

## PRACTICE NECK REINING AT HOME

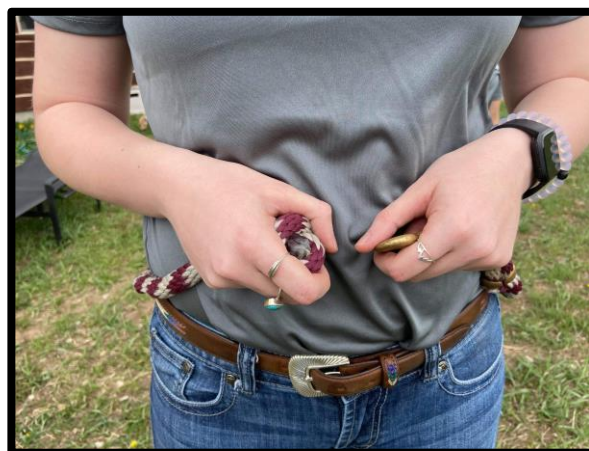
1. First, ask a friend, sibling, or parent if they will help you practice direct reining. They will be your partner.
2. Find something you can use for your “reins.” This can be a belt, jump rope, string, twine, extension cord, or anything long, thin, soft, and flexible. Remember, the reins you use at JHTR look something like this:



I used a lead rope to be my “reins”!



3. Ask your partner to stand facing away from you, and have them hold the ends of your “reins,” in front of their belly button. This is a little different than the direct reining activity, because your partner needs to feel the push of the reins on their side to know which direction to move to.



4. With one hand, pick up the center of the looped part of your “reins.” Pick one hand to hold the reins in front of your belly button. You might have to take a few steps backward or forward, depending on how long your “reins” are. You should be holding them tight enough where your partner can feel you move your hand left or right, but you should not be pulling back on them.



5. Hold your “reins” in your hands like you would be holding one ice cream cone, with your thumb on top. Be sure not to tip your ice cream cone over!



**WRONG**



**RIGHT**

6. To practice steering, first choose where you want to go. If you want to steer to the right, look right and then take your hand and gently pull the rein in your right hand sideways towards your right. This will push your partner to the right. When you are ready to stop turning, move your steering hand back in front of you.





7. To steer to the left, look left and then take your hand and gently pull the rein in your steering hand sideways towards your left. This will push your partner to the left. When you are ready to stop turning, move your steering hand back in front of you.



8. Repeat steps 6 & 7 to continue practicing your neck reining. When you're ready, try to walk your "horse" in a figure 8, you can also use items around the house to create an obstacle course!