

## The Half Halt

### Let's rebalance ourselves!

The **Half Halt** is a fundamental equestrian technique. It's learnt early on and used by all.

Its purpose is to rebalance, reset and refocus our horse/pony and then continue.

It's not about stopping or giving up. It's about pausing, taking a [hoof]beat, a moment to 're-cycle' our horse/pony's energy, to then proceed in a rebalanced, reset and refocused way.

So, if equestrians understand how to use this technique with their horses and ponies, let's transfer and apply it to ourselves!

We can then **Half Halt**, to rebalance, reset and refocus ourselves; recycle our energy, whenever we'd like to. Whenever we need, want, choose, recognise it's needed or necessary.

The technique potentially helps build resilience and avoid behaviours, e.g. frustration, disappointment, losing confidence, irritability, annoyance etc, that could also have a negative ripple effect on family, friends and even our horses/ponies.

'**Half Halt**' is a term for equestrians to know and utilise so that it can become synonymous with *riders* simply needing a break or taking a [hoof]beat (pause).

It's a technique coaches can:

- Apply to themselves as coaching can be challenging
- Suggest their coaches apply to:
  - themselves
  - their horses/ponies (they'll do anyway)
  - or both

While something internally may be happening for either the rider or the horse, using the term '**Half Halt**' alone doesn't make it clear who actually needs it—the rider or the horse/pony, maintaining privacy.

It's a simple, recognisable, relatable and thus effective phrase anyone can use:

- With no ulterior motive. No hidden or implicit agenda or meaning.
- No stigma or association with mental health or poor mental health.
- No singling out; privacy maintained.