

Menu List

Main Menu Disc 1

1. Day 1

Page 1

- Chapter 1 - Introduction/Discussion
- Chapter 2 - Fluidity
- Chapter 3 - Friendly Game
- Chapter 4 - Porcupine Game
- Chapter 5 - YoYo Game
- Chapter 6 - Driving Game

Page 2

- Chapter 1 - Sideways
- Chapter 2 - Transitions/Trotting In
- Chapter 3 - Circle Game
- Chapter 4 - S's/Falling Leaf
- Chapter 5 - Conclusion - Day 1

2. Day 2

- Chapter 1 - Fluidity
- Chapter 2 - Tools & Techniques
- Chapter 3 - YoYo On 45' Line
- Chapter 4 - Sideways The 45' Line

Main Menu Disc 2

1. Day 2

Page 1

- Chapter 1 - Sideways - 45' Line
- Chapter 2 - Warm Up
- Chapter 3 - Controlling The HQ
- Chapter 4 - Leap Frog
- Chapter 5 - Transitions w/In Gait
- Chapter 6 - Carrot Stick Riding

Page 2

- Chapter 1 - Transitions
- Chapter 2 - Half-Halts/Pre-Signals
- Chapter 3 - Transitions
- Chapter 4 - Question Box

Main Menu Disc 2 - Cont'd

2. Day 3

- Chapter 1 - Ribs
- Chapter 2 - Simulations
- Chapter 3 - Fluidity
- Chapter 4 - Preparing For Liberty
- Chapter 5 - Sideways Over Pole

Main Menu Disc 3

Day 3

Page 1

- Chapter 1 - Liberty
- Chapter 2 - Ribs/Turns
- Chapter 3 - Simple Lead Changes
- Chapter 4 - Strategies For Bracing
- Chapter 5 - Haunches In
- Chapter 6 - Cone Alley

Page 2

- Chapter 1 - Rocking Front Feet
- Chapter 2 - Dragging The Tarp
- Chapter 3 - Conclusion - Day 3