

# ADVANCING BODY CONTROL

*with* Matthew Bohman

Today we are going to talk about side-passing, hip control, and turnarounds. If you've followed the instructions from the previous articles with success, these next exercises will come with relative ease and create a more responsive and efficient horse.

At this point you should have a horse that is soft throughout their body and face. Executing the side pass will give you the ability to push your horse's ribs up under themselves making them straighter and more collected, along with gaining hip control. To start your side-pass find a fence to move along. Walk toward the fence and start to push your horse's hip in the desired direction. Place your calf and spur just in front of your back cinch. Be prepared to then block the shoulder and front end from moving over and forward. Do this by keeping the horse's head and neck straight while bumping with your opposite leg on the cinch area. As soon as you feel your horse move sideways even slightly, release all pressure and relax. Wait a few moments and repeat. When your horse starts to move sideways a couple of steps with consistency, then change directions and repeat. Be certain to accept the slightest try when first starting this exercise. Make sure you practice this exercise everyday and progress to where you can take several steps sideways while keeping your horse perfectly straight.

Next we will start to push the hip around. Start this exercise the same as the sideways exercise. For this exercise, simply continue to push the horse's hip while blocking the shoulder, keeping it from moving sideways. The horse will want to push the shoulder into the direction of movement, so once you get a small amount of movement from the hip, go ahead and counter arc the horse by moving their shoulder in the opposite direction of the desired direction. At this point you can start to ask for a little hip and then counter arc and continue this back and forth sequence until it takes little effort to push the horse's hip. Again, make sure to start out with the slightest try.

Finally, for the turnarounds start out doing the sideways maneuver while keeping your horse's back feet on a circle the size of a large hula-hoop (photos at right). This will keep the horse's ribs straight and pushed up under themselves. When this is going well, start to push the horse's front end over more while keeping them soft in the face. This will create a turnaround where the horse is drawing back with their hindquarters and moving forward with their front end.

*Matthew*

Matthew has made his living training horses since he was sixteen years old. After working and learning directly with several well known and respected trainers and horsemen learning cutting, cow horse, roping and reining, Matthew decided to take his experience and years of training young and challenging horses to the next level and is currently starting 2 year olds for NRHA Hall of Famer, Bob Loomis. His willingness to share his knowledge is the driving force behind his new clinic program. He is now available for clinics and lessons as well as a limited number of colt starts and training.

[www.MatthewBohman.com](http://www.MatthewBohman.com)

