



Tellington *TTouch* Training®

HORSE ASSESSMENT CHART

By being aware of how your horse responds to contact on every part of his body you can take the necessary steps to help improve his health, behaviour and well being.

Use the diagrams to mark areas of tension, 'ticklish' places, no-go areas, and places that are over or under developed. Mark patches that are cold or hot or areas where the coat is worn, raised, coarse or scurfy. Note which is the higher nostril, ear, shoulder, hip, and so on.

Watch your horse's reactions at all times and only carry out the flat hand assessment if it is safe to do so.

Date the chart and repeat the assessment every few weeks to follow your horse's progress. You may be amazed at how the simple TTEAM and Connected Riding Body Work exercises can change your horse.

Suggested Key:

W – warmer areas

C – colder areas

H – higher hip/nostril/ear/shoulder and so on

S - Scurf

L – lower hip/nostril/ear/shoulder and so on

R – rough or coarse coat

T – ticklish or sensitive areas

X – swirls

U – underdeveloped muscle

M – marks or rubs

O – overdeveloped muscle

N – no-go areas

Name of horse:.....

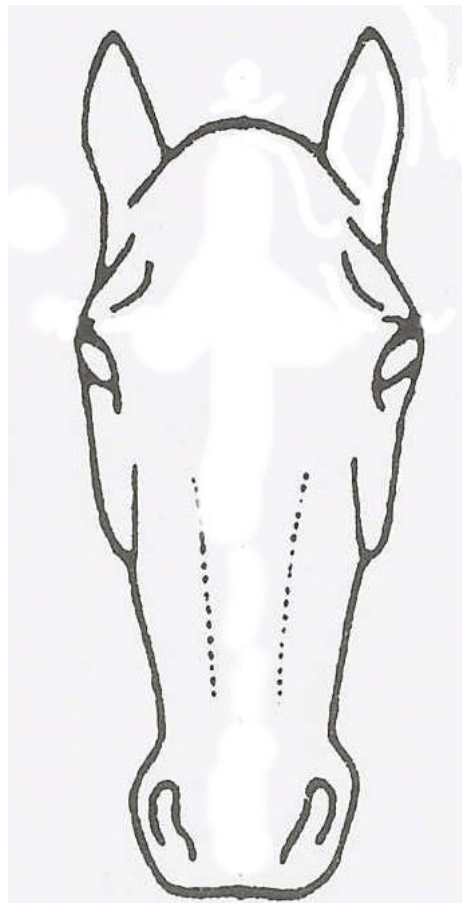
Age.....

Breed.....

.....

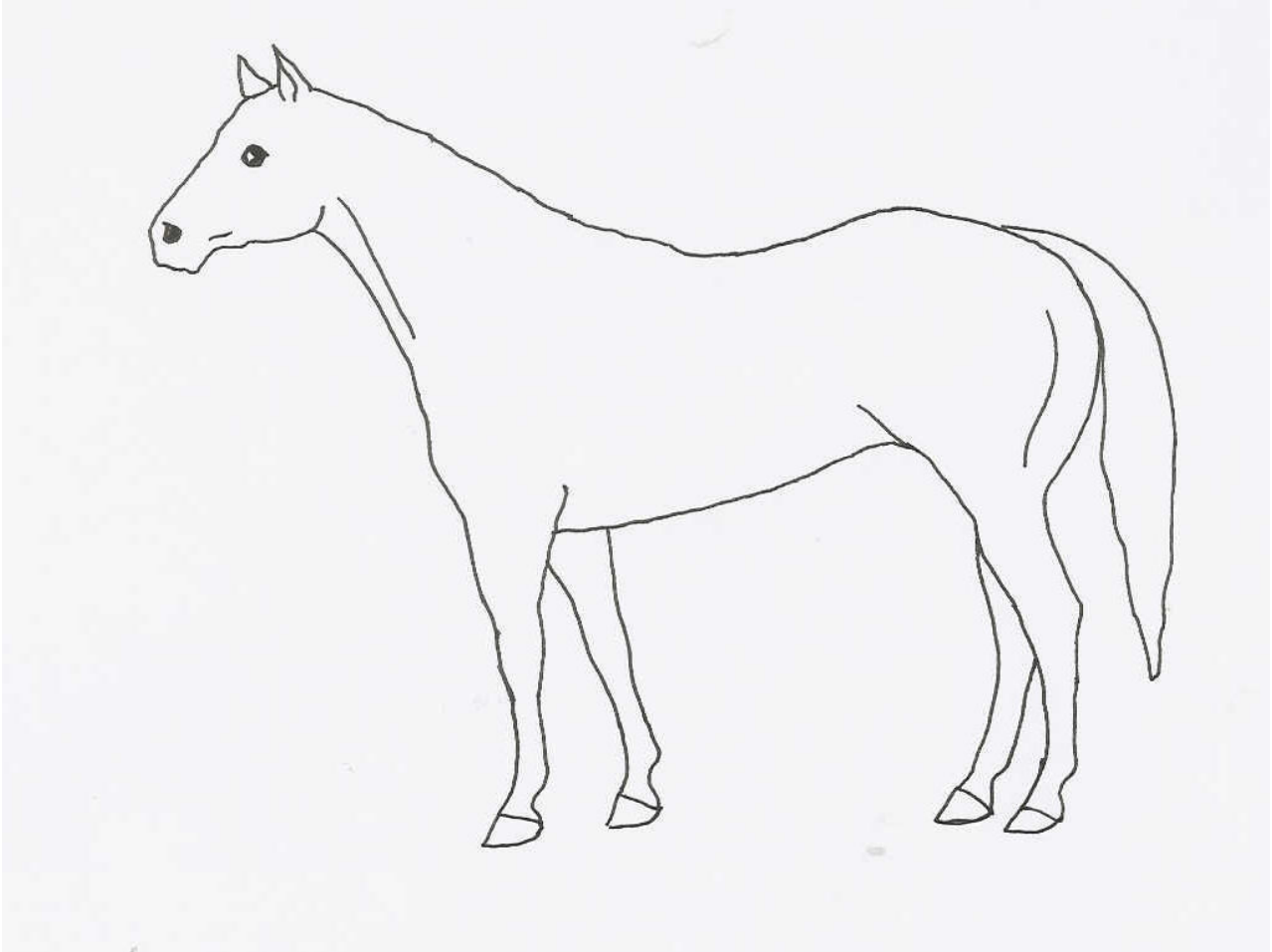
Date

Face



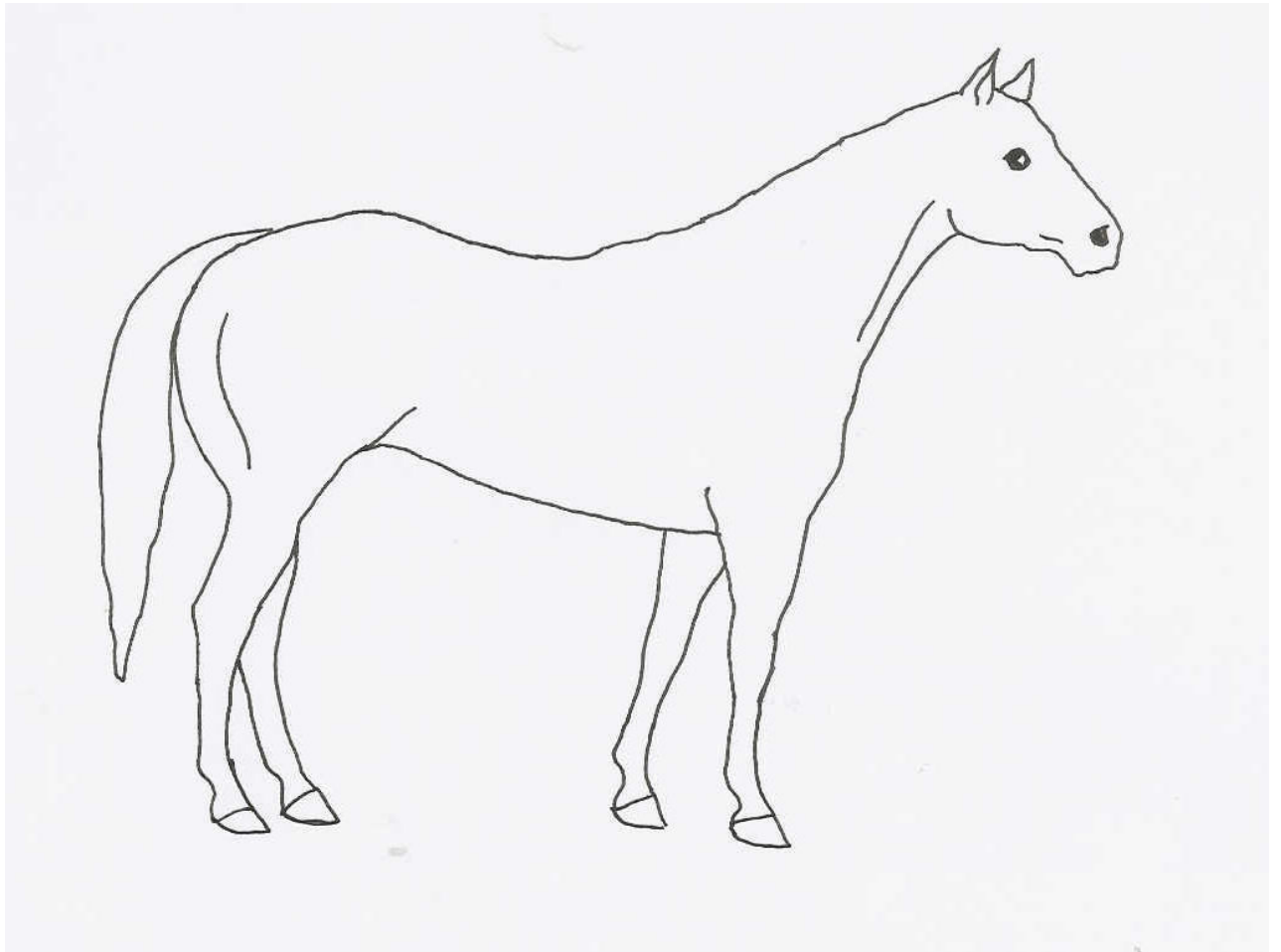
Notes

Near Side



Notes

Off side



Notes