



What if your horse just **STOPS**

From a Vicious Circle to Confident
Communication: How Jackie solved the
stop, and how you can too.



Do you recognize this?

Stopping and Blocking

My horse won't move forward. He tightens his body, like pulling on the handbrake.

Moments of Resistance

You feel the horse tense up. As you start to move, he blocks and doesn't want to go forward.

Lack of Impulsion

The horse struggles to create energy and move forward smoothly. He resists your forward aids or doesn't react at all.

"Will I be stuck at this point forever?"

Meet Jackie and her horse 'that stops'

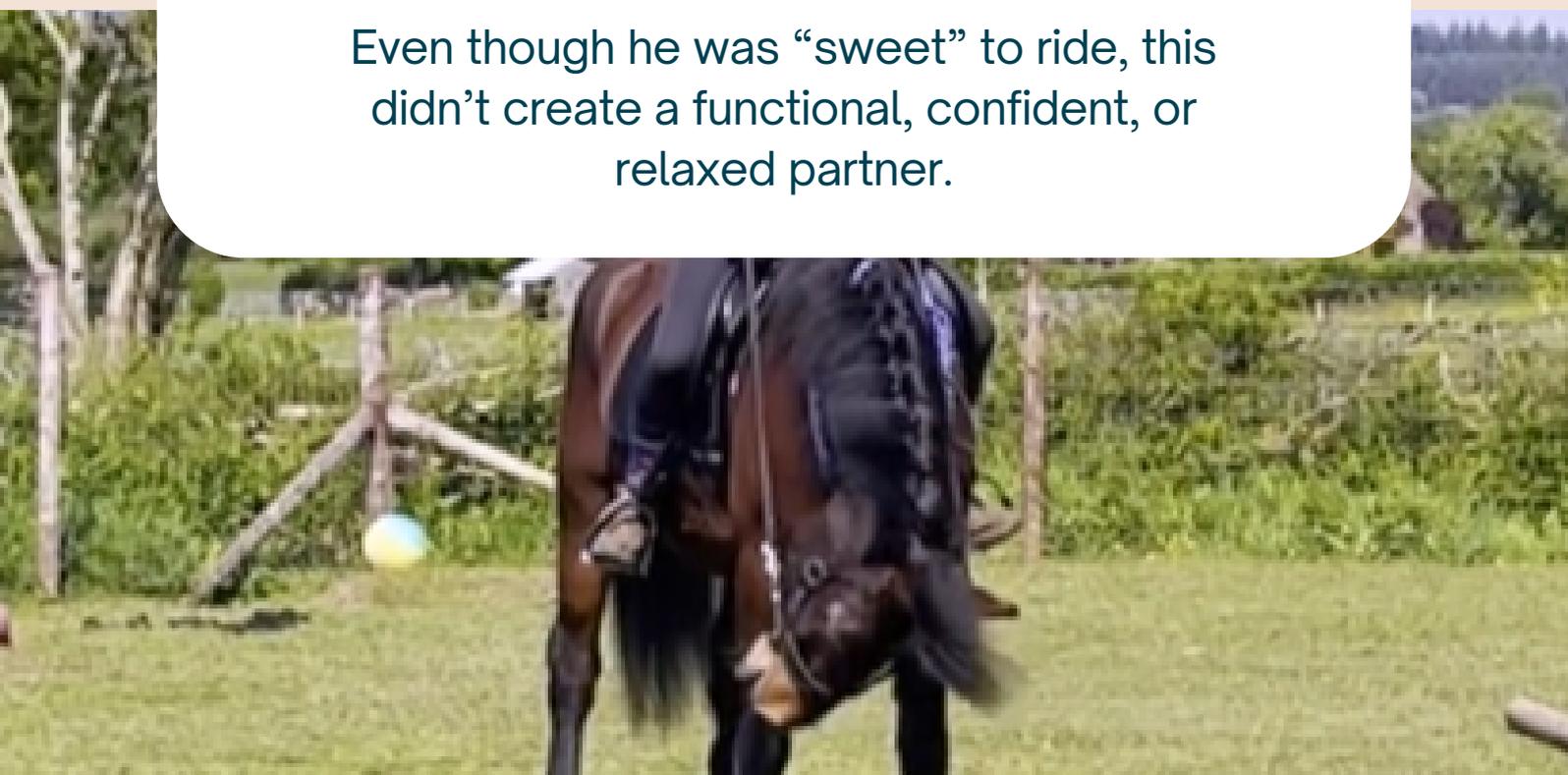
Jackie is a recreational rider who dreamed of a real connection with her young horse.

Their biggest struggle was the horse's **constant resistance, leaving Jackie frustrated and stuck.**

The core issue: the horse had never learned the right order of movement to find balance and direction in the body.

He tried to stay balanced by holding tension inside, as if pulling an internal handbrake.

Even though he was “sweet” to ride, this didn't create a functional, confident, or relaxed partner.



What Didn't Work and Why It Failed

Jackie initially followed conventional advice, trying to overcome the resistance by trying to push him forward.

This approach proved counterproductive:

- **Pushing:** Jackie kept doing what riders are taught to get a horse moving, but she was only pushing against the natural defence that was blocking the body.
- **Bracing:** The more she pushed, the more the horse resisted.
- **Riding Tools:** Spurs or whips don't work if the handbrake is on. They only drive the horse deeper into the blockage.

Your
5-Step
Action Plan for
BLOCKED HORSES



Step #1

Diagnosis

The first step is to change your perspective by getting out of the saddle and onto the ground.

See Who He Is: From the ground, you can clearly see what is and isn't functioning.

Identify tension in the body: This reveals where the horse is defensive. The stop isn't disobedience but a reflex caused by insecurity and lack of balance.

Make contact with the belly: If there is contraction in the abdominals, this is a clear sign of a horse's limited breathing pattern, which will be contributing to the hand break effect.

Step #2

Targeting Specific Blockages

Where Is Your Horse Tense?

Next, find the exact point of physical tension behind the stop. Go through a tension release process to free your horse of the tension.

Locating the Block: For Jackie's horse, it was the shoulder. Because the balance was falling down, the shoulder starts to block.

The Physical Stop: When the shoulder blocks, the handbrake literally comes on in the front feet.

Action for You: Identify where your horse holds tension, that's the point you've been pushing against.

Step #3

Teaching Functional Movement

This involves individual groundwork patterns to show the horse how to find connection and symmetry in the body.

Front leg mobility: Crucially, this means teaching the horse to open its front leg on cue from a distance. When the front legs can move freely, the whole front end starts to release and open up, allowing forward movement.

The Clock Shape: Its purpose is to teach the horse the optimal order of movement for his own physiology, creating symmetry and flow while releasing blockages through diagonal pair connection.



“At first, Tristan’s humor got my attention — but the method is no joke”

Step #4

Reverse the Shutdown

Once your horse can open the front leg through groundwork, forward movement starts to flow instead of getting stuck.

Recognize the Block: A closed front leg creates a handbrake in the shoulder. Adding energy from behind only pushes into this block and shuts the system down.

Change the Sequence: First create relaxation through the tension release method, mobilise the front leg to release and open the front end.

Unlock Forward: With the front end free, energy from behind can flow through the body, creating balance, impulsion, through a good connection of the diagonal pairs.

Step #5

From Confusion to Guidance

This step transforms your relationship with your horse. Instead of pushing against each other, you become the one who guides.

Build Trust: By focusing on the cause, you give your horse true value and knowledge of how he can feel better.

Become the Guide: The horse stops resisting and begins to look to you for support.

The End Result

The combination of skill and clear communication brought them to a new level.

Jackie and her horse developed confidence and trust, creating a true partnership.

They moved from a place of frustration to being able to ride freely. Whether in the arena, out hacking, or wherever they wanted to go.

She learned to recognize and solve small signs of insecurity before they became real problems.

This created a relaxed, confident horse and a happy rider who could enjoy their time together again.

*"I learned to solve small insecurities
before they became problems"*



The Expertise Behind This Breakthrough

TRISTAN TUCKER

Tristan Tucker, the creator of the **TRT Method**, has worked with all types of horses for over 30 years—from wild horses to sensitive warmbloods.

He designed the method to help horses feel calmer and more confident by giving them tools beyond their natural instincts.



How the TRT Method Can Help YOUR Horse

What is TRT?

The TRT Method is a complete online training program that helps your horse become truly confident and relaxed in any situation.

How it works:

This step-by-step method tackles the root cause of deep-seated problems, like the shutdown problem of Jackie's horse, instead of just managing symptoms.

The Result:

You leave conflict and frustration behind, building a stress-free and trusting bond that leads to a true partnership with your horse.

The Focus Points

True Relaxation

The system starts on the ground to teach the horse to recognize where the tension patterns are in his body and how to turn them into physical relaxation.

This process is essential to give the horse rest and a sense of good connection and control within himself.

Building a good order of movement

The FGP (Foundational Guidance Patterns) teach the horse an optimal way of moving through his body, creating symmetry that brings harmony, control, and soundness.

These groundwork patterns also build clear and understandable communication and connection between you and your horse.

The Tools

The key is to teach the horse how to manage himself in the presence of four elements that exist in everything in our human environment and often create insecurity for horses.

It's a technique that simulates the elements of Movement, Touch, Sound, and Approach.

It's **not** about getting him used to a bag or a flag; it's a unique method that shows the horse that by learning to control himself, he can learn to control any situation.

Achieving Your Goals Under Saddle

The system carries this control into ridden situations, addressing common behavioral issues such as spookiness, tension, and anxiety.

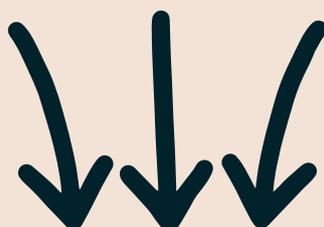


This isn't just for exceptional riders.

**It's something every horse and rider can
achieve with the right tools and
mindset.**



LOVED THESE TIPS?



Your Horse **Confident and Relaxed** in ALL Situations with TRT



Join The TRT Membership

- ✓ Fix The Root Cause Of Tension
 - ✓ Feel Safe And In Control
- ✓ Step-By-Step Guidance And Easy To Follow