



# The Forsmanship Foundation Course

“A properly formulated plan together with timing and feeling will ensure that the training given to a horse will remain with it forever.”

- Stefan Forsman -



Understand why it is important in natural horsemanship to look at YOUR behaviours FIRST. Learn why it is critical to develop good leadership skills and to have clear and consistent communications with your horse at all times - and especially if your horse has developed serious, behavioural problems.

## INTRODUCTION

**Welcome to the Forsmanship Foundation Program. Over the course of six days you will receive a substantial education by one of the founders of natural horsemanship in the world. Stefan Forsman is world class in this field - un-equalled in this part of the world.**



He has the knowledge and the experience that will benefit you and your horse for years to come. Training with Stefan will mark the beginning of a new chapter in your life and prepare the way for you to rise above being an average horse person, to becoming a great horse communicator - plus a happier and more successful person yourself.

“ The fault is always with the owner - never the horse! Everything is training. Every minute, every second you spend with a horse you are training them, because they will be affected by you in either a positive or negative way. Therefore, I consider horses wrongly trained (or not trained properly) that will not stand still, that nudge, nip and even bite, will not be loaded into a horse box, bolt as soon as they become afraid, that tug at the reins, grab the bit, and buck and rear. Some say that such horses are spirited and happy - I believe this to be the exact opposite. It is a nervous horse that is unaware of its limits, what rules apply, or whom it should trust.”

- Stefan Forsman



Recognise and let go of existing, more traditional ideas of horse training and care that do not serve the horse, or you.

***“In Sweden, a lot of horses develop such serious behavioral problems that people can't really do anything with them. A lot of them end up going from owner to owner, from trainer to trainer. I read somewhere that 85% of all Swedish horses never make it. The reason why they don't make it is the conventional, traditional training. The horses simply go mad. I don't know if 85% is a correct figure, but I do know for a fact that a lot of them have severe problems.”***

“It is important for horse owners to understand who they are, what they radiate, how they behave - because that is the horse they will get. A well behaved and co-operative horse who will follow you without a lead rope and halter, one which can be ridden without a head stall and reins, who will lie down for you and rest on the grass and stay there for as long as you need them to - that is a horse that trusts its owner and looks to him as a leader.”



***“I tried the conventional, traditional, normal, way of training horses for quite some time before I realized that it wasn't working very well. I understand today that it was not because we were good horseman that we sometimes managed to get a horse into a trailer. It was in spite of us.”***

**- Stefan Forsman -**



Learn a new system of training that will provide a sustainable and rewarding relationship with your horse, a safer, happier and more co-operative horse, and a vast improvement in how you work and play together - whether riding in the forest, beside highways, through busy, city streets or in the competition arena.

*"The horse is a herd animal whose first form of defense is flight. In the wild the herd always has a leader to which it always looks to see whether flight is necessary or not .. "*

" When man removes the horse from the herd he takes away the horse's natural leader, thereby making him wary and unsure.

Depending on character and past experiences the horse will become, to a greater or lesser extent, nervous.

If man can communicate with the horse in the only way the horse understands - using body language - that he is taking over the role of leader, then the horse can once again relax and flight no longer becomes necessary. "

*"So, as long as man (using his body) can communicate that everything is as it should be, then the horse will remain calm and relaxed."*

- Stefan Forsman -

**FORSMANSHIP  
FOUNDATION  
TRAINING**  
GENERAL COURSE OUTLINE

**THEORY -**  
**first 3 days**

**\*Absolutely essential and mandatory to progress into the following (practical) 3 days of training.**

This is the most important part of the training and is fundamental to the whole Forsmanship philosophy and training methodology. The bottom line is: you cannot progress further with Stefan Forsman, without this important and intensive series of talks and participatory exercises and activities. It starts you on the pathway to true natural horsemanship and this journey begins with you. Human behaviour is absolutely critical to understand. This is because who you are is how your horse behaves and performs. Over this 3 days, you will be challenged to look at what YOU need to develop in yourself to get the best results from your horse:

- **Improve the core relationship with your horse,**
- **Develop better and safer behaviours in your horse,**
- **Improve the performance edge you might want to achieve with your horse in competition,**
- **Create a happier horse.**

## **CONTENT AREAS**

### **1. Leadership and the right mental attitude**

This is the most important part of preparatory training in Forsmanship. For you as a person and for your horse to feel safe and confident in you as a leader. Your behaviour and your mental attitude are critical because:

***What you think is what you radiate and things will always turn out the way you think they will.***

You might have a lot of knowledge in your tool box, but if you don't have the right mental mindset, then you will be just the same average horse person out there.

Understanding this and taking responsibility for who you are in the relationship dynamic with your horse is the bottom line and cannot be overlooked.

### **2. Believe in yourself, move boundaries, move out of your comfort zone, become a leader and a winner.**

This is critical to achieve the results that you want - long lasting and sustainable results. Question yourself:

**Who are you in life at the moment?**

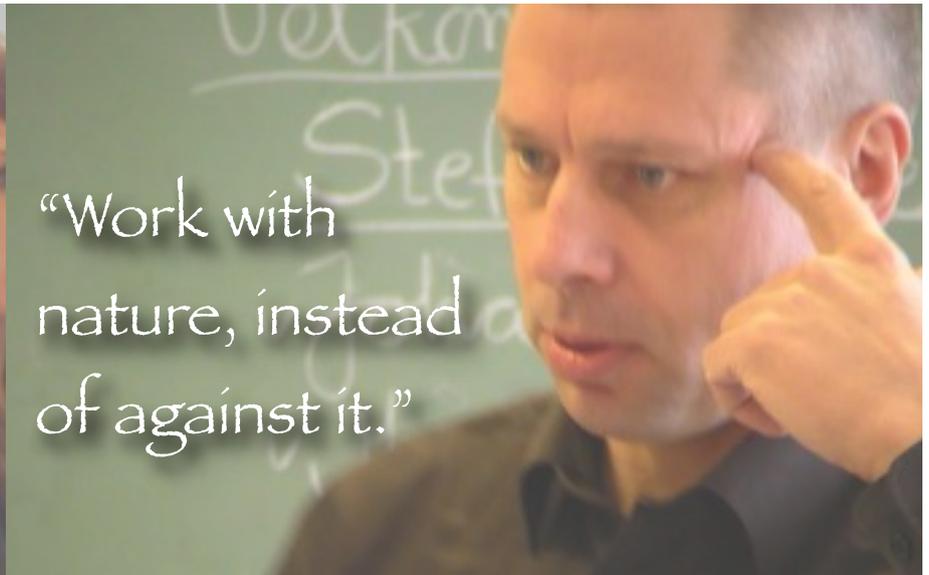
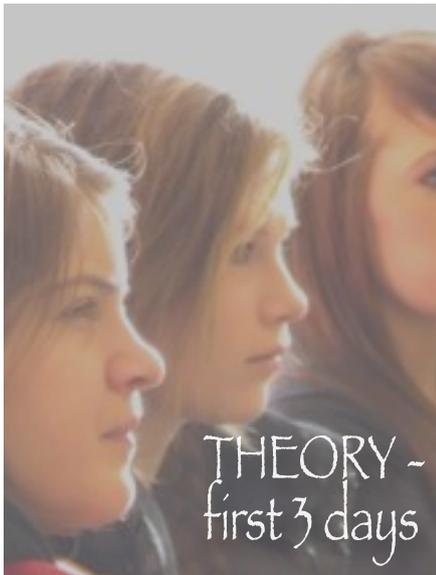
What are your attitudes and behaviours and how have you developed them?

**What kind of energy do you send off?**

What is your body language and voice saying?

**What do you need to do to overcome any weaknesses that you have as a communicator?**

***Without awareness in these areas, you cannot possibly advance to excel in horsemanship.***



### 3. Understanding Horses

As you begin to understand yourself better, Stefan also integrates knowledge about horses, in all areas:

How the horse senses and learns.

How the horse has evolved.

How the horse thinks.

The reasons behind the natural instincts and behaviours of a horse - and why they do what they do.

### 4. Identifying and Learning the Horse's Needs

Further knowledge building to meet the humane needs of your horse:

Understand what it is that a horse needs.

Understand what satisfies a horse in body and mind.

Learn tips on how to take good care of your horse.

### 5. Combining what you know about a horse and now learning how to work with nature

Students are prepared to understand the importance of the delicate relationship that needs to be nurtured between them and their horse:

How to work with nature, instead of working against it, as has been the 'norm' in more traditional forms of animal training.

How to translate this into practical work with your horse.

How to get the respect of your horse.

How to take a horse - from just tolerating you - to truthfully loving you, wanting to follow you, even without a lead rope and halter,

even prepared to walk through fire to follow you.

Understand how if this is done correctly, and how the Forsmanship system will work on any horse and with any breed or gender - be it a stallion, a mare or a gelding.

Understand how working with nature will work every time.

"As long as you do what you have always done, you will always get the same results. If you want something you have never had before, you have to do something you have never done before."

- Stefan Forsman

# Apply Forsmanship theory



Learn new techniques  
The Practical Program - second 3 days

*Creating safer,  
trusting, more  
dependable and co-  
operative horses*

Supervised practice begins in earnest during this 3 days and new knowledge of Forsmanship techniques in action are delivered, proving how Forsmanship works to produce fantastic results.

Students observe Stefan Forsman demonstrate the Forsmanship system of handling and training. Students watch and learn new techniques, which create safer and more dependable horses, a more harmonious and trusting, working relationship between animal and human, applying the basic elements of:

**\*Leadership**

**\*Consistency**

**\*Comfort Zone**

Integrated between demonstrations, students together with their horses, or working with horses owned by others, are provided with excellent opportunities over the 3 days to practice Forsmanship techniques and develop the skills required to apply the foundations of Forsmanship theory, given during the first 3 days of the course.

This time is valuable to experience and also to observe and learn through the practice of others in their progression through the Forsmanship principles.

Experience and witness the positive development of horses and humans, using a Forsmanship mind-set and methods

# Apply Forsmanship theory



Experience and witness the positive development of horses and humans, using Forsmanship mid set and methods

## CONTENT

- Integrating and applying the basic elements and principles behind the Forsmanship system of **Leadership, Consistency** and **Comfort Zone**.
- Observing how the system of techniques will take a horse with behavioural problems (nervous, flighty, stubborn, unpredictable and generally unsafe to be around) to a horse who can remain calm and relaxed in all situations you put him in.
- Witnessing how a horse can develop from being led with a lead rope and halter, to following without - happily and willingly - and at a safe distance.
- Observing and practicing the system of techniques of handling horses in stables.
- Observing and practicing the system of techniques of training horses in the round pen.
- Observing and practicing the system of techniques of handling horses for transportation - into and out of horse trailers.

## OUTCOMES

- Development and awareness of personal leadership qualities in training and communicating with horses.
- Increased personal awareness of the effects of intention in animal work and personal energy projection.
- Greater understanding and awareness of the importance of being consistent and of facilitating a comfort zone for horses in their care and training.
- Expanded knowledge and understanding of how crucial all these elements are in horse care and raising, to:
  - >**Correct** problems
  - >**Develop** a more balanced and harmonious relationship with horses
  - >**Improve** your performance together in riding - whether it be for pleasure or competition.

The Practical -3 days

## IMPORTANT NOTE

**NO SPECTATORS AT THIS COURSE, PARTICIPANTS ONLY**

**\*\*Please note:** we do not allow outside spectators who just wish to view a practical component of Forsmanship training to stand on the sidelines and watch activities.

We need to be very clear about this. Forsmanship training is not a dog a pony show, it is about intensive and serious engagement for you and your horse. We would not have it any other way.

We therefore cannot have outsiders who are not prepared and properly informed by the theoretical component of Forsmanship training, spectating and judging what they see from the sidelines because they simply are not informed enough to watch in the context of the whole training approach.



Price of  
Forsmanship  
Foundation  
Course includes:

- Six full days of knowledge building, experience and teaching from one of the founders of Natural Horsemanship - Stefan Forsman.
- 3 days of intensive theory and groundwork incorporating the philosophy, principles and techniques of Forsmanship methodology.
- 3 days of demonstrations of key Forsmanship training and caring techniques, integrated with applied practice periods to experience Forsmanship training yourself, under the supervision and instruction of Stefan Forsman.
- Access to and use of training venue facilities (not including stable costs and horse feed if bringing your horse along to the practical program).