

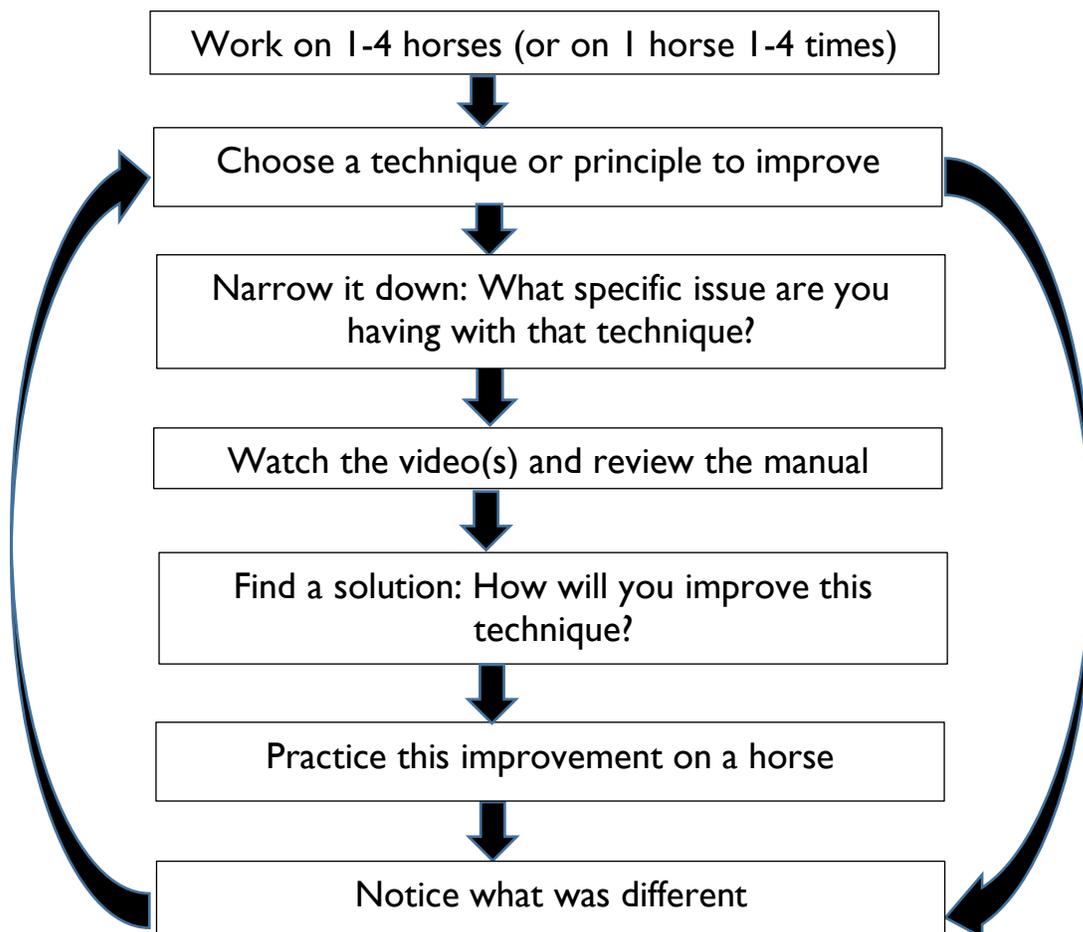


Deliberate Practice with The Masterson Method®

Deliberate practice is a reflective practice that will help strengthen your skills in The Masterson Method. Because all practicing creates new neural pathways in the brain that lock a new behavior in place, we want to be sure we're practicing a technique *correctly*. Instead of being perfectionistic, self-judgmental and tight, deliberate practice focuses on the gap between the way someone highly competent does something and what you as a learner are currently doing. **Deliberate practice delights in that gap because once you see it, you are on the path to improvement.**

Those who achieve mastery never stop noticing the gap between "what can be" and what they are doing; they essentially never stop improving. This Advanced Home Study Course gives you tools to keep getting better at the techniques you learned in your Advanced 5-Day Course, as well as the 5 primary principles of competence. But before we get into the details, here's how deliberate practice fits in to the big picture.

Deliberate Practice Flowchart



Deliberate Practice Steps

1. **Assess** yourself on the techniques using the self-assessment tool (see Sample next page). Pay particular attention to the techniques you like best, which you probably do well, and those that are your least favorite or you have trouble doing on most horses. Even a technique you do well can be deepened. Focusing on the techniques you are having difficulty with will make those techniques enjoyable too.

2. **Choose** one of these techniques to practice and write it in the Deliberate Practice Worksheet.

3. **Investigate:**

- Familiarize yourself with the purpose of the technique as well as the steps and body positions in the supporting material you have:
 - Advanced 5-Day Manual
 - That specific technique's Breakdown video in the Advanced Home Study Course
 - Advanced 5-Day Videos on Fieldwork website
 - Phase I Videos on Fieldwork website (or DVD)
 - Beyond Horse Massage Book and/or DVD
 - Other (Light to the Core, YouTube videos, etc.).
- If something stands out for you—things you hadn't noticed before, body mechanics, where you aren't sure what to do—make a note of it on your Deliberate Practice Worksheet.
- Look for 1-3 small changes you can make to improve that technique.

5. **Record** these 1-3 small changes on your Deliberate Practice Worksheet.

6. **Practice** these improvements on a horse without getting hyper-focused and tense about it. Simply go in the recommended order of techniques, and when you get to the technique you've chosen to practice, remind yourself of what you want to do differently, then give it a go.

7. **Re-evaluate:** What did you notice? What did you enjoy? What went well? (Write this down somewhere. This helps cement it in your mind.) Where is your new gap on this technique?

8. **Choose** another technique to work on, or continue with this technique to reinforce what you've learned.

SAMPLE Masterson Method® Deliberate Practice Worksheet Name: *Jane Doe*

Date: *Jan. 20, '21*

Your Proficiency Self-Assessment Today
 ○ Not yet ⊗ Intermittent ⊕ Most of the time ☺ Consistently

PRINCIPLES				
	○	⊗	⊕	☺
Safety			✓	
Horsemanship and handling			✓	
Feel		✓		
Flow (order of work, pace, etc.)		✓		
Tuned in to the horse			✓	
TECHNIQUES				
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		✓		
Sacro 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:
LCF

What I learned from rereading manual or from other resources:
Even though my hands are in the right position for LCF, I can't always get that soft wiggle.

What I learned from the Technique Breakdown video:
No wonder Missy throws her head and won't soften. My halter hand is much too heavy. And I haven't been pausing/softening after I reposition my neck hand. All this while I "keep her in the neighborhood."

The 1-3 improvements I plan to practice:
I want to work on "No-Yes" with my nose hand (rather than "No-No" or "Sure, whatever") and pause/soften after I reposition my neck hand. I want to keep both hands light.

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?
I wanted that tiny, relaxed wiggle on LCF on a horse that is moving away from me. When I kept both hands light and didn't pull on her when she moved her head away, then immediately asked her to come toward me again (No-Yes), it worked! She stopped fussing and we were both able to soften. I was so aware of my hands and what I was communicating to her. It was easy to get a high quality wiggle. I can see I need to keep practicing the timing of No-Yes so that it becomes my habit.

What Technique(s)/Principle(s) will I work on improving next time?
Sternum Roll and Sternum Lift. I'm not sure I'm accomplishing anything with those!