

"How to Execute Transitions From One Part of a Cutting Run to the Next Part"



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WALK
ENTER
CUT
WORK
QUIT
PLAN

It is sooooo easy to come out of a cutting run and feel like you've just been to Mars and back. Sometimes it seems like you're a speeding bullet on fast forward.

After a chaotic run, your internal conversation might go something like this, "I have no idea which cattle I cut? Hot quit? On which cow? Oh, yeah ... did I really?"

You can start to feel grounded and in control during all parts of your run. The key is to break it down into segments.

Beyond the technical aspects of how to execute each segment, a definite *feel* exists, that is distinctly different from any other segment.

Understanding how to shift gears mentally, emotionally and technically between the distinct parts of a run is not only effective, but it's what the cutting game is all about.

Here's how it works.

Prior to each segment, there is an introductory transition time.

As you become aware of these transitions, you will experience them as THE times to tap into the distinct feel of the NEXT segment. Only after you have made the feeling transition, should you THEN move into that next part of your run.

As you practice this, your sense of control, and quality of cutting will accelerate. That translates to higher scores.

Here's a short primer on the segments and their transitions:

Segment: Walk to the herd

Transition: Ritual before you walk to the herd

Feeling Internally: You feel calm, ready, and you are proactively *REVIEWING YOUR PLAN*.

Segment: Moving through cattle for your cut

Transition: Nearing the entry of the herd

Feeling Internally: You calmly see the entire picture. You are comfortable ... ready to make moment-to-moment decisions. You monitor how things transpire and respond confidently. The feeling is a cross between observer and confident decision maker.

Segment: Making the cut

Transition: Making the final decision about which cow to cut

Feeling Internally: You feel resolute, confident, proactive. You turn into a laser beam that moves a cow aggressively forward for a beautiful, credit earning cut. Your focus is on the cow and confidently driving it.

Segment: Working the cow

Transition: Putting your hand down

Feeling Internally: You intently focused on the cow. You are patient, yet aggressive. The cow tells you

what to do. Your body is heavy in your hips. You feel settled in your upper body. Your seat and legs communicate with your horse. No matter how fast it gets, you feel slow on the inside. You feel the rhythm of moving with the cow.

Segment: Quitting the cow

Transition: Putting your hand on your horse's neck to quit

Feeling Internally: You feel calm, clear, and focused on executing the four parts of a quit. 1.) Recover ... breathe as you look at the cow. and put your on your horse's neck; turn and relax for a second or two 2.) Plan ... what needs to happen on the next cow depends on what happened on the first cow ... and where are my cattle (or, where do I re-enter for a shape cut)? 3.) Re-enter the body of the herd (ONLY after you have done step #2) 4.) Repeat the second segment above.

As you break your run down into segments, and then, combine the feeling of a segment with the technical aspects of that part, you will experience a huge difference in your sense of control of your run.

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