



Lateral Cervical Flexion Technique: Q&A with Jim Masterson

Questions on the LCF video recording with Raindrop, an Appaloosa mare.

Time Code	Question
0:59-1:06	What are you doing with your nose hand and why? How does it change as her head comes down?
1:08-1:10	What are you doing with your neck hand? How light? Why are you moving it?
1:13	What are you feeling or seeing? (when you lift your nose hand and she drops her head)?
1:15	How are you getting that tiny wiggle?
1:22	Why do you release nose hand to move neck hand?
1:25	You move her head toward you and wait and she melts. What else are you doing?
1:28	What is your nose-hand thumb doing?
1:29	Both hands come off – why?
1:48-1:56	What were you feeling/seeing that made you release her nose? You say, “Keep coming as far as she can go, right about there.” Is that how you know you’re done with the flexion? How do you determine if you let the horse go or work your way back up the neck? What are the cues that tell you the horse is ready/open for you to go back up the neck with more movement in your neck hand? Once you’ve gone back up the neck, do you then let them go? The letting go piece seems pretty important.
1:57-2:20	You are watching her as you teach. What are you looking for? How do you know it’s time to start again? She rests her LH here at about 2:21. What might be the muscles that are releasing in the hind end when you do LCF?
2:29	How are you getting such a big wiggle? What does it feel like?
2:38	Nose had fingers look clenched and hard. Are they? What is thumb doing?
2:39-2:48	Neck hand is scooping and moving quickly. How hard are you pressing? What lead to doing that? What does this feel like between your hands? Is there a sequence to the waiting, watching eye to soften, wiggling, and flexing? Can you do it in the wrong order? Can you do any one step too much? Is the wiggling and flexing basically one move? The neck hand seems to be moving in a circular pattern—rather than linearly against the neck—with emphasis on the downward stroke. Is that intentional?
2:49-2:58	You pause when she reacts then keep working. How did you know to keep going (instead of stop)
3:00	Why are you holding the lead rope?
3:30-3:34	What are you experiencing during this entire sequence (it’s beautiful)
3:38-3:43	You wiggle, stop, wiggle, stop. What are you responding to?
3:43-3:47	Why are you lifting your fingers off? What did you do with your body weight and knees?

Time Code	Question
3:53	What did you see/feel when you lifted your neck hand?
3:55	You pull her neck around a lot – why?
3:57	Why do you lift your hand and wait? What did you feel/see?
3:58	Head toss - fidget or release – how can you tell?
4:00-4:02	Are you asking for her to lower her head or does she offer it?
4:02	Neck hand scooping seems forceful. How much pressure are you using?
4:05	Head – fidget or release?
4:08-4:11	Neck hand moves – in response to what?
4:12	Are you creating movement with both hands (using pressure with both)? What are you feeling under your hands?

General Questions

1. Where did you learn LCF? I can't imagine a horse taught you this, but a horse may have taught you to be soft. Is your version an adaptation of another modality? Why is yours better?
2. How do you feel in your chest and shoulders when you're doing LCF? I often get tense and lately I check my posture and visualize being really open and relaxed across the chest and radiating out through the shoulders. Do you find students often get too narrowly focused and/or tense in their bodies?
3. You often speak quite sweetly to horses which I think they pick up on. Is this intentional to help your energy shift? Do you do this when you're alone with a horse too? What do you recommend to those of us who work solo and may not be accustomed to talking out loud.
4. In the 5-Day Manual it says that we teach the LCF-HeadUp transition. Do you have anything to add about this, even though we're not seeing it in this video? When do you know it's appropriate to ask for this transition?