



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

Horse Harmony Test

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

Horse Harmony Test

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 stall 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

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

Horse Harmony Test

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

Horse Harmony Test

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
TOTALS					
EARTH					
FIRE					
METAL					
WATER					
WOOD					
SHAO YANG					
TAI YANG					
JUE YIN					
SHAO YIN					
TAI YIN					
YANG MING					