



## Straightness Training Mastery

### NATURAL ASYMMETRY CHECKLIST

Just like people, horses can be left-handed or right-handed and asymmetrical. This PDF gives you a checklist to find out if you have a right- or left-bended horse. Not all aspects below may be relevant to your horse and the list is not complete, but is meant as a guide to determine the natural bending of your horse.

RIGHT BENDED HORSE	LEFT BENDED HORSE
	
0 The horse will easily bend to the right and not as easily to the left.	0 The horse will easily bend to the left and not as easily to the right.
0 It will turn easily to the right and not as easily to the left in the arena.	0 It will turn easily to the left and not as easily to the right in the arena.
0 It can feel as if the horse holds on to the bit on the left side and does not want to accept the bit on the right side.	0 It can feel as if the horse holds on to the bit on the right side and does not want to accept the bit on the left side.
0 The saddle moves to the left.	0 The saddle moves to the right.
0 The rider slips to the left.	0 The rider slips to the right.
0 The stirrups hang lower to the left.	0 The stirrups hang lower to the right
0 The horse 'walks into' the left leg of the rider.	0 The horse 'walks into' the right leg of the rider.
0 While riding a circle to the right the horse bends easier to the right and can tend to over-bend to the right. This can make it fall out through the left shoulder.	0 While riding a circle to the left the horse bends easier to the left and can tend to over-bend to the left. This can make it fall out through the right shoulder.
0 The horse will prefer to lean inwards on a circle to the left rather than bending its body. It will try to keep the right bending and at the same time fall on the left shoulder, making the circle smaller.	0 The horse will prefer to lean inwards on a circle to the right rather than bending its body. It will try to keep the left bending and at the same time fall on the right shoulder, making the circle smaller.
0 The horse puts more weight on the left front leg.	0 The horse puts more weight on the right front leg.
0 The horse always walks with a hindquarters-in when he walks on the right rein.	0 The horse always walks with a hindquarters-in when he walks on the left rein.
0 The horse does not easily step under the point of weight with his right hind leg.	0 The horse does not easily step under the point of weight with his left hind leg.
0 The right hind leg is straighter which makes the hip higher on that side.	0 The left hind leg is straighter which makes the hip higher on that side.
0 On the left rein the horse will speed up more automatically, especially in canter.	0 On the right rein the horse will speed up more automatically especially in canter.
0 While backing up the hindquarters will turn to the right.	0 While backing up the hindquarters will turn to the left.

Points to note:

- Every horse has a unique asymmetry and needs tailor-made straightness training.
- Some horses are more crooked than others or show it more easily.
- In this checklist you find some generalizations concerning natural asymmetry. But it is not the case that, for example, in ALL left-bended horses the left hip is higher and that ALL right-bended horses will fall on the outsider shoulder when making a circle to the left. Some horses are asymmetrical but do not show it through a crooked pelvis, some horses fall out through the outside shoulder in both directions when making a circle, etcetera.
- Watch your horse, discover his specific asymmetry and try to rebalance your horse by using customized straightness training.

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