Jessie’s Journal

7 year old, Half Arabian, 15.3 h, mare

**Current Training Level:** Trained to 3rd Level Movements

**Training Goals for the coming year:**
- I want to improve my rider position
- I want to improve my confidence
- I want to become comfortable doing 1st Level tests at home

**Specific Skills to practice for the next month:**
- Improve my rider position especially supple, independent seat
- Become more balanced transitions on the 20 m circle W-T-C
- Develop a correct stretchy circle
- Ride accurate and balanced transitions Halt-Walk-Trot-Canter
- Practice turn on the forehand
- Be able to ride Training Level tests comfortably
- Ride a Training Level test at a schooling show
February 1, 2017
It was windy, chilly day. Jessie was more interested in spooking than working. I got off and lunged Jessie for 10 minutes then she settled a little but was still energetic. I worked on more forward moving exercises with a lot of turns, change of reins and leg yields. After 45 minutes of under saddle work I was able to practice the stretchy circle. Jessie felt steadier in the bridle after five minutes of stretchy circle work.

February 2, 2017
It was still chilly today but less windy. Jessie was more settled today so I did not lunge. I used the transitions within the trot to keep her attention and help with her uphill balance. Jessie was stiff laterally so I spent five minutes practicing leg yields and then turn on the forehands. I ended the session with an improved stretchy circle.

February 3, 2017
Jessie came into heat today. Her back was not sore but she was a little cranky. It was a warmer and not too windy. Jan and Sally invited us to hack out with them. Jessie and I both enjoyed the day out of the ring. Jessie ended the hack less cranky than she began.

February 4, 2017
Day off

February 5, 2017
Misty and chilly ride today. Jessie did not show signs of heat today. I worked on bending schooling figures (figure 8, half circles) where Jessie was stiffer to the left. Then Sally and I set up some trot poles. Jessie thought that was fun and lifted her legs up very high. Good suspension, good temp, good impulsion!

February 6, 2017
I took my weekly lesson with my trainer. She said that Jessie looked more supple and balanced in the canter this week! She said to focus the coming week on the Half Circle Return to the Track exercise, use the leg yield on the return to the track, and then canter at C.