



THTBLOODSTOCK.COM

## Ride With Fluency Coaching & Development

### Cognitive Course Design

<b>Client/Horse Info</b>	<b>Session #</b>	<b>Playbook Goals for Session</b>
Captain Kick Butt	Get Us On The Schedule!	Nurture, Enrich, Develop

Welcome to *The PLAYBOOK!*

An exciting new opportunity for the equestrian, translating your horses' herd dynamic profile into a unique mental stimulus enrichment course. Studying the ingredients of your horse's psychological makeup to learn how fluent these are individually and how efficiently they're working together; your horse *builds their own* enrichment program as an extension of *who* they are.

The mind must be properly exercised for sustained fluent physical expressions. Increasing interpretative efficiency to find harmony and contentment is vital for the horse, properly adjusting psychological rhythm to pace changes in the environment, critical for the horse athlete. The natural equation is clear, if you wish to optimize physical talent, you must establish sensory efficiency.

Each Playbook session is designed to nurture, enrich, and develop both horse and rider for optimum mind-to-body fluency in a carefully crafted series of sensory leading stimulus challenges. From basic to complex, layered in sequences that fit the horse's natural psychological growth patterns, *The Playbook* works toward empowering the individual in the navigation of their world through natural tendency and learned behavior. Proper distribution of their emotional energy is key to keeping it from leaking out in reckless expressions.

**GET:** The Playbook is included with the **RWF Coaching & Development Program!** After the initial evaluation your *Cognitive Course Design* is translated into your first Playbook to be implemented in the following coaching session. With each subsequent session a new page is added layered upon the shoulders of the previous creating a unique herd dynamic curriculum, strengthening the horse with carefully orchestrated rhythms for optimum harmony. Cognitive sequences aligned with naturally occurring psychological growth patterns are introduced incrementally, allowing us to knit the fabric of their emotional self with purposeful physical expression.

**GET:** Each coaching session is recorded not only for our ongoing study purposes but also for the client to be able see and study their coaching session, further enhancing the learning experience and the opportunity for improvement.

**GET:** Did you order the **RWF Performance Critique?** You can add to your experience by requesting that a discipline specific Playbook be created for you and your horse. After your critique, a uniquely crafted cognitive enrichment program will be created. Your Playbook can be fitted to target a specific goal or event in any discipline at any level for both horse & rider.

Whether you request just a few essentials or a full sequence of intuitive designs, when you nurture the horse, you develop the athlete! ~ Kerry



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Needs S.L.C. stimuli  
Applied with ALTERNATING  
Rhythms & Pace = CONTENTMENT



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**Client/Horse Info**

Gypsy Boy

**Session #**

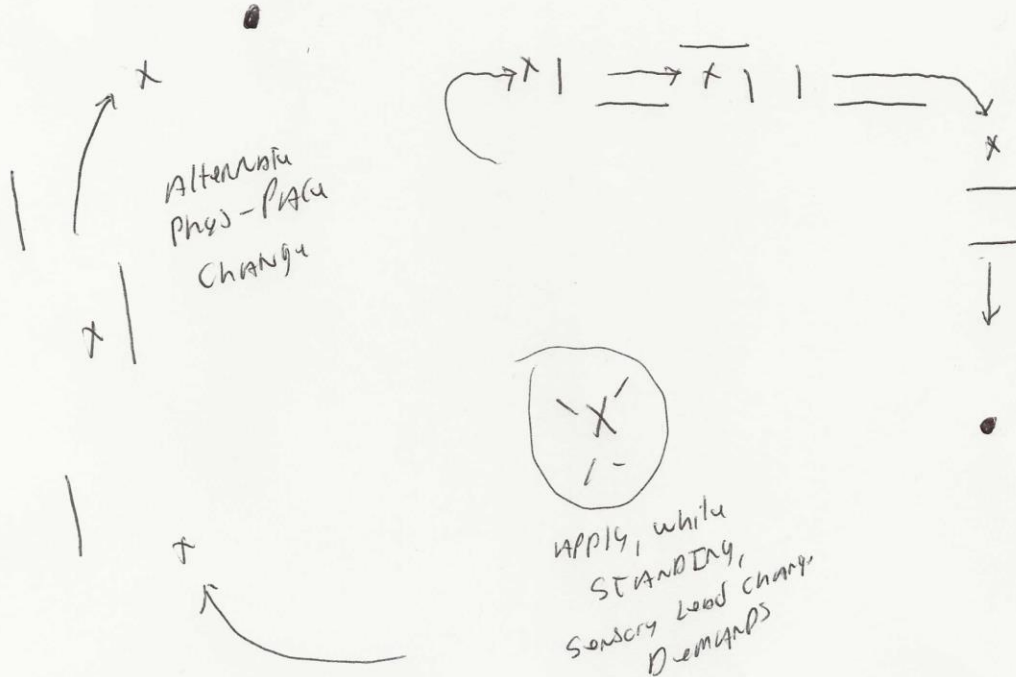
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**Playbook Goals for Session**

Sensory Lead Changes & Mental Cadence

Oblique Stimulus Interpretations

Forward Focus for Extended Time-In-Motion



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