

# Masterson Method® Deliberate Practice Worksheet

Name: \_\_\_\_\_

Date: \_\_\_\_\_

<b>Your Proficiency Self-Assessment Today</b>				
○ Not yet   ⊕ Intermittent   ⊕ Most of the time   ⊕ Consistently				
<b>PRINCIPLES</b>				
	○	⊕	⊕	⊕
Safety				
Horsemanship and handling				
Feel				
Flow (order of work, pace, etc.)				
Tuned in to the horse				
<b>TECHNIQUES</b>				
Lateral Cervical Flexion				
Head Down				
Head Up				
Head Up Variations				
LCF → Head Up				
TMJ				
Tongue Release(s)				
Scapula Release: Forward				
Scapula Release: Back				
Scapula Release: Arc/Yoga				
Scapula Release Rugby				
Wither Wiggle				
Under Scapula				
C7/T1				
Wither (T1-T8) Releases				
Sternum Roll				
Sternum Lift				
Six Hind End Points				
Psoas Points				
Sacrum Float				
Hind End Legs: Forward				
Hind End Legs: Back				
Hind End: Farrier Position				
Hind End: Stifle In/Out				
Hind End: Arc & Yoga				
Accordions				
Groin Release				
Hamstring Massage				
Sacro-lumbar/ITP				
Lateral Rocking				
Diagonal Rocking				
Dorsal Arch				
Diagonal Arch				

Technique/Principle I want to improve:

What I learned from rereading manual or from other resources:

What I learned from the Technique Breakdown video:

The one or two improvements I plan to practice:

**Answer these questions after your session**

What I noticed/learned/liked. What improved in the horse? Where is my new gap with this technique/principle?

What Technique(s)/Principle(s) will I work on improving next time?