



Equi Stone
The Complete Equestrian

Training Sessions

And

Baby Training Sessions

AT

EQUI STONE

HORSESHOE COTTAGE, ROOS

Summer 2010

Fact Sheet

Lungeing



LUNGEING

Essential Equipment

- Gloves
- Lunge Line
- Snaffle bridle and/or lunge cavesson
- Lunge roller or saddle
- Area of at least 20m by 20m of level ground
- Lunge whip
- Protective boots
- Riding Hat

Reasons for lungeing

- Exercise
- Training the young/inexperience horse

Exercise

- Good way of burning off excess energy before riding
- As an alternative to riding if it is not possible to ride

Training

- Introducing new equipment and instructions to the young horse while breaking it in.
 - Helps develop muscle tone and balance in the horse when used in conjunction with training aids.
 - Samples of training aids - chambon, side reins, bungy, pessoa, etc.
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Technique

- Face horses side
- Stand parallel to the horse's rib cage to encourage horse forward.
- Keep talking to the horse, make commands clear and consistent and praise regularly
- Work evenly on both reins.





Equi Stone
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