

GROUND WORK FOR THE EQUESTRIAN

1. Walk normal speed
2. Walk slow speed
3. Walk fast speed
4. Walk in circle
5. Go forward cue
6. Lunge in circle with reverse to inside
7. Walk in figure 8's
8. Walk in squares (move shoulders or haunches at each corner)
9. Walk in triangles (move shoulders or haunches at each corner)
10. Walk in serpentine/cigars
11. Walk -- Ground pole step over where we choose which front foot steps over -- Standing still
12. Walk -- Ground pole step over where we choose which front foot steps over -- While in motion
13. Back straight
14. Back in circles
15. Back in figure 8's
16. Turn on forehand (Small circle with forehand, no pivot foot)
17. Turn on haunches (Small circle with rear legs, no pivot foot)
18. Staircase diagonal walk
19. Shoulder forward (it pushes to the right when you are on the left side of the horse or pushes left when you are on the right side of the horse)
20. Haunch left and Haunch right (next two are more exacting movements of this one, so I use this to warm up first)
21. Three track right and left (horse legs in three tracks, RF track 1, LF and RH track 2, LH track 3)
22. Four track at walk right and left
23. Side pass
24. Trot
25. Trot fast (extended)
26. Trot in circle
27. Trot in figure 8's
28. Trot in serpentine/cigars
29. Trot over ground poles/cavaletti's
30. Staircase diagonal Trot

After these 30, there is an entire series of obstacle courses that can be set up for ground work that include some of these along with obstacles. I am sure you could build many many obstacle courses with combinations of these and obstacles.