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| **HORSE HARMONY TEST** |
| **Question** | **Not at All****(-1)** | **Sometimes****(1)** | **Often****(2)** |  | **Type** |
| Is fearful and flighty in scary situation |  |  |  |  | Water |
| Can lose focus easily but stays in control |  |  |  |  | Fire |
| Has more problems in the fall |  |  |  |  | Metal |
| Does not like to be told how to do his job |  |  |  |  | Tai Yin |
| Gets frustrated with poor handling |  |  |  |  | Tai Yin |
| Is happy to comply with your requests |  |  |  |  | Shao Yin |
| Is very tolerant of mistakes |  |  |  |  | Shao Yin |
| Has a mercurial personality |  |  |  |  | Jue Yin |
| Likes sweets |  |  |  |  | Tai Yin |
| Can be a very picky eater |  |  |  |  | Fire |
| Is capable of quick cat-like movements |  |  |  |  | Shao Yang |
| Is aggressive around other horses |  |  |  |  | Wood |
| Physical ailments include cough, dry skin, or impaction colic |  |  |  |  | Metal |
| Sweats excessively when anxious |  |  |  |  | Tai Yang |
| Can be a very hard keeper if unhappy |  |  |  |  | Yang Ming |
| Is sensitive to pain |  |  |  |  | Fire |
| Has long legs and an upright head carriage |  |  |  |  | Water |
| Has a fine hair coat even in the colder weather |  |  |  |  | Fire |
| **Question** | **Not at All****(-1)** | **Sometimes****(1)** | **Often****(2)** |  | **Type** |
| Becomes irritable and resistant in a scary situation |  |  |  |  | Wood |
| Tends to bolt when spooked |  |  |  |  | Jue Yin |
| Feels pain but is willing to work with it |  |  |  |  | Yang Ming |
| Physical ailments include stocking up, indigestion, sway back, or moist skin eruptions |  |  |  |  | Earth |
| Is a good show mount with rank beginners |  |  |  |  | Shao Yin |
| Has the most trouble with the respiratory system or large intestine |  |  |  |  | Metal |
| Can get stiff in the lower leg joints |  |  |  |  | Tai Yin |
| Can be temperamental and moody |  |  |  |  | Shao Yang |
| Is happy to try any task |  |  |  |  | Yang Ming |
| Has more problems in spring |  |  |  |  | Wood |
| Has a wide forehead and thick lips |  |  |  |  | Earth |
| Is very fast in speed events |  |  |  |  | Shao Yang |
| Is capable of quick and powerful movement |  |  |  |  | Jue Yin |
| Gets stiff and rigid in his body if you encounter a training issue |  |  |  |  | Metal |
| Has the most trouble with connective tissues |  |  |  |  | Wood |
| Tolerates mistakes to a point then bucks |  |  |  |  | Yang Ming |
| Physical ailments include tendon or ligament injuries, itchy skin, or uveitis (chronic eye inflammation) |  |  |  |  | Wood |
| Body can seem out of proportion, with head and/or feet seeming too large |  |  |  |  | Shao Yin |
| Has a well-developed sense of humor |  |  |  |  | Jue Yin |
| Is thin but fit with regular feed and work |  |  |  |  | Wood |
| Shows concern by freezing and raising his head high |  |  |  |  | Yang Ming |
| **Question** | **Not at All****(-1)** | **Sometimes****(1)** | **Often****(2)** |  | **Type** |
| Can have a narrow chest, especially when young |  |  |  |  | Tai Yang |
| Learns quickly if lessons are not too complicated |  |  |  |  | Yang Ming |
| When being introduced to new lessons, may need to repeat tasks often until he gets them |  |  |  |  | Metal |
| Performs best when work is physically and mentally challenging |  |  |  |  | Shao Yang |
| Gets worried in a scary situation but internalizes his concerns |  |  |  |  | Earth |
| When being introduced to a new lesson, gets bored quickly once he grasps new concepts |  |  |  |  | Wood |
| Does best on a low-carb diet |  |  |  |  | Jue Yin |
| Tends to have hair loss around his ears and forehead during hot weather |  |  |  |  | Metal  |
| Can be a slow eater |  |  |  |  | Shao Yin |
| Will paw and kick if kept in a staff for long periods |  |  |  |  | Wood |
| Does well with amateurs |  |  |  |  | Yang Ming |
| Has a high pain tolerance |  |  |  |  | Tai Yin  |
| Does best in activities that are not physically challenging |  |  |  |  | Shao Yin |
| Has fine bones compared to other horses of the same breed |  |  |  |  | Fire |
| Is worse when the weather is damp |  |  |  |  | Earth |
| Is extremely sensitive to touch especially around the girth area |  |  |  |  | Shao Yang |
| Eats well even when under stress |  |  |  |  | Tai Yin |
| Prefers work that emphasizes speed over precision |  |  |  |  | Tai Yang |
| Stays lean with good muscle with normal feed and work |  |  |  |  | Metal |
| When around other horses, is the favorite of the young horses |  |  |  |  | Water |
| Is a natural, friendly herd leader |  |  |  |  | Tai Yang |

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| **Question** | **Not at All****(-1)** | **Sometimes****(1)** | **Often****(2)** |  | **Type** |
| Is worse when the weather is cold |  |  |  |  | Water |
| Likes work that is interesting but not scary |  |  |  |  | Jue Yin |
| Is okay with being by himself when around other horses |  |  |  |  | Metal |
| Is worse when the weather is dry |  |  |  |  | Metal |
| Has a high head carriage |  |  |  |  | Tai Yang |
| Is capable of prolonged hard work |  |  |  |  | Tai Yin |
| Can be sensitive about being saddled and having the girth lightened |  |  |  |  | Fire |
| Has a better appetite when working hard |  |  |  |  | Shao Yang |
| Physical ailments include arthritis with cartilage damage, low back pain, hind end weakness  |  |  |  |  | Water |
| Is overweight with normal feeding and work |  |  |  |  | Earth |
| Gets along with other horses even when first meeting them |  |  |  |  | Shao Yin |
| Loves food and will do anything for treats |  |  |  |  | Earth |
| Becomes afraid and unmanageable if you encounter a training issue |  |  |  |  | Water |
| Likes company |  |  |  |  | Shao Yin |
| Loses weight easily when stressed or worked hard |  |  |  |  | Fire |
| May roll his tongue out of his mouth when anxious or wanting attention |  |  |  |  | Fire |
| Has more problems in the winter |  |  |  |  | Water |
| Has a very willing friendly attitude toward work |  |  |  |  | Yang Ming |
| Has endless endurance |  |  |  |  | Tai Yang |
| Is a horse most people would consider pretty |  |  |  |  | Fire |
| Has the most trouble with the urinary system |  |  |  |  | Water |
| **Question** | **Not at All****(-1)** | **Sometimes****(1)** | **Often****(2)** |  | **Type** |
| Has more problems in late summer |  |  |  |  | Earth |
| Is steady and willing but does not like to work hard |  |  |  |  | Earth |
| Does not like to stand still |  |  |  |  | Tai Yang |
| Is capable of hard work if he likes the work |  |  |  |  | Jue Yin |
| Has a very steady disposition |  |  |  |  | Tai Yin |
| Becomes angry if you encounter a training issue |  |  |  |  | Wood |
| Does not fit into a herd well |  |  |  |  | Yang Ming |
| Gets grumpy when you introduce new lessons |  |  |  |  | Earth |
| Gets tense and stuck in the feet when learning new lessons |  |  |  |  | Jue Yin |
| Is low in pecking order with other horses |  |  |  |  | Jue Yin |
| Tends to weave or fence walk when kept in a small area |  |  |  |  | Shao Yang |
| Has moderate speed but very consistent |  |  |  |  | Tai Yin  |
| Learns slowly and must be supported for even slight progress when being introduced to new things |  |  |  |  | Water |
| Has very strong bone and upright feet and pasterns |  |  |  |  | Metal  |
| Often has an impish facial expression |  |  |  |  | Jue Yin |
| Becomes intensely focused when working |  |  |  |  | Shao Yang |
| Is well-mannered on the ground if not forced to stand still for long periods |  |  |  |  | Tai Yang |
| Never forgets a bad experience |  |  |  |  | Yang Ming |
| Loves to trot |  |  |  |  | Tai Yang |
| Likes kids and beginner riders who ask less of him |  |  |  |  | Earth |
| Does best with a person he likes |  |  |  |  | Tai Yin |
| **Question** | **Not at All****(-1)** | **Sometimes****(1)** | **Often****(2)** |  | **Type** |
| Stays weedy looking with regular feed and work |  |  |  |  | Water |
| Is very difficult to handle on the ground |  |  |  |  | Shao Yang |
| Can have trouble focusing |  |  |  |  | Tai Yang |
| Needs frequent breaks in work to avoid physical and emotional burnout |  |  |  |  | Shao Yin |
| Is worse when the weather is windy |  |  |  |  | Wood |
| Gains or loses weight if diet is not monitored closely |  |  |  |  | Shao Yin |
| Has more problems in summer or hot weather |  |  |  |  | Fire |
| Can strike or kick in an emotional outburst |  |  |  |  | Shao Yang |
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| **TOTALS** |  |  |  |  |  |
| **EARTH** |  |  |  |  |  |
| **FIRE** |  |  |  |  |  |
| **METAL** |  |  |  |  |  |
| **WATER** |  |  |  |  |  |
| **WOOD** |  |  |  |  |  |
| **SHAO YANG** |  |  |  |  |  |
| **TAI YANG** |  |  |  |  |  |
| **JUE YIN** |  |  |  |  |  |
| **SHAO YIN** |  |  |  |  |  |
| **TAI YIN** |  |  |  |  |  |
| **YANG MING** |  |  |  |  |  |