

Speaker 1 ([00:00:07](#)):

Journey magic lies with the trails. You're listening to the journey on podcast with Warwick Schiller. Warwick is a horseman trainer, international clinician and author, whose mission is to help people achieve a deeper connection with their horses through his transformational training program. Just be causing more

Warwick Schiller ([00:00:35](#)):

Welcome back to the on podcast. I'm your host Warwick Schiller. And today I want to talk about what I refer to as the principles of training. And so when I was a young trainer and I started getting different help from other people who were way, way better than I was, I initially I was collecting techniques. Like someone would show me a technique. I'm like, well, that one works way better than anything I've ever tried for that particular maneuver or whatever I was trying to do. And then I had someone else show me a different technique for something else I'm like now that that one works real. That works the best I've ever seen for that particular X is for that particular maneuver. And as I started to collect these techniques, I started to realize, hang on. Now some of these techniques, even though they look completely different from each other, actually have the same underlying principle behind them.

Warwick Schiller ([00:01:35](#)):

And so when I started doing clinics, I you know, w in a clinic you'll work with, usually I'll have 12 horses in the clinics. And, you know, I might be working on a horse in the afternoon and I'd go now, remember the horse this morning network had a completely different problem, but remember why we worked on that problem? Well, why we, why the reason we approach the solution that way, this is exactly the same thing. And so I started giving these, these principles and name, naming these principles, and a number of years ago now I was approached by a gentleman here in the U S to do a TV show for a Roku TV channel here in the U S called farm and ranch TV. And when I had the opportunity to do that I called the, the sh the, the, the TV show, the principles of training, and each episode I went through showed, I talked about a principle of training and, and showed you an example or one or more examples of what that principle was.

Warwick Schiller ([00:02:36](#)):

And at the start of the show, right? At the very beginning on the screen, I had a credit, I might have had a quote that rolled up, and the quote said, as to methods, there may be a million. And then some but principles, a few, the man who grasped principles can select successfully select these own methods. The man who tries methods, ignoring principles is sure have trouble. And that quote is attributed to a gun I'm Emison Harrington, who was an early 20th century efficiency expert. And so, you know, this whole show was about the different principles of training and, and doing clinics over the years. I would, you know, I'd give these principle once I realized what, you know the core value of a principal, I'd, I'd kind of give it a name. And after about 12 principles, I ran out of names. I ran out of, after that, I could not find any print, any techniques that were not covered in those principles.

Warwick Schiller ([00:03:35](#)):

So I'm going to, what I'm going to do here in this podcast is I'm going to read out initially, I'm going to go through the principles and there was 12 of them, and they, some of them sound a little weed. So there might not sound much like horse training to start with. But once I explain them, it'll become more clear, but I'm going to go through these. I'm going to name these 12 principles, and then I'm going to break them down and kind of do what I did in the TV show. Give you a, tell you what the principles are all

about, and then give you a very common example of how that principle would work in your day to day training of your horse. So here we go, we are about to, I'm going to list the 12 principles principle. Number one, that don't go to bed, angry principle, number two, the work with the horse you have today, principle number three, make the wrong thing hard and the right thing, easy.

Warwick Schiller ([00:04:24](#)):

Number four, choose where you work and choose where you rest. Number five, the donkey Kong principle. Number six, they need to know the answer. Before you ask the question. Number seven is change. One thing at a time. Number eight is do the opposite. Number nine is create a tool before you use a tool. Number 10 is anticipation is your best friend or your worst enemy. Number 11 is the application of your aides. And number 12 is called isolate, separate and recombine. So let's start out talking about principle, number one, the don't go to bed, angry principle. And I got the name of this from the, the, you know, if anybody listening here is married at your wedding, you probably had an older wise, a family member approached you at your wedding and said, Yeah, the secret to a happy marriage is don't go to bed angry.

Warwick Schiller ([00:05:24](#)):

And what does, don't go to that? What does that mean? What that means is if there's

Warwick Schiller ([00:05:29](#)):

Any tension built up between the two of you during the day before you go to bed at night, resolve that so that you wake up the next morning and it's, it's a brand new day. You're not carrying any baggage from anything that may have happened the day before. And you know, if, if you think about it, if you're in a long-term relationship, and if you think about it, if you haven't had a knockdown drag, yet argument about something really, really simple. Think of back the think back to the first day of your honeymoon. Was that an issue then, like the first day of your honeymoon, was there a knockdown drag yet argument about it then if there wasn't a knockdown drag, yet argument on the first day of your honeymoon about that particular thing, then there's quite a possibility to the knock down drag out argument you just had was not about that, but it's a buildup of stuff.

Warwick Schiller ([00:06:19](#)):

And it's what the, the, you know, in the therapy therapeutic in the scientific community might call trigger stacking. You know, it's kind of like you have a bad day at work, then there's a lot of traffic on the way home and people are driving like idiots, and then you go to the grocery store and then the store is full of people. And you just want to get home and cook dinner, and then you get home and you get out of the car, carrying the groceries and the plastic bag rips up. Sorry, not plastic bag. We don't use plastic bags these days, actually we're in COVID now. So plastic bags have come back, but anyway, the bag that you're carrying your groceries in rips, and you know, the orange juice gets spilled all over the driveway. And then you picking that up and then you stub your toe coming to the house, and then you come into the house and realize that your kids have not cleaned up after themselves.

Warwick Schiller ([00:07:04](#)):

And there's dirty dishes on the table or whatever. And you go off at your kids. Okay? There's quite a possibility that if you'd had a great day at work and an easy drive home, and you went to the grocery store and it was all simple and you walk in the house and you're in a good mood and you looked, and the kids had not cleaned up after themselves, you might go, Hey kids, do you think you're good clean

this up? But because of that trigger, stacking, all that stuff, that's building up. Then you have this knockdown drag out argument about something that probably is not worthy of that. And where's the, where this is related to horses is a few years ago in England, I was doing a clinic and there was a girl watching. And she said, well, you know, I was explaining about training horses and things like that.

Warwick Schiller ([00:07:47](#)):

And there was a girl watching and she sits up. That's all understandable. But she said, what do you do have a crazy horse? And I said, I don't know what kind of crazy is your horse? And she said, well, my horse is the kind of crazy where I go hacking out, which in, it's in know, it's called hacking out in England. And the U S it's called trail riding in New Zealand. It's called tracking, I believe. And she said, I'll go hacking out on my horse and I'll be riding along. And a rabbit will run into the wet grass. And he'll kind of not really do much. He just kind of looks at it and steps sideways a little bit. Now I go a bit further and another rabbit runs out and he kind of does the same thing. He Just kind of jumps in place and step

Warwick Schiller ([00:08:26](#)):

Sideways a little bit, but it doesn't really bother him. And then another woman and another one, and I've been hacking up for two hours. My horse has seen 12 rabbits, and none of them really bothered him. And then the 13th rabbit jumps out of the bushes and he freaks out and bucks me off and runs home. What do you do with the idiot horse like that? And I, yeah,

Warwick Schiller ([00:08:42](#)):

I said, well, th the thing about this is your horse is not an idiot. What has possibly happened is your horse has been, let's say he left home. And he was completely relaxed. He's riding along. And the rabbit jumps out of the bushes. He gets a little fright and he holds on

Warwick Schiller ([00:08:59](#)):

That little bit of concern. Then he goes a little bit further and gets another little bit of a fright. Now he's holding onto two bits of concern, two rabbits with a concern, and then three, and then four. And as time goes on, he starts to, you know, he gets more and more concern built up inside until it gets to the point where he cannot keep it inside anymore. And I said, in this case, your horse obviously has a 12 rabbit limit. He can hold those 12 rabbits inside. He can control himself for those 12 rabbits, but once you get more than 12 rabbits worth of worry in there, it overflows. And so what the don't go to bed angry principle is about, is you have to have relaxation to start with. Okay?

Warwick Schiller ([00:09:43](#)):

First thing, horse has to be relaxed before you even try to teach them anything. You cannot teach them anything when they're not relaxed. Okay? You can't teach them anything good when they're not relaxed. And so not only do you have to start over Out relaxed as you go,

Warwick Schiller ([00:09:58](#)):

You go along with your horse. If you notice some tension building up, you've got to get them back to a relaxed state before you go any further. And it's that ability to reset themselves is that ability to come down from being up there, it's that ability to go from the sympathetic nervous system back to the parasympathetic nervous system. That is basically the, I mean, the reason this, this principle is first is because if you don't have relaxation or the ability to reset themselves, you're going to have a lot of

trouble with horses. And you know, it's not just horses. So my wife, Robin, if you've been listening to the podcast, you will know that she has suffered from anxiety. She did a podcast a little while ago about a panic attack she had and how Jane pike helped her through it. But, You know,

Warwick Schiller ([00:10:44](#)):

After we got married, Robin had a panic attack one night in the middle of the night, and I had to take it to the hospital at two o'clock in the morning. And it was my first experience with anybody having a panic attack, Robin, just so you know, Robin had, had been having panic attacks before she married me. So it wasn't me. Uh but you know, I took her to the hospital

Warwick Schiller ([00:11:02](#)):

At two o'clock in the morning and a doctor checks or completely out. And he looks at it and he says is absolutely nothing wrong with you. And she, so this is a doctor, okay. He's been to medical school. He knows what he's talking about. And he told her that, and she turned and looked at me and she said, I'm going to die. Okay. It doesn't

Warwick Schiller ([00:11:22](#)):

Matter what the doctor tells you when you're having a panic attack. If you haven't panic attack, you believe you're going to die in Robyn, had panic attacks, Texts for, Oh, I'd say 15 years. And she'd never got down Out of one without it basically being two hours of Ghana, I'm going to, I'm going to die. And basically a nervous system gets completely flooded, and then she's just exhausted afterwards. And then it goes away, but she's never, she had never been able to bring down From having one. Once it started, she was, it was a panic attack. And then you just had to wait for it to, to run its course, Of course. And at the time,

Warwick Schiller ([00:12:07](#)):

About 15 years into our marriage, a client of mine that used to get nervous about showing. I said to her, what you can do at home is I would close your eyes and sit down and put yourself in a mental state. Like you're walking in the show ring. And if you start to get nervous thinking about that, just get you so focused on your breathing or something, you can get yourself back down. Lady's name was Anna. And so enter had been doing this. And she told Robin about that. So Robin kind of got it from me through, through Anna, but so she told Robin about that. So Robin said to me, you know what I think I'm going to start doing, I'm going to start, I'm going to on a day when I'm completely relaxed, I'm going to sit down and I'm going to think about something that starts to make me a little bit concerned. And then what I'm going to do is I'm going to do some box breathing. So, you know, in, for four hold for four out for four, hold for four in before. And she said, I'm going to do that until I come back down again. I think that would be, That would be good for my panic attacks. And so, and I

Warwick Schiller ([00:13:11](#)):

Talk about this a lot at clinics with horses. And so I started talking about that particular exercise that my wife was going to do at clinics. And I'd come home from a clinic and say, Hey, I told the story about you and your exercises. Have you been doing them? And she goes, Oh, and I really, I haven't really got around to it. And so she really hadn't been doing them very much. But then at some point in time, we were in, in another country and were, we had to take a plane, a two hour flight from one place to another. And I always go to sleep on planes. I, I go to sleep before they take off. And I wake up when they, when, when we land and when we landed, I woke up and I looked at Robin and she was kind of

pale looking, Oh, I forgot to mention. Robin has always been a nervous flyer and she'd never had a panic attack on a plane. So I always imagined if she had a panic attack on a plane, they would have to put her in a straight jacket because she would lose her mind. Anyway. So this time when we landed, I looked at her and she's a little bit pale looking. And I said, are you okay? She goes, well, okay. I had a panic attack and we get a penny. I cannot just survive that. I mean, that, that would have been, You would have had to been

Warwick Schiller ([00:14:16](#)):

Strapped to your seat. And she said, actually, no, I didn't actually have a panic attack. She said, I've been, what have been doing is doing that exercise a little bit at home. And so what happened was I started to have a panic attack. And so then I just started focusing on my breathing. And I got myself back down to a relaxed state just from doing that, the little breathing stuff, I mean, doing at home. And so if you think about this, a lot of people say, so, you know, what do you do with a host? You know, how do you prepare a horse for situations that are out of their control? Okay, I, you can't prepare a horse for

Warwick Schiller ([00:14:52](#)):

Everything. And I tell him, you don't need to prepare a horse for everything you need to teach your horse how to reset their nervous system. Because my wife, who is a bad flyer, one in two has panic attacks, got herself out of a panic attack on a Boeing seven 47 without actually having a Boeing seven 47 at home to practice with the only thing that she did was she at home. She started at relaxed. She'd get us over a little bit uptight and get us off back down, just step one. Basically she'd give us over one rabbit worth of worry, and then she'd work on it till she got out of that one rabbit surf worth of worry. And a panic attack is one rabbit worth of worry, which gives you two, which gives you three, which gives you six, which gives you a nine, which gives you, you know, it just goes on and on from there.

Warwick Schiller ([00:15:40](#)):

But if you cannot get past one rabbit worth a worry, you get one word rabbit with we're. You spit that rabbit worth of worry back out. Now you're back to zero rabbits, you back to zero worry. And so that's all that Robin had done there, but she didn't have a Boeing seven 47. She didn't need an airplane to practice getting out of a panic attack on an airplane. And so if you guys have listened to the first two podcasts about on the first one was about the changes I've made and things I do with horses. And the second one was about the science of connection. I've found that, you know, once I started to understand polyvagal theory and how, you know, horses and mammals and they, they need that social interaction. And that is what helps them be calm. And I've talked about this before.

Warwick Schiller ([00:16:29](#)):

I think better reiterated here that your horse, the thing that a herd provides for horses is safety, but the safety is not in the physicality of the herd. Like there's no big tough guys in the herd that, that are going to beat up the bad guys. Okay. What horses get from the hood is the awareness of the herd, the group awareness. And that's what keeps them safe. So instead of having one alarm system, if there's 10 horses, there's 10 alarm systems, you know, like they read each other's energies. And if a horse on the other side of the hood sees something scary, he's energy changes and it ripples through the herd and you will get the message on this side and you can all get up and run or whatever. And so probably the biggest thing I think with horses is the whole being able to be present and let them know. You notice all the little things. That's probably the, for me, I mean, there's different ways of going about having a horse relax, and I'm doing it totally differently now than I used to. But it's, it's, it's always something all falls

under the same principle. I just think I'm doing a better job of it these days, but the, the don't go to bed angry principle. That's that's number one. First is your horse relaxed. If he's not, you've got to take steps to get them relaxed. And then as you training, If you,

Warwick Schiller ([00:17:54](#)):

Whereas you're interacting with them, whatever, if you notice them lose relaxation, you've got to be able to get them back to a taxation, but you can't get back to relaxation when they're having a huge problem. Like my wife, having a panic attack, panic attack, if you haven't practiced getting them back to relaxation when you're not having a problem. And then the Navy seals have a saying, you don't rise to the occasion. You fall to the level of your preparation. And so this is where this don't go to bed. Angry principle comes in it's so, so important. I remember a number of years ago, I was retraining a an evented horse for some inventing trainers in the area here. And she came to me with a bucking problem, I think. And so I went through all the groundwork and, you know, I would do it all differently these days, you know, but still I went through all the groundwork and the day I was going to start riding her, I messaged them the day before.

Warwick Schiller ([00:18:48](#)):

And I said to the owners, I'm going to start riding that man tomorrow. And I said, well, can we come and watch? Because you know, she bucks, obviously they can think they're going to come and see the rodeo. And they came over and I had a friend from Australia staying with us at the time. And so I take this man, I get this mirror ready. You know, I'm in the round pen and I get her up beside the mounting block and I'm going to get on her. And my friend is over by the gate. And so the it's a mother and daughter of vending trainer that owned this horse. They were over by the gate. Anyway, I go to get on and she can't stand still by the Mang block. Like I got to put my foot in the stirrup and she goes to walk off and get old tents and do all sorts of things.

Warwick Schiller ([00:19:27](#)):

And I turned to the mother and daughter, and I said, have you ever had any mounting problems with her? And they said, no, no. We've known the mounting problems with her. And I'm like, Oh, that's interesting. Anyway. So I spent probably the next half an hour working on having her be relaxed while they get on it. Because as I was trying to get on her, she was losing relaxation. And so I worked on that for a while and probably half an hour. It took me. And then when I went, when I finally got on, I got on, on a completely loose Ryan and she just stood there and the daughter whispered to the mother. And the only reason I know this is because my friend was standing over by him, the Dota whispered to the mother, Oh my God, she's never stood still for me to get on before.

Warwick Schiller ([00:20:11](#)):

So I asked this person, have you ever had any mounting issues? And she said, no, never had any mounting issues. But then when the mayor stands still in Lucia, and when I get on, she whispers to a mum, my God, she's never stood that she's never stood still like that to get on before. If you don't recognize that as losing relaxation, it goes on from there, it gets much worse from there. I never had a bucking problem with the mayor, but I also didn't skip the little steps and I didn't, and I didn't have to fix any bucket. And it's not like, you know, what's funny is I, I used to get some horses that behavioral issues from people in, let's say other disciplines and something, all of them, I, I, I'd heard indirectly, you know, through a third party that some of them sent me the horse because I wear a cowboy hat.

Warwick Schiller ([00:21:02](#)):

And so obviously I'm going to cowboy them through the problems, but that is the furthest thing from the truth. But you've just got to realize those little things build up. You know, the place I was training out of at the time the guy that owned the place had a horse who was an Olympic jumping horse. Okay. He'd been to the Olympics in the jumping. He was a stallion and he decided he wanted to breed this stallion. And he, he heard on the grapevine that you can sell jumping prospects for a hundred thousand a pop. And so he started breeding this stallion. He wasn't a horse guy. He was a money guy. And when I first moved into the place, he had a few horses by this warmblood stallion that he wanted me to start. And the first one I started was a black warm blood stay.

Warwick Schiller ([00:21:48](#)):

And if anybody's seen of any of my really old YouTube videos, there was like some groundwork with this horse. And there was the first ride outside and the whole bit so when I first started this, I said doing the groundwork and I got him really, really good with the groundwork. And then what I do is I go through the settling process and get that good. And then what I do is I get them just as good at the groundwork with the saddle as they were without the saddle. And this horse really had a hard time being as good with the groundwork, with the sat alone as he was with the saddle off. And he kind of couldn't, he couldn't process information out of both eyes at the same time. So if I'm doing grammar with him with a saddle on arm and his left eye, but Oh, there's a stirrup in my right eye.

Warwick Schiller ([00:22:32](#)):

And you know, he'd have a bit of a buck buck around and it took me a month and I was working with him six days a week. It took me a month to get him as good with a saddle on as he was without the saddle. Okay. So that's, that's a whole month working on nothing, but that's six days a week. And then he went on and if you've seen the YouTube video of my first ride outside walk trot, canter on the loose Ryan in a halter, you know, and this is a warm blood stallion that could have been, could have been an issue, you know, and then I then started a few others by the same stallion. And now we're exactly the same that's that was the, that was their Achilles heel sort of thing. That was that problem, that, that that's the having that saddle alone and being as good with it on as they were without it, that was their, that was their problem.

Warwick Schiller ([00:23:24](#)):

And so there was a jumping trainer. I was talking to one time who I knew had had several horses by that same stallion. And I said to her, I said, so what were they like for you? She goes, Oh, they were weird. She says, I tell you what so weird. I had one, one time he, he could jump up to a meter. Okay. So for that's 3.3 feet, he could jump up to a Meda. But if you went to a made of five and so another, you know, five centimeters is two inches to five. Centimeters is two and a half inches. I think if you went to a Meda five, he'd just lose his mind. She said, I was at a jumping competition one time and we jumped around at a meta and then they put it up to a, made a five. And the first fancy, when I read then freaked out and ran off and he actually ran out of the arena, like ran through the fence, ran through a crowd of people, just at a no way.

Warwick Schiller ([00:24:17](#)):

And I said to her, so just offhand, what was he like to settle? And she said, Oh, he was perfectly fine to settle. And I said, so when you settled him, you could just throw the lead rope on the, on the ground, in the bond aisle and walk into the tech room and get the settling, bringing out and put the saddle on him.

And she says, Oh, no, no, no. You had to have two grooms holding while you put the saddle on. And so think about this. This is a horse who, for me, and I'm relatively experienced at working with horses, took me a month to get him perfectly good with a saddle. But this person has going to have two grooms holding while they put the saddle on. So this is a bit of relax. We're losing relaxation right here. And then they Le he puts, they put the saddle on and they start riding him.

Warwick Schiller ([00:24:58](#)):

Then they ride him at the walk and they ride him at the truck. They ride him at the Canada. Then they start riding him at ground rails. And they start riding my little cross rails, a little exit, you know, then they started going over jumps and he can hold it all together. He can hold it together up to a meter. And then anything over Meda. It's like the 13th rabbit ball. He loses his mind. And she said, out of nowhere, this horse would just lose his mind. He didn't lose it at a no way. He just, you know, they just weren't paying attention to the signs, the signs that he was not relaxed. If you've got to have two people hold your horse while he puts the settling ball at saddle goes on, he doesn't want to settle on yet. And I say yet, because everything, every problem is worked through trouble.

Warwick Schiller ([00:25:41](#)):

And every problem is usually a co you know, it's usually a number of things that, that add added up. And if you can, if you can take the time when they start to lose relaxation to stay at that point, too, you can get the relaxation back. And for me with this warmblood stay and it was a month. And you probably think a month just to get him as good with a saddle on that. The satellites that's too long, there's always going to be a jumping off. She's going to jump until he's 20 a month is nothing at this point in time. You know? And so you've really got to look at you really gotta look at that. You know, if you, if you cut corners at this point in time, you know, think about the amount of tension that horse would have been carrying. I bet he was really, you know, he was probably crooked. He probably lent on your inside leg. He probably land on your outside. Ronnie. You probably land on a lot of things because he was tense Was if, like I said, if you've watched the YouTube

Warwick Schiller ([00:26:34](#)):

Video of my first ride outside in the big arena, which is, you know, 150 feet wide, 300 feet long. So 50 meters by a hundred meters, I first ride outside. I walk trot and Canada on a loose rein without steering him and this horse just bumped, but dumped carries me all over the place and it makes it look like, Oh wow, you know what you're doing, but it's not so much the talent doesn't lie in what I did on the first ride outside. I just sat on him really And asked him to go the talent lies in having the, the patient

Warwick Schiller ([00:27:10](#)):

And the wherewithal to recognize when they're starting to lose that relaxation. And I CA I just can't stress that enough, that, that, you know, you've gotta be able to get those horses relaxed first. And then as you go along through your training, you've got to make sure if they lose relaxation, you can get it back again. You know, and I can do a whole podcast on how to get the relaxation. But for me, probably the biggest thing is, is just communication with the horse. You know, just being aware of the subtle, The subtle things horses

Warwick Schiller ([00:27:44](#)):

Do to tell you that they're getting concerned. And when they do just pause, you don't, there's no fixing, you don't have to fix it. You just have to pause, slow down what you're doing, stop what you're doing



and recognize the starting to get concerned. And most of the time the concern will go away because this comes back to polyvagal theory. You know, when you recognize they're getting concerned, that's that attunement piece, that's that sense of being seen, being heard, feeling, felt, getting, gotten that's the, and that itself, you know, that part of the, the, the, The, the nervous system that is what relax

Warwick Schiller ([00:28:20](#)):

XM right there is when they, when they feel, felt and get gotten, you know, otherwise they may be standing still, but they're in that, you know, they're in that dorsal vagal complex, which is more of the freeze response, rather than that, that ventral vagal complex, which is the, you know, it's The, it's the relaxed,

Warwick Schiller ([00:28:41](#)):

You know, we're standing still, but we're staying still because we're relaxed. We're not staying still because we're frozen. And so, you know, like I said, I could do a whole podcast on that, but if you go back to podcast, number two, the science of connection that will help you understand that a little bit more if you don't get it yet. So The next principle,

Warwick Schiller ([00:28:59](#)):

I want to talk about principle number two, which is called work with the horse you have today. And this is really about the human factor, the human part, the, your part of the equation, what you bring to it. And the reason it was called work with the horse you have today is because in order for you to make a good decision to how to respond to what's going on in front of you and notice, I didn't say react. I said, respond, you need to be able to take into account what's happening right now. You also need to know what happened yesterday, but you can't, You can't yesterday's

Warwick Schiller ([00:29:42](#)):

Problems into the day. You can't, you know, or you can't bring the whole judgments like, Oh, my horse is an Arab. So she's supposed to be this. Or my horse is a red Mayer. She's supposed to be this. And my horse is a whatever it's, it's, you know, this whole principle is about working with the horse you have today, which is more like working with the horse you have right now, what's going on right in front of me, which means you cannot, your decisions cannot have anything to do with the fact, you had an argument with your boss this morning, or with your husband or with your wife, with your kids or whatever you really need to be in the moment. So you need to be present. And so this, you know, the whole work with the horse should have today, really has to do with the human being able to be present and not just present with, with what's going on with the horse, but present with themselves too.

Warwick Schiller ([00:30:31](#)):

And there's a lady that lives near us here named Beth and Beth has a business called the circle up experience. And she's a equine assisted therapist. And my wife has been over and helped her with some different corporate things. And Beth has this thing that she calls the four. Oh, I forget what the word is. Not the four agreements because that's Stephen Covey. I think that the four something or others of any interaction between two sentience beings and the first one is number one is what's going on with you? Number two is what's going on with them. They are the pusher person you conversing with. Number three is what's going on between the two of us. And number four is what's going on in our surroundings. And with horses, most people I see having trouble with their horses. They're very aware of number two. And number four, they're very aware of what's going on with their horse.

Warwick Schiller ([00:31:28](#)):

And they're very aware of what's going on. The surroundings. The wind is blowing. It's cold. There's a plastic bag over there. That person spooking my horse, that sort of thing. But what they don't take into account is number one, what's going on with me, what's going on inside me? Where's my energy. Where's my mind. Where's my thoughts. Where's my intentions. And number three, which is what's going on between me and my horse. And, you know, there's a big part of that. That's the number one part, which is what's going on with me. So you really have to understand that horses, they can basically read your mind. They can read your energy, they can read your intentions and what you, you know, the thoughts you have in your head that the, you know, what's going on in your head and what's going on internally in, you probably makes more of a difference to your horse than what you actually physically do.

Warwick Schiller ([00:32:21](#)):

Because even the physical things you do will be tainted a bit by your, you know, what you're thinking about and what your internal energy is. And so you really, it really comes down to being able to control you know, having self control control over your control over your thoughts. You know, those, like I said, horses can really, really, I read all of that stuff and they tend, I think it's more of a difference difference what you're thinking and how you feeling and what your internal dialogue is more so than the, the outer things that the physical things you actually do to your horse. If you've got, and that's where, you know, horses are used a lot in equine assisted therapy. And one reason that I use that way is because they're very, very good at detecting in-congruent behavior. And it can grow at behavior is basically when you're in a landscape and your outer landscape don't match up, you know, what's going on internally, and what's going on externally are at odds with each other.

Warwick Schiller ([00:33:22](#)):

And, you know, that's where you've heard. You've heard my friend Jane pike on the podcast a few times, Jane pike says the whole fake it till you make it thing with horses is BS. You know, and I agree with her. I think you're better off if you're scared, letting them know, letting them know how scared you are instead of trying to put on a brave front, but being scared inside. Because I think that weeds horses out more than anything else. Like if you were just honest with yourself and honest with them, it'll go a long way. But yeah, so horses are really good at reading energy and all that sort of stuff. And if you've really got to be careful about the thoughts you think, you know, I've talked about Jane pike before, but I'll go over this again. If you haven't heard this bit, Jane has a saying where she says, you cannot, you cannot move away from something you don't need, you move towards something.

Warwick Schiller ([00:34:12](#)):

And basically what she means by that is you cannot think about what you don't want. You can only think about, you know, you can't not think about something. Shane talks about the big blue tree she says right now, I want you to not think about a big blue tree. And while you're not thinking about a big blue tree, I want you to not think about some green grass in front of the big blue tree that you're not thinking about. And while you're not thinking about the big blue tree and the green grass, I also want you to not think about a yellow bird. That's in the big blue tree that you're not thinking about. That's on top of the green grass that you're not thinking. And what do you have right now? You have a perfectly good picture in your head of a big blue tree, green grass, yellow bird.

Warwick Schiller ([00:34:49](#)):

So you can't not think about things. You can only think about things you can even think about. So you're going to focus on what you want instead of what you don't want it. And when you're dealing with a horse who picks up on all that stuff, it's really all about controlling your mind. It's the work with the horse. You have to die principle, but really it's the human factor principle. It's, it's it's. You have to be able to control your mind first, your mind controls your body. And if you think about this right now, let's just do a little experiment. Let's say, pretend you've got to in your lap. You've got a chopping board when you've got a chopping board on a table, right in front of you, okay. Kitchen chopping board. And on that chopping board, you've got an orange sitting there and that orange is the nicest, most, perfectly spherical, round orange of ever your entire life.

Warwick Schiller ([00:35:38](#)):

And it's a beautiful orange color. There's no blemishes. It's just perfect. And it's been in the refrigerator and there's a bit of condensation running down the side of the orange. You can see it. And you've got a CA a big kitchen knife in your hand, and you take that kitchen knife and you, and it's very sharp and you go thunk and you just cut that orange in half. And the two hubs of the Robbins roll back and forth. A bit of juice runs out of them. And then you get one of those hubs and funk. You cut it in half. And now you've got two quarters of an orange sitting there, and there's some juice coming out of them. And you pick one of those quarters of an orange up, and you bring it up towards your nose. But as you pick it up, you squeeze it. A little bit of juice runs out of it and runs down your hand and runs down your wrist a little bit. You can feel it running down your wrist and you bring that orange up to your nose And you sniff it. Oh, and it smells Good. If you've done This little experiment, right, right. Now you'll be celebrating. And if you've done

Warwick Schiller ([00:36:37](#)):

Right, and you were celebrating, you've got to think, well, where did the salivation come from? Do you know, on a conscious level, there is no orange, but because you mentally picture that orange. So well, it caused your brain to send out chemicals to your body, to tell you to produce some saliva, to wash down the orange that you're about to eat. Even though, you know, for a fact, there is no orange. And it's kind of the same thing with your horses. If you are picturing worst case scenarios all the time, when you're around your horse, okay, it doesn't matter what they're doing now. But if, if you know,

Warwick Schiller ([00:37:10](#)):

If you were picturing the one time you got bucked off a horse, when you were a key to whatever it is right now, that's going to cause all sorts of stress chemicals to flood your body. They're going to pick up on that stuff and that's really going to affect Perfect.

Warwick Schiller ([00:37:25](#)):

Now your horse responds to that situation and it doesn't change the situation. It just changes how they respond to the situation because of how you responded to the situation. So it's, you know, the whole work with the horse, you have to die. Principle is really about being able to control your mind. That's, that's it that's because you can't control your body. If you can't control your mind. And you know,

Warwick Schiller ([00:37:50](#)):

I often at clinics recommend to people that they have some sort of a meditation practice, because all the meditation practices is controlling. What your mind thinks about when nothing else is going on. You

sit down in a chair and all you have to do is focus on your breathing. That's all you're going to do. Focus on the breath, coming in, you nose, feel your stomach filling up feeling

Warwick Schiller ([00:38:13](#)):

And going back down and the air coming out your nose and anybody, you know, a lot of times at clinics, when I ask if anybody's ever done any meditating, a lot of people will raise their hand, but they also have a funny look on their face. And I say, has anybody here ever tried to meditate and find that you can't meditate? And everybody's hand shoots up? Like, yeah, I can't meditate. And I'll say, why is it? You think you can't meditate? And they say, well, I just can't steal my mind. My mind is all over the place. And you know, it just, it just goes here and there. And that's, most people will say, that's why they think they can't meditate. And I'm a big fan of an American philosopher named W.D. Dyer, especially one of his quotes that says, when you change the way you look at things, the things you look at change.

Warwick Schiller ([00:39:00](#)):

And I usually about that point in time, spit that quote out. And then I'm going to say, I'm going to blow your mind about your meditation practice. So I say, I'm going to tell you what I think your meditation practice sounds like in your head. And you tell me if it's right or wrong. And so you, you sit down and you're supposed to be focusing on your breathing and you breathing, you feel the air go in your nostrils and you feel your abdomen rise. And I feel my abdomen go down and I feel the air go out my nostrils. And I feel the egg in my nostrils. I'm hungry. I wonder what's for dinner. I think I'm having chicken for dinner. I wonder when that chicken was alive, was it a boy chicken or girl chicken? I mean, you know, you can tell when they're fully grown, but what about when the little, the little yellow things, how do you tell a boy chicken from a girl chicken then?

Warwick Schiller ([00:39:56](#)):

You know, like the, like the sort of chicken you get at sea at Easter time. Oh, he used to Tom. I love Easter the time I get a four day long weekend and I get to have chocolate. Oh, I love chocolate. Oh, hang on. I'm supposed to be thinking about my breathing. And right. Then everybody laughed. They're like, yes, that's what my that's what my meditation practice is. Exactly. That's exactly how it goes. And I said, do you realize that you guys can all meditate really well? And they go, no, we can't. We can't stop thinking about things. And I said, that's not what you were trying to do. Think about it. So if you've ever listened to Eckhart, totally. He says, when you become aware that you're not present you are present. So what happens with that meditation practice? There is people start to focus on their breathing and then they get lost.

Warwick Schiller ([00:40:46](#)):

And they think about being hungry. But they're not aware. They're thinking about being hungry. And then they're thinking about chicken. And then another way they're thinking about chicken and they think we have boy chickens and girl chickens. They're not aware. They're thinking about that. Then they start thinking about Easter and another way they're thinking about Easter. And then they start thinking about chocolate and then other way they think about chocolate. And then they go, Oh, hang on. I'm supposed to be thinking about my breathing, right? Then you are meditating. Give yourself a clap, Pat yourself on the back. There's a really good book that I actually talked about in my book podcast called mind, hacking by Sir John Hargraves. And he says, when you do your meditation practice, every time you realize that you've gotten off track and you realize you're off track, give yourself a point. Okay. So, and this is, this is

so relative to horse is right. Then when it goes wrong, I realize it's going wrong. You're like, Hey, good, give yourself a point. And so it's just about your perception

Warwick Schiller ([00:41:43](#)):

Of what's happening, right? Then most people say I can't meditate because they get it wrong. But actually the instant, they realized they were getting it wrong. They were getting it right, because they were aware of their thoughts. So it's such a huge part of being around is being able to control the things that you think about and the ability

Warwick Schiller ([00:42:08](#)):

I'd say more importantly than that, or this is part of it is the ability to be present without having that story in your head. And I think I've talked about this before in the podcast, but there's an old Ray Hunt saying that says, they know when you know, and they know when you don't. And I used to think that same meant they know when you know what you're doing and they know when you don't know what you're doing, you know, they know if you know how to be around horses and they know if you don't know how to be around horses. But a few years ago, I read an article by someone who was around right Hunt quite a bit. And he said, when you're around your horse, you need to, you need to be aware of what the eyes are doing and what they are doing and what the muscles are doing, what their nostrils are doing, what they are breathing's doing

Warwick Schiller ([00:42:54](#)):

Defeated doing. And they feet standing square. They standing a little bit braced is their tail clamped. Is it up? Is it out? Is it relaxed? What's their top line look. And he said, you need to be aware of it. Yeah.

Warwick Schiller ([00:43:06](#)):

All those things, you know what you need to know when all those things are doing, because they know when you know, and they know when you don't. So they know when you are present, okay. They can read the story in your head. So if you are present and observing them, they get a fit. And this comes back to that last principle that don't go to bed, angry principle. If you are present, that will be a lot more relaxed than if you're not present. If you're thinking about what you haven't fed dinner or big blue trees or anything, that's not what's right there in front of them. They don't feel as relaxed around you. Cause like I said, their sense of security comes from the awareness of the herd. And if you can provide that awareness for them, you become part of the herd. You don't have to act like a horse. You know, you don't have to have four legs and a tail and get, if you believe the movies cause all the holes

Warwick Schiller ([00:43:54](#)):

Because he movies, snot and Winnie all the time. But you, if you can be present and being present, not only helps that part with the horse, but also helps you be able to interpret what's going on without having the story about, well, what if you did this? Or what if you did that? But he did this yesterday. He did sent, you know, a horse I had six years ago did this and all those things, cloud your judgment. And so if you think about these first two principles, first principle is they don't go to bed angry principal. And that's basically about your horses, mental health. The second principle,

Warwick Schiller ([00:44:27](#)):

Which is work with the horse you have today is really about human, mental health. And maybe those principal, I think maybe the principal should be the other way around that maybe the, the work with the horse you have that I principle that comes first because you cannot help your horse with their level of relaxation. If you have not helped yourself with your level of relaxation and presidents, like Robin's friend, Beth, you know, step one, what's going on with you. Step two, what's going on with them. And these are basically the first two principles. Step one is what's going on with you, which is work with the horse. You have to die principle and step two, what's going on with them. And that's about, you know, the don't go to bed, angry principal, and you know, you've got to get them relaxed first and then it goes on from there.

Warwick Schiller ([00:45:11](#)):

But I think these first two principles really are the underlying principles, principles, sorry, behind everything from here on out. And so the next principle I want to talk about is called the, make the wrong thing hard and the right thing, easy principle. And you know, some people, you know, take this the wrong way and they focus on the wrong thing. Hard. this rule, this re this principle is really about making the right thing easy. You could almost take the other part out and make the wrong thing hard. Okay. Some people tend to think that means you punish the horse, that thing, they think that means you set the horse up for failure. I think it means a lot of things, but really what it really means is make it easy to do the right thing. Okay. Doesn't it. This is all the right thing has to be is easier than the wrong thing.

Warwick Schiller ([00:46:00](#)):

It doesn't have to be the wrong thing. Doesn't necessarily have to be hard. And a lot of times at clinics or horse expos and stuff, I will have everybody in the stands stand up. I say, can everybody stand up for me? And they all stand up and I go, okay, does anybody here think standing up is hard on the count down at their feet. And it's like, no. I said, okay, everybody, go ahead and sit back down. So everybody sits down and I said, okay, does everybody here think that sitting is easier than standing up? And everybody starts nodding. I'm like, well, that's the wrong thing. Had the right thing. Easy principle. Okay. When you were standing up, you didn't feel like you were being tortured or having anybody's doing anything nasty to you. The we're gonna, you know, if this was a horse expo and I've got an hour and a half session to do, if I said, if I offered you two choices, stand up for next year and a half, was it for the next year and a half?

Warwick Schiller ([00:46:55](#)):

Which one of those would you choose? And then when he goes, well, we choose to sit down. And I said, but while you're standing up, you not feeling abused or neglected or picked on, or, you know, so, you know, it's, it's not necessarily the, the, the wrong thing, hard part of this thing. Or sometimes the saying, you said, you know, make the wrong thing difficult. It's not really about how hard or difficult that part is. It's about how the right thing is easier than the wrong thing, because you have to understand that horses are noticing these things all the time. You know, they're noticing, whereas, you know, you think about a horse standing out in a pasture and it's cold and there's a wind blowing. They will move themselves to the place where they can be out of the wind. Okay. They'll make it easy for themselves.

Warwick Schiller ([00:47:49](#)):

And so, you know, mother nature makes the wrong thing hard and the right thing easy, but they're always looking for that place of comfort. And so you have to make sure that the thing you want them to do, there's more comfort there than the thing you don't want them to do. That doesn't necessarily mean

you have to do anything to them when they're doing the wrong thing, but you just have to make it easier with the right thing. And, you know, think about if, if you're a dressage rider or an English rider, think about, you know, the elasticity of your hands on the reins. If you, if you ask for something with the reins and they give you then release, then you've just made that easy. Or if you ask them to go forward with your seat in your leg and they go forward, you don't leave your leg on because then you've, you know, you think about the thing about, let's say your horse is standing still and you want to go forward.

Warwick Schiller ([00:48:38](#)):

You want your horse to walk. So in this case, continuing to stand still would be the wrong thing. And walking forward, be the right thing. If you apply leg, when they're standing still, and when they walk forward, you keep applying leg. There is really no difference in pressure between doing the wrong thing and doing the right thing. The only difference is, is doing the right thing is going to be more physically exertion for them than doing the wrong thing, which is standing still. So the horse is then going to choose to do the one that's easiest for them. If that makes sense there. And you know, you just got to think that horses are always, always comparing things. I mean, that's, that's one of their super powers, you know? And so we use that to help us train them. You know, something I hear from people a lot is like, Oh, my horse is lazy and I've got to keep kicking him to keep him going.

Warwick Schiller ([00:49:29](#)):

And if you think about you, so I, I tell people, so do you want him to go or not go? And they say, no, I want him to go. And I said, well, why are you kicking him while he's going? And they say, well, if I stop kicking him, he will stop. And I said, okay. So how do you get your horse to stop? And they go, well, you know, all I have to do with him is stop kicking him. And he stops. And I said, okay, so what you've taught your horses. If you stand still, I won't be kicking you. And if you were going, I'll be kicking you. You need to do the opposite. I said, I would ask him to go. And I'm not saying you've got to kick your horse, but let's go in this. These, this is what these people were doing. Your horse is standing still and you want him to go. And so once you ask him to go, going would be the right thing. Stopping would be the wrong thing. So he stopped, he's standing, still add leg. And when he goes, as he takes one step, stop adding leg and they say, but he'll stop. And I said, well, good. Then you can add leg again. And as soon as he goes, stop adding leg. And when he stops add, and when he goes, release your leg and after a while, your horse will go,

Warwick Schiller ([00:50:31](#)):

Oh, all I have to do is walk and you want add, Well, I can do that. I thought, you know, I thought if I walk, you'd be kicking on me. And if I was standing still, you wouldn't be kicking on me. And where are you First really started understanding This was, I went to a years ago when I was a young running trainer. I went to went to a clinic boy at a running trend and I'm running DePaul. And you know, Randy's running

Warwick Schiller ([00:50:58](#)):

The writing for charity is one of the world's greatest horseman. You know, his father was a horse trainer. He's been around horse training forever. And at this clinic, there was a guy there who had a fully trained reining horse that he bought from someone else. And this guy was a, I think it was a Saddlebred trainer, but he bought this riding horse for fun, you know, kind of like a bit of a, a toy. And in this clinic When it came to the spinning portion of the, the settlement, the Randy Poulter to the celebrate, Trent, okay. Bring your horse out here and let seam spin. And so the Saddlebred trying to bring these horse out there

and pulls the rain across his neck, pushes his leg into the horse's side and clucks like this. And the horse goes,

Warwick Schiller ([00:51:39](#)):

Step, step, step, step, step. The world's slowest spin. Okay. There's only three aids. You've got on a running horse, your rain, your leg and your voice. And he's using all three of them. About as much as you can use them. And this horse is going as slow as you can go. And you, you, you would tend to think, Oh, well, that horse he's got no desire to go. I mean, I'm doing everything I can do. And he won't go. But the thing was, this horse started spinning and there was no

Warwick Schiller ([00:52:12](#)):

Lisa pressure when he started spinning this, guy's still pulling, still kicking and still clucking. And so Randy said, okay, stop. Let's, let's start again. What I want you to do is just move your hand across his neck. When you move your hand across his neck, when you lay that outside, ran on his neck, he's supposed to turn, I know this horse is trained to turn. He should turn it in. This guy looks at him and says, he warned and ran. He goes that's okay. No big deal. Just lay you ran across his neck. Now bump with your leg, the horse

Warwick Schiller ([00:52:38](#)):

Didn't move. Sorry. So Ronnie says no bump with your leg. The guy bumps with his leg and the horse starts to turn. And Randy says, okay, just put your hand back down in the middle of his neck and take your leg off. And of course the horse stops. And then Randy says, okay, move your hand, bump your leg. And the horse starts to move. And he says, now put your hand back in the middle and release your leg. And they did this over and over and over. And after a while, the horse started to realize when I stop is when the rain and the leg goes on. And when I go is when it goes away. So pretty soon this guy can move his hand across the horse's neck. And the horse starts to spin just off the rain, moving across his neck, no leg, because he knows how to avoid the leg. You know, you know, so what he was doing, he was making the wrong thing, which is not spinning easy and making,

Warwick Schiller ([00:53:21](#)):

Spinning the hard thing. And this went on for, you know, five or 10 minutes. And pretty soon he can his rain across that Nick and that always spins pretty good. And then Randy says, Jim, go ahead and clock once. And this is the same horse. This guy was going at the start of the whole thing with no response. This guy clucks wants, and his horse dropped to his, almost dropped to his belly and it's spin around really, really fast. And when I saw that, I was like, Wow, that

Warwick Schiller ([00:53:48](#)):

Was amazing. And at the time I was doing the same thing, when I wanted my horse to spin the whole time he was spinning, I was keeping up my ask of it. And that really made me go home and think about stuff. And that's really where the principles of training came from because I, I, that was the first technique I saw that was like, that's revolutionary that's mind-boggling to me. And then I learned another technique to do with circles, having a horse lope circles on a loose rein that was by different trainers, a different technique, but that's when I went, Oh, the principle is when they're doing what you want, leave them alone. Don't keep asking them when you're doing what you want. And that might seem pretty logical to most of you guys, but at the time it was revolutionary for me. And so, you know,



that's all about making the wrong thing hard and the right thing easy, but it's not. If you think about that riding horse spinning,

Warwick Schiller ([00:54:38](#)):

He actually got to use less pressure and get the horse to perform way more. And he, all it was was deciding when to apply that pressure when to release it. And instead of keeping it on, when the horse is doing the right thing, he released it when the horse was doing the right thing, you know, a number of years ago, we made up a t-shirt and on the back, it said, make the wrong thing hard, and the right thing, easy, but make was in huge big letters. And then in small letters, it said the wrong make in huge big letters at the top. And the next line was small and it said the wrong. And then the next line was big and it said thing, and the next line was hard. And the next line was really small. It said hard. And the next line was really small and the right things. And then at the bottom it said easy, really big. And so from a distance, it just looked like, it said, make things easy. And that's really what that principle comes down to is make, you know, make sure the thing you wanted to do is the easiest option, but it definitely does not mean it's a license to be nasty to your horse or anything like that. It's just, it's just about being smart about where you ask for things and Things like that,

Warwick Schiller ([00:55:50](#)):

You know, then, so the next principle I want to talk about is called the choose where you work and choose where your rest principle. And there is a there's an app you can get for your phone. I think it's called echo lab. And it will actually use a GPS to Mark Where your, where

Warwick Schiller ([00:56:05](#)):

You wrote, like, if you're in an arena, it'll show you all the tracks you made in that arena where you, and it also delineates between differentiates between when you're walking, when you're trying, when you can during. And so you can look at this thing on your phone, you can say, okay, I tried it a lot there. And I walked a lot there and I can add a lot there and all that sort of stuff. We need those things to know what we did, but horses don't horses are just like I talked about in that last principle, horses are always analyzing stuff, you know? And so, and horses are energy savers. You know, when they, you know, you think about their grazing animal, they spend most of the time grazing and just casually moving along the time that we really got the energy is when the predators come.

Warwick Schiller ([00:56:44](#)):

And so they tend to be energy. Conservers, I'm not saying they're lazy, but they tend to be energy conservers. And they're always very, very aware of where it is. They get to do less work than more work. And so if you've ever heard that term arena, sour horse, most horses or ring sour, most horses that are, you know, arena sour, they go in the arena and they work, work, work, work, work, work, work, work, work, work, work, work, work. And then they get written over to the gate. The writer gets up and puts them away. And so basically, if, if you looked at their equity lab app, the arena means work. And only when you go out the gate, do you get to rest? And so those horses tend to have a huge attraction to the gate. And so everything being in the arena is lopsided going towards the gate.

Warwick Schiller ([00:57:33](#)):

They're going too fast, going away from the gate. They're going too slow when you're going around. When the Gates on your right they're leaning to the right, when the Gates on your left. Yep. They lean to the left. And so a lot of times not being aware of this principle, people will be, he's struggling to fix a lot

of problems that actually could be solved by just being aware of this principle. And this is not like, Oh, this is a work Schiller thing. You know, he does that. Every horse is making a mental map time of all of the common denominators between where's the work, where's the rest, all that sort of stuff. And a lot of people aren't aware. Yeah. That horses really, really, I do that all the time. And all you need to do is you don't need to do any more than you're currently doing.

Warwick Schiller ([00:58:19](#)):

You just need to balance it out a little bit. You know, like a lot of times say to horse expo, I'll I'll have, you know, have a crowd of people. And I say, has anybody here ever started a young horse under saddle and ridden them outside of say the round pen for the first time? And a lot of people will put their hands up and I'll say, okay, can anybody tell me how those young horses travel outside the round pen for the first time? And everybody makes this like fish moving through water, this back and forth kind of a movement, this wiggly kind of movement with their hands. And I'd say, so what you think they're all kind of wiggly, wobbly. And everybody says, yes. And I said, well, why do you think they're wiggly, wobbly? And then people start shedding at ANSYS because they're unbalanced because they're young because they're not used to carrying your writer's weight because they're not sure what you want them to do, because they're a warmblood because it's a Wednesday because the wind is blowing from the Lake, all these things.

Warwick Schiller ([00:59:16](#)):

But really that isn't, that's not. Cause what we tend to do is we tend get, like, if you, if you were to take a horse away from his friends, leading him in and lead him into arena and turn him loose, he would hang out on that end of the arena by the gate, closest back to his, back to his friends. And what does he want to do with these friends? Does he want to can't endless circles around his friends when he's want to hang out with his friends. He just wants to hang with these friends. Doesn't he? So a lot of times what happened is you take a young horse in the arena and you, so th th their friends or their comfort spot is back on the outside of the arena. And you hop on at the gate and you try to ride them in the exact other direction.

Warwick Schiller ([00:59:55](#)):

And all that wiggly wobbly thing is just them wanting to turn around and come back. I once had a lady I went to her place. She was having trouble with her barrel racing horse. She goes, I bought this new barrel racing horse, but I can't get it to go, which is funny for a barrel racing horse. But anyway, I said, well, why don't you show me? And she hopped on and I could see exactly what the problem was that this horse was just all wanted to do was go out the gate. And she said, I just can't get it to go. And she showed me and she could not get this horse to, she could barely get it to pick up a truck, but that was it. And I better to hit the truck and then come straight back to the walk. And I said, can you do something for me?

Warwick Schiller ([01:00:30](#)):

Can you hop off and lead her to the other end of the arena? And she looked at me very quizzically. And I said, just lead to the other end of the run. And he had turned around down there now, good. Now hop on. Now, ask her to walk. And she asks the host to walk and it walks. Then it trucks, then it can, as in Canada's all the way back to the gate and then stops. And I said, I thought you told me he couldn't get it to go. Most times people can't get the host to go. They can't get their host to go in the direction they want it to go in. And usually those horses have what I call destination addiction and destination

addiction is a thing I found on Facebook a few years ago. This meme said, be aware of destination addiction, destination addiction is the idea that you'll find happiness in your next house and your next job, or with your next partner, until you give up the idea that happiness is somewhere else, it will never be where you are and horses, their happiness.

Warwick Schiller ([01:01:23](#)):

They, they, where they want to be, has a lot to do with energy conservation. If there's a place that if, if there's a chance they can conserve some energy, they'll be directed to towards that thing. When I filmed this episode of the principles of training, we had a young lady here who was an intern, and I, I had yeah, a horse that she was starting. And so we filmed her first ride outside in the arena. This may as the first ride outside in the arena. And I had two horses tied to the end of the arena of the fence, the end of the rent, a fence on the outside, on the same end as where the barn is and where the gate is to come in. And so I had Livia was the young lady's name I had Olivia come in and hop on.

Warwick Schiller ([01:02:05](#)):

And I said, I want you to try to get this horse to walk towards the other end of the arena in a straight line. And this horse did the whole wiggly, wobbly thing back and forth, back and forth, you know, like lift, right, like a drunken sailor sort of thing. And I only did that prove that this horse is not any different than any other horse. You know, cause a lot of times people go, Oh my by a horse, it's worse than that. And so I said, okay, now Livia, what I want you to do is hop off, laid it to the other end, turn around, face it this way, hop on and ask her to walk in a straight line on a loose rein. And so she takes that young horse and her first ride outside the round pen, she leaves it to the other end, hops on and ask to sort of walk in that may have picks up a perfectly straight walk on a loose rein walking directly back towards the two horses who were tied outside the fence.

Warwick Schiller ([01:02:53](#)):

And she walked all the way down there. And when she, she walked perfectly straight and when she got to that fence, I said, deliver it. Okay, pick up a trot, don't steer it, just pick up a trot. And so Livia picked up a truck and this may have been, you know, she's, we'll get to this later in the principle of, they need to know the answer. Before you ask the question and also create a tool before you use a tool, but the mayor has been taught how to go quite well in the round pen. So you ask for a truck, you get a truck. So she asked her to try it and it may have picked up a trot, but Libya didn't tell a way to go. And the mayor said, well, I want to be right here by my friends. And so the mayor trotted just a little circle around and around there for awhile.

Warwick Schiller ([01:03:31](#)):

And she tried to walk and Libby says, no, I want you to try it. And so the mayor trucks around for while, but then she goes, well, but this is Trenton. The small circle here is no fun. And her pen was outside the other corner of the arena. So she tried it across the end of the rainbow and tried it in circles around near her pen. And she couldn't get any relaxation there. So she went back over to a friend's that didn't work back at the other side. Then she kind of went a little bit further down the arena away from that end, you know, 20, 30 feet. And I said to Olivia, just go ahead and bend to a stop there. So Olivia bends it to a stop and they sit and they relaxed and she'd been trotting for probably, I don't know, two minutes.

Warwick Schiller ([01:04:07](#)):

And so I usually want, I'm doing stuff like this, however long it takes them to find the answer. I will arrest them for that long. So she tried it for two minutes. Then we rest it for two minutes and I said, okay, Livia, go ahead and ask it to walk again. The mayor walks directly straight back over to a friend. And when she gets there, Livia picks up the truck. To me, it trucks a few circles. There, it goes across there into the other side, two circles, there comes back to these horses, a few circles there then starts to head down the arena a little bit. And I said, Olivia Bennett to a stop. And so that time she tried it about a minute. And so we rested it for a minute. And the next time I said, go ahead and ask it to walk again.

Warwick Schiller ([01:04:41](#)):

She walked back to a friend, Livia, picked up the truck, the mayor tried it a bit of a circle there, a bit of a circle over on the other side, and then started heading even further down the arena. We bent it to a stop. And that was about 20 seconds of trotting. So we've now done 22 minutes of trotting, two minutes of sitting, one minute of trading, one minute of sitting. So what's that two, four, six. And this was about 30 seconds of trading and then 30 seconds of sitting. So this is about seven minutes in and she's probably a third way, a third of the way down the arena by now. And I said to Olivia, go ahead and ask her to walk and see where she walks to. And where did the male walk? She walked very small circles where she was because she goes, Oh, this is the place that I'm looking for.

Warwick Schiller ([01:05:23](#)):

I thought it was over there by my friends or over there by my pin, but it's out here and we just let her walk in circles. We didn't steer her. And this is, this is an example of making the wrong thing hard and the right thing, easy. The wrong thing was walking that small circle there, we didn't do anything to her. We just kept walking in the may say the mayor said, well, it's, it's much harder to walk circles than walking straight lines. So I think I'm going to walk in a straight line, but I'm not going to walk in a straight line back towards my friends. Cause that's even harder than what I was currently doing. I'm not going to walk towards my pen. That's harder. And she walked in a perfectly straight line to the other end of the arena and we let it sit there a minute.

Warwick Schiller ([01:06:01](#)):

And then I said, Livia, okay, hop off, lead it back down to where we started that like less than 10 minutes ago where you first got on. And I said, see if you can walk in a straight line to the other end of the arena when, and she didn't the first time did she Livia leads a back down there points to that way, hops on. And that mere walks in a perfectly straight line all the way to the other end of the arena. And the only thing we did on that ride was choose where we worked and choose where we allowed her to rest. And every time she took her mind off of, I think my friends are the Holy grail and went somewhere else. We let her rest. And so she realized, Oh, that rest, that I'm looking for. I can find that out here.

Warwick Schiller ([01:06:37](#)):

I don't have to find it over there. So it gets rid of destination addiction. Remember destination addiction, the idea that you'll find happiness and your next job and your next house, or with your next partner, until you give up the idea that happiness is somewhere else, it will never be where you are. We got these men to be happy where she was. She goes, I can find a rest here. I don't need my friends to have arrest. Does that make sense there? And that's, you know, and when I, when I talk about that a lot at say a horse expo, Oh, so does anybody, he ever walked their horse when they ride them and everybody puts their hands up and I say, does anybody ever truck? They was from their rides. And then they put the hand up and I go, does anybody he ever stopped their horse when they ride them and everybody puts

their hands up and I go, that's the only three things we did with that mayor on her first ride outside to completely change how she viewed that, that whole space of that arena.

Warwick Schiller ([01:07:29](#)):

Instead of, I wish I was over there. Yeah. She ended up, she was quite comfortable. Anyway, she was. And if you think about on a first ride, how much wearing out of your left, right. And your right, right. And your left leg and your right leg, you use trying to get those horses to go straight. Okay. I don't, I don't wear that stuff out because we're not using either the left lane or the right run left leg or the right leg familiar. Initially they've gotta be able to just walk right. And Canada and carry me around and use the whole arena and how I get them to use the whole arena is by choosing where I go up a gate choosing where I go down a gate or choosing where I asked for more energy or choosing where I'm asked for less energy and those horses have, they have just, you know, like computer memories about that stuff. They really, really good at remembering that stuff. And they pretty soon you can, you can influence those horses to where it's their decision

Warwick Schiller ([01:08:22](#)):

To use the whole arena and not even think outside the arena. And it really, it's a really, it's a mental exercise. Few years ago, I did a clinic in another country and there was a girl in the clinic. Who's a dressage rider. And the first day of the clinic, that's what we did. We did that exercise because her horse is very attracted to the gate. And the next morning I showed up to the clinic and the clinic was at the place where she keeps her horse. And so she'd get out there early that morning and written her horse in the arena that she normally rides the horse in. And when I showed up, she came up to me and she gave me a big hug. She goes, I'll think, or you fixed everything. And I'm like, what do you mean? I fixed everything. We only worked on the gate yesterday.

Warwick Schiller ([01:09:03](#)):

I only worked on the choose where you work, choose where your rest principal. And she said, well, in my outside dressage arena, almost all the way down the other end on the right-hand side, there's a blue plastic barrel. That's, that's got a hole cut in it and it sits over like a water meter or something or other. And every day I go in there and I get on my horse and I gather up the Ryans and get contact. And I walk around the rail to the left. And when I get down that end of the arena, as she gets to that blue barrel, she spooks and runs all the way back down here, like the barrel scares the heck out of it. And that's been every day for a year. And I'm like, okay. So what did I do? She says, well, this morning I got on in my dressage arena. And instead of gathering up my reins and making a walk around the rail and walk down there, I just turned loose and said, where do you want to go? And she went to the gate. And so we did the whole thing that we did yesterday. And she ended up going further and further and further down the arena on a loose rein without me steering it. And eventually she walked down that rail all the way down towards that blue barrel. And as I got closer to the blue barrel, I'm thinking, Oh my God. And with this spooky, it comes to this book. He'd come through this book

Warwick Schiller ([01:10:09](#)):

And she got to the blue barrel and she slightly sidestepped around it, but didn't spook at all. And she said, and right then I realized that that big old U-turn spook ran off thing that happens every day. It is 99% or 95% pool from the gate and 5% push from the plastic barrel. And when I took care of the pool

Warwick Schiller ([01:10:32](#)):

From the gate, the plastic barrel didn't really bother that much at all. And she said, I, you know, I've been working on that. Like it's a plastic barrel problem, or really it's an actual, it's a gait problem. And so you just have to remember that your horse is an energy conserver and they do. They do

Warwick Schiller ([01:10:49](#)):

Remember everything about where they work and where they rest. So, you know, what we tend to do training horses is I have as much rest in farming in the arena. I spend as much time sitting still as I do working. Okay. It's not just walk, walk, walk, walk, walk, trot, canter, Canada, Canada, more contact, walk, trot, walk trot. I do a lot of resting and I will always choose to rest them in the places of the arena. They visit the least. Okay. And I will always choose to do more work in the place of the arena that they're, they've kind of attracted to and a couple of years ago. And it's amazing what Things this can fix.

Warwick Schiller ([01:11:26](#)):

A couple of years ago, I had a grand Prix dressage rider come for a couple of days. And she brought with her a young imported, warm blood stallion. She was having a few issues with, and they'll kind of behavioral issues. They weren't technical issues because she's not going to come to the cowboy for the technical dressage stuff issue. And the first day when she was riding him around, she said, he's also very uneven on the context. She was walking a circle, kind of in the middle of the arena. She said, he's kind of uneven on the contact. Like, like right now he's dropping his shoulder really bad. He's really leaning into my inside leg. And I said, okay. And how do you fix that? She goes, I just use more inside legged inside rain. I said, well, keep doing that and tell me how it goes.

Warwick Schiller ([01:12:04](#)):

And she was doing it. She goes to see, it feels better now. Right now it's much better. I'm like, okay, good. And how's it feel now? She goes, well, now he feels like he's pushing into my outside rein. I'm like, okay, well, what do you do then? She goes, well, I use my outside leg and outside rain to fix that. And I said, well, tell me when it feels better. And you know, after about five or 10, five seconds or so six seconds, she goes, now it feels better. I'm like, okay, good. And then does it still feel good? She goes, yeah, it still feels good. But, but hang on. Now he's leaning into my inside, running inside leg again. And this went on and on and on. And I, and I said, okay. So let me tell you what's happening here. He's not leaning into your inside leg or your outside range. He goes, yes, he is. I said, no, he's not. He's leaning Towards the gate. And when you say He's leaning into your inside leg and inside rein the gate is on your right. You're going in a circle to the right, the Gates on your right. And then as he comes around and he points towards the gate, he's no longer leaning on your inside Leg. He straightens up because the gate, the thing that's attractive,

Warwick Schiller ([01:12:58](#)):

That destination addiction things right in front of him. And then as you go around your circle and the Gates now on your left, now he's running your shoulder out. And then as he goes around on the Gates, now behind him, it's not on the left or the right. You don't And have that, that, that balance issue. And she went, Oh, I never thought of it that way. So

Warwick Schiller ([01:13:16](#)):

Then I had to turn loose and said, what do you want to go? And he just turned and walked straight over to the gate and hung his head over to the gate. I've got six foot high fences in my arena. He was a big, tall horse. And he stuck his head up over the six foot high fence and just stood there. And so then we

started from there and we worked on basically the same exercise. I just told you about with a young horse on its first ride outside. And we did that that day, got a bit of that started and then got the name

Warwick Schiller ([01:13:40](#)):

Next day. And pretty soon he was going around the whole arena fence on a loose rein at a walk trot in a candor. And I said, okay, so now what I want you to do, I want you to come back over, remember yesterday, you said you had the crookedness issue. And she said, yes. And I said, come back after this circle and walk around that circle. You work yesterday in the same place and tell me how it feels. And she walks around and she goes, okay. Oh my God, he's never been this straight the whole time.

Warwick Schiller ([01:14:04](#)):

I've had him. And I said to him, yeah, he's straightened. This is not a training issue. It's not what his body's doing. It's what his mind doing. And his mind has been over at that gate. Wishing he could go outside the arena. Now he doesn't have destination and he's quite happy where he is. And so it doesn't matter where he is. He's not bulging and wishing he was somewhere else. So, you know, being aware of that, it's, I think it's the most simple thing you do because you always are going to be stopping walking, trotting, cantering, and your horse is always going to be monitoring all those things. So you might as well just use it to your advantage. I mean, they're going to monitor that whether you do it or not. So you just might as well use that to your advantage. And it's, it's so helpful for every horse. And you know, I mean, it's so prominent. There's a state line. Tech has a t-shirt you can buy from the catalog and on the front of it, it's got a compass and it says horse compass. And at the top it says barn on the side, it says, no barn, the bottom. It says, no bond. On the other side, it says no bond. I mean, you know, this is so common knowledge that, You know, there's even a t-shirt

Warwick Schiller ([01:15:08](#)):

About it, but you've got to, you know, you just got to remember that they're always monitoring that. And it's, that's the, that exercise. There is the simplest exercise that you can possibly do because it's happening. Whether you want to do it or not, you are walking you. I tried a new, a cannery and you're stopping. And your horse is monitoring all that. Whether you acknowledge it or not. So the sooner you understand that the sooner you can use it to help make your idea, your horses idea, which brings me to principle number five, which is the dunk. What I call the donkey Kong Principle and the donkey Kong

Warwick Schiller ([01:15:44](#)):

Principle is basis. Basically based on the video game, donkey Kong, I've never really played a lot of video games, but don't get Kong is one I have played. And if you think about how video games and what, maybe I'll talk about the version of donkey Kong, I was playing. You start out you're little monkey, you pop out of a barrel and you're going to go along a path. And then there's an alligator coming toward you. And you've got to jump over the alligator. And if you miss time, it, and you don't jump over the alligator, you die and you go back to the start and then you come back along again and you come to this alligator and you jump him and then you keep going and you come to the second obstacle, which is two alligators. And you've got to be able to figure out, do I jump and bounce in the middle of them or do I leap completely over them?

Warwick Schiller ([01:16:23](#)):

And you try it. And if you get it wrong, you die. But when you get it wrong, you don't die and start where you are. You die and go back to the very beginning and start again, which means you have to practice the first thing over again. And then you do the first thing. And then the second thing, and if you die, you go back and you get to practice the first thing. And then by the time you get through the second thing, they may have made you practice the first thing, four or five times. And the first move in any video game is always the basics of everything you're ever going to learn in a video game. And then you go along, you know, you do the first thing, the second thing you get to the third thing, you die, you go back and you have to do the first thing.

Warwick Schiller ([01:16:58](#)):

And the second thing again, if I had to think about that donkey Kong principle as the inner row principle, okay. You know, when you get to the 27th in, in your video game and you die, you didn't go back and try it again. You go back to the beginning and you have to do the first thing followed by the second thing, followed by the third thing, followed by the fourth thing, followed by the fifth thing. You gotta be able to do them in a row. It's like a hundred pushups. You can't, you can't do a hundred pushups without doing 99 pushups. Before that, you know, the a hundred pushup is only one pushup, But it's only a hundred

Warwick Schiller ([01:17:33](#)):

Pushups if it comes after 99 others. And so the, the thing about the donkey Kong principle is when you have trouble with your horse, go back to the very beginning. When you get stuck and go back a step, go back to the very, very beginning. And especially in the beginning, like if I'm working with a young horse in, let's say the first day, let's say, I'm trying to teach this horse. The alphabet. You're obviously not teaching a horse, the alphabet, but let's say the first thing I'm trying to teach is what we're going to call a, and it takes me an hour to teach the horse a, the first day. And I don't mean it takes me an hour to get the horse, to do a, the first day. It takes me an hour to get the horse to where he goes, yes, I know what I is.

Warwick Schiller ([01:18:13](#)):

They understand it. Then the second day I come out, I don't start on B just because they got a right yesterday. Doesn't mean they can get it right today. So you come out and you go, okay, do you remember the first letter? And they're like, ah, what is it? And you do a bit of work with it. And then 15 minutes later. Yes, it's a, I know it. You get good. Okay. Let's work on the second letter and it might take you 45 minutes to get to where they can go a B okay. Then the next day you come out, you don't go well yesterday my horse knew a and B. So today I'm going to start with C you would start with a, and it might take a 10 minutes to refresh and it might take it 20 minutes to refresh the internet. Take might take you half an hour to teach them, see. And at the end of the third day, they know a, B and C and so on and so forth. And so, you know, training horses, The oppo, Doing anything in life really, but the upper level stuff is just all the basics done really well. And what I, I think people, when they make mistakes with horses

Warwick Schiller ([01:19:08](#)):

Is what they do is they come out the first day and they teach the horse something. And then the second day they come out and they assume the horse still knows what happened the first day. And then they go to the next thing. And so they don't really install the basics very well, but a video game, you, until you get to the end of the first level, you can't save that whole first level. You've got to be able to go from the start all the way through those steps. And it really you know, this is where your horse really learns stuff.



You know, horses, don't forget things that are taught well, but they will, they'll forget things if you don't go through them.

Warwick Schiller ([01:19:45](#)):

And I'm not saying drill your horse on stuff. I mean, if you, if then you're a, B, C, D F G, you don't have to do that, but don't expect to know that they know that. And so you know, when at the start of anything, you're always, you always want to make sure you do the first thing, and then can you do the first thing and the second thing and the third thing, and, you know, because step number six on its own is useless, unless you can do the first five things involved with it. And so I, you know, I probably don't have to go on too much about how the donkey Kong principle fits in with actually, you know what, I'll tell you a quick story about the donkey Kong principal. Uh I had I had An evented horse come to a clinic in England, a number of years ago. And this young lady she's about 16 and Emily and the, his name was Archie. And Archie tends to, To be quite what I think They called strong, which means basically means they can't stop him. I mean, they can stop him, but it might take a while, but you know, there's, Yeah, he's really

Warwick Schiller ([01:20:47](#)):

Hard to, you know, he just goes all the time. And so I started, we started with, so my clinics at the time, I had a morning session and afternoon session, and Emily was supposed to have two horses in the clinic, one in the morning session, one in the afternoon session, but she couldn't get the other horse on the trailer. So she was going to actually have Archie in both sessions, these two day clinic. And so the first morning we did some groundwork and what I found with Archie is I, once I get him to move on the ground, I couldn't get him to stop. Okay. He was hard to get to go, but once you get going, then you couldn't stop him. And so this sounds a bit like the don't go to bed. Angry principle is once he started, once he got up, he couldn't come down sort of thing. And so the first morning we did some groundwork second, so that first afternoon he comes in and this let's, let's start the donkey Kong thing right here. Okay. First, the sec, the first afternoon she comes in under saddle and I said, can you get him to how's his lateral flexion? Which means you're just going to pick up on, say your left brain and expect that horse to just soften his Jordan bend and follow that feel of the rein without moving his feet. Well, Archie couldn't bend his head. And when his head finally would bend And stop his feet, wouldn't stand still. Okay.

Warwick Schiller ([01:21:56](#)):

If he bent his head, his feet started moving him. There were times where he just walked in circles for five minutes before we actually came to a stop. And so we spent all afternoon, not just working on it the whole time, but you'd work on it a bit and then you'd let him rest. And you work on a bit, let him rest. But basically we spend all afternoon getting him to where he could bend his head to the left or the right without him moving his feet. Okay. That's it. So four hours of that, like I said, we didn't do it for four hours, but we spent, we were, he was out there for four hours and that's all we work

Warwick Schiller ([01:22:27](#)):

Done. So the next morning she comes in under saddle and I said, okay, let's start it beginning. How's your lateral flexion. And what we took at four hours to get to work yesterday. Now it took us 15 minutes or so, and then he was good at that. And we're like, okay, that's the first step. Now what we're going to do is that getting into disengage, which, which is teaching him how to respond to your leg aid. So you're going to bend his head to one side and then slide the leg on that side back and ask him to step over behind and track his hind feet. And once he attracts his hind feet, then we're going to take our leg

off. And then step one has to come back into play. He has to be able to come to a stop with his head bent around that.

Warwick Schiller ([01:23:07](#)):

Well that once we got him on track, like we got them to move off their leg, then he wouldn't stop again. And then we had to get back to step one. And so that's the second morning of the clinic. And so we did that all the way to lunchtime. So basically the eight hours before hours on a Saturday afternoon and the four hours on Sunday morning, we haven't even walked forward yet. We've got him to bend his head without moving his feet. Then we're going to unpack his feet. And then he's going to come to a stop with these headbands. So it's basically the don't go to bed angry principal, because once we got him using any energy at all, he couldn't let go of that energy. And so eight hours just doing that, then we come back and like I said before, don't send me hate mail.

Warwick Schiller ([01:23:51](#)):

And so you can't do that for ideas. It wasn't eight hours of just doing that. There were times of doing nothing, but we weren't doing anything else. Okay. There's a lot of time spent just sitting on him, but those were the only things we're working on when we're working on stuff. So she comes back after lunch and I said, okay, how's your lateral flexion. That's good. Yes. Very good. How's your disengaged? That's good. So we've just gone through the first eight hours of training in the first five minutes on, in this afternoon session, I said, okay, let's go ahead and ask him to walk on a completely loose reign. And she goes, well, she doesn't really walk on a loose shrine. I said, let's go ahead and ask you to walk. So she asked him to walk and Lou, and he goes, walk, walk, walk, walk we'll we'll we'll truck, truck, truck, truck, and kind of takes off.

Warwick Schiller ([01:24:31](#)):

And I said, go ahead and bend him around to a stop, which is going back to our step one. Wasn't it. So she bent him around there. Then we waited for him to relax again, then go ahead and ask him to walk. And I think he made a way to make five corrections at the walk, which means while he was walking, he lost the walk and took off into a trot. And we had to bend him around to a stop and start again, five corrections, the walk, and then he can walk around on a loose reign. And Archie's 15 years old, never walks on loose rein. So now he can walk on a loose run and it took maybe half an hour to do that. Okay. So then I said, okay, now we're going to pick up a trot on a loose rein. She goes, well, she doesn't really try on a loose run. I said, we're going to try it. So she picks up a truck and he goes to truck, truck, truck, drive, drive, drive, drive, drive, drive, drive, and rolls off into the candor. We bend him around and bring it back to that relaxed state. Again, we're doing the whole, don't go to bed, angry principal. He wait for him to relax and then go again. And he made, we had to make three corrections at The truck. Okay. So we, we spent eight hours at the standstill, half an hour at the walk and we made five corrections. And then 20 minutes at the trot made three corrections. And then I said, okay, now it's time to ask him to Canada

Warwick Schiller ([01:25:44](#)):

On a loose range. You guys aren't, she doesn't really care to own a leash. And I said, go ahead and ask him to Canada. She asked Archie to Canada. And instead of having that rushy, rushy canneries always had, he goes, but but dump the dump, the dump, but don't put down, like we will read the make and cadence and relaxed how many times, and he didn't run off or get or anything. So we made no corrections at the Cantor. Okay. And then I said, just go ahead and bend him to a stop. Let him see it for

a bit. And we did that, you know, a number of times, not because we had to, but just going through that process. And then after a while, he looked relaxed enough on a loose run, into Kantar where I thought Emily could stop him off a seat. So she's canning around. And I said, Emily, just go ahead and sit And breathe out. And she sits and he goes, can't it. Can't it. Walk, walk, walk, walk, walks Dope. So now the first time I've ever tried, it Can now come to a stop from a Cantor off your seat on a loop. Then

Warwick Schiller ([01:26:41](#)):

I said, and he did, she did it a few times. And so then I went over to her and I said, Emily, let me have a look at your reins. I think there's something wrong with them. And I got the reins and then I pulled the bridle off him. So now she's right. He's very forward events,

Warwick Schiller ([01:26:53](#)):

Horse in this clinic with no bridle on. And I said, go ahead and ask him to walk. And she goes and asked him to walk. He walks around, relaxing his head down. I said, go and ask him to truck asked. She asked me to try it. He picks up the truck trots around no bride lawn doesn't run off. So go ahead and ask me to pick up the candidate. He picks up the Cantor, but dump a dump, but dump it, dump it, dump Candace around. Nice and relaxed. I said, go ahead and sit right there. Emily and Emily sits and he goes, Cantor can't chat, chat, chat, walk, walk, walk, walk, Stop. Okay. First time ever. And you'd think for an event that you can't stop, that would be impossible, but that's not Where all the hard work occurs. The hard work occurs in the very, very beginning. And the thing about those basics. Yeah. Uh they, they're very easy to do

Warwick Schiller ([01:27:39](#)):

Well, you think they're okay, but they're not perfect. And in order for the big things to be the big, hard things, to be easy, the basics have to be perfect. And I'm sure, you know, getting back to video games, I'm sure you've seen your, your kid playing a video game and you're watching them. And then I took like a Ninja and you go, how long have you been on this level? And they go, Oh, we just got here. And you think, how can you be that good at this level when you'd never been on this level before, but all Games are set up to where they do

Warwick Schiller ([01:28:08](#)):

Let you get further ahead until you learn the basics over and over and over and over and over. And in one of my podcasts, which was about books, I talked about a book called the talent code by Daniel Coyle. And he talks a lot about this type of, of creating these foundations in, in there. But that's yeah. So the whole donkey Kong principle is really about when you get in trouble, go backwards, but don't necessarily even before you're in trouble, don't necessarily assume your horse knows something, sat at the start and go through all your Steps. And That's really how you really create really well-trained horses. That don't Forget what they've learned

Warwick Schiller ([01:28:50](#)):

From here on out the horses, the horses, the principles tend to maybe overlap a little bit, but the next principle is called. They need to know the answer before you ask the question. And I really liked to quote my friend, Elsa Sinclair, if you've never heard it also, she was on one of the podcasts and does some amazing work with horses, but I love her quote. She says, good leaders only ask yes questions. And so this whole, they need to know the answer. Before you ask the question Is about, you know, it's about only asking, only asking you Yes, answers when you only ask yes answers with your horse. It really builds

a great deal of trust, but you know, so the whole, you know, this relates back to the donkey Kong principle. Like we

Warwick Schiller ([01:29:35](#)):

Didn't ask this horse to slow down off the air seat with no bridle on until he gets slow down off our seat with her bridal line, we didn't ask him to can't run a loose reign until he could trot on all the train. And it has nothing to do with candor or trot. It just has to do with the amount of energy they bring to something. And what that horse couldn't do in the beginning was once he had energy, he couldn't let go of energy. And it's just like, you know, it's just like Robin and the panic attack on the plane. It's the same. It's the, all this, stuff's the same thing that comes back to the, that comes back to the you know, the don't go to bed angry principle, but you know, some people might think, well, how would you, how do you train a horse who doesn't know anything?

Warwick Schiller ([01:30:16](#)):

If you only ask Him questions, two things they do know already, or that's where you've got to understand the nature Of horses. You know, You got to understand what are they, what do they know how to do You already, without being taught To them? And a few years ago for my Christmas video, I had my horse Bundy. The, the Christmas video was he sitting on a we're in the arena and he's sitting on a couch in the arena And he gets up off the couch, walks over to an ice chest, or what is it? Strands would call an esky. And in New Zealand you would call it chili bin. It goes over this sauce just knocks the lid off. It picks a beer up in his teeth and hands it to me. And I go, and he's got a Santa hat on and I go think sander. Uh that's exactly what I wanted for Christmas. Hope you had a great year. And I hope Santa brings

Warwick Schiller ([01:31:12](#)):

You what you want for Christmas. So something like that, but a friend of mine named Katie and a grantee, she was the one that taught him all those tricks. So, you know, when I'd go off gallivanting around the world, doing clinics, sometimes I'd have, I'd send bandy down to Katie to Um to, to keep riding Him and doing things with him while I was gone. And, and Katie got into the clicker training. And so she decided she was going to do all this stuff with, with Bundy, with the clicker training and Bundy. When he was a young horse, when he was two, he kicked around, he was turned loose in a round pen and running around and he kicked a fence and he fractured his P two. And so had to do surgery on that. They put a plate in a screw in his P two and they fused his P one and P two. And you know, that's, that's, he's pest in his foot there. And he wore a, and had to be in

Warwick Schiller ([01:32:00](#)):

A stall for four months. He couldn't even be hand walked it at this point in time. And Bundy's is a very busy minded horse. And he actually learned to crib while he was in there. And he still does it to this day. But one of the things Bundy would do in that story is sit up like a dog. So he's front legs to be sitting on his backside he's front legs to be straight. And he'd have his cast language, his left leg kind of sticking out to the side. So it wasn't underneath him. He'd kind of sit there and rest it like that. And you know, when he was yelling, I taught him how to lay down. And the first time he'd got up from laying, when I taught him how to lay down, he got up, he sat up like a dog and just stayed there and then got up.

Warwick Schiller ([01:32:34](#)):

So sitting something he can, he can do already. If you haven't tied up to a fence and there's a bucket along the fence or something like that, he will turn around and back up to it and start half climbing up on it with his leg. Okay. And so what what Katie did was she kept it, those two, two things. He tends to sit and he also tends to climb up and things like that. So she taught him to click at training. She told him to back up away from her, but she put him in front of some high bouts. So he backed up away from him. And then when he started putting his foot up on that hay bale, she rewarded that and clicked that. And then pretty soon she really clicked a bit more and pretty soon he's sitting on the hay bale.

Warwick Schiller ([01:33:13](#)):

And so that bit was pretty easy to teach. But if you think about with the the beer thing first, she, she taught him to, to touch a target. And that's usually one of the first things you're doing clicker training is teach your horse to touch a target. And when you do that, you are relying on your horses, natural curiosity about things. And so you hold a target. So it might be like a, a tennis ball on a stick and you hold it out in front of their nose. And most horses will just go and put the nose on it and snipet like that. And what you do is you click and you treat when they touch the target, they already know how to do that. They already have that inbuilt curiosity. Okay. So they need, they, they know the answer to the question before you ask it.

Warwick Schiller ([01:33:55](#)):

And all Katie did was she transferred it from the, from the target. So then she'd put a plastic bottle on the ground and put the target next to the plastic bottle and click. And then after a while, she just put the plastic bottle on the ground and he would sniff the plastic bottle and she'd click. And then after a while she wouldn't click and then he'd kind of nudge it with his nose and then she would click and then eventually his teeth. And eventually she transferred it to a and to a beer bottle. But that whole trick there all came from things he already knew how to do. She just captured them. And so it's, you know, it's the same thing working with young horses or whatever, you, you start out with what they can already do then. And this is understanding the nature of horses and then you work from there.

Warwick Schiller ([01:34:37](#)):

But the big thing is working with horses is you only want to ask, like Elsa says, you only want to ask them yes. Questions. And it's kind of like marriage proposals, no man buys a ring, gets down on one knee in front of a woman and proposes if he thinks she's probably gonna say no. And what happens if a man does propose too early, kind of gives the woman a bit of a you know, the idea like this, guy's a bit needy. Like, I mean, that's, that's a great question to ask, but it's not really the time yet. You know what I mean? And so that would, you know, that would put a bit of a damper on that relationship that would make her think this guy doesn't read social situations really well. And is the same thing with horses. If you, You know, if you're asking your

Warwick Schiller ([01:35:19](#)):

Horse to do things that they can't do, you're just telling them, Hey, I don't, I don't read you very well. I'm not, you know, and even if it's not that you're not reading very well, but that's, that's what it comes across and really gaining your horse's trust really comes to Moni asking yes questions and, and they need to know the answer before you ask the question, people probably think, well, how do you develop your horse further ahead if you don't ask them things, I don't know how to do it. Well, the thing is they either, They either know I had to do it or they know how to do the step before. It's so well that it's just,

it's going to be easy for them to figure out. And just like, you know how easy was it to bend Archie to a stop From a Canada,

Warwick Schiller ([01:36:04](#)):

Easy, cause we'd done it from a truck and we'd done it from a walk and we'd actually done it from a standstill in that disengaging, you know, sequence there. So yeah, that the whole, they need to know the answer before you ask the question is not only a very, very good way to train horses, but it's also a very, very good way to get your horse to trust Your judgment. So the next Principal I want to talk about is the change one thing at a time principal, and the thing about the change, one thing at a time principal, is it not only is it a really good way to train hall, a problem, free way to train horses? It's also very good At

Warwick Schiller ([01:36:43](#)):

Identifying the source of any problem. And a friend of mine who trains horses here in California a few years ago, he were at a horse show. It was hot. It was at the end of the day and he was walking past the barn. And I said, Hey, you want to be it? And he goes, no, I I've given up B recently. I'm like, why is that? And he said, Oh, I went and had a, I was having some stomach issues. And I went and had a test done and they said, I'm allergic to yeast. So I've cut out everything with yeast. And so for the next five years in the summertime, we'd be at a horse show, your whole us trainees to be sitting around and having a B. And he sitting around sipping on water because he can't drink beer. And then one day I saw him drinking a beer in a horse show. And I said, well, what happened to the yeast thing? He goes, well, what I did was I cut out all yeast. And what I've realized is it's not the yeast in beer that affects me. So what he didn't do, he didn't change one thing at a time. He didn't go, okay, I'm going to, I'm going to eliminate this source of thing. And see what that does. And when

Warwick Schiller ([01:37:46](#)):

There's no changes going to eliminate this source of yeast here eliminated every source of yeast and okay. Yes, he's better. But he doesn't know if it was one or every type of yeast. That was the problem. So this guy missed out on drinking a cold beer on a hot afternoon for five years because he didn't change one thing at a time. He changed everything at once. And you know, a question I get a lot from people is I took my host to his horse first horse show. And he was a complete idiot. What do you do for that? And if you think about, when you go, if you've been riding around at home alone and you go to your first competition, you take your horse away. Do his first competition. You've changed a lot of things at once. One thing is you've changed the location.

Warwick Schiller ([01:38:32](#)):

Okay. You've changed the number of horses in a location because at home there's probably no horses, other horses riding around and you go to the show and there's hundreds of horses there. And then you've also changed the atmosphere. There's loudspeakers and there's children and there's balloons and there's banners and there's all sorts of stuff. And then the other thing that you've changed too, is your internal energy. You'll probably it's show day. You're nervous. You're going to compete and all that's different. And all those changes are too much for most horses. And so I recommend breaking things down into pieces. Okay. First thing, change the location and nothing else. So it doesn't have to, you know, don't go somewhere where there's a lot of activity go to a friend's house or whatever, just change the location. And then do you, don't get Kung principle, go back to the start, do your work with the horse you have today.

Warwick Schiller ([01:39:24](#)):

Principle, if you get your horse off the trailer and he's a nervous wreck and acts like he's never been written before, don't get on and ride him, do whatever you did when you first got him before he'd been written, you know, just go through the process again. It's this is the donkey Kong principle. Start at the start. So you can see all these principles are starting to stack up. If he gets off the trail and he's nervous, you've got the dunk go to bed, angry principle. You've got to do that one. And so get, and don't go to your friend's house and ride him around until he's good. And then think, okay, he's good now. So next time I'm going to take him somewhere else with more stuff than this. Cause if it takes you, you take him to your friends house and it takes him an hour to get to back to what he's like at home.

Warwick Schiller ([01:40:06](#)):

That means it takes him an hour to get back to his life. And he's at home. You need to get to where you take him to your friend's house and he gets off the trailer and he is like, he is at home. Then you could change one more thing. You might, you know, you might take him somewhere and have that has a bit of atmosphere there. Maybe you go to a friend's house and she's riding her horse at the same time as you. I mean, you, you can break this down as much as you want, but the, you know, change one thing at a time principle, real, and most of these principals, really what they do is they make your training. Problem-Free, you're not solving problems. You're preventing problems. If that makes sense. And I mean, there's a million things like, you know, when I saddled a young horse for the first time, there's a lot of steps that I've done.

Warwick Schiller ([01:40:53](#)):

I have got them good with the saddle pad. I've got, I'm good with the saddle without the saddle pad, I've got, I'm good with pressure around the girth area without the saddle or the saddle pad. Okay. I have actually sat on them from off the fence. I've been above them. Okay. And I've been on both sides of them. I've had my left leg on the fence and my right leg hanging over them. So all these things have all been taken care of separately from each other. And the first time you put the saddle on and do it up, they've had the saddle on before they've had the saddle pad on before they've had pressure around the goods before they've had something on both sides of them before. And usually, you know, usually that makes the process a whole lot easier, but it's, it's just, yeah, I, I really cannot say enough about the change.

Warwick Schiller ([01:41:46](#)):

One thing at a time principle, let's, it's probably the secret to anything. And if every time I see somebody, you know, a Hoisean who can do some crazy elaborate thing with a horse, I'll always say so. So how do you do that? What's the process. And when they tell you the process, they're telling you the change. One thing at a time they're telling you the donkey Kong principle, they telling you the don't go to bed, angry principle. They had telling you the work with the horse, you had the day principle in the, in the, in the, the, the process. They tell me how they train the horse to do that big, amazing thing. You know, all of those principles come into that. So this one, you know, change one thing at a time. It's, it's so important. You cha because the other thing is, if you change more than one thing at a time, you could put them over their threshold.

Warwick Schiller ([01:42:35](#)):

But the other thing is, if it does go wrong and you don't know which one of those, this is like my beer drink and friend, this is, you don't know which one of those things caused the problem. Whereas if you

change one thing at a time, you can tell which one's the problem. And so I probably don't need to just tell you any more examples of that. You know, all these, these principles all the, the TV show, all three seasons of it. They are available on my YouTube channel. So there's, there's a lot of stuff on there, but I just thought, you know, people like to hear this stuff on a podcast. So I thought I'd talk about it, but you can see actual, you know, video examples of these on my YouTube channel. The next principle I want to talk about, it's called the, do the opposite principle.

Warwick Schiller ([01:43:18](#)):

And you know, this, if you, if you're a dressage rider and you think about, you know, all the transitions that you do to teach a horse, how to have self carriage and collection, these are all about the, do the opposite principle. And if you think about the, the first transitions you start doing might be walked to halt, transitions, and then hope to walk, transition, or maybe walk to truck, transitions, truck, to walk transitions. Let's say, we're going to do walk to truck transitions. You know, are all about, do the opposite. So if you are walking and you were going to go to a trot, so walking is kind of a low energy sort of a gate. If you're going to go to a trot and you went from a walk to the world's slowest, Western pleasure, joke, joke, joke, joke, and then back to a walk.

Warwick Schiller ([01:44:10](#)):

And then back to joke, joke, joke, joke, not create any self carriage or collection because you are not actually changing. You're not doing the opposite. You're not going from energy upward energy to downward energy, to upward energy, to damage. And you're just, you've just got no energy. And it's the same thing. If you had a, you know, a horse that walked really, really fast and kind of running through your hands and you went to a trot and they ran through your hands and you bring them back to a walk and they're still in and Fort and run them through your hands, there's no sit to that part. And so do the opposite is, is all about, it's all about whatever state your horse is in, whether it's physical or mental do the opposite of that. You know, I, I like to quote Carl Hester. So if you were dressage ready, new Cal history is Cal here says a hot horse needs to be learned to be written with the leg on and a dowel horse needs to learn to be written with the leg off.

Warwick Schiller ([01:45:06](#)):

And so what, you know, the, whatever your horses tendencies, you have to kind of do the opposite that, you know, we took Kyle has to talks about his horse nip tuck, that he was competing when Charlotte [inaudible] was competing for Legrow. And he S he designing the, the freestyles for each of course. And he said for the Allegro, he's a, he's a big mover. And he, he you know, he's got a lot of energy and he says, so he's got to come in at a work in truck. Cause if you come busting in there at an extended trot and he's up, you're not going to get him back down again. Whereas he said, nip tuck is like a quiet sort of a horse. And I've got to come in and to extend a truck and having kind of revved up. Otherwise I'll lose, lose him energetically during the whole performance. And, you know, like he said, I never tracked VLA grow big. And I always work on trotting, nip, tuck big, you know, you might think of a Legros is big mover. You'd wanna ride that around all day long, but you don't work on the thing that needs working on you need you work on the thing that doesn't need working on. And so that's basically the do the opposite principle and you can, you can yeah. Use that.

Warwick Schiller ([01:46:22](#)):

Oh, okay. For so many things like mental adjustments for longer chewed, nil adjustments. So front door back self carriage left to right adjustments, you know, like, like straightness, like if they lean to the left



and I'll tell you a good example of this. I had a lady at a clinic in Australia a few years ago, had a, I forget what breed of horse she had, but she competed in dressage on this horse. And it's not a horse that's usually competed in dressage. So it wasn't a, it wasn't a warm blood or a thoroughbred. I forget what it was. And I said to her, so what's your, what's your biggest problem that you have with this horse?

Warwick Schiller ([01:46:59](#)):

She said, I would say on the right lead, going around corners on the right lead really drops his shoulder to the right. And I, I can't use an, like, he doesn't get off my inside leg and me inside Ryan enough for me to fix that. Cause I try as much as I can and I can't do it. So I said, okay, let's say it candida on the long side here. And let me see, go around this corner on the end. So she can just down the long side. And as she approaches the corner, these hole starts to drop his shoulder and kind of motorbikes around the corner. So dropping his shoulder means he's, White's not squarely, Everage front legs. It's way balanced over to the inside. You know, he's going around the corner, like he's riding a motorbike. And I said, okay, I see your problems.

Warwick Schiller ([01:47:36](#)):

So I said, I'm going to have you do that again. And halfway through that corner, I'm going to ask you to do something different. And she said, okay. So she can't as down the fence. And as he starts around the corner and he's dropping his shoulder, I said, turn left into the fence. And she asked him to turn left about where the corner was. And he, it took him till halfway across the arena before he could adjust himself well enough to turn left because he was only committed to going. Right. And finally he turned left about halfway across the arena and she went back around and I said, okay, now let's set that up and do it again. So she can just the long side and the right lead. And as he approaches the corner and he starts around the corner, I said, turn left.

Warwick Schiller ([01:48:13](#)):

And she asked him to turn left. And he still struggles to turn left, but manages to turn left probably before the middle. And we do it again. And now he turns left quarter of the way across the arena and then an eighth of a way across the arena. And then the last time she comes down and he goes around, as he goes around the corner, I said, now turn left. And he just turns left into the corner and goes back up the other way. And I said, okay, what I want you to do now is come down that fence there and go around that corner. But when you get in the corner, use your inside leg to push him up into the corner. And she kind of looked at me like, but I've already shown you. My inside leg does not work. Now. That is my inside. Right. But anyway, she's a good sport. She can't as down that long side and comes up to the corner and she puts her inside leg and inside rhino. And he pushes way up into the corner and gets off her inside, riding inside Lake and goes around the corner and what was going on. He was, as he approached the corner, every time he's ever come to a corner on a right lead, That going Around the corner to the ride. And so he said, Oh, I know what we're gonna do. We're gonna, we're gonna go to the right. He was unprepared to get right. And when she said, turn left that first time, he's like, hang on. I can't turn left. Hang on. Let me adjust myself. I'm cantering. And I'm trying to turn left on. I can't hang on, hang on. Now I Can do it. And he Managed, he managed to turn left, but you know, so by the end of that, He was holding

Warwick Schiller ([01:49:33](#)):

Himself up in the middle. And so instead of her stopping him from dropping to the right, she did the opposite when he lent to the right, she went to the left. And it's funny. I mentioned Cal history a minute ago. Carl HESTA does something similar with horses. So I've read or heard is When he approaches

Warwick Schiller ([01:49:49](#)):

A corner on a horse that has the shoulder dropping problem. He doesn't hold them up. Here's he approaches the corner. He throws the rain Dedham. And as they go to lean and drop their shoulder around the corner, he does a halt and he does a turn on the forehand to the outside. Then Candace down that long side to the next corner, throws the rains at him. And as they go to fall around the corner, he does a halt turn on their forehand to the outside. And after a while that horse approaches the corner. And he's like, I have no idea if I'm going to go around to the right or stop and do a turn on the forehand and go back the other way. So I better adjust myself And get ready in the middle here. Okay. And so that, you know, that's just doing the opposite, but that also falls under the mic, the wrong thing, hard and the right thing. Yeah.

Warwick Schiller ([01:50:32](#)):

Okay. You probably want to have, does that fall under that thing? Well, we asked the horse to do something to turn left And him

Warwick Schiller ([01:50:41](#)):

Carrying his body in the wrong position, made it hard for him. He said, Oh, hang on, hang on, hang on. This has had, for me, I'm not in a good position. And we repeated over and over and over. And after a while that horse started to carry himself in a much better position to be able to turn left. So he made that turn. He made the left turn left easy on himself, but that fixed out our problem right there. So yeah. Do the opposite. Most of the, you know, it's, it's kind of like, this comes back to the, don't go to bed angry principal. Well, on a day when Robin was completely relaxed, she would sit down and get herself a little bit uptight. So she would do the opposite. And then when she got a little bit uptight, she would then do the opposite of that and get it so relaxed. And it's that, it's that transition, you know, do the opposite is really about transitions from one state to another, whether it's from leaning to the left, from the, go into the right or go into the left, we'll go in too fast to too slow. You know, the, in, out the, up the dent, all of that stuff is you're always working on the opposite of whatever your horses,

Warwick Schiller ([01:51:40](#)):

Whatever your horse is doing. And eventually they get in the middle, but you don't And hold them in the middle of anything. You allow them to tell you what they want Do one way. And then you do the opposite of that. And eventually they find that spot there in the middle. And there is a, There's an exercise I'll do at clinics to show these. If someone is sitting in a chair watching

Warwick Schiller ([01:52:03](#)):

And think about this, let's say they're sitting and they're sitting on one hip. Okay. And they're leaning on one side of their chair. So they're slouched over to one side, their legs across. And they're sitting on one hip and I will say, I'm going to, I'm going to ask you to do a series of exercises for me, Kenya. And then you're like, okay. And say, can you stand up? And so they uncrossed their legs. They straighten themselves up and then they stand up. And then I say, can you sit back down? And they sit down and as they sit down, then they go to slouch off to one side. And as they do again, can you stand up? And they

stand up and they're just saying, how can you sit down? And as they sit down, they got to scratch off to one side and I say, stand up.

Warwick Schiller ([01:52:40](#)):

And I do that, you know, seven or eight, nine, 10 times or whatever. And after a while, when they sit down, they down and they engage them core. Their back is straight, their shoulders. You know, that their weight is, is equally distributed on our, the butt cheek. Their feet are flat on the floor and grounded and the hands are on their thighs, perfectly straight up. And then you can draw a line down the middle of them. And they'd be perfectly the same on both sides. And at no point in time, did I say, I want you to engage your core. I want you to shut up, sit up straight. Pardon me? I want you to put your feet on the floor. I want you to put your hands on your thighs. I didn't do any of that. I just asked him to do a series of exercises, had them do the opposite of what I'm doing.

Warwick Schiller ([01:53:19](#)):

When they went to sit down, I had him stand up and they stood up. I had him sit down and after a while they met me in the middle. And that's really what self carriage is. That's what self carriage and collection is. Is that that getting ready in the middle? And how do you do that is by doing the opposite of whatever they're doing. If they're not energetic, you get more energy. If they're too energetic, you bring that energy back down and you just play with it back and forth. And that's how you get them. That's how you get them in the middle. So the, the next principle I want to talk about is called the anticipation is your best friend or your worst enemy. And like I said, once these, once you get this far into the principal, they all start to overlap each other.

Warwick Schiller ([01:54:00](#)):

But the, you know, I often at horse expos and stuff, I say to people, so is anybody who got a horse that anticipates and someone raises their hand and rolls their eyes? Like, yeah, my horse anticipates. I'm like, well, that's great. And they look at me like I'm an idiot, but horses how we train them to do things is anticipation. If you think about that horse that was getting, I just talked about those going around the corner, dropping it shoulder really badly to the right. It was anticipating going to the right. And that's why it was doing the wrong thing. What we got the horse to do was anticipated may have to turn to the left, or it may turn to the right. And then he stood himself up and he was right there in the middle. And so anticipation is your best friend or your worst enemy, depending on how you look at it.

Warwick Schiller ([01:54:44](#)):

And you know, a friend of mine was a professional bull rider. And I think I've said one of the podcasts before my dad was a bull rider. And I was, you know, it was a bit of an armchair quarterback with the bull rod and used to watch it a lot. And there was a guy one time that said, you talked about Freddy fear. He said, Freddy fear is you your best friend or your worst enemy, depending on how you use it. So when you do a, you know, a death defying type sport, like bull riding, you've got, I have a little bit of fear to stop you from doing stupid stuff, but you can't have so much fear. It stops you from doing your job. And that's kind of where I got that saying from him when he said, you know, fears, your best friend or your worst enemy, depending on how you use it.

Warwick Schiller ([01:55:22](#)):

And anticipations the same and horses will anticipate things that are done repetitively the same way, which is why, when we are training horses to do things, we will do it the same way. Unless of course,

you're trying to break up anticipation. And so you, how you, how you break up your anticipation is you do it differently every time. And how create anticipation is you do it the same every time. And if you think about, like I said, the host that dropped that shoulder gone around the corner really badly. Every time I approach a corner, we go around the corner. So instead of when they see the corner coming, instead of them going, there may be something else I'm going to do right here. So I'm

Warwick Schiller ([01:56:02](#)):

Going to get ready for it. I just got ready for the right turn. And so you just have to remember, this is like the whole choose where you work, choose where your wrist, like, as in that I said, your horse is always mapping out where they work and where they rest, whether you want to use that or not, they're using it. And it's the same thing with anticipation. Horses are always anticipating stuff. So you just got to choose how you want to use anticipation Uh

Warwick Schiller ([01:56:29](#)):

To help you, you know, before with that whole choose where your work choose, where your rest principle. I meant to tell you this story before about it, but think about in a dresser, if you're a dressage rider in a dressage test, when you ride across the diagonal, you've got to ride your horse up into the corner. And a lot of people have trouble getting the horse to go up into the corner, because it's about the shop is turning, right. You gonna make it's, you know, it's More than a 40, it's smaller than a 45 degree turn because you're not, you know, it's not a square, it's an oblong. So you're coming at that at a sharp angle right there. And you know, a lot of people

Warwick Schiller ([01:57:05](#)):

Struggle with that, but I talked about Carl has to be full an exercise. I heard that Charlotte Duchenne does to get a horse to ride up into the corner. Is she, when she rides across the diagonal, she will ride them up into the corner, nose, into the corner and stop and rest there and stand there and let them rest. And so that's the choose where you work, choose where your rest principle and after awhile, they suck her up into the corner, But you can't do it once and have it work. You've got to do it

Warwick Schiller ([01:57:32](#)):

A lot of times. So this is where anticipation comes in. You've got to get that horse to anticipate, Hey, there's quite a possibility I'm going to get, if I can get way up into that corner, I'm going to get arrest. And so you start to, to build that there. But yeah, you know, anticipation is, is most people view it as a bad thing, but everything good, they learn is through anticipation, everything bad they learn is through anticipation. And so, like I said before, the key is if your horse anticipates Things that you don't want

Warwick Schiller ([01:58:00](#)):

Him to anticipate, you're obviously doing things the same way. Every time. What you're going to do is mix that up. And if your horse is not responding to things the way they should, you probably not doing them the same enough. And we'll get probably, probably getting to that a bit more in the next Um the nxt Principle, which is called the application of your aides. So the application of your aids is it doesn't Matter what age

Warwick Schiller ([01:58:29](#)):

You were going to use, but how you apply them. If you comply them consistently, you'll get anticipation, which means they'll start to respond to the subtler aid. But the rules for the anticipation of your AIDS are you don't put them all on at once. You put them on one at a time, let's say you're decides rider. And you're going to ask your host to go forward. You probably going to use your seat first. And then if they don't go, you're going to leave your seat there and then add your legs. And now your seat in your leg or on. And if they don't go, then you've got your seat and your leg on, and then you tap them with the whip. And when they go, you release all three, okay. That's basically how your, the application of your aid. Did you do the smallest thing first, then the next thing while still doing the first thing, and then the next thing whilst doing in the first two things, and you just layer them. But what happens after Wally's, they start to associate that first aid With the respect.

Warwick Schiller ([01:59:23](#)):

Once that they given after a while, you know, your horse can respond to you, see data or whatever aid it might be, but you've got to be In order to do this, you have to really honor that

Warwick Schiller ([01:59:39](#)):

Work with your horse to have today principal. So, you know, just because last time you rode in a green horse, and let's say, you're working on your seat, leg, whip, the leg weight, see like, and you get to the end of today and you use your seat and they go, you don't come back tomorrow and go, I'm just going to use my seat and then put your seat on. And then when they don't go stop and look, You gonna go, what what's going on here? You've got

Warwick Schiller ([02:00:02](#)):

Be prepared to do that stuff. Every time he'd got to be in the moment. So every time if you're going to, if you're a seat, leg, whip, aid person, every time you use your seat aid, you have to be prepared to go to your leg aid, followed by your whip out. You're never just dawdling along. I'm gonna use my seat aid And Oh, did it work? Or

Warwick Schiller ([02:00:23](#)):

Did it not work? You know what I mean? You've really gotta be present. So you can see all these, these aides are starting to add up, but the application of your AIDS, it's really important. If, you know, I said a minute ago about anticipation. A lot of times people, horses anticipate things that don't want to do because they do things exactly the same way every time without realizing it. And then the things they do want him to do, they will do them differently without realizing it, you know, they'll add leg and then they'll use the seat. Then they'll tap with the YPO tap or the whip, and then they'll use the leg or they will add leg, not get a response, then release their leg and just things like that. But the key to having your horse respond really well to your aides is to apply them in the same order every time And be prepared

Warwick Schiller ([02:01:07](#)):

To go all the way through the steps. Every time if you have to now, you probably won't have to, if you can be really consistent, but you know, just because it's been working good for two weeks, it doesn't mean you throw that out and say, Oh, I'm never going to have to Think about going through All the steps again, you're all you've got to remain present And really

Warwick Schiller ([02:01:26](#)):

Make sure you do go through all those steps every single time. So the next principle I want to talk about is called creative tool before you use a tool and we've almost discussed this one already, but the big thing with this before you use something to solve an issue or teach something else, you've got to make sure the things you are, you are using already work. And the analogy I like to use for this is, let's say you you know, your washing machine had a leak out the back of it. And you had to look at the back of your washing machine and you realize that there's a, there's a hose clamp holding the cold water hose on the back of your washing machine. And it needs a Flathead screwdriver to tighten it up. So it doesn't leak. So you go and get your Flathead screwdriver.

Warwick Schiller ([02:02:14](#)):

So now you get your tool to fix your problem. But what you don't realize is Flathead screwdriver. He's old and it's perish to where the handle well, spin around on the shaft. Like it's, it's worn away in there. And so you put the screwdriver on your, on your hose clamp, and you try to do it up and the handle spins, but the shaft doesn't spin. So now you've got a tool that doesn't quite work to fix your problem. And because the tool doesn't work, it won't fix your problems. So now you've got to go, what am I going to do here? So I need to find some sort of adhesive and pull this handle off and glue it on to the shaft. So you go in, you find your adhesive, you know, like in Australia we have one that's called erudite. Let's call it erudite.

Warwick Schiller ([02:02:55](#)):

You got get your erudite. So now you've got your tool to fix your tool, to fix your problem. And so then you go to take the lid off the, the glue and you realize that, Oh, I got some glue on the threads last time. And I've kind of almost glued the lid on. So now I can't get the lid off. So now you've got a tool to fix your tool, to fix your problem, but the tool doesn't work. So you can't fix the other tool and you can't fix your problem. So then you gotta go, what do I need? Now? I need some plots is to get the lid off the glue. So you get your pliers out and then you realized, Oh, I was using them to fix the water trough the other day. And they got water on the pliers. And then they rusted shut and I can't get the pliers to open and shut.

Warwick Schiller ([02:03:31](#)):

So now you get a tool. It doesn't work to fix your tool. It doesn't work to fix your tool. It doesn't work to fix your problem. And you still got the problem, but then you go, okay, I need some WD 40 and you get your WD 40 out. And it works. So you spray your WD 40 on the pliers, get the pliers opening. Now you put the pliers on the lid of the glue, unscrew the lid of the glue, put the glue on the handle of the screwdriver, put it on white for eight hours or however long it's until it sets. And then you fix your washing machine in horse training is very much like that in the beginning, when you it and your foundation of your training, you're basically assembling your toolbox. And I think, you know, people watching from the outside watching a really good horse trainer, a trainer horse, to do a specific, you know, like they're going to be this in the end, whatever this thing may be in the beginning, it doesn't look anything like what the end is going to be.

Warwick Schiller ([02:04:24](#)):

But really what you are doing is you are assembling your toolbox. You are you creating all your tools that you're gonna need so that when the time comes, you've got them, what you, what I tend to do training horses is I basically cradle the tools before I start teaching them too much stuff. And then when you need a tool to fix an issue that pops up, you don't have to go back and recreate that tool. You have that

tool there already. And so that's, you know, it's, it's a lot, it's very similar to that. You know, the it's a pillow. They need to know the answer before you ask the question, all that sort of thing. But a lot of times I see people trying to solve an issue with a tool let's let's, you know, and I let sign aid like they leg out or they see down, or they run out of whatever.

Warwick Schiller ([02:05:10](#)):

They're trying to fix a problem that involves the seat aid and the leg aid and the rein aid working well, they don't work well. And they're trying to use those, those three tools that don't work really well to solve a problem. And, you know, two wrongs don't make a right, but two rights make an airplane. So you know that it's very important that you, and this is what you learn as you train horses. I mean, initially you're always working from the back end. When you start out learning how to train horses, you run into problems, and then you figure out how to solve the problems after a while you realize how to avoid the problems. And so that's what this is, is in installing your toolbox before for your toolbox is needed. And now I'm going to come to the, the last, the last of the principals and the last of the principals is called separate I'm sorry, isolate separate recombine.

Warwick Schiller ([02:06:01](#)):

And what that means is a lot of times, when you start teaching more advanced things to horses, and even some of the early run things, you are taking two things they can already do, and you putting them together to create something new. And what you've got to remember is if you go to do that, those two things should work separately from each other perfectly well before you put them together. And when you put them together to create this new thing, whatever it is, and that you think doesn't work, it will not work because one of those things is not at the same level. It was when it was separate. And so what you do is you in your head, you isolate which one's not working. You separate it from the two, you fix it, and then you recombine it. And I'll give you an example from a horse expo in New Zealand a few years ago, there was a dressage lady from, I think she's from Holland, her name's Kira Kirkland.

Warwick Schiller ([02:06:53](#)):

I'm pretty sure if you're a dressage rider, you would have heard of her. I think she's competed at four Olympics and she was doing a masterclass. And in that masterclass, she was having someone do a leg yield. Now a leg yield is pretty simple. It's moving forward and slightly lateral at the same time. Okay. So you've got forward and lateral then. So this girl would walk along the, and Kira would ask her to do a leg yield. Let's say the leg yield is to the right, which means she'd have a left leg on the girth. When she put her left leg on, the horse did not move to right. He just kept going forward. And so you've got to go forward and you've got to go sideways. We had four, we had no sideways. And so what she had the girl do was when she put a leg out on the horse, didn't go sideways. She said, halt. So stop the forward. So no more forward, leave your leg on there and do a turn on the forehand, which means

Warwick Schiller ([02:07:47](#)):

Teach, get your horse off your leg, move that it's the lateral movement sideways and around, get your horse off your league and then release it and then go again, walk forward, ask for the leg yield. If there's no sideways isolate that sideways movement from the forward movement and do it again and over and over and over. And after A while, the, the

Warwick Schiller ([02:08:05](#)):

Horse would do a leg yield and it's really no different training arraigning horse to spin ranting ho you know, teaching a running horse to spend it very similar to teaching a can appear wet, but teaching your riding horse to spin, you've got to have lateral and forward at the same time as spin is a forward movement. And normally you'll start walking a circle, which is got a lot of forward and a little bit of lateral, you know, like you're going around in a bit of a circle and you just make that circle smaller and smaller and smaller and small. And at some point in time, they wouldn't. When they start to go directly sideways later, that they'd take their inside front and footstep it sideways. The next step they'll do is step backwards behind. And so, you

Warwick Schiller ([02:08:45](#)):

Know, you've got forward and sideways and, and less forward, more sideways and less forward, more sideways. And when you get it complete sideways, you'll lose the forward. And so then what you do is you walk back out a bit again, okay, you don't keep trying to go sideways and get the forward at the same time. And this is what stops a lot of arguments with your horse is when you can separate those two tryna, you know, the horse that the leg yield horse, trying to get that host to go sideways while they're going forwards was just going to create that horse running through your hands and create a problem. And so, you know, those

Warwick Schiller ([02:09:17](#)):

Are a couple of examples of isolate, separate recombined, but, you know Um most technical Movements are made up of other movements or put together. And, you know, there could be eight separate things that go into a movement and you've gotta be able to figure out which one of those is not working as good as it was when it was on its Own. So you Isolate it mentally, you separate, you know, you're separated from the other maneuvers or the other movements you go back and you fix it, and then you recombine Everything back together. So if you want Still with me at the end of this marathon podcast, congratulations, you've made it to the end. And so those, those prints, Cause they're not, you know, they're not my principals. Like I didn't, I suppose I

Warwick Schiller ([02:10:02](#)):

Identified them. I mean, you know, they are universal principles of how things work. I just identified them and gave names to them. And yeah, if you can really get to understand those principles, then when, what you can do is you can watch someone working with a horse or take a lesson from, you know, your trainer or whatever. And when they tell you to do something, instead of Just doing it, a lot of times understanding the principles can get you to go, Oh, I know why We're doing that. That makes sense. I mean, I, You know, I read lots

Warwick Schiller ([02:10:31](#)):

Of articles, what videos, all sorts of things. Every time I see somebody else doing something with a horse, I'll get, Oh yeah, that works. Because that falls under that principle. And I really haven't found anything that does not fall under one of those 12 principles. Unlike you saw about the last six or eight of them, kind of all have a part of some of the first four anyway. But anyway, thanks for joining me on the podcast. And hopefully that just gives you a little bit to think about, and maybe demystifies some of the things that that are commonly done with horses and helps you understand why they're done and why they work. So thank you for joining me in joining us again next time on the genuine podcast. And hopefully we'll have a very exciting guest.



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Speaker 1 ([02:11:15](#)):

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