

SCULPTURE EQUINE ANATOMY

**THE "FOUR
BREAKTHROUGHS"**

**IN EQUINE
DEVELOPMENT**

sculptureequineanatomy.com

Deanna R. C. Montero

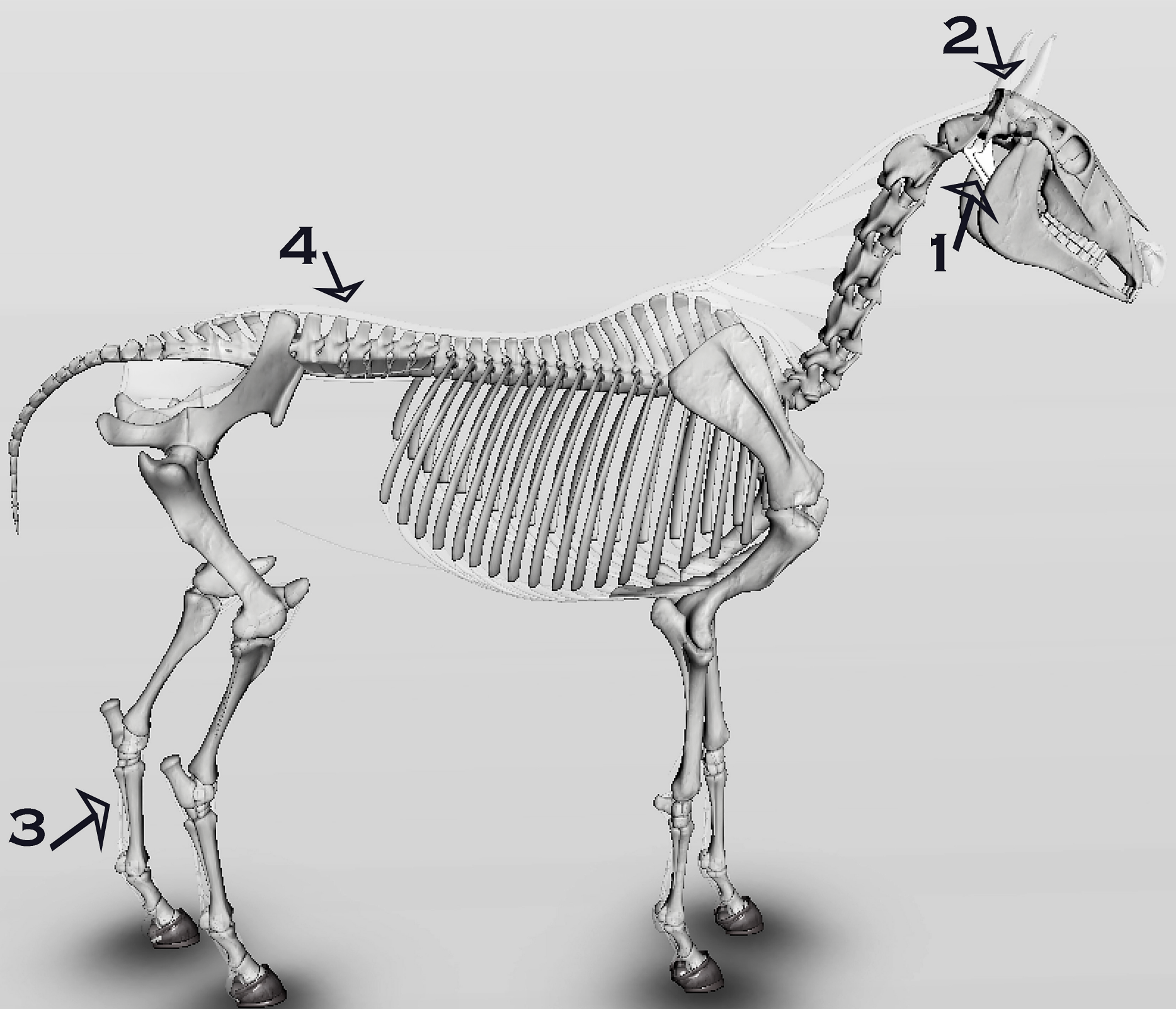
About Your Coach

DEANNA R.C. MONTERO is an experienced horsewoman and educated sculptor. She has extensively studied the horse in art through the masters from Leonardo Da Vinci to modern day artists. She is well versed in the classical training of the horse with extensive education on the classical principles from modern times leading back to Xenophon 400.b.c.

After suffering numerous life threatening falls from the saddle and finding herself at a crossroads of fear and failure with her own horse's training, she asked herself "am I bringing meaningful change into my life and the life of my horses?" Her intention to bring greater meaning into her daily work led her to dramatic transformations in herself and how she approached her skill sets of training horses and sculpting.

Later she found her life purpose of helping others through the study of sculpting equine anatomy helping others build safer and more meaningful relationships with their horses. After graduating with an Equine Science Degree from Breyer State Theology University she worked as an entrepreneur artist and independent rider studying the anatomical developments of the horse since 2010. Today her full-time career consists of seminars, coaching individual clients and creating online curriculum for horsemen and women across the globe.

VISIT HER AT
THERAECOLLECTION.COM



3D Horse Anatomy Software by Biosphera.org

Tongue

Poll

Hind Legs

Back

1

2

3

4

RESEARCH

There are over **6000 people** practicing the "four breakthroughs" in the global equestrian community today.

Sculpture Equine Anatomy's own case study has also proven that the four areas of the horse discussed, require a sequential process of development for each of the issues to improve as described in this booklet.



WE'VE ALL STRUGGLED WITH....

1. He's Hard in the Mouth
2. He Spooks Easily
3. Horse Won't Bend
4. Can't Collect or Extend



A L O I S P O D H A J S K Y

"There is one principle that should never be abandoned, namely, that the rider must learn to control himself before he can control his horse. This is the basic, most important principle to be preserved in equitation."

1.

HE'S HARD IN THE MOUTH

THE TONGUE

The tongue is attached to a group of bones called the *hyoid*. The tongue affects the horse's ability to relax through his body from neck to tail.

The health of the bones and muscles of the tongue will affect the horse's movement. A hard hand, harsh bit or the use of draw-reins will cause tension in the tongue. This tension restricts the horse's movement, shortening the stride and causing general unbalance. This unbalance causes the horse to develop his muscles asymmetrically.

SALUTION

Consider...

1. **Practicing your sensitivity to hand pressure** away from your horse.
2. Changing horse's bit to a **loose ring french-link snaffle**.
3. Removing the **draw-reins** or **flash noseband** to allow the horse more freedom with his mouth and tongue. (if you use them)

NUNO OLIVEIRA

"The practice of equitation is a valuable lesson, as it requires the exercise of all human virtue."



2. HE SPOOKS EASILY

THE POLL

The attachment of the neck is at the poll. The poll connects to the dorsal chain muscles that run over the top line, through the back ending at the tip of the tail.

Relaxation of the poll is essential for a horse to respond rather than react to the requests of his rider.

It is common in today's training to ride behind the vertical. This causes tremendous pressure on the poll. This also damages the nuchal ligament of the neck. Both causing **panic** in the horse.

SALUTION

Consider...

1. **Re-starting your horse's training with a methodical classical approach** from the ground to help him stretch forward and relax his poll and top line muscles. This will also help him gain his confidence and stop spooking.
2. **Adding massage or acupuncture several times per year**, depending on his performance level, in conjunction with the new training approach.

FRANÇOIS ROBICHON DE LA GUÉRINIÈRE

"The knowledge of the nature of a horse is one of the first foundations of the art of riding it, and every horseman must make it his principle study."



3.

HORSE WON'T BEND

THE HIND LEGS

The ability for the horse to bend is in the lumbosacral junction.

It is common for saddles to be fitted too long, sitting on the lumbosacral junction. This prevents bend in the horse's back.

Lack of bend comes from the horse not being engaged from back to front. Bend is only possible with simultaneous activity of two movements in the body. First the horse must have sufficient forward activity of the hind legs, second he must step deeply under his body from behind to lift and open his back. This movement is impossible with an ill fitted saddle.

SALUTION

Consider...

1. Learning more about the horse's natural **biomechanics of engagement** and development.
2. Learn the sequential process of **training the horse to lift his back from the ground at a walk.**
3. **Carefully inspect how the saddle fits your horse's back.** Does it extend beyond his last rib, preventing bend in the lumbar back?

XENOPHON

"For what the horse does under compulsion, as Simon also observes, is done without understanding; and there is no beauty in it either, any more than if one should whip and spur a dancer."



4.

CAN'T COLLECT OR EXTEND

THE BACK

The horse's back has 18 thoracic vertebrae extending roughly from the wither area back to the croup. Each vertebrae has its own joint allowing it to open and close depending on the posture and mental state of the horse.

It is common to see the horse ridden with the back down in the closed vertebral position. This prevents the horse from stepping under his body to create lift and flexion in his back to build energy for collection and extension.

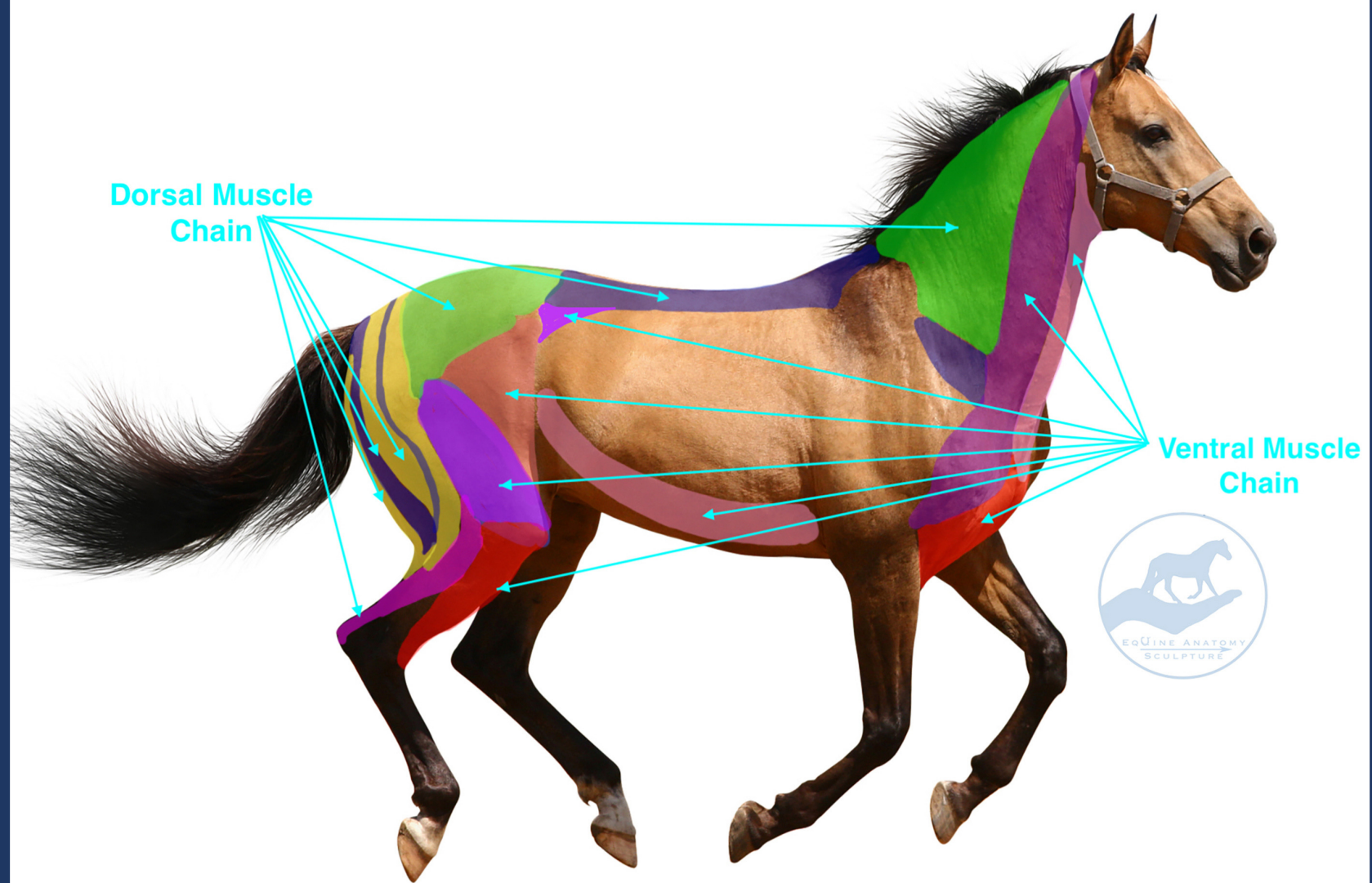
SALUTION

Consider...

- 1. Evaluate how your horse uses his back.** Does he drop it when in motion or lift it up?
- 2. Re-evaluate your horse's foundational training.** Has he been brought up to his current level through a sequential and consistent proven method that builds muscle for collection and extension?
- 3. Re-evaluate the fit of your saddle.** Is the saddle too long or does the saddle sit on his lumbar vertebrae? Does the saddle fit you correctly?

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WORKSHEET



H O W T O U S E T H I S W O R K S H E E T

Each box represents one area of the horse. Finish the sentence in each box with a personal commitment statement. This will help keep your rides happy and safe each day.

TONGUE

I'm going to intentionally improve/change...

To help my horse be more relaxed and balanced.

POLL

My method of restarting my horse's training will be...

I will add acupuncture/massage every...month/year

If you need help planning your horse's program join our privet facebook group

[@SculptureEquineAnatomy](#)

HIND LEGS

I'm going to intentionally learn more about...

To help my horse be more comfortable and willing when we work together.

BACK

I'm going to evaluate my horse...my saddle...

To help my horse be more successful in his training.