



# Why Do Groundwork?

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- Prepares the horse for work.
- Puts the horse in a weight balancing posture.
- Creates better access to hind legs when mounted.
- Helps transitions.
- Lowers Head and Neck.
- Shifts weight back.
- Encourages Flexibility (Mind and Body).
- Rebalances the horse to stand equally on all 4 legs.
- Safer for the rider.
- Unlocks bracing patterns.
- Builds a bend.
- Helps the horse to engage and step through.
- Empowers the horse and rider.
- Builds confidence for the rider.
- Builds a bond between you and your horse.
- Develops your feel.
- Balances your horse on both sides (achieves more symmetry.)
- Creates self carriage in horse and rider.
- Develops lateral work.
- Creates Lightness.
- Re-awakens a shut down horse.
- Calms down an excitable horse.
- Learn to work in the right frame of mind.
- Focus and gets their attention.
- Gives the horse a chance of mindfulness and thinking.
- Teaches action v's reaction.
- Teaches the handler patience.
- Teaches you to be in the moment
- Teaches you to breathe and slow things down.
- Creates freedom.
- Grounds the Horse and Rider.