

Lunging

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If you are lunging a horse the horse circles the handler while attached to a lunge line. A whip is used to keep the horse out on the circle and moving forward.



Why Lunge a Horse?

- It is a great way to warm up your horse before you get on. Helps a stiff horse loosen up before adding weight to his back.
- Good way to see if your horse is lame or sound.
- Another way to work on voice commands.
- Good way to work a horse instead of riding. You can still work a horse on the lunge that has a sore back or who temporarily can not be ridden.

Lunging a horse with a rider allows the rider to concentrate on improving their seat and position while the handler controls the horse.

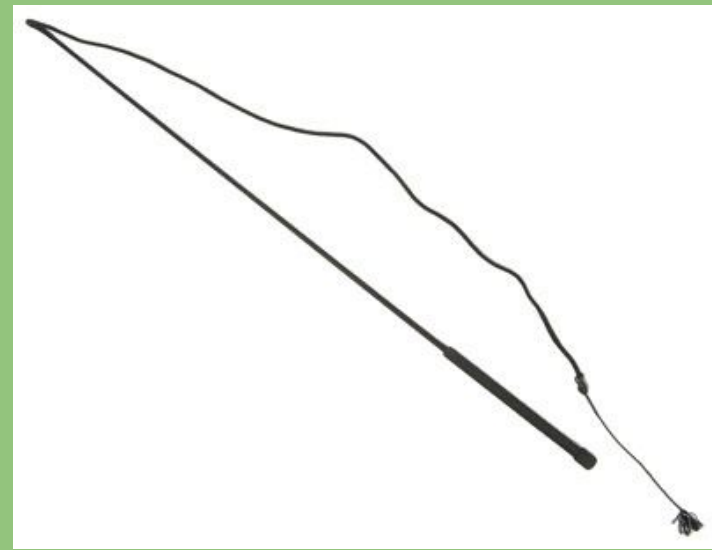


Items Needed for Lunging



Lunge
Line

Lunge
Whip



Helmet

Gloves

Halter

or

Bridle



Optional Items for Lunging

Side Reins



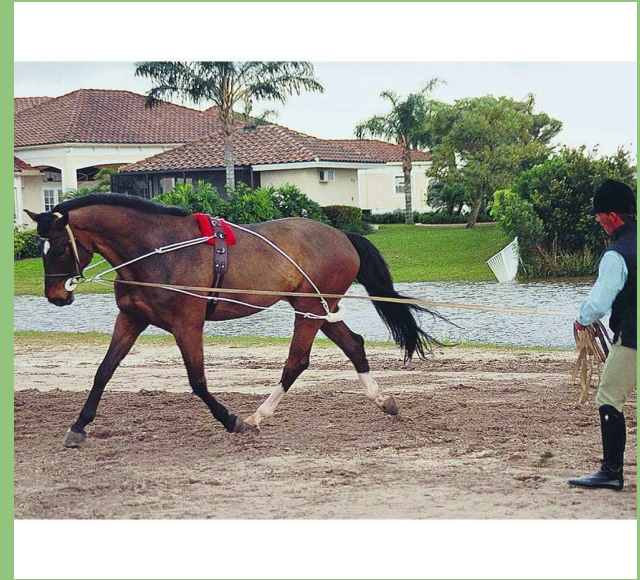
Side reins are equipment used when lunging a horse, running from the bit of the bridle to the saddle or surcingle. As a horse training tool, they encourage flexion and softness in the horse's mouth.

Chambone



The chambon is used to encourage the horse to work in a longer, lower outline, using the muscles over the back, quarters and neck. It's ideal for the early stages of a horse's education or in retraining.

Pessoa Lunging System



The Pessoa Lunging System is designed to encourage balance and gradual build up of topline. It consists of an easy-to-put-together array of ropes, pullys and clips, as well as a breeching strap that passes behind the horse's hind quarters, and is used in conjunction with a training surcingle while being lunged.

Optional Items for Lunging

Lunging Cavesson



Lunging Surcingle



Boots



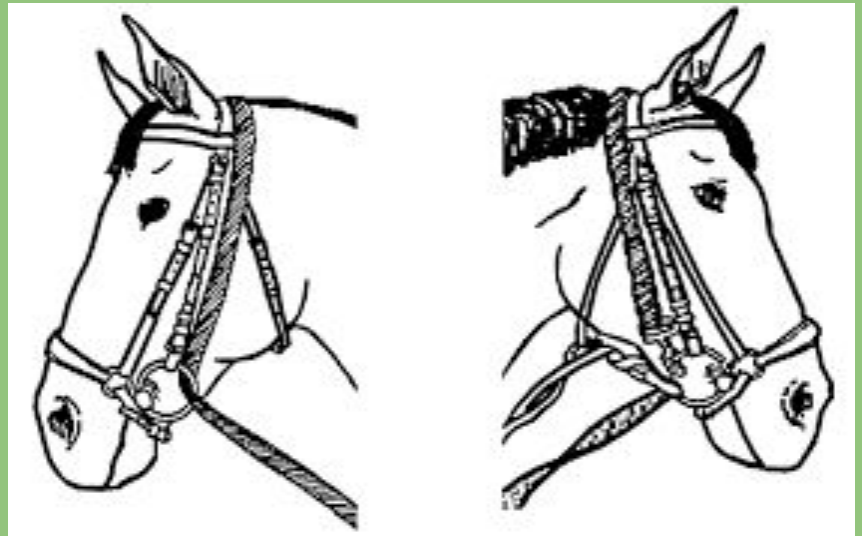
Polo Wraps



Lunging with a Bridle

Take the lunge line through the bit ring up over the head and attach to the bit on the far side.

This way you have control of both sides of the bit. When you change the direction of the circle, change the side you attach the lunge line to the bit.



Another option is to use a lunging convertor which attaches to both sides of the bit and then the lunge line attaches to that at the center. The handler would have control of both sides of the bit here as well. No adjustment needs to be made when you change direction of the circle.



If you are using a bridle to lunge your horse you must secure the reins so they don't slide down while you are lunging. Here you see how the reins are twisted up and held up in the throat latch. They can also be removed from the bridle while lunging.



If you are lunging with a saddle on the horse, either remove the stirrups or tie them up like this.

If the stirrups are left on and not tied up they can fall down and bang the horse on his sides.



One of the most important things to learn is how to prepare the lunge line to hold it properly while lunging. **Never** wrap the lunge line around your hand or arm. Hold it just like the graphic. Gloves are also recommended.



Here is a horse all ready to be lunged with a bridle, side reins and lunging surcingle. The side reins help the horse to match the proper bend of the circle and they help him use his back properly which increasing flexion and softness in the horse's mouth.



When lunging a horse a triangle is created: the horse is one side, the whip is another and the lunge line is the last side. Maintain this triangle as you lunge the horse.

Make sure to lunge the horse evenly in both directions.



Always lunge your horse
in an **enclosed** area,
never out in the open.

This rider has made
many good choices...she
is lunging on good
footing, in an enclosed
arena and
she is wearing a
helmet as well as gloves.



Free Lunging



Free lunging is lunging your horse without a line attached to them. This is best done in a round pen but could be done in a small arena. The same guidelines apply with your body position and whip. This is best done with a horse and handler that have previous lunging experience so the expectations of body positions are already put into place.

Voice Commands for Lunging

There are many different voice commands for lunging. Some people cluck for walk, two clucks for trot and kiss for canter. People who use the words; walk, trot and canter will tend to have their voice go up for upward transitions and down for downward transitions. The important thing to remember is **consistency**, so whatever way your horse is being taught to lunge try to keep your commands consistent so they understand what is being asked of them.

It's all about

Body Language

