Foundation Warm Up	Temperament
1 = Very Poor 2 = Poor 3 = Fair 4 = Good 5 = Excellent	1 = No signs of behavior 2 = Very low frequency of behavior 3 = Low frequency of behavior 4 = Intermediate frequency 5 = High Frequency
1a) **Ground Work & Phase 1 Review** 1 2 3 4 5	1) **Self-preservation (fight or flight)** Low High 1 2 3 4 5
2)**HD & Stage 4 (Inside -> Outside Rein)** - Snake Trails (Walk, Slow & Extended Trot, Lope) 1 2 3 4 5	2) **Confidence** Low High 1 2 3 4 5
3) **Vertical & Horizontal Direction** - Walking, Slow Trot, Extended Trot, Loping 1 2 3 4 5	3) **Sensitivity (response to light pressure)** Dull Very Responsive 1 2 3 4 5
4**) Large Fasts and Small Slows** - W/ Willing Submission and Vert. Direction 1 2 3 4 5	4) **Energy (motivation and determination)** Low High 1 2 3 4 5
5) **Stage 2 w/ Willing Sub. & Vert. Direction** - Standing, Walking, Jigging, Trotting, Loping 1 2 3 4 5	5) **Willingness (response to request)** Resistant Willing 1 2 3 4 5
6) **Stage 3 w/ Willing Sub. & Vert. Direction** - Standing, Walking, Jigging, Trotting, Loping 1 2 3 4 5	6) **Reaction to social separation** Calm Nervous 1 2 3 4 5
7) **Stage 4 w/ Willing Sub. & Vert. Direction** - Standing, Walking, Trotting, Rollbacks and Spins 1 2 3 4 5	**Make sure to start each day going through the vocab words. Then gradually build in speed and intensity as your horse remembers and understand what you are asking them. Also remember the "Four Stages of Setting a Solid Foundation" and what stage they are in.**
8) **Task Completion** - Pick One Job From "Task Completion" Sheet 1 2 3 4 5	**Remember the focus of the Foundation for Perfection is to achieve the "Training Trifecta" (Task Completion, Temperament, and Foundation). To achieve this, during your training secessions primarily focus on 2 of the 3 in the Training Trifecta and make sure to mix it up until you have all three.**

Foundation Warm Up & Temperament Checklist ($10,000)