

# Lyons Online Roadmap

## **Welcome**

Welcome to Lyons Online

About Josh

Lyons Legacy Training

## **The Essentials**

### **The 5 Foundations**

Overview

- 1) Guide
- 2) Give
- 3) Frame
- 4) Elevation
- 5) Position

5 Foundations at Lope

Students Ride the 5 Foundations

### **The 5 Releases**

Overview

The Mark Release – Drink on Cue

The Mark Release – Standing on the Mark (Part 1)

The Response Release – Come-to-Me

## **Breaking Out the Young Horse**

- 1) Getting Started
- 2) Saddling
- 3) Backing
- 4) Mounting from Both Sides
- 5) The 1<sup>st</sup> Ride
- 6) The 2<sup>nd</sup> Ride (Groundwork)
- 7) The 2<sup>nd</sup> Ride (Saddle Work)
- 8) The 3<sup>rd</sup> Ride (Groundwork)
- 9) The 3<sup>rd</sup> Ride (Saddle Work)
- 10) The 3<sup>rd</sup> Ride (Owner Rides)

## **Serpentines**

- 1) What are Serpentine?
- 2) Students Riding Serpentine
- 3) Serpentine Tutorial
- 4) Student Serpentine Lesson
- 5) Student Teaching Serpentine

## **Shoulder Work**

- 1) Explaining Shoulder Control in Walk
- 2) Starting Shoulder Control
- 3) Shoulder Control Tutorial

## **The Outside Horse**

Overview

- 1) The Outside Horse Controls Speed and Direction
- 2) Riding the Outside Horse Tutorial
- 3) Rating the Outside Horse

## **Gear Work**

Gear Work Explained

Gear Work Tutorial

## **Speed Control and Rider Position**

Rider Hand Positions

Using the Outside Horse to Control Speed

Using Reverse Arc to Control Speed

## **Resources and Bonus Material**

Bits

Lyons Legacy Training Manual pdf

Zoom Meeting Replays