

Why Clicker Train with Zen Clicker Horsemanship and Dolores Arste

By Dolores Arste

Thank you for having the willingness to look into other methods of horse training that may be better suited to you and your horse. I believe I can bring the best of the horse trainers like Alexandra Kurland (an equine clicker trainer), John Lyons and Clinton Anderson, to average folks like you and me. I specialize in working with people and horses who have developed fear issues or perhaps are simply unable to find the next step that is needed for them to consider themselves and their horses successful.

The cause of the fear does not matter, as I will work from a place that will give horse and rider success and give you the tools and knowledge to take home. With Zen Clicker Horsemanship your success is assured because I break down the exercises into small obtainable tasks. If they're any sticking points there is always a step I can put in to make the task easier for you and your horse.

You may be looking into clicker training because of some difficulty you're running into trying to follow the teachings of popular horse trainers.

And, if you or they are at all afraid (horses know it) and who wouldn't be when a thousand pound horse gets pushy, they may find themselves in a disaster. To work well with your horse you have to notice the smallest try and back off and release.

Clicker training asks only that the horse be our partner. In return we will clearly explain to him how best to accomplish this. We do this by saying "yes" and by clearly defining what we need the horse to do rather than what we'd like him not to do

Most folks do not have this mechanical skill built in. Most are at the stage where they have to think about how to steer the wheel, watch out for the curb, and find the brake pedal and gas pedal with the right foot and the clutch with the left. Oh yes, and don't forget about the other traffic.

Do you remember when you first learned to drive a car? The analogy fits. After driving for awhile you don't have to think about every little part. You just do things automatically.

Most people need to have horse training broken down to small and easily obtainable steps.

Most are just hoping to make it to the store to buy bread and milk without getting in an accident. If they could accomplish that without fender benders they would be happy.

"My goal is to make equine clicker training understandable and doable for the average horse owner, which is usually a woman 37—57 years old. (Did you know: In the horse industry, 65 to 70% of horse owners are women?) She needs bite size step-by-step lessons that are easy to remember and accomplish so that she can ride her horse with confidence and stay safe."

I specialize in horse/people partnerships. I want to teach you to teach your horse to be a willing happy partner. The horse is really a partner and in no way a servant. What does a partner look like you might wonder. Well a

partner is a horse who looks you up whenever you are present. One who stays with you as you walk around. One who stops the instant he feels you out of balance.

With clicker training there is:

- **Faster way to train? Quicker understanding for the horse?**
Because we are able to put more steps between where we are and our goal, we likely won't be colt starting in 3 hour demo. But, like the turtle, we will have more built in and a longer lasting relationship with a horse who has more understanding and consequently more desire to learn. **The desire to learn becomes something that the horse and rider willingly work for.
- **Less frustration for both horse and trainer?**
**Because we are looking for specific actions from the horse and at the same time we are learning the mechanical skills needed to accomplish the task there is less frustration for both horse and teacher.
- **Safer**
**Clicker training focuses on safety for both horse and rider. There are always recommendations on how you can work smarter not harder. And, because clicker training builds empathy in the teacher it is far less likely that he or she will put themselves or their horses into a potentially dangerous situation.
- **Easier to do?**
**Its physically easier but can be mentally tougher. It requires focusing and noticing skills. And, the ability to think that there is always a smaller step you can take for you and your horse to be successful
- **What about the horse's attitude?**
**There is a "look" to a clicker trainer horse. It is a look that is not duplicated in any other training method that I know of. They shout their pride and self-confidence from every cell in their body. Once introduced to a clicker trained horse, it will be difficult to settle for anything less.
- **How does your clicker training differ?**
My philosophy with clicker training is an openness to train from where you are. I pride myself in my ability to be flexible. If you have trouble with the marker, I'll find you another. And, since I am a certified **TagTeacher (www.tagteach.com) I can help you to teach your students the value of the marker for themselves as well as their horses.
- **What are your top qualities in clicker training?**
****Positive, Positive, Positive!** Horse training should be fun! You'll be laughing from the moment you begin a lesson. Clicker training does

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take concentrated attention and consistency. And you will see how having these skills developed will extend positively to other areas in your life. I will be there for you and help you perceive all the good that is in you and in your horse so everyone can feel like a super star.

In one of our latest DVD's Barb Edwards can be heard to wonder whose horse this was as she traveled to a demo with me for the first time and her horse behaved like she had been traveling for years. 'Did I bring another Halflinger?' she exclaimed. She had such pride in her horse and her accomplishments. Clicker training by Zen Clicker Horsemanship helped her achieve this.

"A couple of weeks ago, on one of those swimming-hot nights, I was leaning on the gate and she came over and put her head over my shoulder -- this she had never done before. I thank you from the bottom of my heart for helping to bring this about." - Marjorie

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Accelerate your horse's training with an easy to use and understand **"YES"** signal!



ZEN
clicker horsemanship

Let Dolores Arste of Zen Horsemanship show you how to...

- ✓ **Use less pressure and gain unbelievable lightness**
- ✓ **Reduce fear in your horse and you**
- ✓ **Put the fun back into teaching and learning**
- ✓ **Easy to combined with other training methods**

Dolores Arste is available for Demos, Clinics and lessons at your barn.

Or, enjoy a day or weekend of training with your horse at our facility in beautiful upstate NY.

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