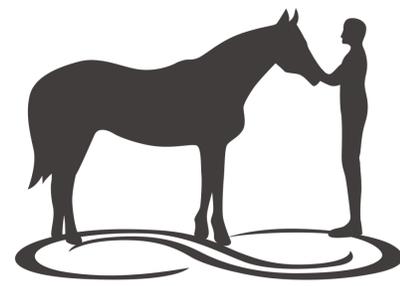


# BCOYHU WEEK 7 CHECKLIST



**HARMONY**  
HORSEMANSHIP

1

## RIDING EXERCISES - 8 ABC'S



Forwards

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Backwards

---

Up

---

Down

---

Neutral

---

Haunches

---

Shoulders

---

Sideways

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2

## GROUND WORK EXERCISES

Join Up

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ABC's at Liberty (pick your favourite ABC & try at Liberty)

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## NOTES

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