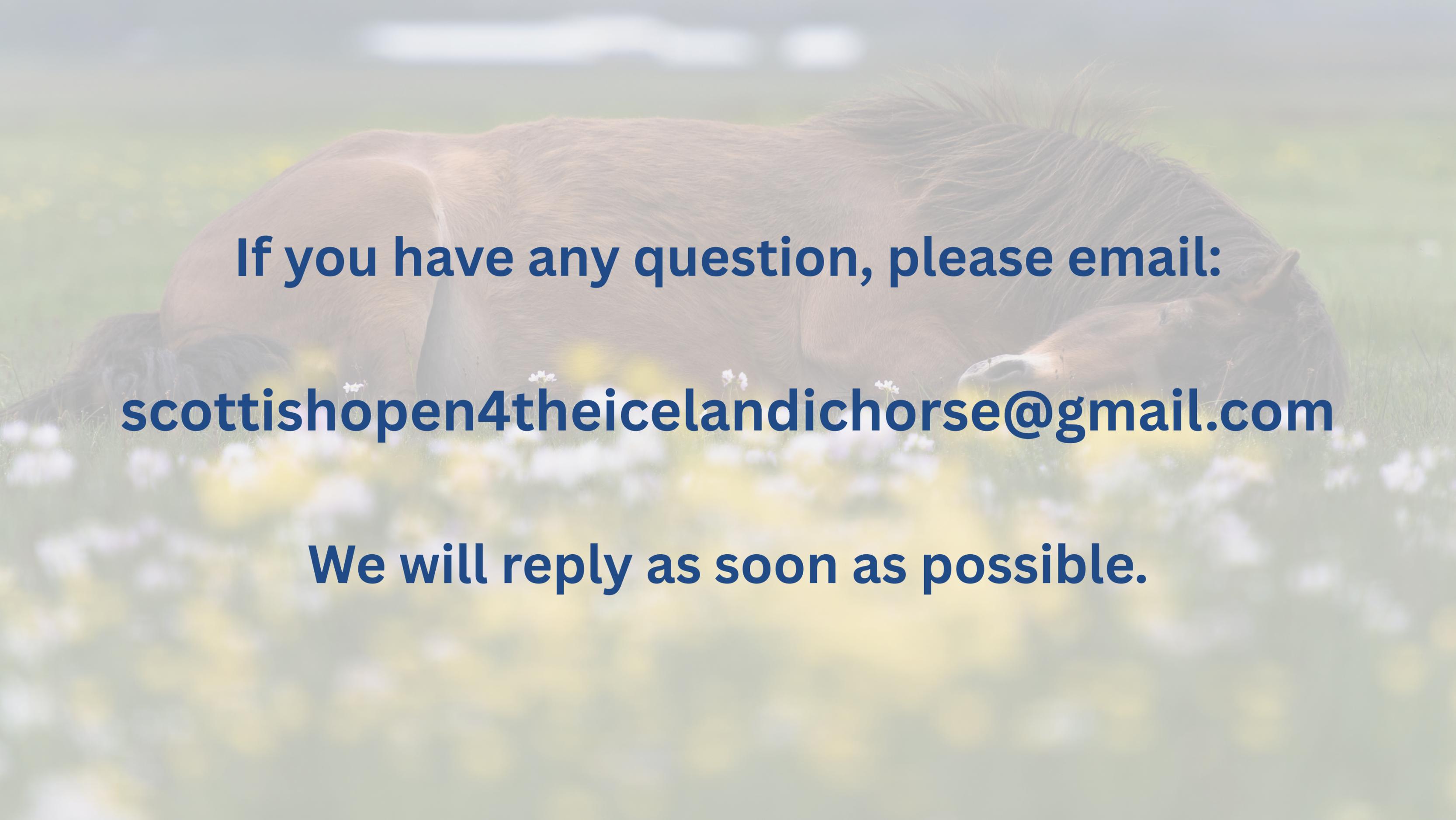
**The videos linked to each option are provided for convenience and for informational purposes only.**

**The Scottish Open for The Icelandic Horse assumes no responsibility for the accuracy, reliability, or content of these third-party websites, and their inclusion does not imply an endorsement of the views expressed within them.**

**The Scottish Open for The Icelandic Horse has no control over the availability of these videos.**

**Users are responsible for verifying the accuracy of information found there. The Scottish Open for The Icelandic Horse will not be liable for any damages or losses arising from the use of these external resources**



A brown horse is lying down in a field of green grass and white flowers. The horse's head is resting on the ground, and its body is stretched out. The background is a soft-focus landscape with rolling hills and a clear sky.

**If you have any question, please email:**

**[scottishopen4theicelandichorse@gmail.com](mailto:scottishopen4theicelandichorse@gmail.com)**

**We will reply as soon as possible.**