

PRACTICE DIRECT 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 you, and have them hold the ends of your “reins,” one end in each hand.



4. With two hands, pick up the looped part of your “reins.” Gently slide your hands up and down your reins until each side feels tight in your partner’s hand and to where your hands are evenly spaced from your belly button. If one hand is reaching really far down the reins from your belly button and the other is closer to your belly button, adjust your hands so they are even. You might have to take a few steps backward or forward, depending on how long your “reins” are.



5. Hold onto your “reins” with two hands. Slide your hands until you have them a shoulders-width apart. That means your left hand should be as far away from your right hand as your left shoulder is from your right shoulder!



6. Hold your “reins” in your hands like you would be holding two ice cream cones, with your thumbs on top. Be sure not to tip your ice cream cones over!



RIGHT



WRONG

7. To practice steering, first choose where you want to go. If you want to steer to the right, first look that direction and then take your right hand and gently pull the rein in your right hand back towards your right pocket. Then, move your right hand back in front of you. Keep your left hand where it is.



8. To steer to the left, take the rein in your left hand (keeping your right hand where it is) and gently pull the rein in your left hand back towards your left pocket. Then, move your left hand back in front of you.



9. Repeat steps 7 & 8 to continue practicing your direct reining. When you're ready, use the JHTR At Home Obstacle Course to practice!