

## POLISHING YOUR EQUINE TOUCH MOVES

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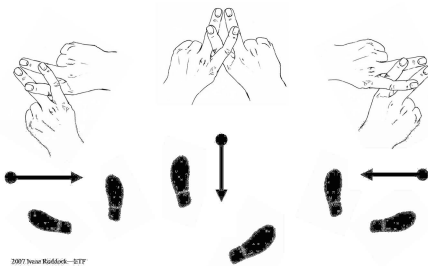
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If you're not able to make a revision day here are a few top tips for you to use to polish your ET. These top tips are based on the are typical errors and adaptations that we've found creeping into our ET...

**Introduction and Branding.** Do you do this without fail prior to an ET session? Even if it is your own horse who you do frequently? Don't forget, as this is a fundamental step in letting your horse know that you intend to do ET and gives you a proper chance to assess your horse.

**Body placement.** Are you standing in a balanced way with feet in the correct position to allow you to move your body as you do the ET move? If not try and get into the habit of getting your body into position first and then arranging your hands. An example is shown in the diagram below. If you feel uncomfortable when you're about to do a move you might well be round the wrong way. If you're in the correct position you shouldn't be twisted, unbalanced or uncomfortable. Check your position – trying swapping your leading leg or change hands.

BASIC FEET AND FINGERS POSITION



**Breathing.** Are you breathing in time with the move? Breathe in with the slide and breathe out with the bump. So often our ET speeds up and as it speeds up we can lose the impact of each part of the move. Try matching your breathing to your usual ET speed: are you madly panting at high speed?! If so, slow down.

**Slide.** Sometimes this part of the move goes missing as we plunge in with a bump. Remember that the slide is necessary to apply the stretch and take up the skin slack prior to the bump and glide. The slide assists in releasing adhesions and is the preparatory stretch necessary to achieve the good vibrational move necessary. Let's face it you wouldn't get a good twang out of an elastic band unless you stretched it first.

**Bump.** This frequently speeds up so much it has vanished. Remember to breathe out nice and slowly applying the pressure for the bump. The bump is necessary for body awareness and increasing circulation. If it helps you, count to two in your head before proceeding to the glide.

**Silent Move.** Can you hear your move on the horse i.e. you're mostly moving the horse's hair? Or is your move nice and quiet and you've got good contact with the horse's skin? If you're still mostly moving hair then slow down and concentrate on the bump part of the move. Look closely at the horse's body and see the skin stretch in the slide and with the glide.