

# Rider Skills

## Intermediate 1

### Groundwork

*"The most beautiful things in the world cannot be seen or even touched, they must be felt with the heart."  
Helen Keller*

In this level, we learn lungeing and basic in hand work.

#### Training Journals Examples

##### Lunge a horse at Walk and Trot

Grey Molly: Change of Direction When Lungeing

##### Position 1 and Position 2 In Hand

Henry: Simple In Hand Exercises

Carly: In Hand Work Focus and Softness

Maui: In Hand Bending Techniques

Carly: Simple In Hand Pattern

#### Short Courses or Q&As

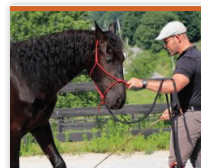
Free Workshop from Developing Balance In Hand

#### Videos from the Weekly Show

3 Times to Use In Hand Work with Your Horse

Athletic Relaxation

#### Related Premium Courses



Developing Balance In Hand  
[Learn More](#)



Balanced Riding Course  
[Learn More](#)

