

**Five Element Equine Checklist**  
**What Chinese Five Element Personality is Your Horse?**  
**Check the traits that apply & add up the score**

**FIRE – The Chestnut Show Hunter**

- Feels most confident with other horses
- Vocal; talks to owner and horses
- Easily bored; short attention span
- Playful
- Sensitive to cues and mood of rider
- Dramatic response (often rearing) to stimuli
- Easily excitable
- Spooky
- Loves stimulation
- Likes to play with lead ropes, flap lips, loll tongue
- Stall vices...weaving, neuroses, self mutilation
- Irritable during heat cycles; forelimb lameness
- Anhydrosis, lower back pain, ovarian dysfunction
- Laryngitis, sinus trouble
- Hives
- Sound: ringing whinney...likes to greet owner and horses
- Prefers the herd, often passionately
- Loves attention, admiration, stimulation, contact

**TOTAL:** \_\_\_\_\_

**EARTH – The Dependable Lesson Horse**

- Amiable, kind, grounded
- Tolerant
- Loves food, often sweets
- Agreeable with herdmates
- Pushy
- Resists by going slower
- Easy keeper
- Stocks up
- Loose manure
- Worries
- Stubborn
- Cribber
- Stifle, medial hind leg problems
- Hematomas, bleeding problems
- Chronic muscle soreness, often back soreness
- Sound: Chewing, low nicker
- Sensitive to damp conditions
- Fungal and mold related conditions

**TOTAL:** \_\_\_\_\_

**METAL – The Hard Working Ranch Horse**

- No nonsense
- Likes routine, responds poorly to change
- Likes order and control, i.e. controlling cattle
- Lean, spare physique
- Stoic, unemotional, restrained
- Resists training by becoming stiff and remote
- Neutral to negative about grooming
- Reliable and businesslike
- Sensitive to dryness
- Chronic nasal discharge
- Chronic dry cough
- Dry skin and lackluster coat
- Rigid, inverted neck
- Muscle atrophy and restricted range of motion
- Constipation
- Impaction colic
- Sound: Silent
- Tough and generally holds up well to hard work

**TOTAL:** \_\_\_\_\_

**WATER – The Herd Matron**

- Suspicious
- Independent
- Emotionally distant
- Fearful
- Resists by freezing or violently spooking
- Difficult to teach to respond rather than to react
- Forms trusting bonds with only one or few people
- Changes dramatically and quickly
- Huge hip and pelvis
- Benign dictators of herd
- Excellent broodmare if well managed
- Fertility issues
- Exuberant bony tissue
- Arthritis, often worsens with cold
- Bladder problems
- Lumbar pain
- Tooth problems
- Sound: suspicious snort

**TOTAL:** \_\_\_\_\_

**WOOD – The Elite Racehorse**

- Pins ears
- Moody
- Impatient, angry
- Competes with other horses and trainer
- Likes to work
- Resists by bucking, rearing, striking, biting
- Loves speed rather than finesse
- Likes to win
- Dominant with people and horses
- Bold
- Muscle spasms and tendon issues
- Eye problems
- Hives
- Hock and hip pain, especially along the Gallbladder channel
- Tying up
- Dry hooves
- Worsen with wind
- Sound: pawing hoof

**TOTAL:** \_\_\_\_\_

Thanks to Dr. Pam Muhonen for this questionnaire.