

1. **Rhythm and tempo** must be established first. If horse is running with quick, short strides or lazy, dragging gaits, then he can't establish rhythm. Keep the circle round and same size. Counting helps you time your aids - apply half-halts or whip signals as the inside hind leg pushes off.  
Quick horse - longe at a slower trot on slightly smaller circle, encouraging slower tempo with gentle half-halts in rhythm with the inside hind leg and soothing voice aids.  
Lazy horse - point the whip at the **inside hind leg** each time it swings forward. Use stimulating voice aids like a cluck if don't disturb others.
2. **Relaxation** can be achieved once a steady working tempo is established. Trainer needs to have a quiet tone of voice and gentle rein aids. **Signs of relaxation** are - eyes soft, ears relaxed, deep breath, snorting gently, stretching the neck and head down and relaxing the back, chewing the bit softly.
3. Now the trainer can ask for **engagement**, which comes from the hind legs reaching forward under the horse with each stride, producing **free forward movement with a swinging back**. Once the horse is relaxed and loose with good rhythm, then he can be asked for a longer stride within the same tempo, i.e. bigger step at the same speed. Use a **leading rein** out and downward while **pointing the whip** at the inside hind leg each time it pushes off.  
 Lazy horse may need strong driving aids - stepping toward his hindquarters or snapping the whip. Goal is to get the horse "tracking up", stretching down with acceptance of the bit and to round his back and neck while keeping the correct bend to the inside of the circle.

Saddle or surcingle should be fit behind elbow so won't interfere with movement of the shoulder. Don't forget 4 leg boots & bell boots in front. Stirrups must be removed or tied up securely so won't bang into the horse. Reins are twisted and throatlatch is run through to hold them in place. Surcingle needs a pommel pad or saddle pad to protect the withers. Longe line is 25-30' long and made of cotton webbing with a snap or buckle on the end - never a chain since ruins the contact. Longe line should be attached through the snaffle bit ring and then run under the noseband in front of the noseband headstall and attached back to the line. Can also use a longe attachment. Over-the-poll attachment is very severe (gag effect); only used for maximum control. Longeing cavesson noseband should be 4 fingers above the horse's nostrils so is up on the nasal bone and be fit snugly. Jowl strap fit snugly so cavesson cheekpiece won't get pulled over into horse's eye.

1. **Parallel Leading** - walk along next to the horse in a large circle with whip wrapped up and tucked under your other arm and extra line folded in your other hand. Let out 4-10 ft. of longe line and teach the horse voice commands as you walk next to him - out, walk, halt - from both sides. This method prepares a horse for longeing.
2. **Parallel Longeing** - method used for horses that are green on the longe or that need more control because not obeying voice commands. Let the horse out 10-20 feet and walk in a circle with him so you can control him better and be closer with the whip.
3. **Regular Longeing** - handler pivots in one spot and horse is out on a 20m circle. Used for trained horses.
4. The RIDER is at the apex of the **CONTROL TRIANGLE**. The WHIP is one side and the LINE is the other side of the triangle with the HORSE as the base.

Warm horse up at the walk and trot before attaching side reins. Adjust very loosely at first on a green horse. Make reins even length. Normal adjustment is 4 fingers width between rein end and bit with horse standing normally. Attach to the billets above or thru the girth loop on the pad so can't slip down if wearing a saddle. If using a surcingle, attach to the side ring for green and trained horses; upper ring for advanced horses. Outside rein is attached first and removed last. Only use side reins for trot and canter work, never at the walk since spoils the gait. As soon as attached, move horse forward. Remove for cool down.

## Improving movement on the longe #1

1. Rhythm and tempo
2. Relaxation

## Improving movement on the longe #2

3. Engagement

## Longeing Equipment Fit and Use – (besides side reins)

## Longeing Methods & the “Control Triangle”

## Side Reins: Attachment and length

**Balance** on the circle at the trot has to be achieved before a horse can canter on the longe. Use **side reins** adjusted for his level of training.

Longe at a slow trot using half-halts until he remains upright and bends correctly on the circle without leaning or pulling. **Frequent transitions** are the best way to improve balance and strengthen his hindquarters.

**Suppleness** is ability to track correctly in both directions, even tho all horses have a weaker, stiffer side. Correctly adjusted **side reins**, circle **round** and the right size, and **frequent changes of direction** all help.

**Acceptance of the bit** can be helped by longeing horse in side reins; use elastic-type if mouth is oversensitive. Signs of success include foam in the mouth and steadier head carriage.

**Improve the canter** - correct longeing can help the horse's canter under saddle because requires more balance, strength and suppleness. Using side reins, do trot-walk-trot transitions to improve balance and impulsion. Make circle a little smaller; ask for the canter, then let the line out to 20m.

**Horse won't go forward** - use "out", shake whip at his shoulder as you step forward then drive him forward from behind. Parallel longe so you can reach him with the whip if needed.

**Swinging in to face trainer** - use side reins and send forward strongly. May have to use double longe. If he turns in anyway, follow him until he reaches a wall, then step behind him and drive him forward. Shorten the longe so you can stay close to him and parallel longe as long as needed.

**Lazy** - don't nag at him, but insist that he respond to your commands promptly. Use the whip immediately and parallel longe. Frequent transitions help keep his attention.

**Rushing** - keep the whip quiet or even turn it backwards. Parallel longe so you are closer to him and move forward towards his neck when asking him to slow down with repeated half-halts. Make the circle smaller to slow him down while moving with him - "body block". (rushing)

Longeing Issues:  
Balance, suppleness, acceptance of the bit and  
improving the canter.

Longeing Issues:  
Disobediences