



## LIBERTY 1

### RIDER AND HORSE DETAILS

Application date	2020-08-27
Application ID	7998
Name rider	Zaneta Georgiades
Country	South Africa
Name horse	Moon
Age horse	12
Gender horse	Gelding
Member ID	6317
Youtube Url	<a href="https://youtu.be/Qbz66Bigwi8">https://youtu.be/Qbz66Bigwi8</a>

### RESULTS

Result Date	2020-09-12
Your score	184
Star rating	3 stars
Evaluator	Marijke de Jong
Remark	Congratulations, you passed this touchstone. Good luck with the next one!

#### Star rating classes

☆ = 127 - 149 / ☆☆ = 150 - 172 / ☆☆☆ = 173 - 195 / ☆☆☆☆ = 196 - 230

## SCORING ELEMENTS

#	Description	Score	Comment
1	<p>a. With you on the left side, go forward.</p> <p>b. Make a stop.</p> <p>c. Few steps backwards.</p> <p>d. Forward again.</p>	7	<p>Nice to see a Grade 4 student back in the program with a second horse! Great decision, Zaneta, as a broad spectrum of situations and experiences with multiple horses will help you go in a three-dimensional way through the ST Pyramid - which helps to grow your physical mastery even more!</p> <p>Plus, going all the way up to the highest level with one horse can be a 'lucky shot', and although we aim for the same end goal with all horses, the ST journey to get there can and will be completely different with a new horse. When going through the Touchstones with more horses, we cannot stick to the exact ST 'recipe' that worked for our first horse. All horses are different and 'one size fits ONE'. So great to see you here with Moon!</p> <p>About the first exercise: Nice, prompt, precise, and polite responses, and to get even more in-sync here, you could focus on that when you go four steps back, Moon also goes four steps back instead of two and a half.</p> <p>.</p>
2	<p>Move the shoulders away from you and make a 180° shoulder-turn.</p>	9	<p>Good to see how you integrated the tips from the Hot Seat and the Breakthrough sessions in this performance. It's very nice to see this exercise performed from a Grade 4 perspective and with Grade 4 quality. When we start with the end-goal in mind, then a shoulder-yield eventually leads to the half-pass, where we can ask our horse to rebend, where we then function as an indirect outside rein, as well as guide all four legs in a forward direction, and where two hind legs support the center of mass (COM), so your horse starts to build himself up in front of the withers. Well done!</p> <p>.</p>

3	Move the hind away from you.	8	<p>Nice to see the dialogue between you and Moon in this exercise. On the level of Grade 1, it's about teaching our horse to move the hind away if we ask for it. In the higher Grades, the yields are not a goal in itself: we can then decide to ask for a 180° yield, or a 90° yield, or a half-disengage, or a quarter-disengage, just to help our horse to step under the COM with the inside hind leg in a more precise way. And we'd like to be able to do so with the philosophy of 'more with less'. In this performance, it's nice to see that your inner picture and inner feeling (IP/IF), the energy of your eyes, and your body language are enough to create the yield. To 'perfect' this, you could strive for showing a precise 180° yield in the Liberty Grade 1 Touchstone.</p> <p>.</p>
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In this exercise, we strive for prompt, precise, and polite responses, where the horse mainly resonates on our IP/IF and body language:

4	<ul style="list-style-type: none"> <li>a. With you on the right side, go forward.</li> <li>b. Make a stop.</li> <li>c. Few steps backwards.</li> <li>d. Forward again.</li> </ul>	7	<ul style="list-style-type: none"> <li>a. Prompt, precise, polite</li> <li>b. Prompt, precise, polite</li> <li>c. To be even more in-sync, 'mention' the number of steps through your IP/IF so that when you go four steps back, Moon also goes four steps back.</li> <li>d. Prompt, precise, polite</li> </ul> <p>.</p>
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5	Move the shoulders away from you and make a 180° shoulder-turn.	8	<p>From a Grade 1 perspective, this is a very nice shoulder-yield. From a Grade 4 perspective, all the basic ingredients to be able to transition from a shoulder-yield into a half-pass are available, and now start optimizing the hind legs, as the inside hind leg steps a bit short and sideways. As a result, you get a little 'hop' with the head when your horse steps on the outside front leg. So focus on better support of the inside hind leg, as then Moon can start to move with more flow and fluency and a more free outside shoulder.</p> <p>.</p>
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6	Move the hind away from you.	9	This is a more precise example of a 180°
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hindquarter yield compared to the previous one. It's always good to be able to make the exact amount of degree you want, as that gives you unlimited options to vary the amount.

Nice Lateral bend in his body, a Forward down tendency of the head and neck, and Stepping under (and support) of the inside hind leg, (LFS) with nice long strides especially, so that leads to quality in Balance, Suppleness, Shape, Tempo, and Rhythm (BSSTR). The LFS and BSSTR are best between 1:53-2:14. And nice to see that it all comes mainly from your IP/IF and small gestures and invitations.

Moon is offering his amazing 'Best Aikido+', which means, he's in a very high mental state and shows a strong focus with a 110% attention span. Now with Delightful we already talked about this concept of 'relaxed activity' in the body, and with Moon, we should encourage him to stay active with the mind, but to relax a bit more in the head. So with Moon, it's about 'relaxed activity' in the brain. Because the moment he is too alert, he gives you a bit too much 'steling' with the head (see for example 1:39 compared to 2:11), and he forgets to really drop his head and neck in a relaxed forward down (see 2:02 compared to 2:18).

We spoke about this already in the Hot Seat session, where I gave you tips on how to influence the relaxed activity, and to give you some more ideas: by changing your breathing, by taking your eyes off of him, by letting go of your own strong focus, by doing even less with your whip aids and more with your IP/IF - just figure out what helps Moon to get into a confident state with relaxed-activity in the brain.

7 4 small circles, with a proper LFS.

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8 Change direction through an

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Good quality when it comes to LFS, BSSTR,

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and Connection & Collection (CC), so that's Grade 1, Grade 2, and Grade 3 quality combined. It's a very balanced, supple change, with an uphill shape, and done with flow and fluency. From a Grade 4 perspective, you could transition this into a traversal change, where you also encourage support of the outside hind leg in the turn.

9 4 small circles, with a proper LFS.

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As to the other side, everything is alright when it comes to the tools (well-chosen), the tool handling (slack in the line), your aids (no touch/no nagging), your communication (nice dialogue), the mental quality in your horse (Best Aikido) and his physical quality (LFS and BSSTR).

It's great to see that Moon has an enormous attention span, so now, keep striving for relaxed activity in the brain to avoid too much 'curling around you' and 'thinking inside' which leads to a bit too much stelling and neck bending at times. Be a pillar for him, supporting him by giving him confidence, to keep him stable in the mind. And keep using your aids in 'Synth Wizard' mode where your oscillators, amplifiers, and filters are 100% aligned with his frequency spectrum, as any unsteadiness or imbalance on your part will affect his state of mind.

10 Change direction through an S.

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Top-quality here in the change, where the outside hind legs also start to support.

11 Take off the halter.

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Good prompt, precise, polite halt. Nice way of taking the halter off, that no end of the halter swings into his face. Also good to see that you don't swing your halter through the air to throw it to the side of the arena, but that you bring it to the fence. Or course, the most important 'test' is that your horse doesn't leave, and instead, follows you, and so he does.

Now when you transition from standstill to

			<p>moving yourself, avoid any tiny hesitations even for one split-second, just move. Remember the tango metaphor: the man dances around the floor and the woman dances around the man. So you move around the arena, and Moon moves around you.</p> <p>.</p>
12	<p>a. With you on the left, go forward.  b. Make a stop.  c. Few steps backwards.  d. Forward again.</p>	7	<p>Good to see that nothing changes, which means, whether you work with or without a line, it looks the same, and that's how it should be.</p> <p>a. Prompt, precise, polite  b. Prompt, precise, polite  c. You go 5 steps backwards, Moon 2.5, so strive to be even more in-sync here.  d. Prompt, precise, polite</p> <p>.</p>
13	<p>Move the shoulders away from you.</p>	9	<p>Also here, good to see that nothing changes and that Moon:</p> <ol style="list-style-type: none"> <li>1. understands what you mean,</li> <li>2. is motivated to work with you and</li> <li>3. takes responsibility for the actual behavior, which is keeping the balance, suppleness, shape, tempo, rhythm, connection, and amount of collection that is required in the half-pass.</li> </ol> <p>.</p>
14	<p>Move the hind away from you, until you meet the other eye.</p>	9	<p>Nice 180° yield here, where all legs keep moving in a forward direction. Now it might sound strange, but this exercise relates to the shoulder-in on the circle. The Duke of Newcastle started this exercise on the circle, and François Robichon de La Guérinière took the exercise on the straight line, as on the circle, it easily brings too much weight on the shoulders, as the front legs move on the smallest circles. That's the same in the 180° hindquarter yield, which also always brings the weight too much on the shoulders. But as long as you avoid pivoting around the shoulders, and only use it in the teaching phase or as a 'test' as right now, to see if it's all working, then all is good. Again, this exercise is not a goal in itself, but a means in the higher grades to make half-disengages or</p>

quarter-disengages at liberty, which help to create better balance and a better connection between the inside hind leg and the COM.

15	<p>a. With you on the right, Go forward.          b. Make a stop.          c. Few steps backwards.          d. Forward again.</p>	7	<p>a. Prompt, precise, polite          b. Prompt, precise, polite          c. You: 4 steps - Moon: 1.5 steps. Work on moving in-sync here.          d. Prompt, precise, polite</p>
16	<p>Move the shoulders away from you and make a 180° shoulder-turn.</p>	8	<p>From a Grade 1 perspective, this is a good shoulder-yield at liberty. From a Grade 4 perspective, we see the same tendency visible here as with the line, but no doubt that you can optimize the quality here when it comes to keeping all four legs forward, especially the inside (left) hind leg.</p>
17	<p>Move the hind away from you, until you meet the other eye.</p>	8	<p>Good prompt, precise, polite response and 180° yield from a Grade 1 perspective. From a Grade 4 perspective, keep the 'shoulder-in' idea in mind when doing this exercise, and strive for a consistent stepping under of the inside hind leg throughout the entire yield, as now, the last step is a bit short.</p> <p>Nice to see that you can do this online 'as if' at liberty, and at liberty 'as if' online, and that there's no difference visible in your confidence (as sometimes people start to act more 'sneaky' when the line disappears as they are afraid that their horse might leave').</p>
18	<p>4 small circles, with a proper LFS.</p>	7	<p>For Moon, this exercise is a 'no-brainer', so now let's encourage 'relaxed activity' in his brain, by remembering the tango metaphor we were talking about in your Groundwork Grade 1 Hot Seat: I spoke about that the one in the leading role in tango has to be 'as solid and stable as a refrigerator' - so that's you in this situation. This way, Moon can be 100% confident, he can shine in your company and enjoy the 'dance'.</p>

19 Change direction through an S.

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Great to see Moon stepping up his game every time you invite him for the change. And it's interesting to see, that he doesn't have the 'hop' in the head here when he turns to the left, because his inside hind is stepping under and supporting well. So make sure to notice this, and to practice some 'scales' where you both practice traversal movements to the left with you on the inside and with you on the outside. Then strive to make the performance equal, which means, that the quality in LFS, BSSTR, and CC is the same, no matter if you're at the outside or the inside.

20 4 small circles, with a proper LFS.

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Again, back to the tango metaphor here, because I know you love to tango, though, in that situation, you are in the 'following' role. But in Straightness Training, you need to step into the leading role, so Moon can 'follow' you, That doesn't mean he has to follow you in a submissive, obedient state. When you look at an experienced woman in the tango, she relaxes her body, settles comfortably, and moves unison with the man by following his lead - but she doesn't follow passively! Instead, she follows in a dynamic way: with relaxed activity. And not only in her body: she also keeps thinking and takes responsibility for adjusting her steps to the beat and expressing the feelings of the music. A good follower can dance to the music creatively while remaining in perfect unison and harmony with the leader. And exactly this idea (IP/IF) might help promote 'relaxed-activity' in Moon's brain.

21 Change direction through an S.

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Also here, we can make a comparison to tango, where the woman is complementing the man: as his partner she helps him, bring out his strengths and compensate for his weaknesses. She dances in such a way that is light, inspiring, and creative. She helps to maintain the coherence of the dance. And that is what Moon is doing here! He is

beautifying the change. You lead the change, but Moon is the one who shines in the change with his flexible body!

Overall, this is a good example of performing the Liberty Grade 1 Touchstones:

When we look at you, you have good horse training 101 skills, the tools are well-chosen, your tool handling is good, and you use your aids like the 'Synth Wizard'. Also, the way you approach your 'self-mastery' is great, and your hunger, heart, and hard work will get you far.

From a mental perspective, your horse has the 'Best Aikido' mental state, which is required on the level of Grade 4.

From a physical perspective, your horse moves with the correct LFS, BSSTR, and CC quality, which is Grade 1, 2, and 3 quality combined.

22 Overall impression (counts double). 2x

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To bring this performance to a four-star:

1. On a physical level, make sure to keep working on developing his muscles and athletic abilities by doing exercises from the higher Grades. Also, while preparing for the Grade 1 Touchstones in the other four pillars - Groundwork, Longeing, Work in hand, and Riding - keep developing him in Grade 3 and 4 as well. This means, train all lateral movements in walk, trot, and canter, so you can help him improve his coordination, core strength, mobility, agility, carrying ability, stamina, impulsion, and schwung.

2. On a mental level, integrate the tango metaphors in your work, so can reach a state of relaxed-activity in his brain. So take the leading role, where you show your intention, plot the dance, you dance around the arena, and Moon dances around you. Lead him in

such a way that fully reveals his beauty. Be a pillar for him, support him, give him confidence, so he can shine in your company, and enjoy the 'dance'.

3. Whatever exercises you do, always focus on all four legs. As in tango, focus on timing Moon's steps to the 'music', so focus on timing his movements to the exercise and support each leg. So when on the outside in the shoulder-yield or half-pass, also keep an eye on his inside hind leg. When being on the inside in the S-change, also encourage his outside hind leg to do a good job. And when encouraging the hind legs, notice the results in more shoulder-freedom in front. This will lead to you integrating the deep essence and true core of Straightness Training in everything you do.

Good luck with integrating these tips, and see you back in Groundwork Grade 1 with Moon soon!

Video Tip

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