

The S.A.D.D.L.E. Concept

This is an acronym that stands for:

- Speed
- Accuracy
- Distance (from your horse)
- Distance (distance you can go)
- Lightness
- Expression

You are only going to focus on improving ONE piece of the **S.A.D.D.L.E.** acronym at a time, which will give you and your horse tons of clarity on how to improve various tasks.

Let's put this into focus with an example. If you were going to aim to improve your Sideways Game, you would begin by picking one of the S.A.D.D.L.E. letters; let's say you focus purely on lightness. Instead of having the big idea in your head of getting your entire Sideways Game "better," you would be clear that the **ONLY** part of your Sideways Game you're aiming to improve is your lightness. This means disregarding how far you are from your horse, how far he goes, his speed, his expression, and his accuracy, and **ONLY** asking your horse to be light. Once you get a few moments that feel much lighter, then switch and pick a different S.A.D.D.L.E. letter to focus on.

For example, now focus only on distance (i.e., how **FAR** can you go sideways?). While doing this, you would disregard how high you need to go in your phases, your speed, and your accuracy. Once again, when you find something you like, move on and pick a different letter.

As you practice, you will become very clear with your horse about what it is that you want to improve. Then of course, your horse will begin to respond by putting in more effort. Pat says that we are in charge of the principles, and our horses are in charge of the timelines; along those lines, over time you will notice that your horse actually begins to put the pieces together himself, and even **OFFERS** to do two or more at the same time! You will notice that, as you are focusing on lightness, and then on accuracy, all of a sudden your horse is lighter even when you're focusing on accuracy!