

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

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.

Robyn Schiller ([00:34](#)):

Welcome back to the journey on podcast. This is Robyn Schiller. Warwick, and I will be doing another question and answer session today, but it won't be as structured as the previous two. These questions will be random and answered in no particular order. We reached out to our fan page and closed Facebook group for questions, and we are ready to get rolling. So our first question comes from Heather. She says, I feel like I've asked too much of my pony lately taken too much from the relationship bank. If you will, I'd be interested to hear your ideas on how to tip the balance back towards him. We spend a lot of time hanging out, but he's starting to act sour about being groomed or written.

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

Great question, Heather, you know, and sometimes things like this, the answer is right there in front of us and we don't really see it, but I'm going to just read your question here again. It says, I feel like I've asked too much lately of my pony and I've taken too much from the relationship bank, if you will. And I'd be interested to hear your ideas on how to tip that balance back towards him. So basically you think have been asking for too much and not listening enough. Okay. And you said we spend a lot of time hanging out. Okay. So that's good. That's, that's adding to the relationship hanging out with anyone, your horse or another human without asking anything of it is good for their relationship, but the last half of this last line, but he's starting to act sour about being groomed and written.

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

And I think probably the, you know, the, the big thing that Sarah has relationships is you know, not being heard, not being seen, not being recognized, not being listened to, you know, someone not reading the room, so to speak. And you said he started and I'm going to break this down. He said, XR a bit being groomed or written. Okay. So it sounds like, and I'm guessing here, but it looks like it's pretty obvious to me, it sounds like he, Sarah met being groomed and then you ignore that and go ahead and ride him. And I would say that is the, you know, that's the thing I would change right there. You know, I often, you know, make the analogy of, you know, some guy riding into DMV was walking down the street the other day and I saw a beautiful girl and I went up and I started talking to her and she just ignored me.

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

And so I asked her for a phone number and she ignored me. And then she, I asked for her address and she ignored me. And then I tried to kiss her when she punched me, how do I stop if I'm punching me? You know what I mean? So if you know, in what I do with horses, you know, let's say I don't take, I don't train outside horses anymore. But you know, if I have a, if I'm the training horse from the beginning or retraining a horse with an issue, as I worked through all the steps in the process, I make sure they have a passing grade on the previous work. So it doesn't necessarily mean it's perfect, but it's not a fail either. You know? So, you know, let's say you fail a fifth grade. You're not going to go to sixth grade because sixth grade is going to be very, very difficult.

Warwick Schiller ([03:44](#)):

If you you know, if you don't understand a fifth grade and you got a sixth grade, it's going to be difficult, but it doesn't mean you have to have a hundred percent, you know, you don't have to be having a plus in fifth grade in order to get a sixth grade. So, you know, it's, they've got to pass the previous work. And for me to ride a horse, all the other stuff leading up to it would have to have a passing grade if you're grooming your horse. And they saying that they'd been Sarah about that, I'm not going to be writing. So I think, you know, your question is why it's funny, you asked the question, you're like, I want to get the relationship back. How do we go about doing that? You don't need, I don't think you need a technique to get the relationship back.

Warwick Schiller ([04:26](#)):

You know, I think what you need to do is just be aware of that pass, fail line, you know, and don't get on any particular day. Every particular thing you do with horse has a past file. You know, if I was to go out to the pasture to catch my, and that doesn't happen here with us, but let's say I go out to catch a horse and he turns and walks off. That's a fail, let's say turns and walks off and stops facing away from me. And now I could walk up and catch him. That's a file for me. I'm not going to go, oh, well that was, that, that part was good. I'm going to put the halter on him and now we're going to go do something else. You know, I, I, one time, I think it might a video one time, it might've been on YouTube.

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

I can't remember, but I, I called it the dressage test of life. And I think I made it because I got a dressage horse in that was having a lot of difficulty under saddle, I think in the I think when the owner came, I said, you know, so do you have you know, in your dressage, do you have a passing grade that you can, you know, you've gotta, you've gotta get a certain grade before you can go up to the next level of tests. And she said, yeah. I said, well, I have I have a dressage test of life. I go into catch him. If it's not a passing grade, we're not doing the next thing. And if there's not a person grade, I'm not doing anything. So that's, I would recommend that you, you know, as this, I don't know why it's a, it's a popular saying these days, but you got to read the room, you know, if your horse AXA about being groomed and then you hop on and ride them, you're telling them I did not read the room in, in the first place. So that's the big thing is just, you know, don't ignore the little things in anything, you know, whether it's this or you're flying lead change, you know, don't ignore the little things because the little things of what turned into to big problems. So I think, you know, just read the room and I think you should be okay,

Robyn Schiller ([06:23](#)):

I'll just add Heather. You're not alone. We get this all the time. And it's, it's very common, very, very common to be overlooking things just for one reason or another. It's just interesting that we really don't do this anywhere else in our lives. You know, we, we wouldn't go out to our car and if it had a flat tire, wouldn't get in it and keep going. So, you know, don't feel bad. It's very common and just, yeah, go back and, and have a look at things, maybe through a fresh perspective. All right, next question. Susan says back a year and a half ago, I took your advice on the 50 yard trail ride. Really the 50 foot trail ride. But as my mayor would not go out alone, she acted scared, neither spooked or locked up and wouldn't go forward. We can now go much farther out, but she still walks very hesitantly. I'm picking up my body language and swinging my legs with each step, trying to give her a positive attitude without putting too much pressure that then she box again. Any suggestions for better forward motion.

Warwick Schiller ([07:33](#)):

Great question, Susan. You know this part, this my answer to this probably has two parts to it, but I want to talk about the previous question I just talked about. You want to have, you want to have a, a PA you know, you want to have a good pass, fail ratio. You've got to, you've got to be able to pass the previous test before you do the next thing. And in here, you said you did the 55 50 foot trail ride, and you said, we can go out and much farther now, okay. We can go much farther. So that means you had a pass. You know, you had a pass on the, the previous distances. And she said, but she still walks very hesitantly. Now that's the word still in there tells me that she was walking hesitantly in the previous work. Okay. We can go out much farther now, but she still walks very hesitantly.

Warwick Schiller ([08:25](#)):

If she's walking hesitantly in the previous work, that's a fail. And so, you know, it's funny, this seems totally unrelated to the previous question, but it's exactly related to the previous question because what's happening is people are ignoring the fail and going further ahead. It's like, you know, like Robin said, you get, you get your cars, got a flat tire and you go, well, that's not that big a problem. It's look the cars there. And the flat tire doesn't seem to be affecting anything right now. But then you drive 60 miles out on the, and it does affect you. And so just because something's not necessarily affecting you at the time, doesn't mean you want to turn into something. So that's, that's half of it. And I'll going, I'll go back into that in a minute, but you see the end of it. You sit on picking up my body language.

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

You swing my leg with each step, trying to give her a positive attitude without putting too much pressure that she books again, that one of the principles of training is credit tool. Before you use a tool. So you are trying to pick up your body language and swing your legs with each step in time with your horse, to get your horse to walk faster out on this trail ride. What I want to know, what I'd want to know is is that perfect or pretty darn good at home before you go out in the trail ride? You know? So I think there's, there's two separate issues here, but that one there I'd make sure that's got to work. That's a tool you need. I'd want to make sure that tool works before you add any more situations to it. For instance, gone out for a trail ride, but let's go back to your 50 foot dry ride.

Warwick Schiller ([09:52](#)):

You know, there's two versions of this thing that I've done over the years, you know, as I've changed how I go about things, I do it differently now. And, but I'll talk about the oh one. I don't know. I don't know which one you're doing, but the old one was, I would start, let's say you're at home that you'd say you're at, at home and you want to go for a trail ride. Let's say to the north, just to make it easy. So you start at home, you point your horse to the north and you asked him to start walking without, without holding them straight. And, you know, you're given the opportunity to turn around and go home. And if they go 10 feet and turn around and walk back to home, you know, that's a fail. But when I would get home, I would probably, you know, when they wanted to get back to where they came from, I'd probably pick up a truck, maybe try to cup a little circles, truck back and forth along the fence, whatever, go back and forth and back and forth until till they, their mind starts that their thoughts starts to change.

Warwick Schiller ([10:46](#)):

Like, you know what? This isn't as much fun as I thought it would be. And when you start to feel that you start to point them back out on the trip, you know, out to the north and you'll let go, and they might walk a little further and turn around and walk home, yada, yada, yada, and you just get further and

further each time it it's called a 50 foot trailer ride. And this is very important. One of the reasons it's called the 50 foot draw ride. Cause if my horse will walk away from home perfectly on a perfectly loose reign, 50 feet, I'm not going to keep going. What I'm going to do right then is turn them around and go home. And right now I'm checking to see is my horse walking the same speed going home as it was going out, because if it walks faster, going home than it was going out, that's going to tell me there's still an attraction there.

Warwick Schiller ([11:34](#)):

And if I go far enough out the trail, I'm going to render a problem. It's kind of like, my car has this flat tire and you know, whatever, I'm just driving out the driveway. It doesn't seem to be a big problem, you know, but it's going to be a big problem when I get to 60 miles an hour. So it's very, you know, one of the reasons it's called the 50 foot trail, it's not about trail riding for 50 feet, but the exercise once I can get him to go out without turning around and coming back after 50 feet, I will then turn around and come back and write. Then I'm checking. Like I said to see, is my Homewood speed, the same as my outward speed. And I think you may have missed that part of the 50 foot trail ride. Now, if that's not the trailer, if that's not the one you're doing the 50 foot trail ride 2.0 is a bit more about keeping them under threshold.

Warwick Schiller ([12:23](#)):

So instead of writing them out, till they turn around and go home, what I'll do is I'll start to ride away from home. And in this case, we're talking about north, you know, I'll start to ride and it might be four steps and then I'll turn around and I'll see, I'll walk back till they get to home. And when I get home, I'll turn around and I'll walk back and I might walk out six steps and turn around and go back and walk out eight steps and then turn around and come back home and then turn around and walk out 10 steps. And it's, it seems like it's not the same exercise because you were actually turning around before they turned back. But it almost easy. If you, if you walk a horse four steps and then turning around and walking back four steps, that's almost a circle.

Warwick Schiller ([13:04](#)):

And then you go five steps and then back, that's almost a circle two and then six steps and makes, so you're almost doing little circles at home. And then as you get, you know, then you might go 10 steps. Then you might go 15 steps before you turn around and come home. And what the turnaround come home thing is a lot of, a lot of horses going away from the place that they're comfortable for the first time, you know, on a trail ride like this, they can kind of get that, oh my God, what if I'm going away and never coming back? You know, it's a bit of that. What if I'm separated forever? What if this is it? And so it's kind of overcoming that. It's kind of telling them, Hey, we're just going to go over here, but then we're going to come back to your comfortable place.

Warwick Schiller ([13:43](#)):

Then we're going to go out. We're going to come back to your comfortable place to come to close. But in that one, if that's the one you're doing the same rule applies as the F the previous one is when you turn around and come home, you're going to be mentally checking. Is my horse walking much faster coming home than they are going out. Because if they are you, that's a fail. They are not ready to increase the distance. Does that make sense there that tells you that they're, they're not comfortable about going out and, you know, there's a little bit of anxiety about coming home. So it's really about once again, it's just about think, try to think about that pass, fail thing. And, you know, I, in the past I

have said to people, you know, it's, it's, this is the first step has gotta be perfect before you do the second step.

Warwick Schiller ([14:28](#)):

But these days I'm, I'm talking more about you know, kind of like a pass fail thing, because the reason I say things have to be perfect before you go to the next step is because most people really don't want to do that much work. And so they kind of like, yeah, that's good enough. And off they go. But every once in a while, I'll run into someone at a clinic who has a very analytical mind. They're, they're very a, they've got to kind of do it, right. Sort of thing. You know, a lot of, maybe a lot of engineers have maybe have that mindset and they want to do it so perfect. They drive their horses a little insane. So I, once I started meeting a few people like that and there's no, that's no judgment to them. And that's how they're wired.

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

Everybody's wired different. But I was, I was, you know, I'm a teacher, I'm an educated, so I've got to get people to get it and telling people it's gotta be perfect before it goes on covers most people. But then when you get the engineer types, it kind of makes it hard for their horses because they want to make it too. Perfect. So now it's like, you know, give yourself a pretty good pass rate. You know, whether it's 85%, 90%, whatever, you know, that makes sure you have you know, set your limit for your pass-fail rate. I'd say if you're a tend to be an underachiever set it pretty high. If you tend to be an overachiever, like an engineer type, set it a bit low just to balance yourself out. But the big thing here is if your horse is going forward, hesitantly, you are not, when you said we can go out much further now, but she still walks hesitantly that still tells me she was walking hesitantly at this, that, and hesitantly at this that tells you, you are failing and you're not ready to go any further.

Robyn Schiller ([16:04](#)):

This is really cool use of the principles of training. You know, those two questions seem totally unrelated. However, the answer was, you know, was a principle of training. They need to know the answer before you ask the question. So that was pretty cool. All right. Question three, Lizzie, what are your thoughts on horses cribbing? What would you restrict? Would you restrict their habit or try to control it somehow? Or would you let the horse crib as much as he wants?

Warwick Schiller ([16:32](#)):

Great question, Lizzie, you know, my thoughts on this, like many things have changed over the years. And as the saying goes, when you know, better, you do better. And in the past I have used Caribbean colors to try to stop horses from cribbing. But one of the reasons we would do it back then is because there was a bit of a, you know, wives' tale in the scientific community. I think that cribbing can cause colic well they've since proven that cribbing, there's not really caused causes colic. And you think about, think about cribbing. It is a coping mechanism and that coping mechanism, if you take away that coping mechanism, the underlying anxiety causing that coping mechanism is still there. And you may actually get, you know a different and maybe more problematic for your horse or problematic for you coping mechanism. But yeah, the, the science these days says that it's the science says that it's not you know, it doesn't cause it doesn't cause a colleague. And the other thing, the other thing is people think, well, if horses learned to crib off other horses, but we've got one of my horses, Bundy who I think he's 10 now, isn't he Ramin?

Warwick Schiller ([17:51](#)):

And he's nine, a Bondi as a two year old. He was, you know, he was kind losing around panic and it ran around and was bucketing Karen for Karen carrying on. And he, he kicked the fence and he shed his pee too, you know, which is bone in his foot. And so we did surgery on that and they played it and screwed that crack in his P two. And then they fused P one and P two, and then they put him in a cast for three or four months. And he had to be in a stall in this cast for three or four months. Couldn't even be hand-wash, couldn't be taken out. And so, and Bundy's a pretty active mind, sort of a horse busy minded, sort of a horse. So he learned to crib in there. And while he was ever in a store, you know, I, I, this is when I was training horses for living in it and we lived in town.

Warwick Schiller ([18:39](#)):

So they only Xes access to places to keep a horse by head was, was installed. We turn them out as much as we could, but they basically lived in a stall and, and you know, they say that to help with cribbing, you should be able to give them the three F's, you know, freedom forage, friends. So freedom is, you know, they're not stuck in a small space. They can move around, like in a pasture forage is having access to 24 hour a day, forage and friends. So they're in a herd with other horses and, and, you know, we've had our place here for six years now and we've got our horses out in pasture with each other and they've got slow, slow feeder, hay nets. And so they have all those three F's and he still cribs to this very day. And it's been six years, but the thing is, like I said, science says they don't call it colleagues, not a problem from the cribbing.

Warwick Schiller ([19:34](#)):

And, and the other old wives' tale is they teach other horses to do it. None of the other horses he's lived with in that time. And we've kind of put different horses, you know, there's been different combinations of all their horses together at times. None of the other horses are going to look like learning to crib from him. So I would say these days ignore it. And, and I really think it's cribbing is, is a great practice in acceptance because if you're a saddle on your horse up and he's tied there and he's cribbing on something, whether you want to tell him to knock it off or just, you know, kind of annoys you. And it's just one of those things you just have to learn to just Zen out and go with the flow.

Robyn Schiller ([20:16](#)):

Next question from Erin is, do you have any tips for gaining confidence in the saddle?

Warwick Schiller ([20:23](#)):

Hi, Erin. Great question. I do have some tips for gaining confidence in the saddle, and I've already talked about them. And this episode of the podcast, I've already gone over the tips to help for confidence. And you're probably thinking how in the hell you didn't talk about tips for confidence. The first one was about a horse stating to Xcel and being groomed. And the second one was about trail riding and the third one was about cribbing. But those first two things that I talked about that pass fail ratio. You know, when I have, if I'm starting a horse under saddle, I go through a process and I, I have a pretty high pass fail ratio for my, for my horses, you know, for horses I'm working with. And what gives me confidence, riding a horse is knowing that everything up to this point has, has passed all the tests.

Warwick Schiller ([21:13](#)):



And those tests are like, you know, they're like a crystal bowl. They're like the magic eight ball that you shake. You know, they tell you what may happen in the future. And many years ago, I mean, I think this was back at least 10 years ago, I was presenting at a horse expo in Australia. And I was asked by this lady to be interviewed for a blog that she was, she has online somewhere. And one of her questions was so, you know, cause at the, at the time I was, you know, training outside horses and I was having a lot of problem horses to come in, host that back horses, that Ray horses bolt, and these are big horses too, you know, like warmbloods and stuff. And this lady said, so what we want to know, cause most of my readers kind of, you know, you're middle aged horse, woman type things.

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

How do you go about being brave when you're, when you're, you know, when you're, when you get, when you start riding those backing bolting, raring horses, how do you go about being brave? And I said, hi, I'm not brave. I'm thorough. If you are thorough, you don't have to be brave. And this is what I'm talking about. He, you know, it's that having that pass, fail thing, having that, make sure they pass all the tests leading up to this point is what makes me, doesn't make me brave and makes me confident. Makes me, you know, the, I think the biggest thing to overcome fear is knowledge. Now, if you have that's that's from the cause I, I think I see a lot of people riding horses and I, they, they're not confident because they know something probably going to go wrong. You know what I mean?

Warwick Schiller ([22:53](#)):

You know, I don't have a good, I don't have a good advice for that, except go back and get your pass, fail thing to where it works. And you won't have to have those worries, but some people, so that's the, that's basically the horse side of it. If, if, if your horse is complete, you know, that this horse is completely safe, you've taken care of that. And then you have any tips, you know, then you have confidence issues in the settle and it's all you, then it's not a horse problem. Then you've got to go and find someone like, you know, two of my previous podcast, guests, a horse, riding, mental coaches, Jane pike, and Barbara shelter. You've got to find someone to help you with that, that side of it. Or maybe it's the riding part of you like, oh, I'm not very confident cause I don't ride very well.

Warwick Schiller ([23:41](#)):

And if my horse jumped sideways, I might fall off. Well first take care of the horse, jumping sideways. Okay. Make, make sure that you pass fail is very high. And you've been through all the process and you've returned to horse. But if that's the case, you might want to find somebody who does lessons on a lunge line to where they teach you how to have a better seat. I mean, there's a lot that goes into being confident on a horse. I don't, you know, I've been riding horses all my life, so I don't have to think about the, oh, is my seat. Okay. Sort of thing I don't have to, I don't have to think about that. Part of it. All. The only thing personally I have to worry about is my pass fail ratio. If, if that's, you know, if it's about being, if I'm not confident on a horse that's telling me that I know the pass fail ratio is not, not, not very good, but that's, that would be my suggestion for confidence under settled for, for me, it's first making sure, you know, your horse is perfectly safe, you know, and that's not saying your horses, bomb-proof, I'm saying your horse, you know, in, you've done all the tests and in most situations it's going to be fine.

Warwick Schiller ([24:51](#)):

There's always the anomaly, but, but they're never going to be perfect, but take care of much of that as possible. Then if, once you, the horse is out of the way and that's not a problem, then you've got to look into ways to help with your part of the problem,

Robyn Schiller ([25:07](#)):

You know, works that he's been riding all his life. So he doesn't have to think about the writing. And same with me, you know, I've been writing before I could even walk, but I will tell you as I've gotten older, you know, when I really think about what I'm doing, like running down at high speeds and stopping, you know, a horse, if I get too inside my head, there can be some fear there, you know, as I get older, the fear, you know, I know if I fall, I'm not going to bounce. Like I used to. So yeah, I get that too. But I also do believe that you have to listen to your intuition. Obviously you have to do what works as, and you know, you have to have those pass, fail ratios and thresholds, but also don't forget to listen to your intuition. You know, don't let anybody else make decisions for you. You need to be making the decisions for you and what's right for you and your horse. So there's that. All right. Next question from Yolandi how long do you think it usually takes a horse to get better with their PTSD?

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

Oh, Yolandi that question is a bit like how long is a piece of string? You know, I'm sure if you asked a human therapist, how long does it take a human to get over their PTSD? They're not going to be able to give you a, a time and a date. And I really think with horses, we all tend to have almost a lot of people have that. When is it gonna happen? When's it going to happen? Sort of a thing I want to know, like, is it 30 days? Is it 60 days? Is it nine days? Like when, when, when, when rent and you just, you know, this is the journey on podcast and unraveling a hoses, PTSD, PTSD, or, or just training a horse. It is a journey and it happens when it happens. So, you know, it's really, I think it's really more about your, no, there's no, there's no number, but that the fastest it can happen, I would say is when you get rid of any expectations of it happening, you know, when you focus on process and not outcome, when you focus on, you know, when you're in the moment, you're not, you're not worried about what it's going to get you in the end, you know, at sometimes quote you know, one of the, one of the most spiritual of the ancient Hindu practices is something called karma yoga and karma.

Warwick Schiller ([27:16](#)):

Yoga is focusing on a task with no thought as to the outcome of that task. That's kind of what you gotta do. You gotta be able to just be whatever, you know, you gotta work. What's in front of you. If you think about the first question today, I want to do with my horse, when he asked Sarah about being groomed and written, that's not being in the moment. You know what I mean? If they're being Sarah about being groomed and then you go ahead and get on a ride, him, that's not being in the moment. So, you know, it's just about interacting with them at this point in time. I think if you can just get rid of the, the timeline out of your head about anything, the timeline that the time it takes to get there wa whatever it is, whether it's solving this PTSD thing or whatever, it's going to be a whole lot shorter. If you just forget trying to get to the end and just work on what's in front of you right now.

Robyn Schiller ([28:10](#)):

All right. The next question is from Joe Sian, who asks, do you at some stage stop the groundwork? If so, when

Warwick Schiller ([28:19](#)):

Great question, Josie. And it's funny, you know, the last two podcasts that we did, that we did this question and answer thing. We kind of grouped the questions into broad subjects. And we didn't for this one, we're just taking, taking random questions here. But the thing about this one is at some stage, do you stop the groundwork? Yes. And if so, when, when that path bail works and, and what am I, you



know, so let's say I'm going to start a young horse under saddle. Okay. Let's say I'm doing the first day of groundwork and I'm in groundwork, or I'm asking for something these days. I I'm really big into relationship before horsemanship. So I find that the training goes so much better. If you don't just show up and start asking for things you, that you, you know, you connect with the horse, you communicate how aware you are given things.

Warwick Schiller ([29:08](#)):

But by the time I come, by the time we get to the training, let's say the first day I'm working on something and it takes me 45 minutes to get. Cause I work in such small things that initially you work in such small things that you can you can teach them a new concept in one session, because it's such a small thing. You're not asking for big things. You know, some people think, oh, you can't teach. You know, you can't teach them to do something in one lesson. Yes. That they don't know how to do. Yes, you can. If you're working on enough things, but let's say whatever it is, whatever I teach them, the first let's say, I'm teaching me off and let's, let's go with the alphabet. How's that sound the first day, it might take me 45 minutes to get a correct.

Warwick Schiller ([29:53](#)):

And, and, and the what, what, I mean, when I say get a correct, you know, ABCD, EFG, digital alphabet is when I say what's the first letter of the alphabet and they go, eh, they don't go. Let me think about it. It could be B could be is it, Hey that, you know, that's, that's not it. They know it that's like the, the just guessing. So let's say it takes me 45 minutes to where I ask the question and they give me the answer. I can do it. Perfect, good. I put them away. We're done for the day. The next day, when I get them out at the end of the first day, they knew when I asked it, they could say, yes, I, the second day when I get them out, I don't go, well, my horse knew a yesterday, today, I'm going to start with B, because the only reason I'd start with B with B is because on B is because they know how they know.

Warwick Schiller ([30:46](#)):

I, they know the first thing, but I don't assume they know it from the day before. So I'm going to work on it again. And it might take me 15 minutes to get to where I is, as good as it was at the end yesterday. Then I'm going to start working on B and B might take me a half hour, 45 minutes till they can say a and then they can say B. Okay. So they know a and B put them away third day, get them out. I'm going to check on a again. And I'm going to take me five minutes to re-establish a, then it might take me 15 minutes to get, be back again. But B's usually related to something they learn. And then it might take me half an hour to get C to work. So at the end of the third day, they know a, B and C and the fourth day I get them out.

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

Then I start with I, and that might not need a refresher. And B might need 10 minutes of a refresher and C might need 10 minutes of refresher. And so now they can do a, B and C. So now might add D and like I said, at this point in time, you're teaching such small things. It's, it's usually not a big deal. Now what happens as you go along is you'll get to like, maybe get to F and you might stay on F for a week before you even add G depending. You know, it depends on what you're up to. But the, the big thing is when let's say you're adding F they can't forget a that's the most important thing. So everyday get them out. I'll say, okay. You know? Yeah. You know, be yep. You know, see, so you're not drilling them on this stuff.

Warwick Schiller ([32:17](#)):

If they know it, you just go to the next thing. But you do ask that question and say, do you still remember this part? Because that's probably the the, probably the biggest, one of the biggest mistakes I think people make is they'll teach the horse something. And then the next day they teach them something else. And then it teaches them that wasn't, by the time they get to D the horses forgotten a B, and they need to remember the whole thing, but we get into window. I, when do I not do groundwork anymore? When it's pretty old, you know, it's got a very high pass, fail ratio, so I get them out and I'll go, you, can you do the, can you do, can you do B, C, D, E F G, whatever it is up to and including the writing point, you know, or, or the saddling point, you know, let's say I've been through all the groundwork and the good at the groundwork.

Warwick Schiller ([33:11](#)):

And then I start to introduce a settle. So now we're back to the beginning every day, I'm going to work through a, B, C, D E F G with this on, I don't get, okay, now I'm just running your ammo. I'm just doing stuff for the sideline. I'm going to go back and make sure they can do all the same things with the saddle they could without the saddle. And then, you know, until all that got a very high pass fail ratio. And then when you start riding them, I will still keep doing that groundwork. And I, and I, I probably usually don't stop doing the groundwork until I have. So I'm going to write them in the round pen for maybe four days, maybe three days, maybe six days, depending on the horse. There's not, don't think any of those numbers is relevant.

Warwick Schiller ([33:56](#)):

It's, it's however long it takes to where I feel ready to go outside in the big arena. I will probably ride them in the big arena. And if it's prompt, if it's not problematic, you know, if you take them out there and ride them around and it all goes quite well, I will probably do that. Still do the groundwork for three or four days before I take him out in the big arena. So every day, even though yesterday, I wrote him in the bigger ended for the first time, and they were good. I'll still go back to the round pen, go through everything, do the settling in there. Then take them, you know, write them in there, then go out in the arena. And if that's non-problematic for three or four days, the, the groundwork, all the groundwork and the settling, and then the writing in the round pen.

Warwick Schiller ([34:43](#)):

And they, you know, they go, then I go to the rain, if all that's non-problematic for three or four days, then what I'll probably do is instead of read them in the round pen first, I'll take them in the arena, go through the groundwork real quick, you know, just, can you do this? Can you get that work? That work? Okay, good. Put the saddle on, do a little bit more hop on. And then I just slowly, slowly phase it out. You know, I, I basically phase out having them in the round pan at all. I don't need that really don't need the round pen, the round pen, just you know, I don't need the round pen for the groundwork at all. You know, it's not really, I mean, not usually using the round pen for the groundwork, but I started there because that's where I'm going to start with a saddle.

Warwick Schiller ([35:22](#)):

And that's where I'm going to start writing. So what I'm not going to do is do all the groundwork somewhere else. And then one day lead him in the round pen, then hop on them. And then if not being in there before, does that make sense? You're familiarizing them with the environment that you're going to ride them in. And, but, you know, then I just skipped the round pen. And then eventually I skipped the groundwork. And, you know, I remember an old, I remember this question was asked about Brandman

on him. I sort of a movie or in an article or something. Then he said, well, they said, how much grammar can you do? And he said, well, initially you do a lot of groundwork, but eventually your groundwork is what happens between you and the horse between the time you catch them to the time you get on them. That's that, that there becomes your groundwork.

Robyn Schiller ([36:02](#)):

I guess I shouldn't have introduced this podcast as random questions cause it's turning out to be the past, fail a podcast. That's great. All right. Our next question from Laura, I would like to learn about leading a horse that would like to rush past you.

Warwick Schiller ([36:17](#)):

Hi Laura. So what I'd like to learn about leading a horse, it would like to rush past, you know, my first what I've got to do is ask you some questions about you first, because the thing is, what I don't want to do is give you a technique to do, to a horse, to solve the problem they have. If you were the one that's causing the problem. And a lot of times with the horses, you know, think about this, no horse knows how to rush pasture when you lead them, if they've never been led. So they had to pick it up somewhere. You know, your first time you put a Holter on the lead rope on a horse and they don't just walk off and rush past you. So a lot of times, you know, horses are very good at anticipating things. And a lot of times you know, the way we do things in a certain order tends to have them anticipate things.

Warwick Schiller ([37:09](#)):

You know? So if I see this question comes up a lot with horses that may be boarded in Australia, you would call that existed. And in in England, you'd call that on livery in places to where the horse lives in a stall and someone who doesn't own the horse, who is just doing a job, gets the horse out, takes them out to a pasture, turns them out. You know, those horses tend to get really, really rashy and it's all anticipation. They know what's coming, you're going to put the whole time I'm going to lead you over there in a straight line and then put you in there and then let go. And pretty soon the horses on autopilot. So you know, a lot of times it's how we handle them. That causes that. Now, if, if this horse is a horse that's new to you and you didn't cause that, well, then, you know, then you don't have to think about your part of it.

Warwick Schiller ([37:59](#)):

All you have to think about doing is solving it. But the, the solving for that is, is pretty simple. Any horse that wants to rush past me thinks he knows where he's going. Okay? And so if they rushed past me, I'll just turn around and go the other way. And when they're rushed past me, I'll just turn around and go the other way. And when they rush past me, I'll just turn around and go the other way. And you just keep going the other way until they get, hang on. I have no clue. I thought I knew where we were going. I get no clue where we're going. I better wait and see where we're going to go, because sometimes we go that way. But then sometimes we go that way. But sometimes I go back that way. And so it's really about, you know, horses that every problem we have with horses has to do with their mental state, where their thoughts are, what their thoughts are.

Warwick Schiller ([38:40](#)):

And in this case, the horses, thoughts, just get ahead of where you are. They're not, they're not, they're not being present where their feet are and they're not being present when your feet are there. They're thinking way ahead. So on really all you're doing when you turn and go, the other way is interrupting

their thoughts, which is totally different than just slowing them down. Like you see a lot of people leading a horse that wants to rush past you and the horse is in a hurry and the person has got a hold of the lead rope, just under the chin. And they're pulling back, slowing the horse down. So it doesn't keep going any. So it doesn't go faster, but they keep going in the same direction. So you're slow on the feet down. If you look at that horses is that horses, ears are still pricked on their destination and you don't even, you know, it's like, mum, Hey mom, Hey mom, Hey mom, Hey mom, Hey mom.

Warwick Schiller ([39:23](#)):

And mom doesn't even know, stop a conversation sort of thing. It's a little bit like that. It's all about changing where their focus is. Everything's about change your focus really, but yeah, that's the big thing is make sure you're not creating the problem. And one of the ways you create the problem is by trying to slow a horse down, you know, without changing their thoughts, if you slow them down and as you slow them down, their thoughts come back to you. Well, then you could probably go again. But if you're, you know, if you just got a hold of that lead revenue, Poland, Poland, Poland, and the only thing you were doing is manhandling a 1200 pound animal. It's not going to go anywhere. You know, the whole, I always say the horse controls the horse. You know, you don't control the horse. And so if you're trying to control the horse like that, you're not getting a ment the mental change you're gonna need for that horse to, to stop rushing past you. So the big thing is, is make sure you're not so causing the problem. And the other part is just change their thoughts, just make it random, break it into pieces, you know, do different things until they, they stop thinking too far ahead and start being a bit more present.

Robyn Schiller ([40:30](#)):

I also like you're leading with energy exercise. We have some videos on the subscription of actually me doing the exercise and doing a lot of wrong things. So it's really educational for people. But for those horses that want to rush past you the pivoting part of leading with energy really, really works well. I have found, okay. Julie wants to know, I would love to get some guidance regarding young horses and allowing them to be curious and explore versus standing still or sticking with you and being led. I just purchased a three-year-old Dutch warmblood. And when I'm walking down the barn aisle, she often wants to explore tack trunks, buckets, blankets, and other items that are lying about. I struggle with knowing when to stop and let her explore these things in which she is showing interest. Or should I just ask her to stick with me as we walked down the aisle? Additionally, I do not cross tie her in the aisle for grooming or tacking per Warwick Schiller. Once again, she often wants to explore things around her, in the aisle, rather than standing still any guidance would be

Warwick Schiller ([41:33](#)):

Appreciated. Great question, Julie, you know, I have this thing called STT D P I'm not sure if I've talked about it on the podcast before, but it's, it's short for stick to the plan. And I was doing a clinic in Australia about 10 years ago, and there was a lady in the clinic and I was saying, you know, every step of the process is important because it provides the answer to something you're going to do later on. And if you don't do this thing, the thing that you can do later on is, is quite going to be problematic. You know, you can have problems with it. And this one lady in the clinic said, yeah, that's my personal trainer has this saying, and it's called stick to the plan. Oh, that's, that's cool. She says, because you know, he'll say you got to do this and this and this.

Warwick Schiller ([42:17](#)):

And I'll kind of choose the ones I kind of want to do. And he said, no, no, this is not going to work. If you don't stick to the plan. And I remember a a place I used to do clinics in Australia, the lady that owned it, she told me that she, one time she had problems with the horse and I forget what it was. And she went to this horseman years before and you know, she'd go for lessons. And he kind of gave her this piece of paper and he said, so what you need to go home. You need to work on these things. And, and it had this big list of stuff, you know, and that'll fix your problems anyway. So she went home and she worked on the list of things and called him up six months later and said, I still have the same problem.

Warwick Schiller ([42:57](#)):

She said, well, come over for a lesson. So she goes over there for a lesson. And he said, okay, so, so this list here, so all these work rules, she goes, no, no, no, no, I've done that one. And I've done that one. And I've done that. You know, she she'd chosen the ones in there she'd like to do. And it's, it's a bit like I don't know, healthy eating, you know, you know, you don't go to the store and go, Nope, let us, I don't like lettuce. Don't like vegetables are B. I like B I'll have a lot of that. I'll have a lot of chocolate, like chocolate. Nope. None of that. You know, you've got to do all the parts. There's gotta be some balance to it. And it's funny, Julie, in the end of this thing, you said you bet or asking her to stick with me as we walked down the hall, additionally, I do not cross tie her in the aisle for grooming or tacking her Ws, meaning that's what she said, Robin to my name, but as basically as per my instructions.

Warwick Schiller ([43:51](#)):

So if we get, so you're saying that you're following my instructions because you don't crush Tara and the alpha grooming. She just got to stand there. That's correct. But just like I talked about a minute ago, about in the question about, when do you stop doing groundwork? This is a greener, you know, you said you've got a young horse. Three-Year old Dutch, warmblood young horse. You are trying to settle the horse in the barn. Okay. I don't get to saddling the horse in the barn until, or in a place to where there's a lot of distractions. You know, things like that until the horse saddled perfectly well in the round pen. Does that make sense? So this is another one of those pass fail things. It's so funny. This has ended up being there, the, you know, the pass fail podcast. But yeah, you know, and think about in the round pen, there's, there's some distractions, there's things off in the distance, but there's nothing to walk off and sniff.

Warwick Schiller ([44:46](#)):

And I would not be trying to settle this horse inside until this horse settled perfectly well outside. Okay. I wouldn't be settling a horse anywhere in a place that they can't move around if they need to in a safe manner. So imagine the Barnard is probably concrete or something like that. You know, I'm always going to settle them in the safest place possible. And the safest place possible is not tied up because you never want to tie them up settled. You never want to a time up to saddle them until they're perfectly, perfectly good at settling and never really move on you're settling. But if they need to move around, they can. And you know what you're basically doing here is setting it up to where Julia, you're making it hard for yourself because you're trying to do a lot of things at once.

Warwick Schiller ([45:33](#)):

I'm not sure how your horse settled, but I do know that your horse can't walk down the Barnard without sniff and stuff. So, you know, that's a problematic place to try to get your horse to settle. Does that make sense? I mean, when I think, when you think about it like that, some of this stuff is, I don't know common sense, but it's, you know, basically I'm really big on making sure I do all the steps and doing

things in such a way that I'm setting myself up for failure. I mean myself up for success, not setting myself up for failure setting, you know, setting it up. So, you know, there's, there's the saying, make the wrong thing. Hadn't the right thing. Easy. The saying is really about making the right thing easy. Okay. And in this case, making the right thing easy would be standing and working on the saddling in a place where the horse doesn't have too many distractions until that's perfect.

Warwick Schiller ([46:28](#)):

You know what I mean? But then I wouldn't be working on trying to settle the horse in the barn aisle until all the sniffing and in you know, investigating stuff has gone away. So I think it's fine to let your horse to sniff and investigate stuff. But if you you know, th th th that's good, but then they've got to be able to stand still. So what I would do is, and I know I think I had this problem with Bundy, but what I would do is just, you know, once she investigate stuff and okay, it's fine. She doesn't need to keep investigating it, just put her in the middle of the band, I'll drop the lead rope, hung around and just step back. And if she wanders off, just take her and put her back. And just when she wanders off, take her and put it back when she wanders off take and put it back, basically, it's, it's just basically a ground tying technique and it's, it's boring and it's repetitive and whatever, but, you know, at some point in time, they've gotta be able to, to stand there on their own before you ever thought about, okay, now him to stand there on their own wallet, grim.

Warwick Schiller ([47:30](#)):

And I understand they were on their own where they saddle them. You know, these are all separate, separate things. And, and I'm really, really big on teaching everything separately, whether it's on the ground or under saddle, I'm going to teach everything they need to know separately from each other, like under saddle, you know, I'm going to work on the lateral flexion, let's say more than on the lateral flexion and lift all that is is can you respond to my left rein out of standstill? And can you respond correctly to my left Ryan at a standstill, if I'm working on their lateral flexion on the right to same thing, can you respond to my right grain on its own at a standstill? And then we're going to start working on tracking those home, that those, and tracking those hind feet with my leg, you know, like you might call a disengage, okay.

Warwick Schiller ([48:17](#)):

That's, if I'm going to do that with my left leg, I'm working on, can you respond to my left leg on its own? And then I'm going to work in Kenya, respond to my rightly on its own. And then eventually I'm going to get to the point where I'm going to put both legs on, expect that horse to go forward. Okay. So now I'm adding two things together, but I've created those two things separately. So you think about standing in the barn aisle and settling your horse at two different things that you're trying to get your horse to do at once. There's always something you can break it down to before that. Okay. So under settled, like I said, I had two legs. They go forward, but they've got to know how to re might have give me a response, but that inside hind foot to one leg and the other leg before I'm going to do that, that's how that's make it easy.

Warwick Schiller ([49:07](#)):

You know, that's not about making what makes it hard is when you skip those steps. You know, if you skip steps, you're making the hard thing easy. You're making it easy to get it wrong. I'm trying to make it easy to get it right. I did a clinic in Washington couple of weeks ago. And there was a really lovely lady in the clinic. Who's a dressage rider. And you know, with her, a lot of things I talking about say groundwork



and stuff, I was relating it back to dressage. And I saying, well, you don't teach this intro research before you teach this, because this is the stepping stone to that. She's like, oh yeah, yeah, yeah. I get that. I get that. I get that. And I was riding also, I was talking about teaching a horse to slow off your seat or slowing down off your seat.

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

And I said, and she was not in this session. She was sitting there watching. And I said to, you're a dressage rider. How do you slow your horse off your seat? And she said, well, I use my seat, my legs. And I said, Hmm, actually I don't think you do. And she goes, no, no, that's what I do. I said, so the Ryan's a complete solution. We'll we'll know the rains aren't loose. And I'm like, yeah. So you think you teaching the horse to slow up your seat. I mean, you think you were slowing yours obviously, but it requires other elements. And I said, there's nothing wrong with that. Nothing at all. But I've had a number of massage people at clinics say they slow the horse off their seat. And I said, okay, let's see it. And they've done it from a walk trot and to Canada, I go, okay.

Warwick Schiller ([50:33](#)):

Then I pulled the bride law. I said, I'm going to pull the bridle off you. And you're going to walk down the arena and get your horse to stop off your seat. And the ones who allow me to pull the bride love, fear, find that they can't even stop the horse off their seat at a walk let alone to Canada. Anyway, this is not picking on what anybody else does. What I'm saying here is when I teach a horse to slow off my seat, I use my seat, not my seat. I mean, you've got to use something else. You know, you gotta use something else to do it too, but I don't have the rains in both hands, quite firm and then sit with my seat and kind of lean back, but actually makes their hands go tight. Because what you're doing there is you're applying your seat and your reign at the same time, what I'll do is I'll be trotting around on a horse.

Warwick Schiller ([51:19](#)):

You know, my let's say my horse can bend to a stop really well. And for me, a bend to a stop is not a one range stop. I think I've talked about this before. You know, you're going to take your hand out to the side and it should be a really good balanced, damaged transition that should go down. If they're trotting, they should get D D D D D do walk, walk or walk stop. And it's a very balanced thing. It's not a off-balance thing. So it should make your horse. Bio-Mechanically better not worse. You know, as you take your hand out to the side for the start of it, they should bend in the middle and that inside hind foot will step up underneath them. So I've got a good downward transition. My horse will go truck, truck, truck, truck, walk, walk, walk, walk, walk, walks, stop by these bend to a stop. And then all I do is I try to long I'm trotting, trotting, chatting, chatting, chatting, assuming doing a rising trot. And then I'll sit and just really relax and breathe out and then bend them to a stop.

Warwick Schiller ([52:17](#)):

I don't do them both at the same time I sit and of course they don't stop initially. And then I'm going to do a stop, but you repeat that every time you want to come to a stop for six weeks. And pretty soon you can be trotting along and you sit and you get this really good transition to a stop. And this, you know, what I'm talking about here is not about, transitions or stopping off your seat or whatever. What I'm saying is I teach that seat on its own. I don't use my seat in my legs, my range to do the damage transition later on, you can do all sorts of things. You can add these things together, but I'm very, very particular about teaching everything separately. I said it before. I'm not, you know, I'm not a really technical, brighter, like some people, but I can get my host to do some pretty decent things.

Warwick Schiller ([53:04](#)):

I think because I make sure all these individual parts work really well. And you know, this whole saddling, the horse selling the green horse in the, in the middle of the barn aisle, where the horse has all sorts of distractions that we don't know if we can settle the horse when there's no distractions that's and the horse can't stand still in the middle of Barna. Anyway, you know, that's problematic. You want to break that down and make sure your horse can be settled quite perfectly well in a place where there's not a lot of distraction. I'm not saying remove all distractions and put them in a, you know, a big box where they can't see anything, but you're in the round pen. There's, there's not, you know, there's nothing to wander off and sniff or whatever, and also make sure your horse can stand still in that banner aisle without the saddling and where they are walking off and sniffing things.

Warwick Schiller ([53:56](#)):

And then by the time you want to work on settling your horse in the barn aisle with all the distractions around it will be error free. You know, years ago I was training horses out of a facility, not far from here. And the lady that owns the place had a big jumping horse. And I forget why she wanted me to work with him. She was having some sort of a problem, not a big problem. I don't remember under sale. I'm glad it wasn't big. Cause he was about 18 hands high. But she, I w you know, I went through all the groundwork stuff and basically started him again and, you know, was riding him around. But one day she saw me get on him at the mounting block. And I got him up beside me in the morning walk and the rains have completely loosened.

Warwick Schiller ([54:37](#)):

I hopped on and she said, wow, you must've done a lot of work at the mounting block. And she said, I said, why is that? She goes, oh, normally you're gonna to have two grooms hold him at the manual lock while you don't. Cause he wants to instill. And I said, no, he stood still from the, I used to do it from the first day I got on my I'd never had a mounting problem. Wayne never had a mounting problem. She goes, well, that's crazy. He's always had, he's always had a mounting problem. And I said, well, you know, I noticed on the ground that he was very flinchy to touch on his sides. And also when I went through the work in the round pen where I get up on the fence and have them come up beside me, so I make sure they're comfortable with me above them without being on them.

Warwick Schiller ([55:14](#)):

He was very problematic with it too. And so you think about this horse has had a lifelong problem at the mounting block where he needs two grooms to hold him, to stand still, to get on. But it wasn't a problem at all because I sold the two parts of that. He doesn't, he apparently your legs touching his side, kind of bother him a bit, you know? So he was, and I'm sure that would have been part of that, whatever problem he had under settled. And so I got him comfortable about things, you know, touch the sides, but I also got comfortable with things being above him. And she didn't mention that they had a mounting block problem. And, and I didn't even know there was many blood problem because it got taken care of, you know, in, in the process. So that's, you know, it's so important.

Warwick Schiller ([55:57](#)):

Everything has a pass fail thing. Like they've gotta be able to pass all the tests because you cannot, you cannot prepare your horse for everything. You don't have to prepare your horse for everything in life. It's just like when, when you're learning, the all you need to do is to learn the alphabet and the numbers from zero to 10 on a zero to nine, really, and everything you will do, whether it's quantum physics or

whatever, after that will just be a combination of all those two things. But if you don't know the numbers zero to nine and you don't know what order they go in and you don't know the alphabet, nothing works after that. So it's, you know, I, I, you know, when I get problem horses in, I don't ever address the problem. I just go back and work through at the beginning and, and it's, you know, horses are horses and they're all amazing creatures. And none of them are out to get us want to be bad. They just have sometimes a lack of preparation for what they're being asked to do. And I always just go back from the beginning, go through all the preparation. And it seems that the big, bad problems all seem to go away.

Robyn Schiller ([57:00](#)):

So that's where we're going to end it for today. We got a lot of questions and, you know, some of them are just not easily answered, but then again, they probably are easily answered. And like Warrick said today, you know, most of the answers to these complex problems that have all these details to them can be solved by just going back to the basics and getting the basics right. And, you know, making sure you have a good foundation and, you know, using your pass, fail, you know, using the principles of training, really. So perfecting the basics allows you to do the big things a lot better. And yeah, I just think, you know, we get a lot of questions that have a lot of details and, and they seem like really big problems, but if you really just do what he was talking about and all of the answers to these is break it down, how can you break it down?

Robyn Schiller ([57:57](#)):

How can you go back and, and start over and perfect the basics? So, so thank you for joining us on the journey on podcast, or doesn't like to do the advertising, but you know, I'm his biggest fan. And I think everybody should be watching the videos. So if you aren't a subscriber, we have a seven day free trial@videos.work, schiller.com, and we would really enjoy and love for you to try it out. All of the answers to these questions reside in the online video library. And if you love this podcast, please give us a rating. It really helps with all the analytics and gets it in front of more people. I think shares do the same thing, downloads really matter. But reviews really matter as well to all the algorithms out there. So if you, if you like what you're hearing, please pass it along, give it a rating, give it a review. We would really, really appreciate it. Thank you. And we'll see you next time on the journey on podcasts.

Speaker 2 ([58:57](#)):

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