

Horseless Longeing

Levels: C C1

(D volunteers will also be needed)

Objective:

- Discuss reasons for longeing
- Discuss equipment necessary and safety procedures
- Discuss methods, equipment, and safety precautions for longeing

Materials Needed:

- Ds to volunteer to serve as the body of the “horse”
- Lunge line
- Whip (with lash taped to handle of whip for safety)

Activity 1:

- Review equipment needed to longeing a real horse. Allow Cs to explain fitting of equipment and safety precautions taken to D volunteers (under direct supervision and with direction from instructor)
- Secure the Area. Again, allow Cs to show the Ds how to make the arena safe for longeing a real horse
- Discuss testing how sensitive the horse is to the whip.

Explain the roles

- Ds are to be the “body” of the horse
- Cs will take turns serving as the “head” of the horse and the longer
- Once longeing begins, the “longer” will give commands, and the “head” of the horse will react depending on the accuracy of the command. (the instructor may need to serve as the “head” of the horse initially)

Activity 2:

- Review the triangle of longeing formed by the longer, line, whip, and horse.
Place participants in triangle using Cs as longer and “head” of horse and Ds as the body of the horse.
- Demonstrate different body positions for quick and pokey horses within the basic triangle.
- Allow Cs to test each other on their skills with one basic rule: when the longer moves to the correct body position, the “head” of the horse must respond (moving more forward, slowing down, etc).
- Instructor can stand in middle and assist longer with learning to handle equipment as changes in body position are made, and also assist with learning correct voice commands, etc.

Conclusion:

- Review basic reasons for longeing a horse