

Matt Sheridan's 7 Rein and Leg Positions

1 - Leading Rein – Hand forward of pommel leads the nose, while horse moves forward around the inside leg

2 - Pivot on forehand – Leading rein to your hip (using a stirring motion) apply inside leg pressure, hold rein until horse pivots, stops and softens.

3 - Shoulders Out – rein hand positioned between horse's neck & your knee using inside leg to move shoulders outside of circle or into a counter arch.

4 - Haunch Pivot - Leading rein for direction using outside leg pressure to hold the haunches. Pivot energy is from the hind quarters not shoulders.

5 - Collection - Use both hands and both legs to drive horses face off of the bit. Start by working in a circle with slight bend.

6 - Compaction - Position #2 rein and position #4 leg.

7 - Lead Departures and Changes - Position #3 rein and position #4 leg.