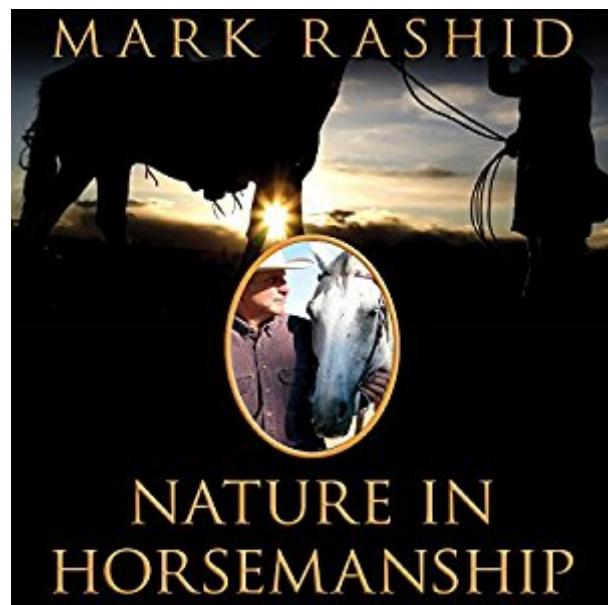


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# Nature In Horsemanship: Discovering Harmony Through Principles Of Aikido



## **Synopsis**

The popular and highly respected horse trainer Mark Rashid brings together Western and Eastern philosophies to demonstrate a seamless new incarnation of horse training. After years of helping "difficult" horses, Mark Rashid understands how to build the foundation of a horse's training and resolve any problems encountered along the way. He explains how he allows the traditionally firm or assertive approach of the old Western style to take some lessons from the softer conflict resolution and ego reduction approach that the Japanese martial art of aikido teaches. Rashid's ultimate goal is harmony between horse and rider.

## **Book Information**

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## **Customer Reviews**

I have read and at times re-read all of Mark's previously published Books. When I saw the title on this book, at first I passed. My thinking at the time was that I really wasn't interested in any form of the Martial Arts, even if it did somehow pertain to horsemanship. Then a few months later, I came upon it again. I had enjoyed and learned so much from his other books; I re-considered and order it. I'm very glad that I did! Another great book about how we learn about ourselves through our horses. I love the way Mark makes you think and doesn't make you think. Rather to feel and and look at issues that you may have with your horse from a different perspective. So, don't let the title fool you. There are many insightful ideas and stories, which I thoroughly enjoyed reading.

I've read all of Mark's books and just love his style and perspective, it's very practical and real. This book talks about the different viewpoint Aikido has given him with his work with horses, and you can see how it really does apply through his stories. This book isn't as much of a book about the horses

that he has worked with as the other books, altho there are many stories related in the book as he applies the Aikido principles to horse training, as well as to how horses think and react. This one gave me some interesting new perspectives to think about. All of his books are keepers-- ones I will read over and over, and this one is no exception!

I have never been disappointed in any of Mr. Rashid's books, this book is no exception. He has a very straight forward, honest approach to horsemanship; there are no magic wands, leads or halters. I loved his answer to the question about "Natural Horsemanship"! Thank you Mr. Rashid for sharing your experience, and knowledge. I'm looking forward to your next book!

I had hoped for a long time that Mark would write a book that spent more time discussing aikido and horsemanship. When this book was announced I Immediately pre-ordered it and when I finally got it 5 months later I was not disappointed. All of Mark's books are wonderful and it was through them and from seeing him in a few clinics at a horse expo that a 39 year old who had never had the remotest interest in martial arts came to be intrigued by aikido. If it can make me a better horse-person then it is worth trying right? Well little did I realize how huge an impact this martial art would have. Not only did it improve my riding and my relationship with my horse but it helped to improve my relationships with people and my entire outlook on life. Here three years later I am a brown belt in aikido with plans to take my shodan in a couple of years and continue on for as long as I can. This book only deepened my resolve to do so. I had the oportunity recently to thank Mark in person for his wonderful books and for introducing me to aikido and a new way of thinking about horses.

I've been a avid reader of horse and mule books for over 50 years. Mark Rashid is by far the best writer on the subject of relationship building with your equine partner, I have ever read. His insight on the mind of the horse and why it does what it does is brilliant. I have read all of his books and they captivate my attention from the very beginning. I have learned so much about my horses and mules and I continue to be thrilled that he never runs out of relevant material. I can't wait for his next, soon to be released, masterpiece. I highly recommend his books to anyone who really wants to understand their equine partner and do what is best for them and yourself in the process.

Evolving from Mr. Rashid's first book that discussed his combined philosophy of aikido and horsemanship titled, "Horsemanship Through Life," in my opinion "Nature in Horsemanship:

"Discovering Harmony Through Principles of Aikido" clearly brings a clear ending to his philosophy of passive horsemanship. Mr. Rashid has described his journey to finding his own unique style of horsemanship that has helped many people. Personally, I was pleasantly surprised at his introduction of more direct techniques of dealing with horses. Myself, being a dressage rider, I have always thought incorporating Mr. Rashid's ideas into movements of dressage such as the sidepass and introducing the horse to raising its forehand would help the movements flow more fluidly. With the completion of this book, I now understand that softness does not only encompass calmness and passivity, but direct methods as well, which allow for the rider to communicate to the horse that he must go forward. Visualization has helped me immensely with grounding the horses I was riding and gathering them into a perfect half. After reading "Nature in Horsemanship: Discovering Harmony Through Principles of Aikido," I understand that direct pressure is at times necessary in order to help the horse move forward.

This book deals with what the author has learned through the study of aikido. It describes many of the problems the author sees in the clinics he runs. And his own struggle to master aspects of the aikido discipline. While these two seem dissimilar, the author presents a different take on horsemanship using his training in aikido. It is a continued growth of this trainer from the early lessons from the old man through understanding both horses and riders.

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