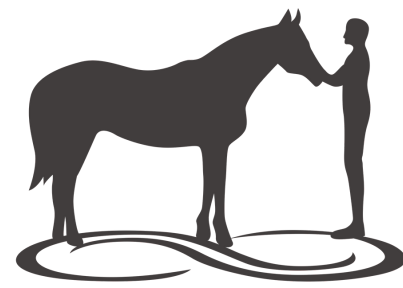


BCOYHU WEEK 1 CHECKLIST



HARMONY
HORSEMANSHIP

1

RESPECT & SAFETY GROUNDWORK

☐

Back Back Stay

☐

Swing Shoulders & Back

NOTES

2

CALM CONNECTION GROUNDWORK

☐

Square

☐

S Pattern

☐

360 with a Twist

NOTES