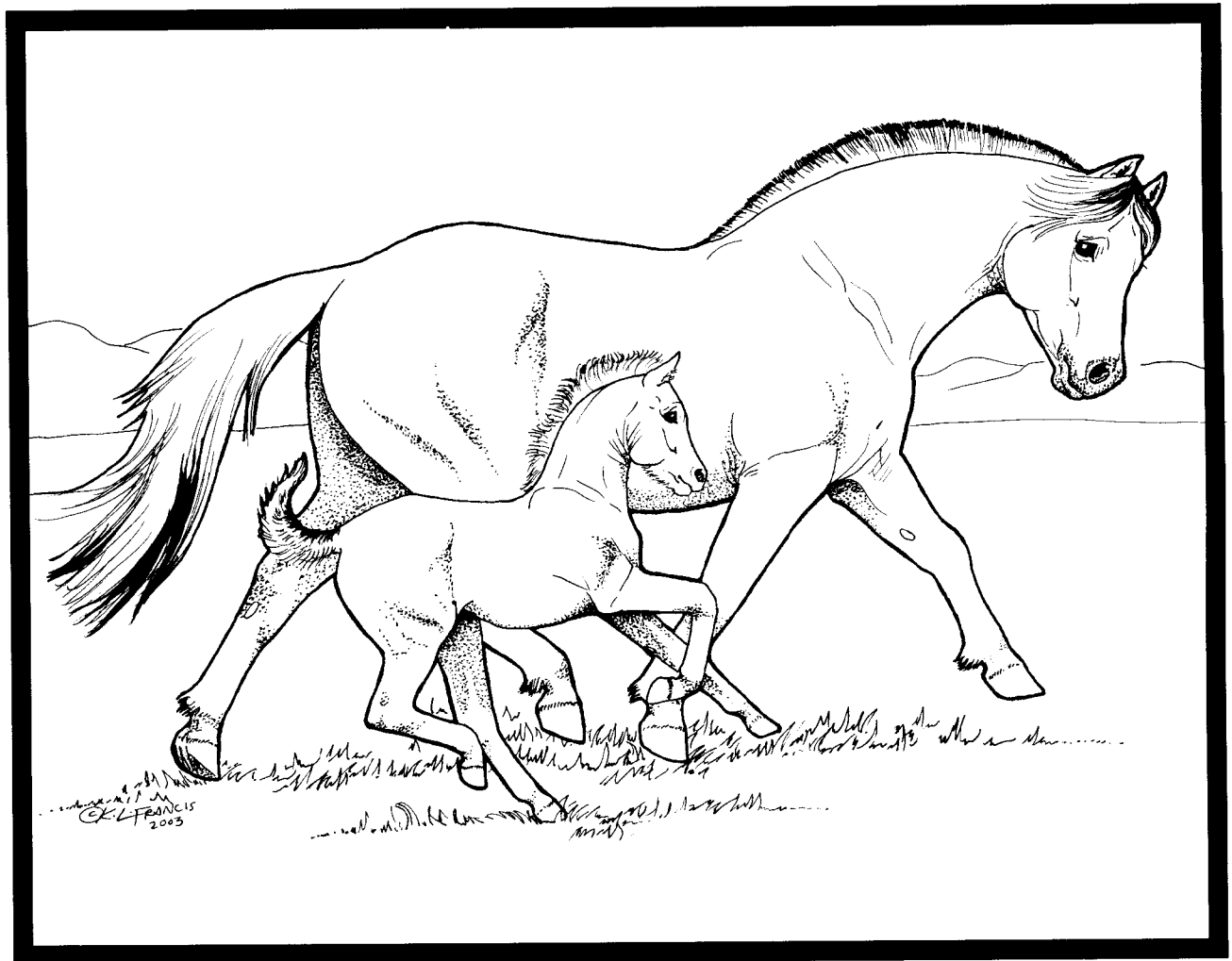


# Norwegian Fjord Horse Coloring Book



Drawings by Kristina Lucas Francis

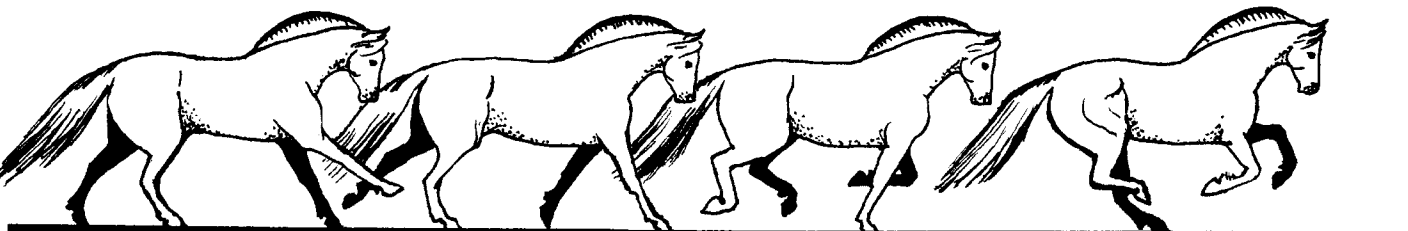
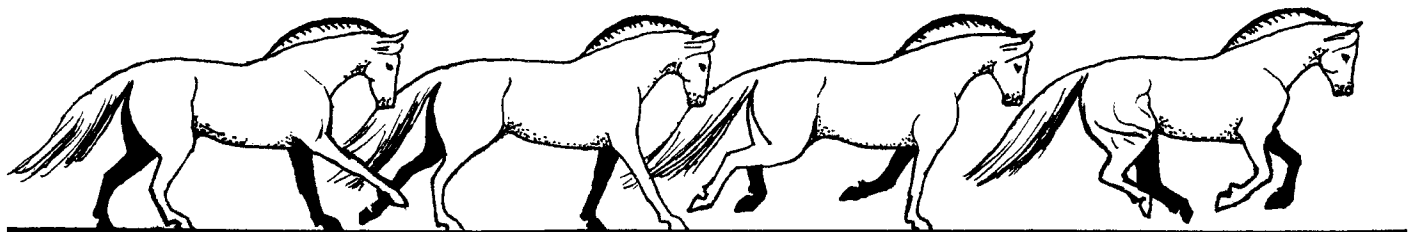
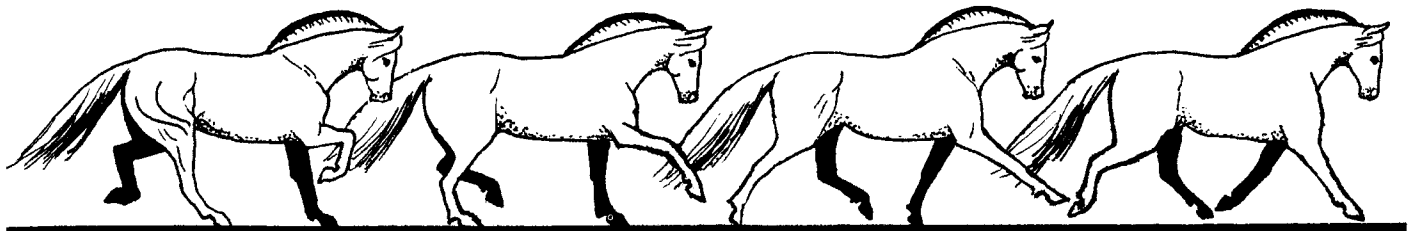
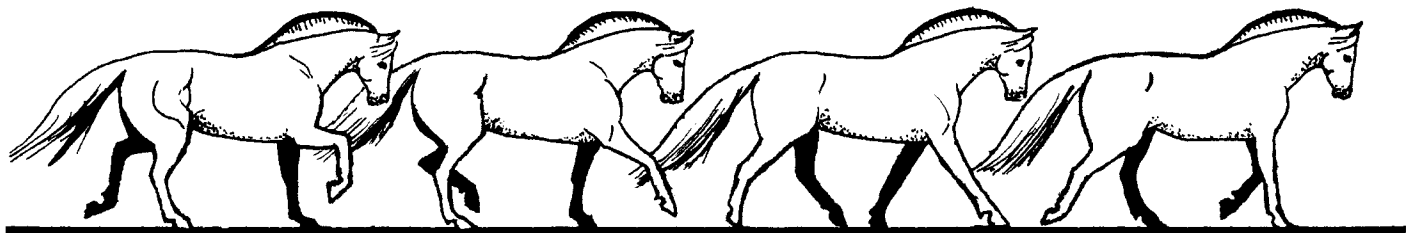
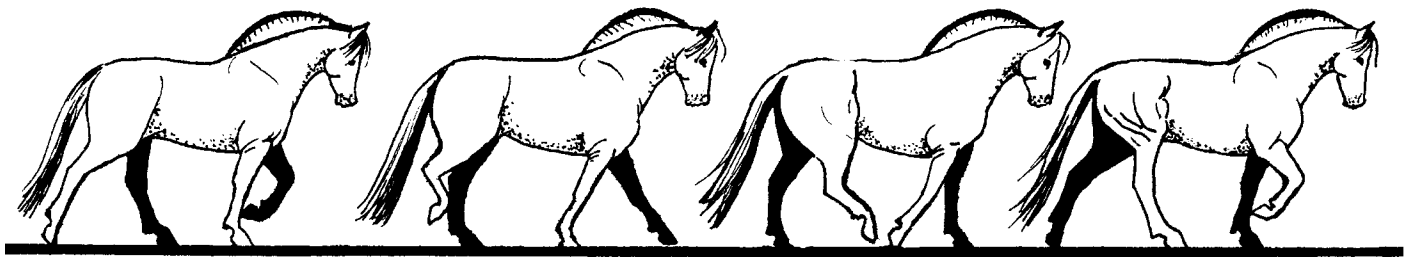
**The Norwegian Fjord Horse is one of the world's oldest and purest breeds. It is believed that the original Fjord Horse migrated to Norway and was domesticated over 4,000 years ago. Herds of wild Fjord Horses existed in Norway after the last ice age. Archaeological excavations at Viking burial sites indicate that the Fjord Horse has been selectively bred for at least 2,000 years.**

**The charming, gentle disposition of the Fjord Horse is its most outstanding quality. They are hardy, long lived, agile, sure-footed, and willing. They love attention, are "people oriented", and are happiest when they are working. They learn fast and have an amazing ability to retain what they have learned even after long periods of inactivity. Their cool temperament and graceful, balanced gaits both under saddle and in harness, make them the ideal family horse. They are used for schooling horses for the young or inexperienced rider, yet are large and powerful enough for adults to ride and enjoy.**

**One of their unique characteristics is that approximately 90% of all Fjord Horses are brown dun in color. The other 10% are either red dun, gray, white or "uls" dun, or yellow dun. The Fjord Horse retains the "wild" dun color of the original horse as well as the primitive markings which include zebra stripes on the legs and a dorsal stripe that runs from the forelock down the neck and back and into the tail. Dark stripes may also be seen over the withers. Red duns have reddish-brown stripes and body markings. Gray duns have black or very dark gray stripes and markings. The white or "uls" dun is a very light body color with black or gray stripe and markings. The yellow dun have a darker yellow stripe and markings. They may have a completely white forelock, mane and tail. The yellow dun is a very rare color in the breed.**

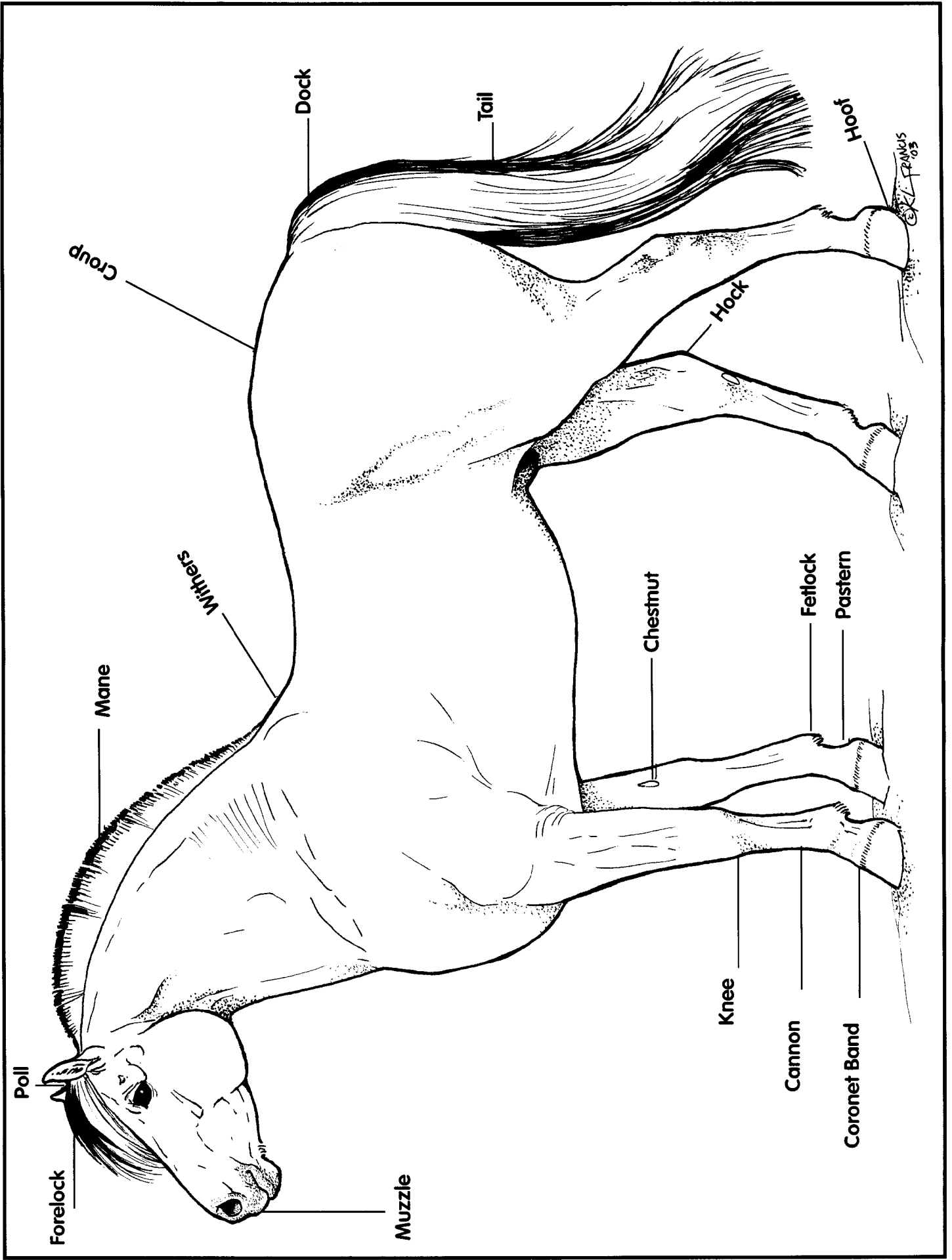
**Another unique characteristic of the Fjord Horse is the mane. The center hair of the mane is dark (usually black) while the outer hair is white. The mane is cut short so it will stand erect. It is trimmed in a characteristic crescent shape to emphasize the graceful curve of the neck. The white outer hair is then trimmed slightly shorter than the dark inner hair to display the dramatic dark stripe.**

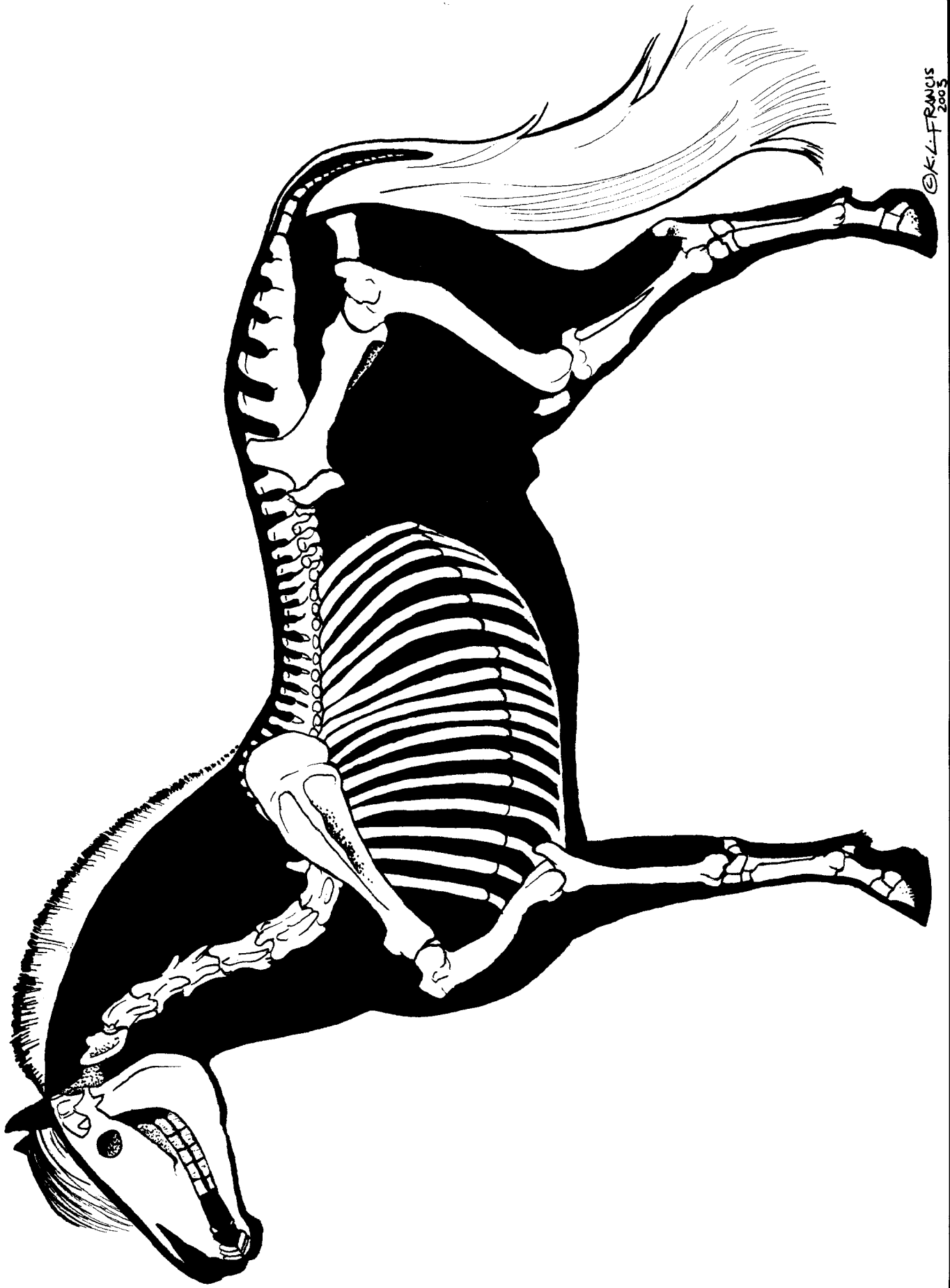
**The head and neck should present an appearance of elegance without coarseness. The head is medium sized and well defined with a broad, flat forehead and a straight or slightly dished face. The eyes are large. Ears are small and alert. The neck of the Fjord is well muscled and crested. The body is short coupled with good depth, large heart girth, and well developed muscles. The legs are powerful, with substantial bone and excellent feet which are black in color. Fjords generally range in size from 13.2 to 14.2 Hands and weigh between 900 and 1200 pounds at maturity, with a few individuals ranging outside these measurements.**



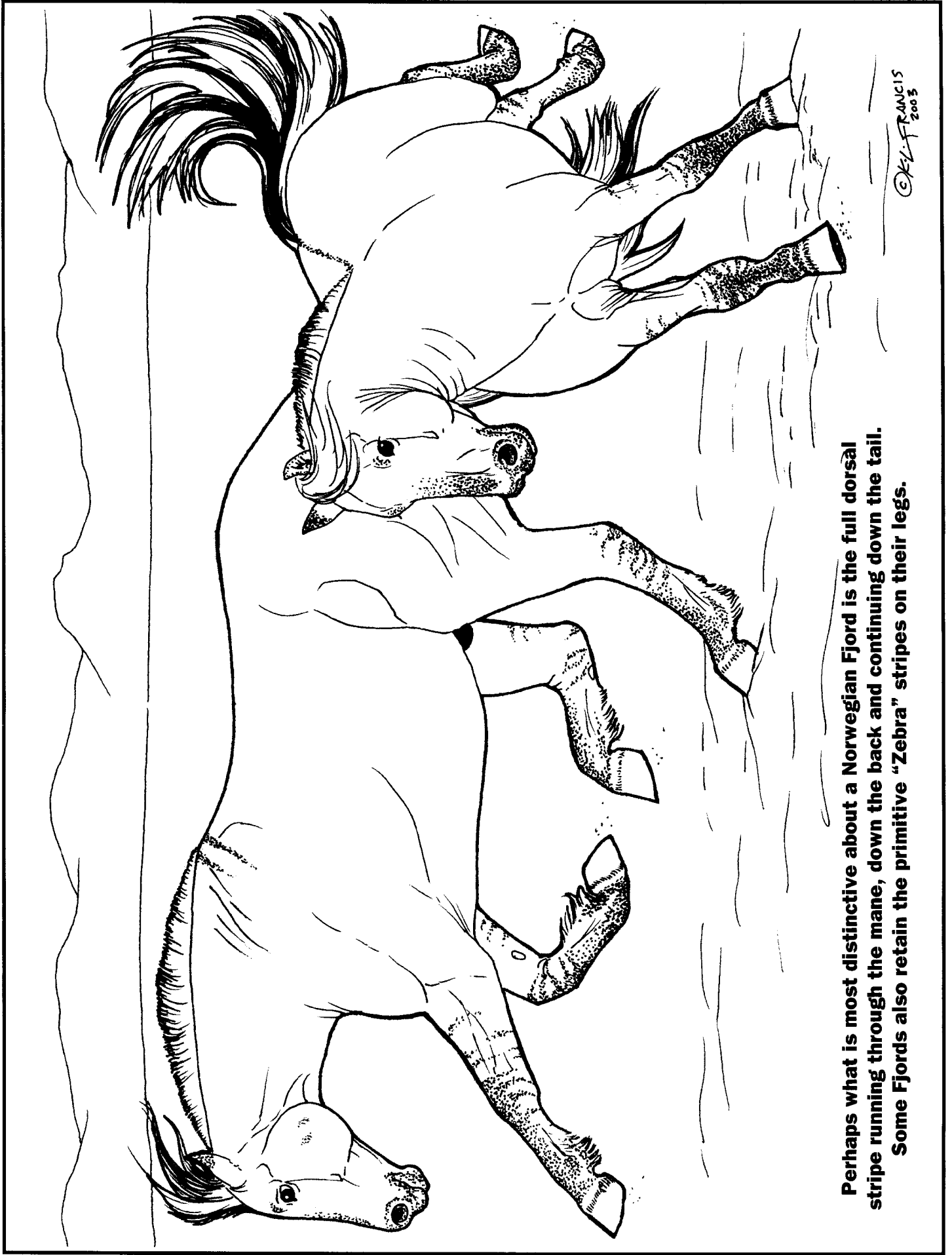
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1983

**Fjords are not gaited horses. They have four main gaits, like other non-gaited horses: the walk, trot (jog), canter (lope), and gallop.**



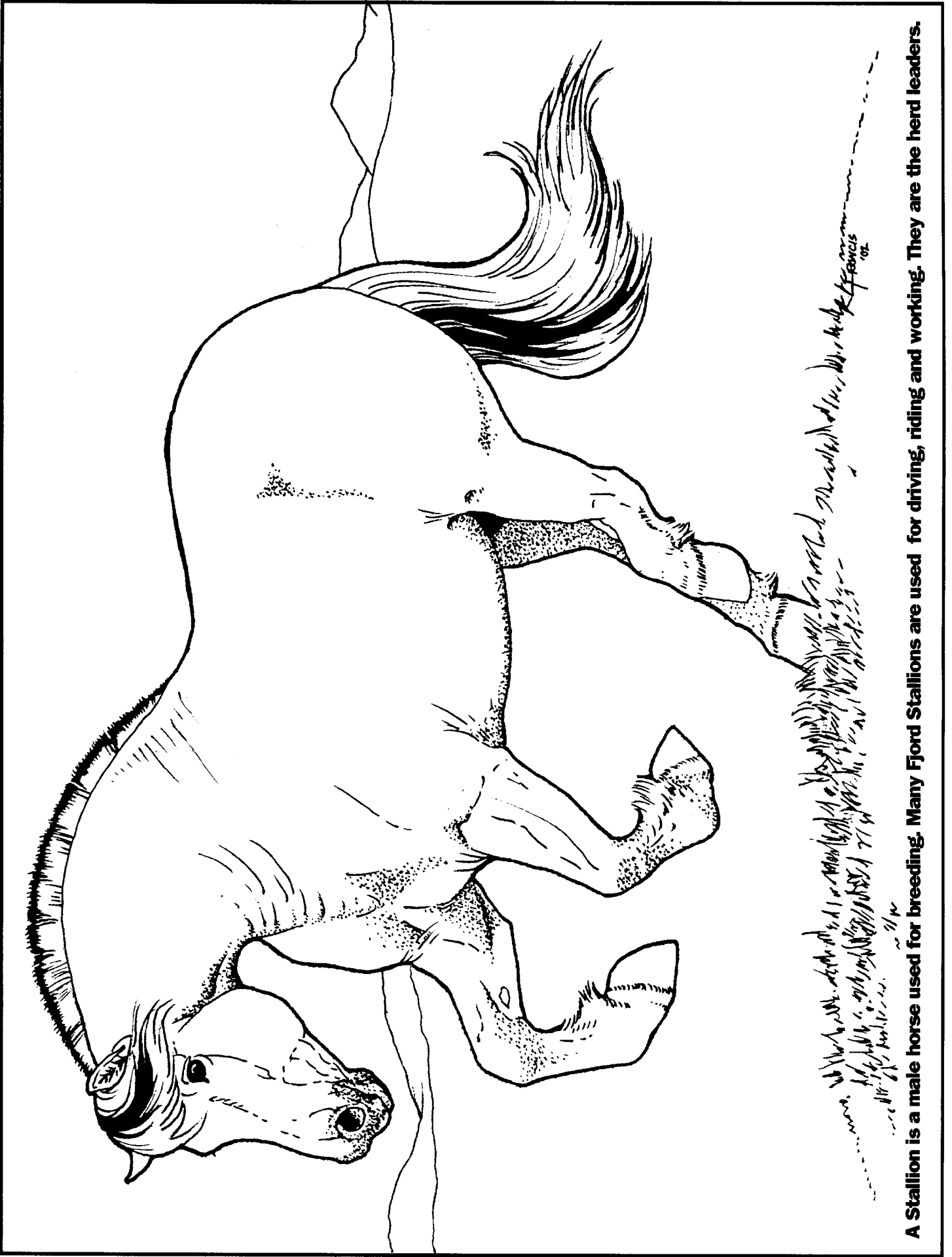


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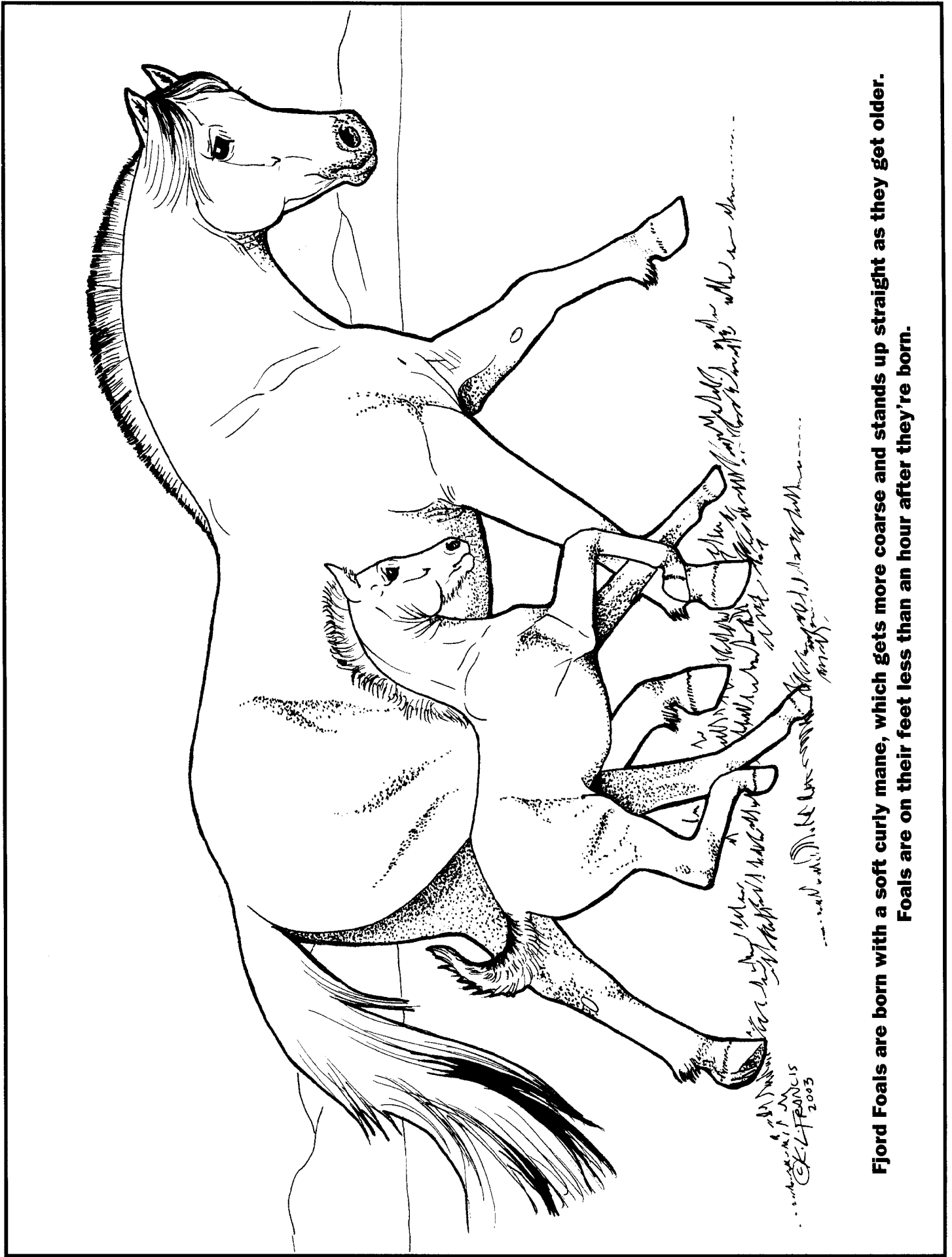
Perhaps what is most distinctive about a Norwegian Fjord is the full dorsal stripe running through the mane, down the back and continuing down the tail. Some Fjords also retain the primitive "Zebra" stripes on their legs.

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2003



*My horse is a stallion. He is used for breeding, riding and working. He is the herd leader.*

**A Stallion is a male horse used for breeding. Many Fjord Stallions are used for driving, riding and working. They are the herd leaders.**

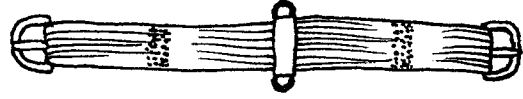
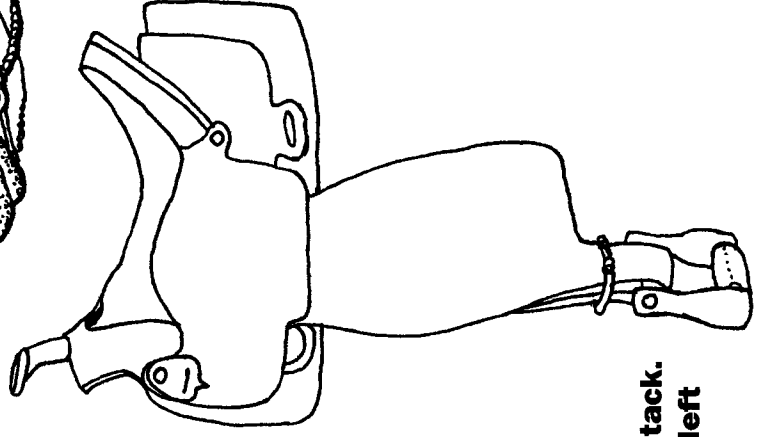
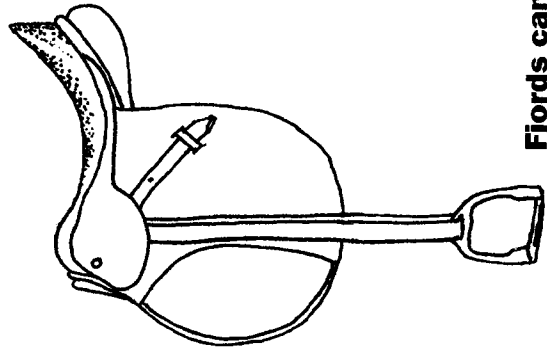
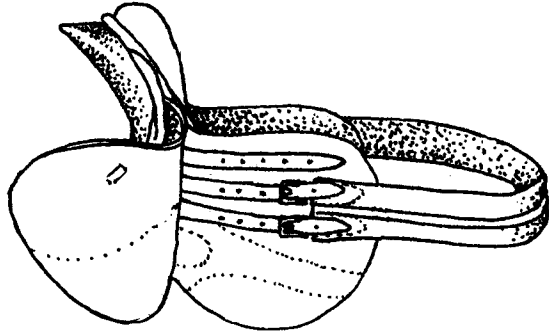
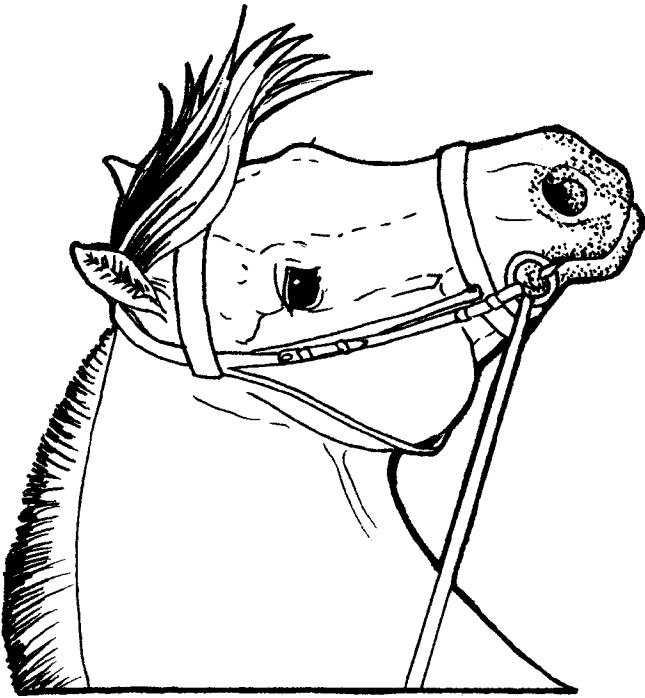


**Fjord Foals are born with a soft curly mane, which gets more coarse and stands up straight as they get older.  
Foals are on their feet less than an hour after they're born.**

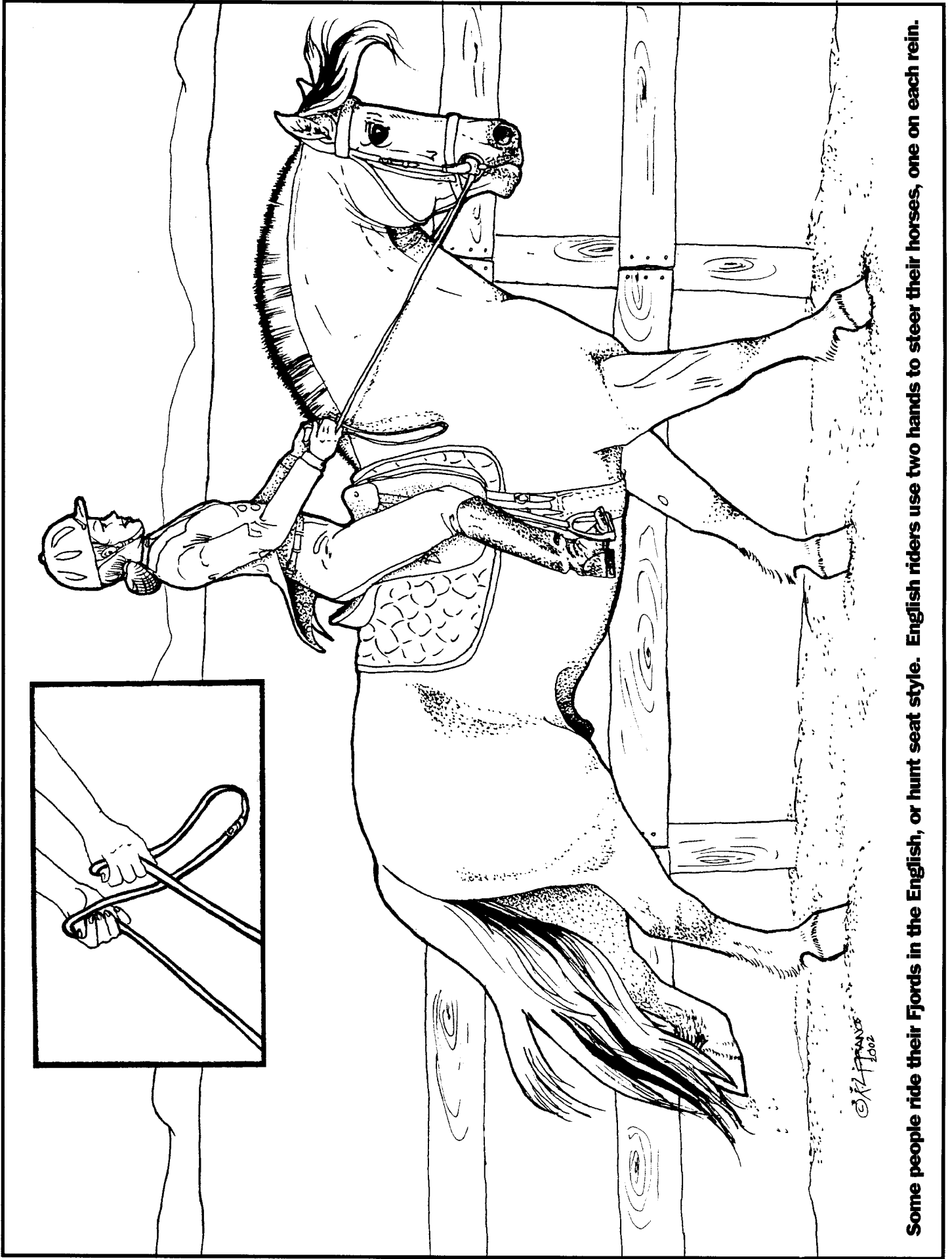




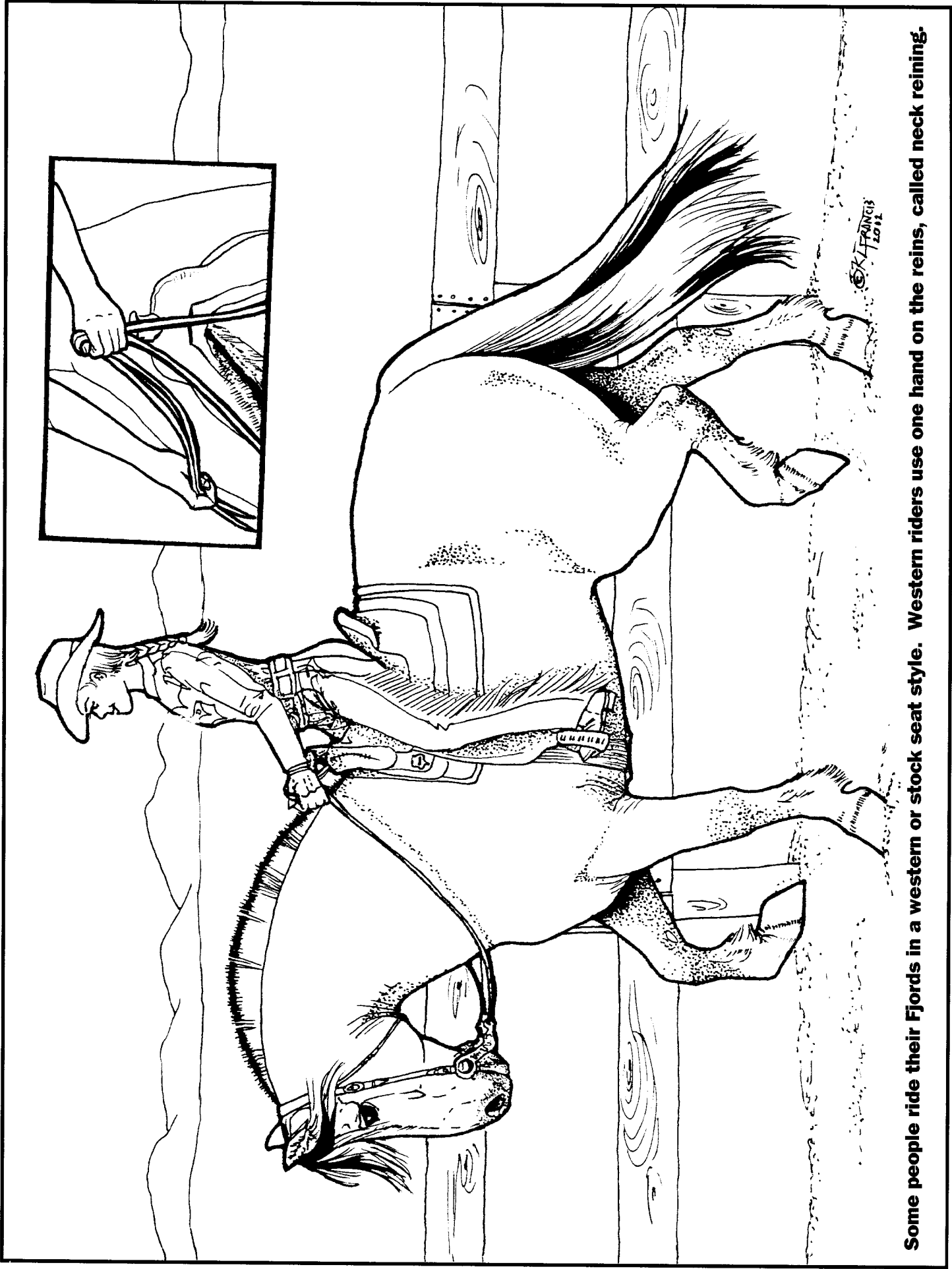
**A baby horse called a foal, is on his feet soon after birth. A female foal is a filly and a male foal is a colt. Fjord foals love to run and play under their mothers' careful supervision. A female horse is called a mare. A stallion is a male used for breeding. Geldings are male horses not used for breeding.**



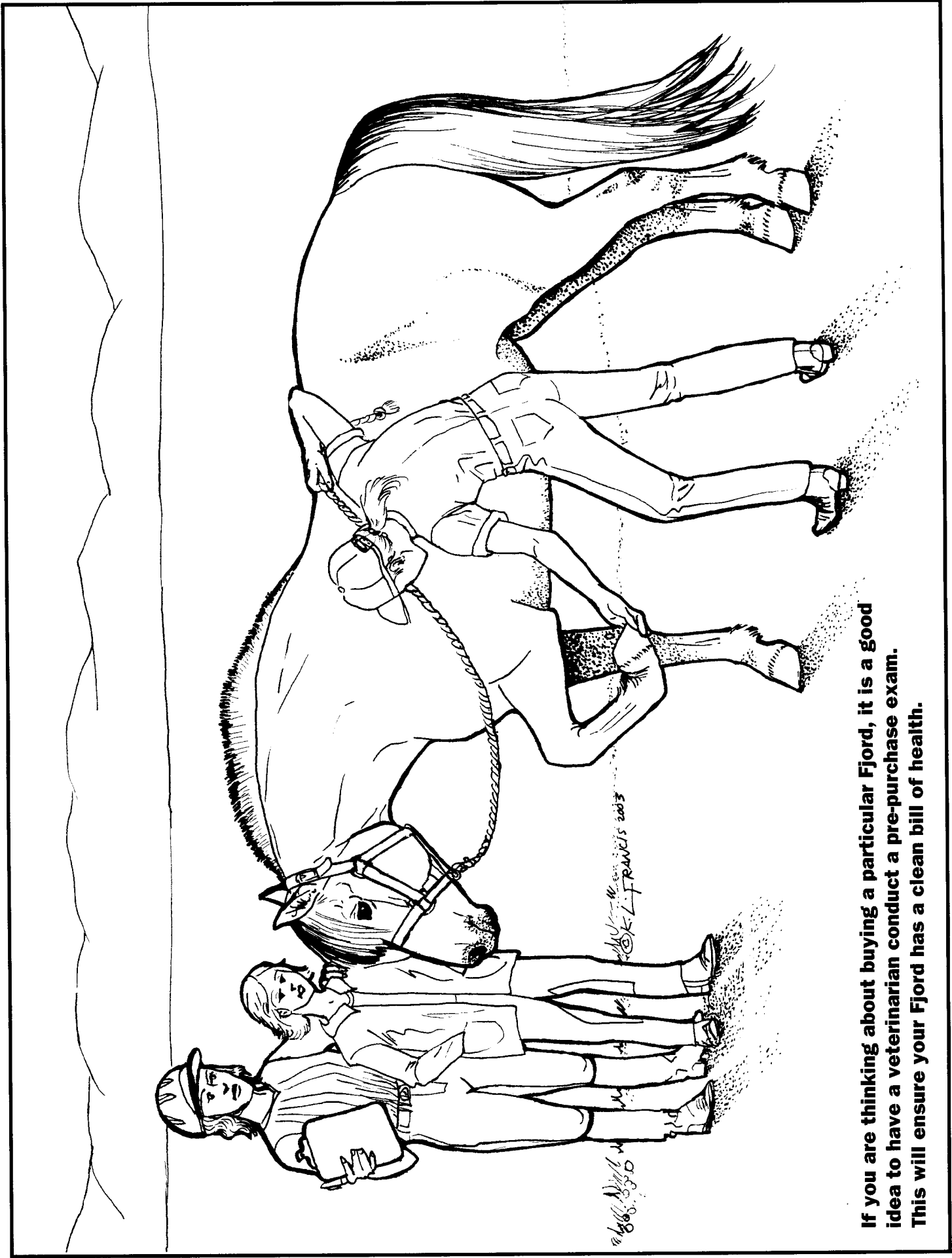
**Fjords can be ridden in different styles, with different tack.  
Here, an English saddle and bridle are shown on the left  
and a western saddle and bridle on the right.**



Some people ride their Fjords in the English, or hunt seat style. English riders use two hands to steer their horses, one on each rein.

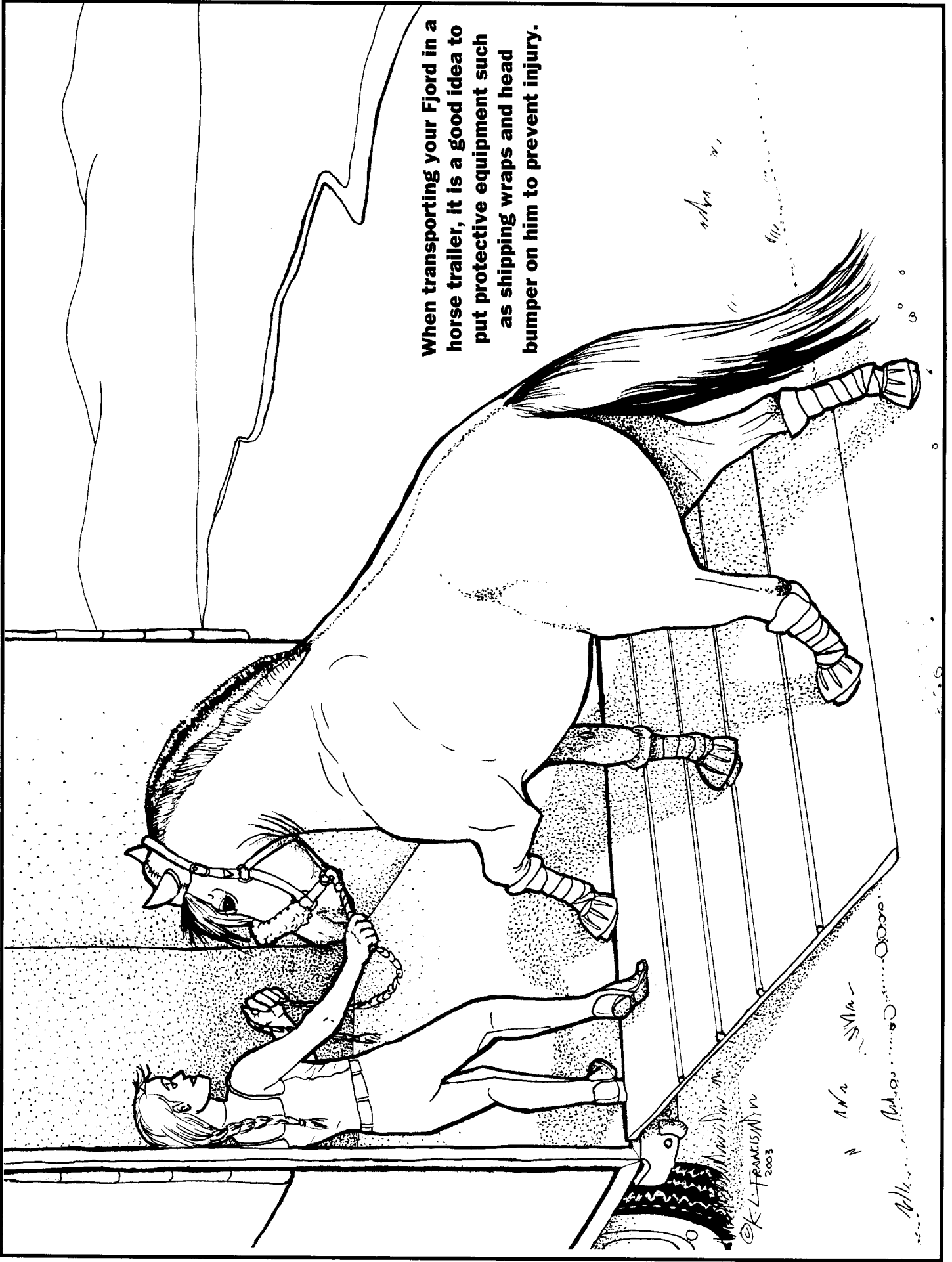


Some people ride their Fjords in a western or stock seat style. Western riders use one hand on the reins, called neck reining.

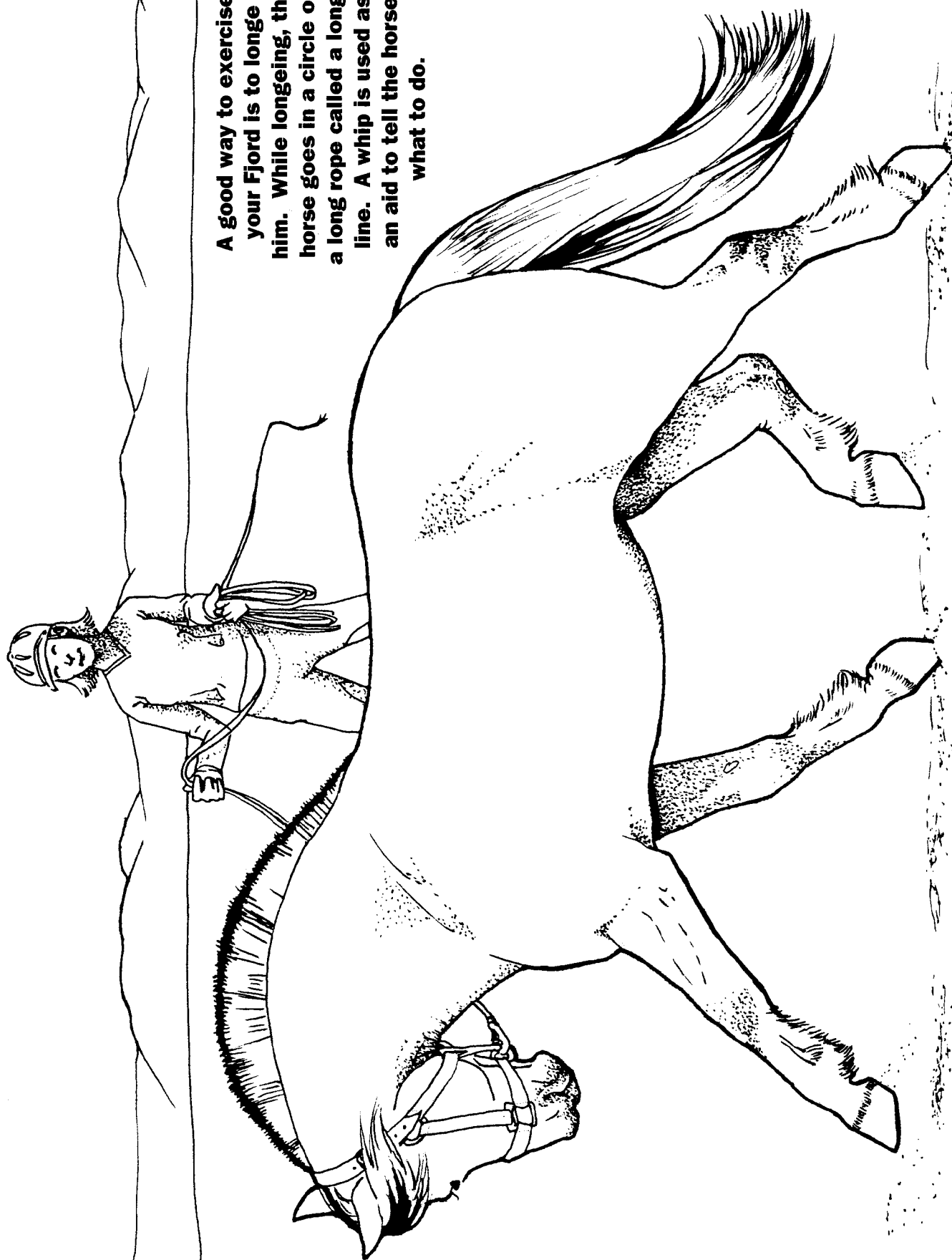


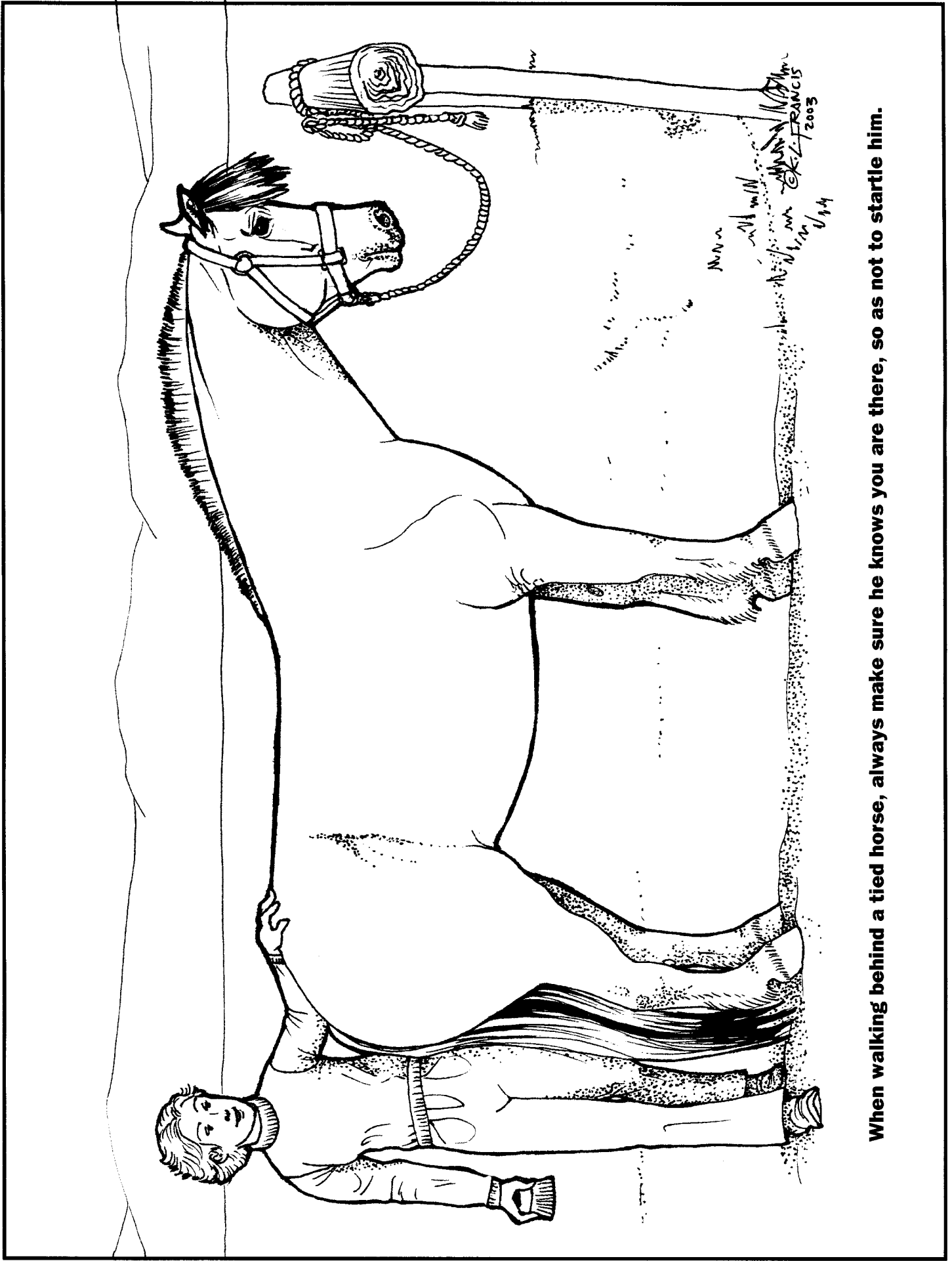
**If you are thinking about buying a particular Fjord, it is a good idea to have a veterinarian conduct a pre-purchase exam. This will ensure your Fjord has a clean bill of health.**

When transporting your Fjord in a horse trailer, it is a good idea to put protective equipment such as shipping wraps and head bumper on him to prevent injury.



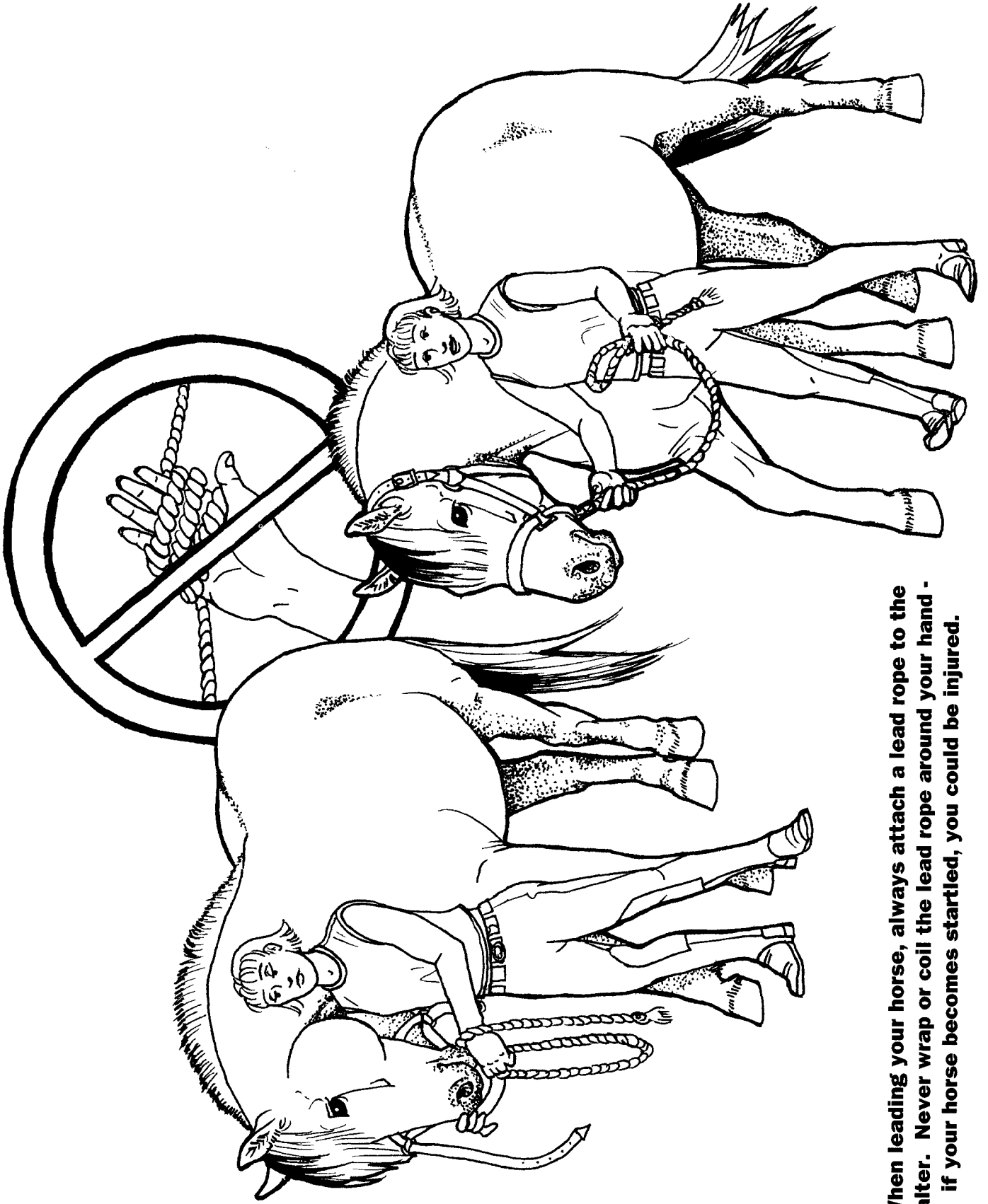
**A good way to exercise your Fjord is to longe him. While longeing, the horse goes in a circle on a long rope called a longe line. A whip is used as an aid to tell the horse what to do.**





**When walking behind a tied horse, always make sure he knows you are there, so as not to startle him.**





**When leading your horse, always attach a lead rope to the halter. Never wrap or coil the lead rope around your hand - if your horse becomes startled, you could be injured.**

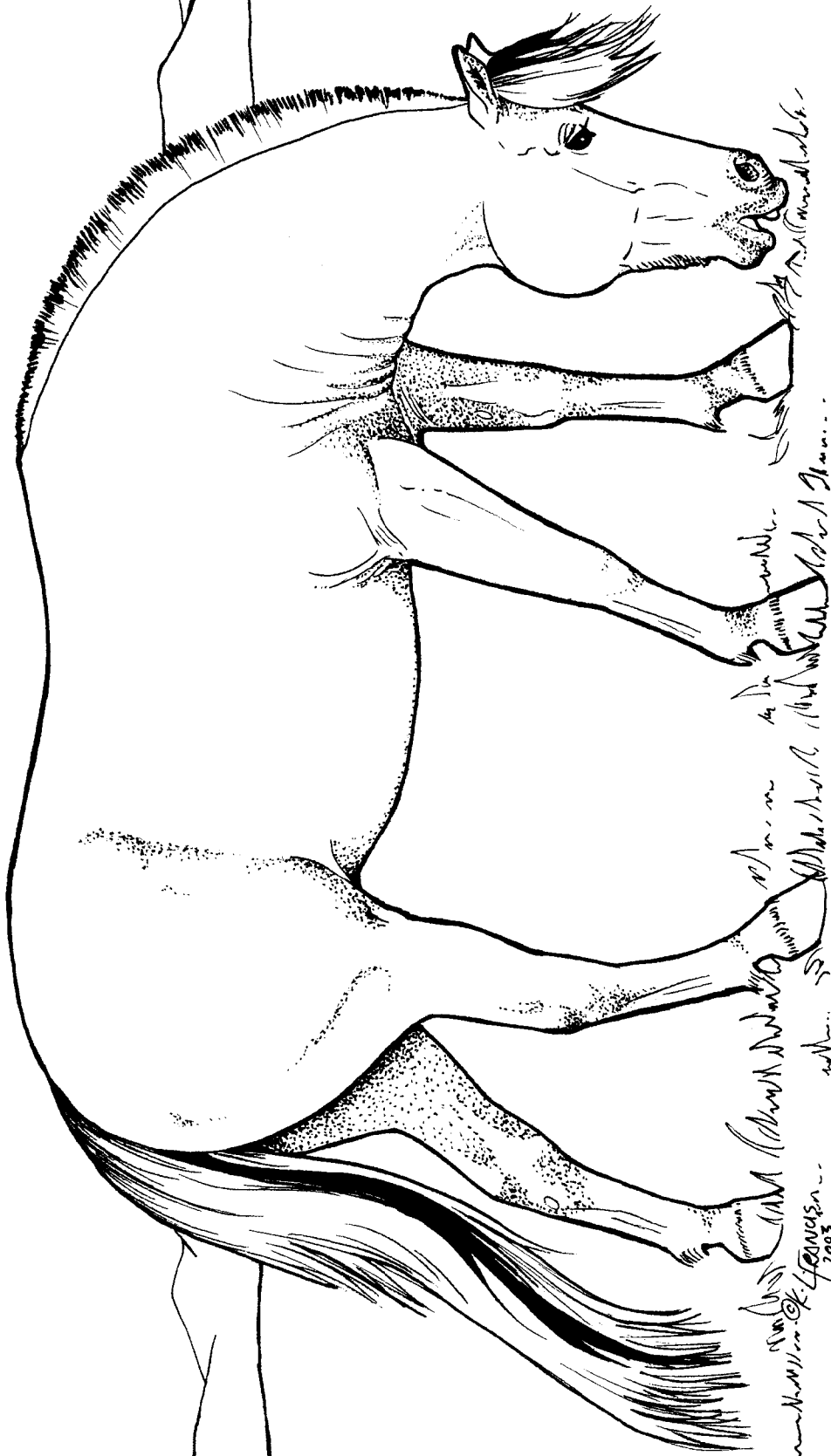
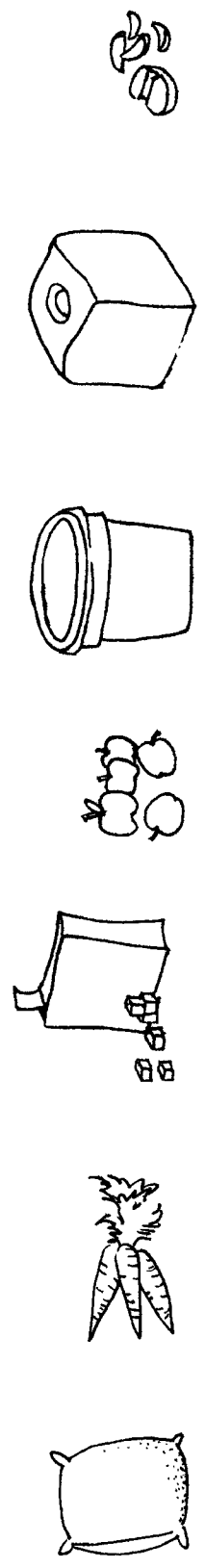
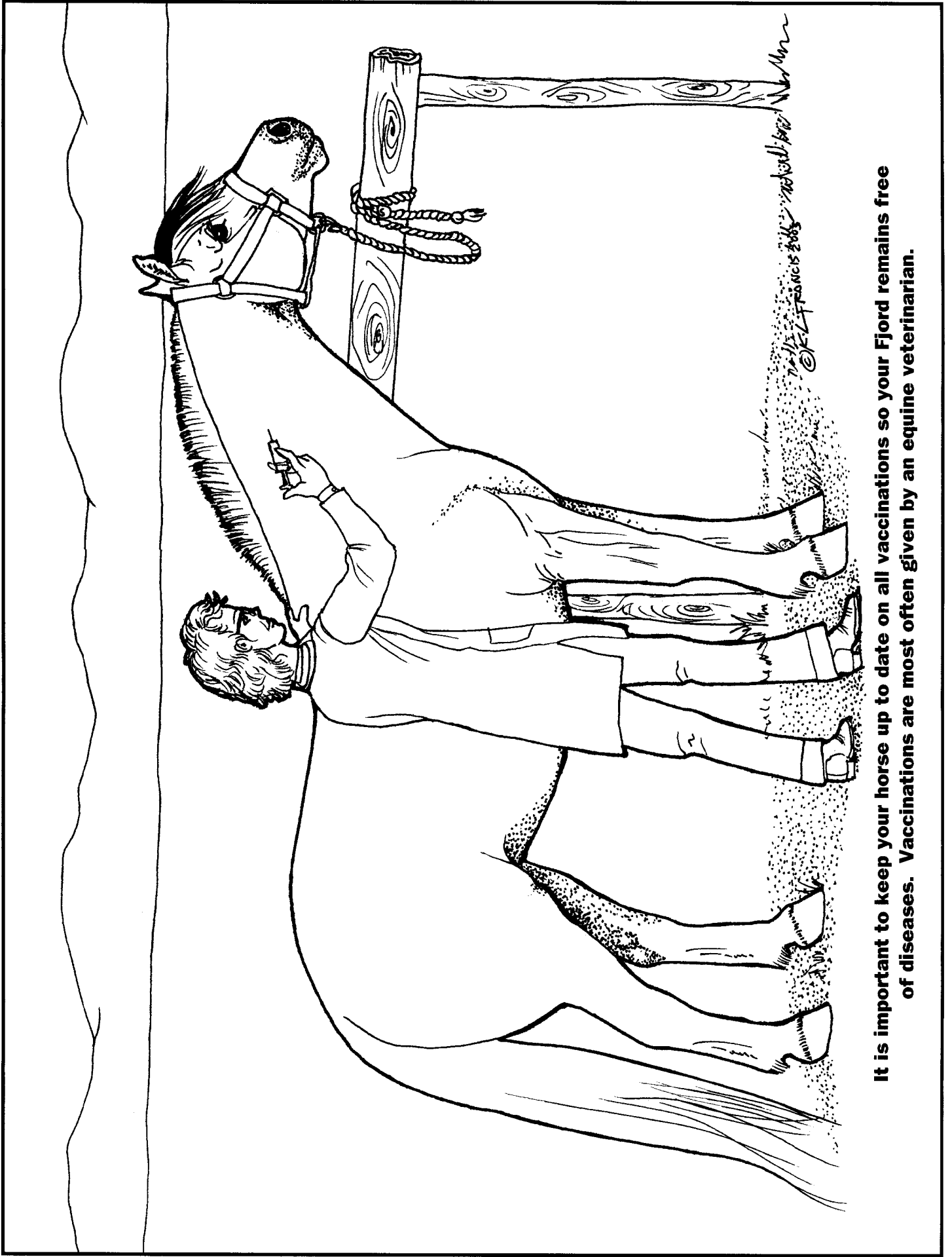


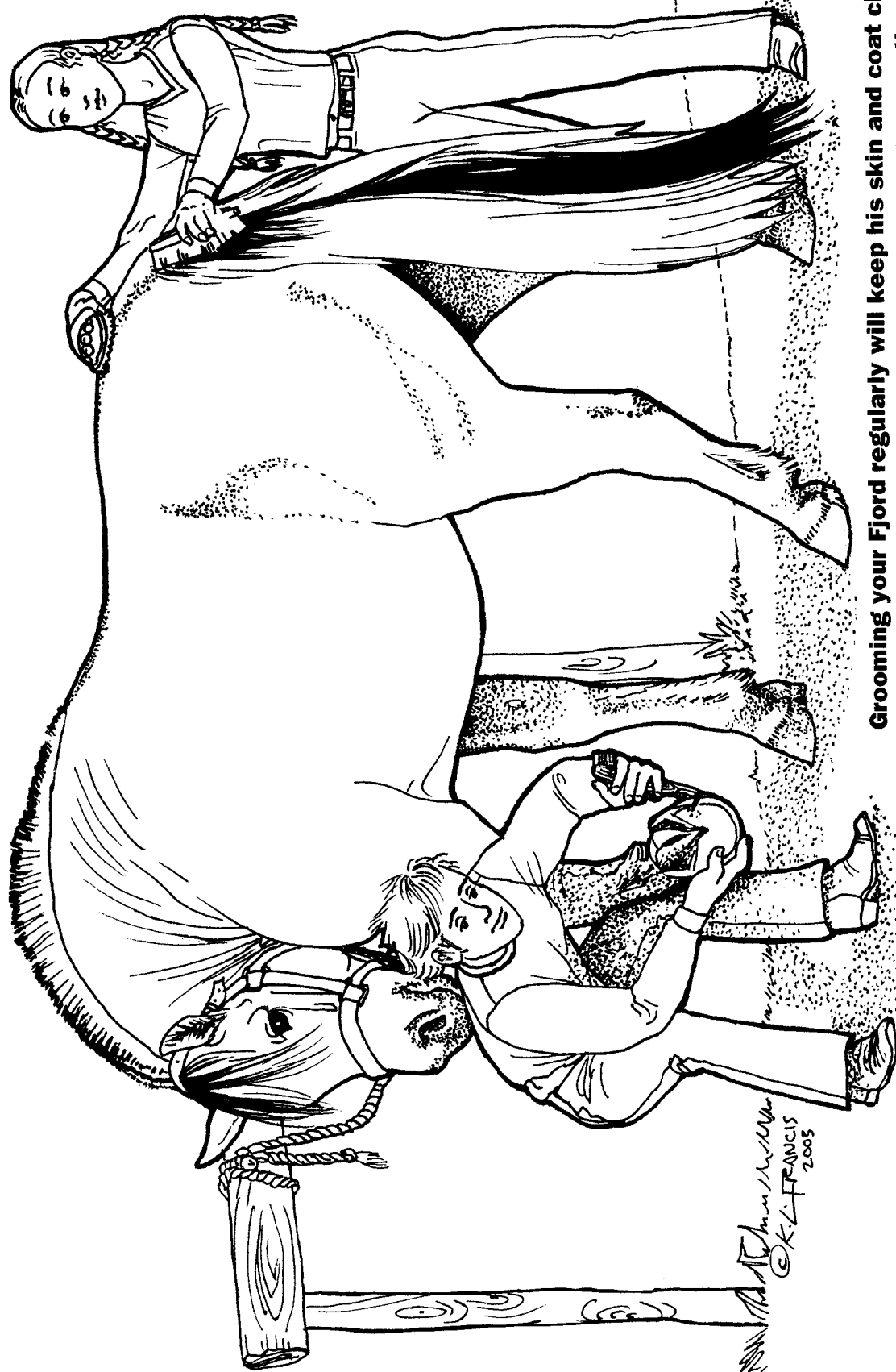
Illustration of a Fjord horse  
© K. Jensen 2003



**Fjords should be fed good quality feed at regular intervals. Care must be given not to overfeed or under feed your Fjord so they remain healthy. All horses should have access to water at all times.**

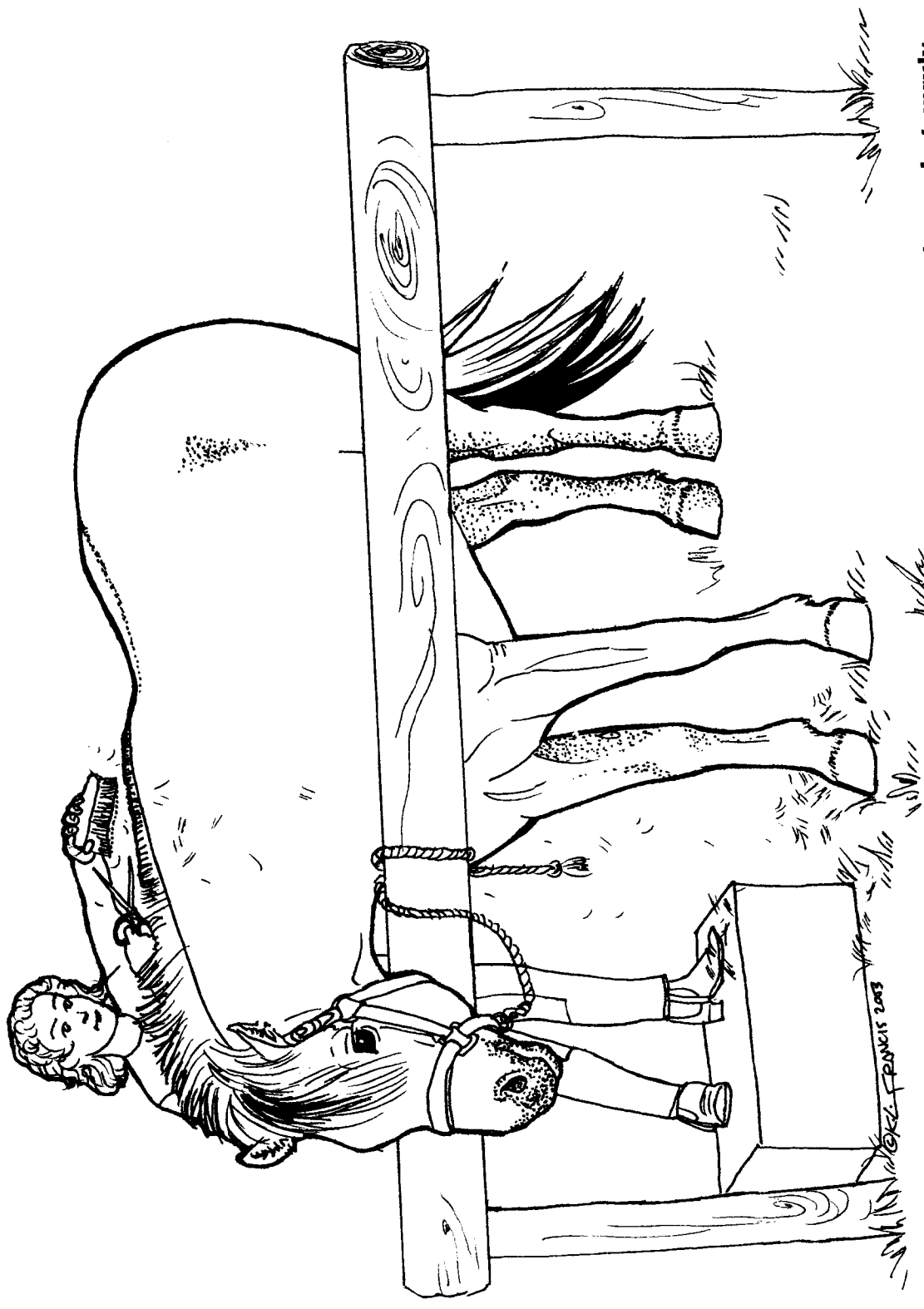


**It is important to keep your horse up to date on all vaccinations so your Fjord remains free of diseases. Vaccinations are most often given by an equine veterinarian.**

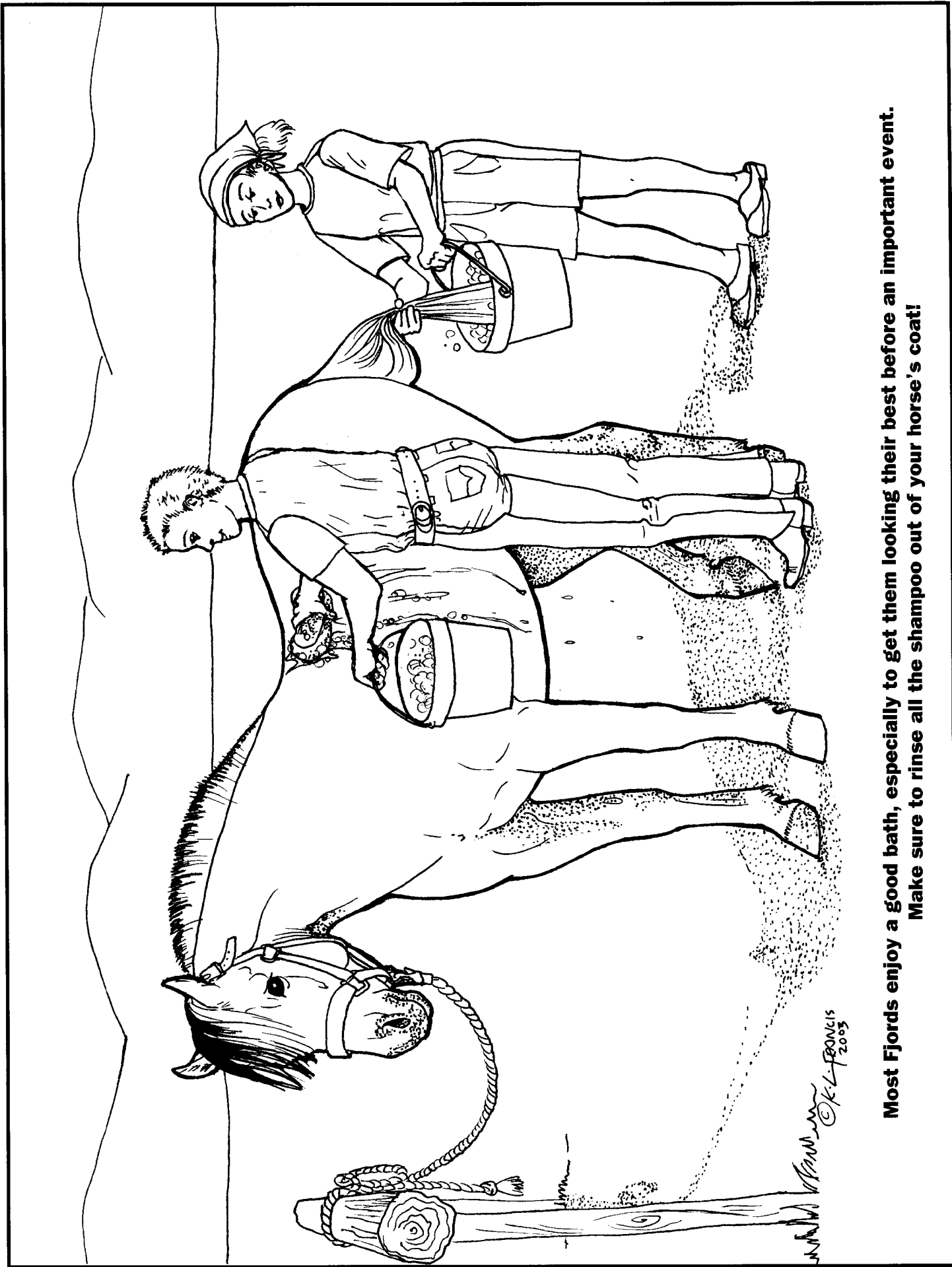


**Grooming your Fjord regularly will keep his skin and coat clean and healthy. Hooves should be picked often to make sure there are no stones or debris which could make movement uncomfortable.**

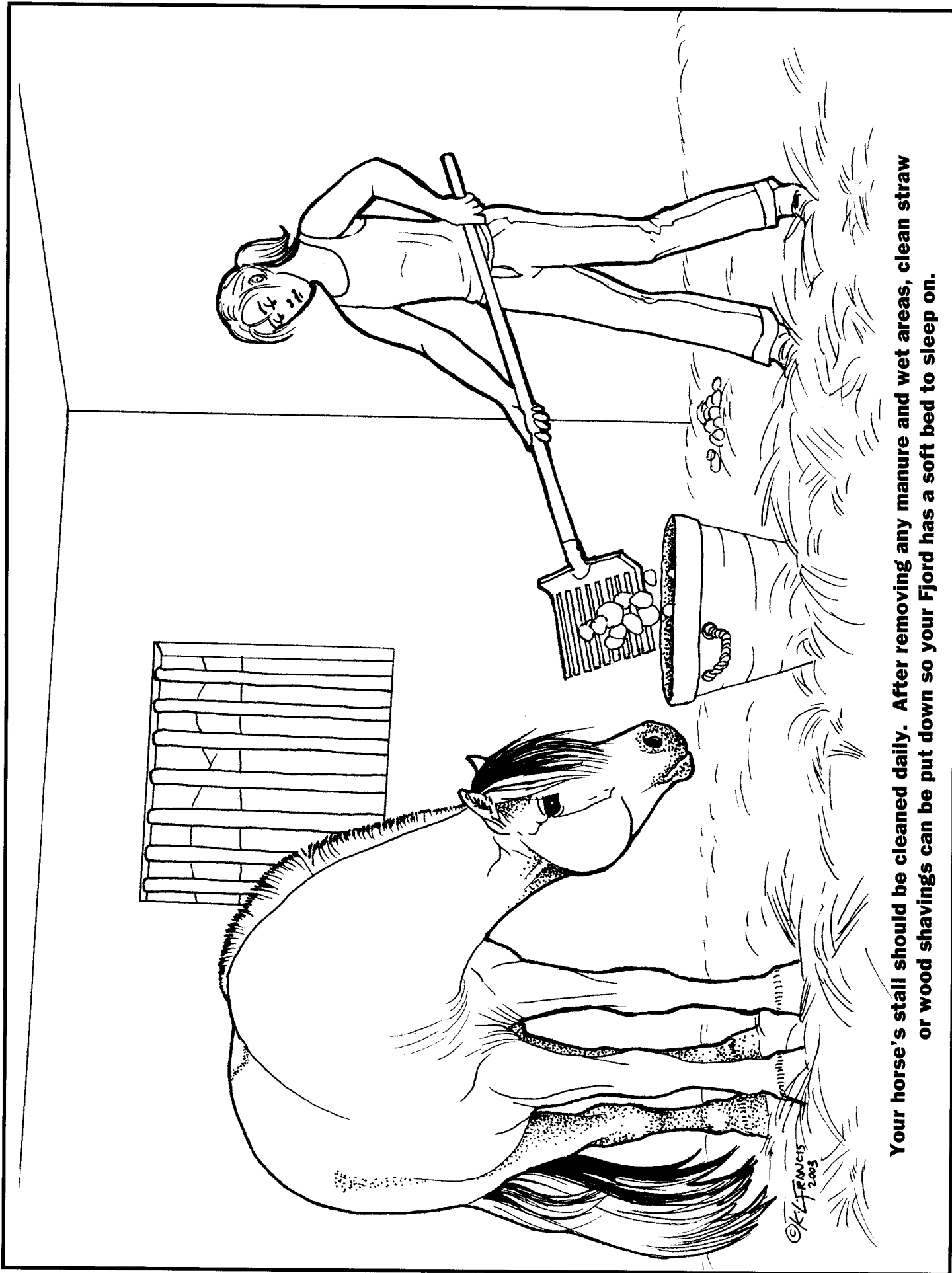
*© K. L. FRANCIS 2005*



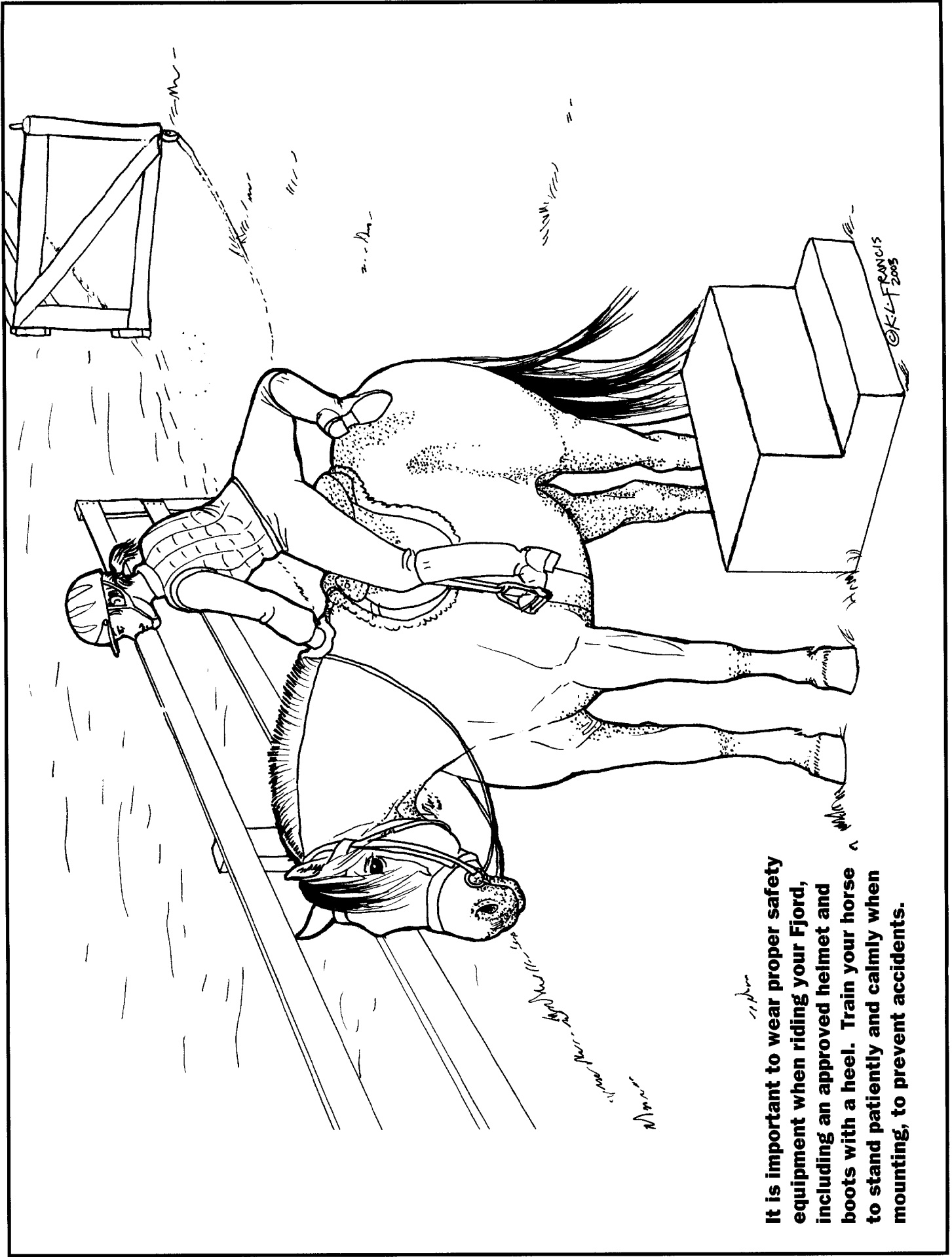
The Fjord's distinctive mane must be trimmed regularly to keep it from becoming unruly.



**Most Fjords enjoy a good bath, especially to get them looking their best before an important event.  
Make sure to rinse all the shampoo out of your horse's coat!**

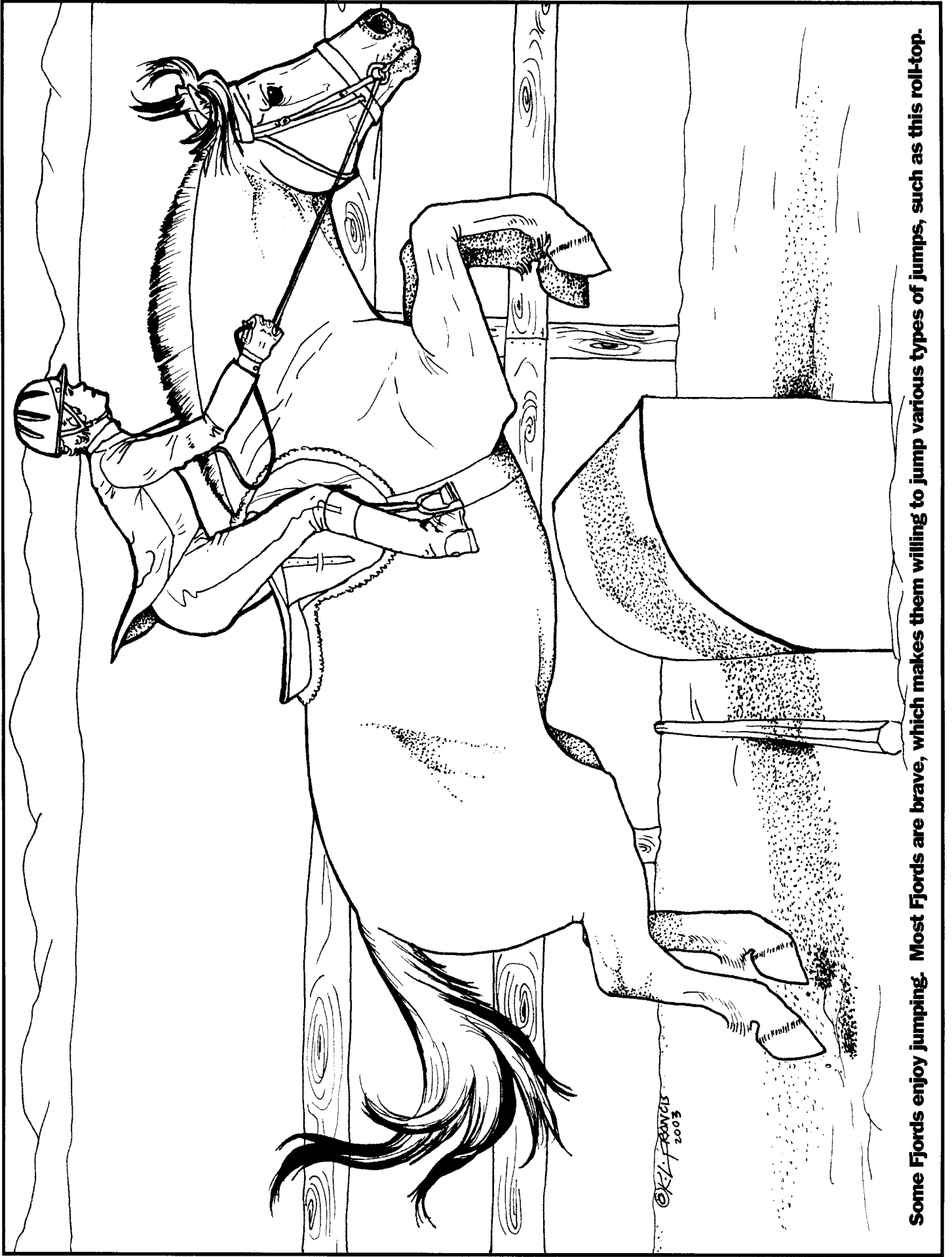


**Your horse's stall should be cleaned daily. After removing any manure and wet areas, clean straw or wood shavings can be put down so your Fjord has a soft bed to sleep on.**



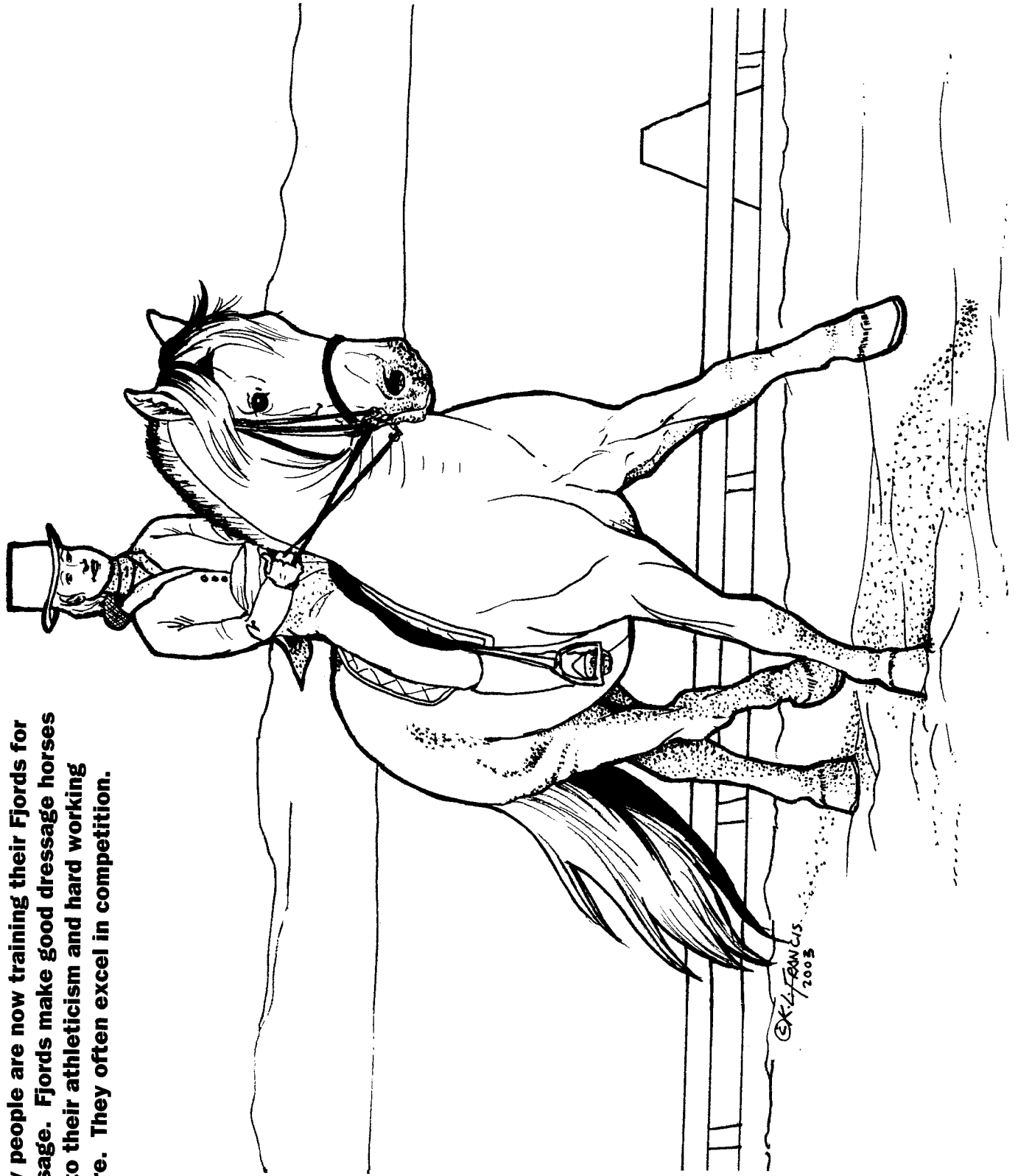
It is important to wear proper safety equipment when riding your Fjord, including an approved helmet and boots with a heel. Train your horse to stand patiently and calmly when mounting, to prevent accidents.

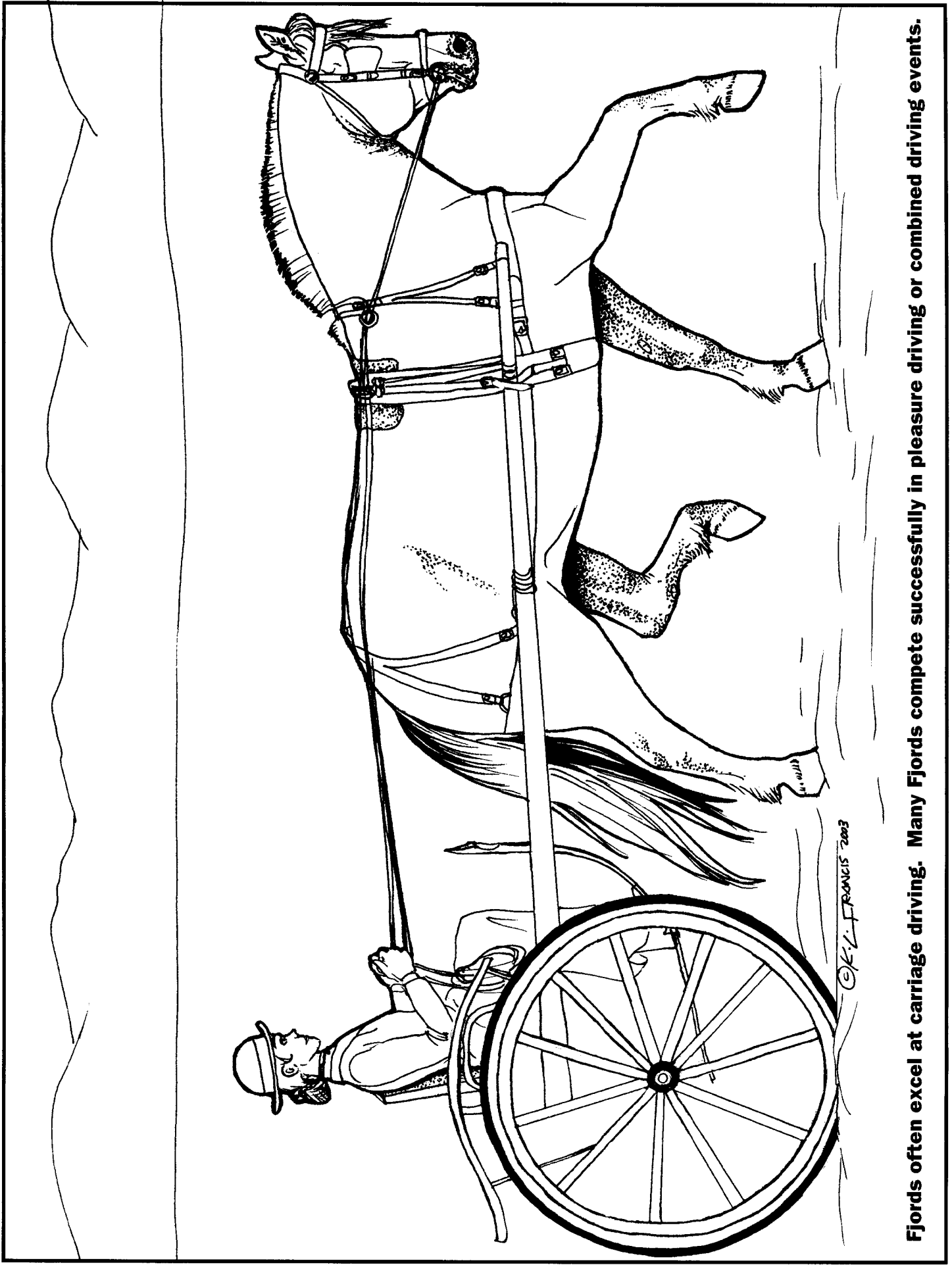




**Some Fjords enjoy jumping. Most Fjords are brave, which makes them willing to jump various types of jumps, such as this roll-top.**

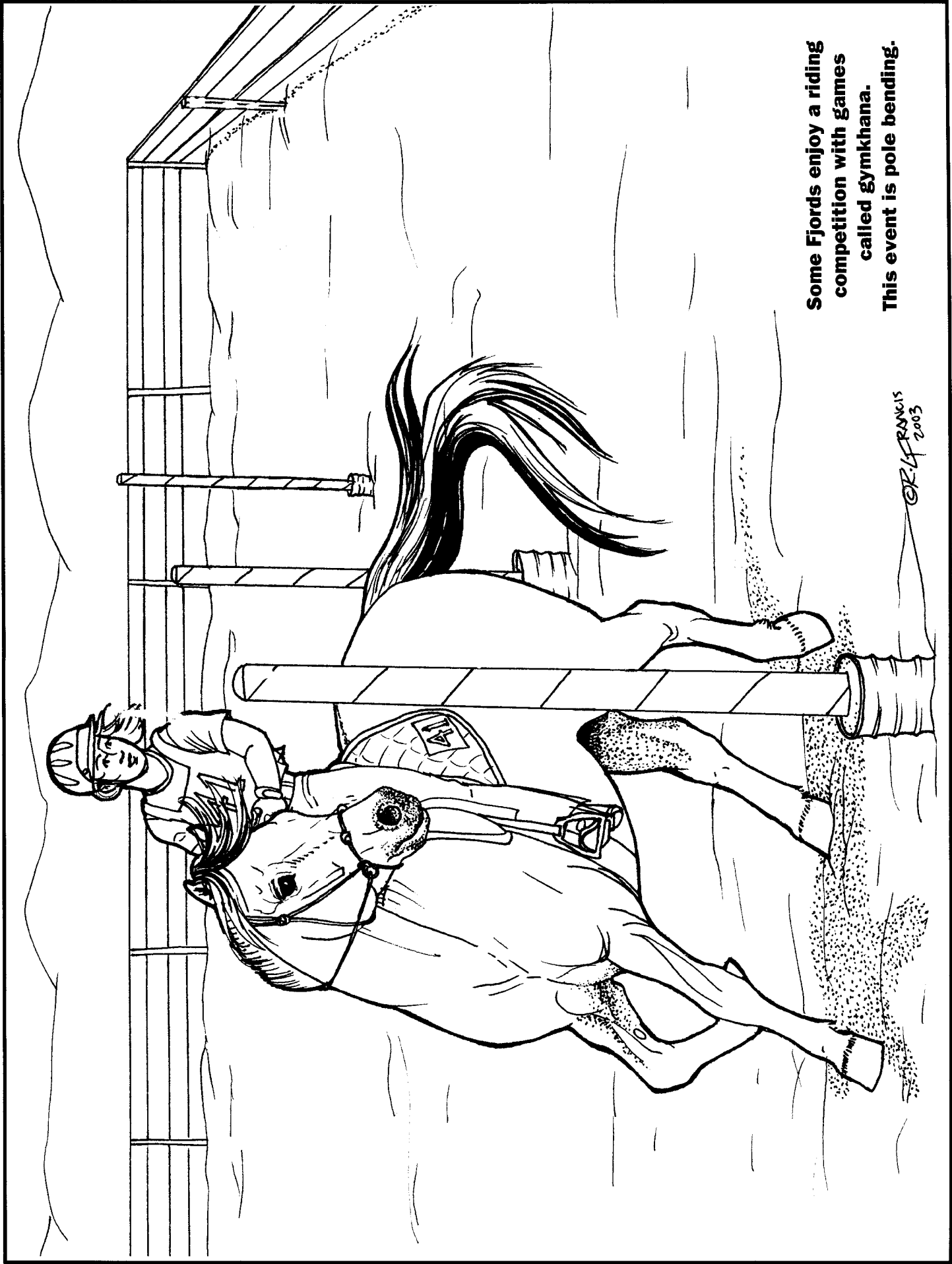
**Many people are now training their Fjords for dressage. Fjords make good dressage horses due to their athleticism and hard working nature. They often excel in competition.**





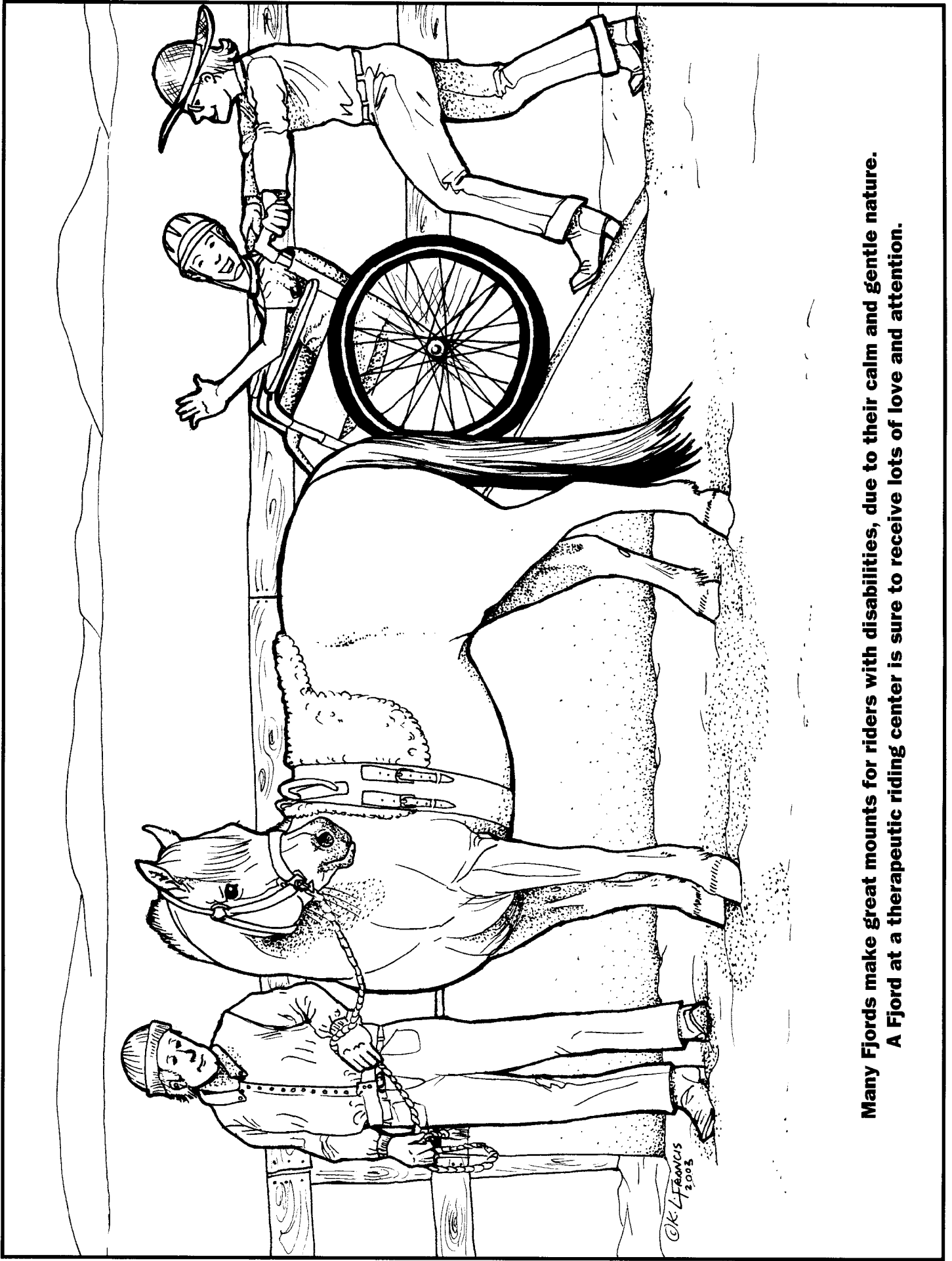
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**Fjords often excel at carriage driving. Many Fjords compete successfully in pleasure driving or combined driving events.**

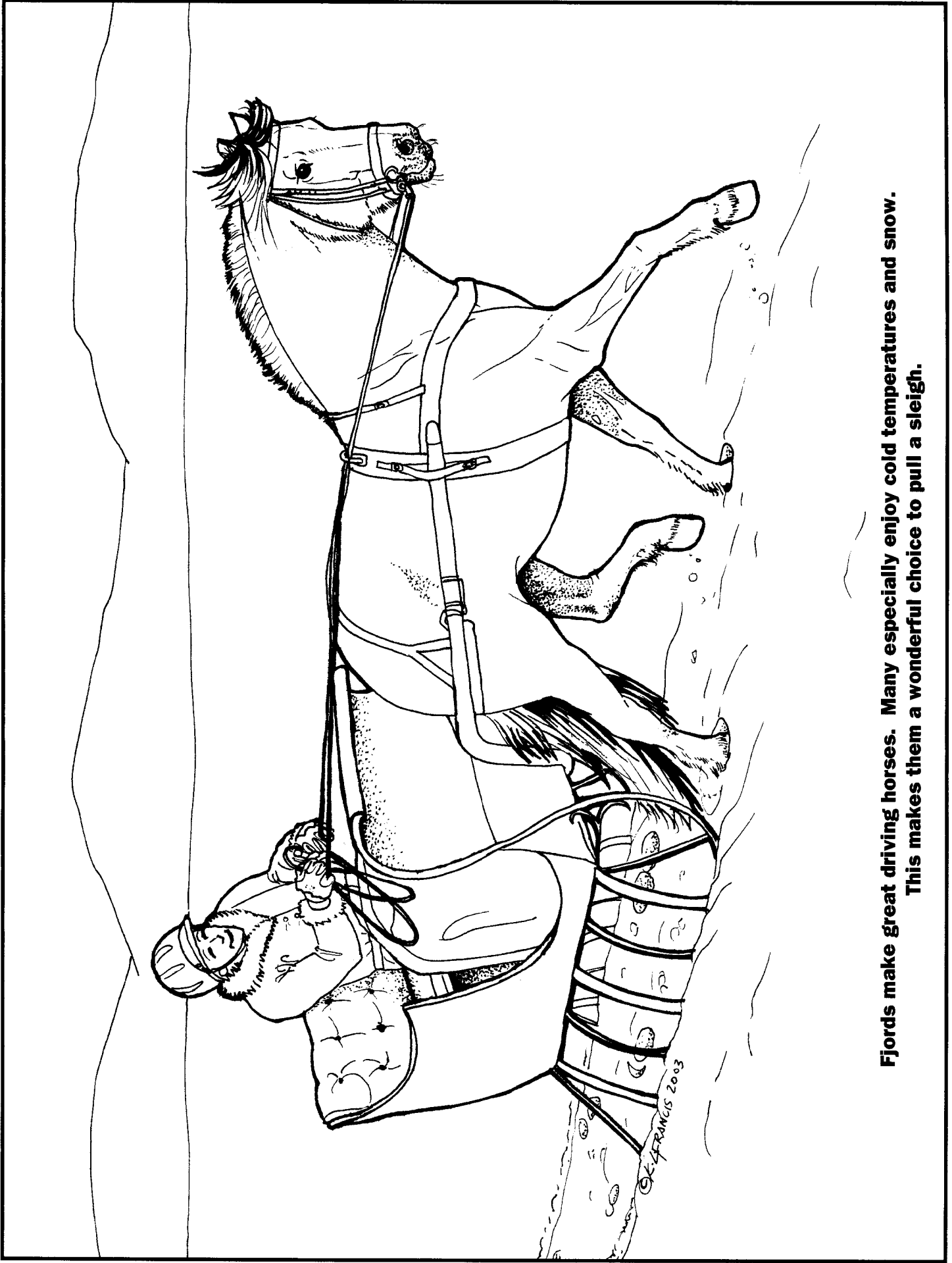


Some Fjords enjoy a riding competition with games called gymkhana. This event is pole bending.

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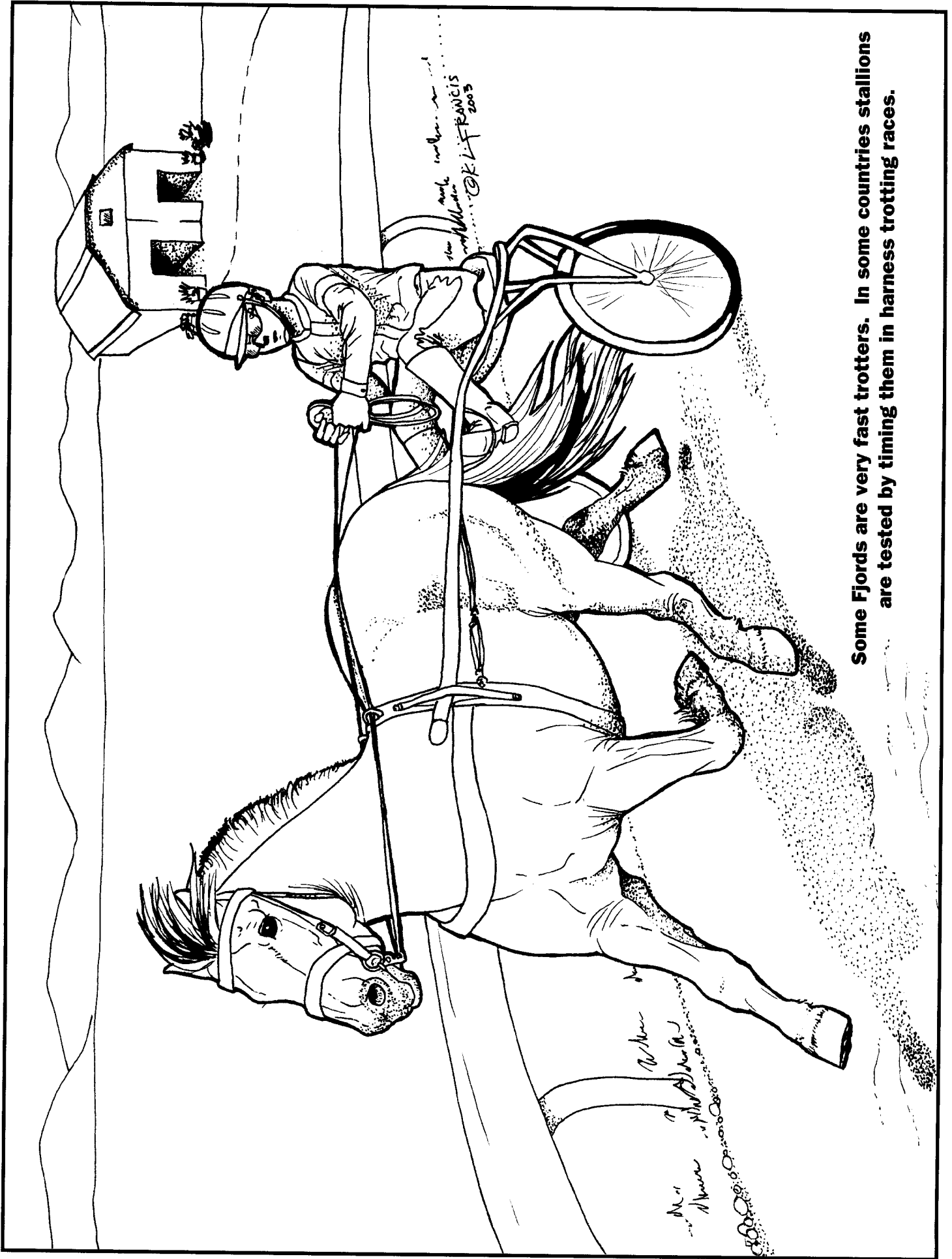


**Many Fjords make great mounts for riders with disabilities, due to their calm and gentle nature.  
A Fjord at a therapeutic riding center is sure to receive lots of love and attention.**

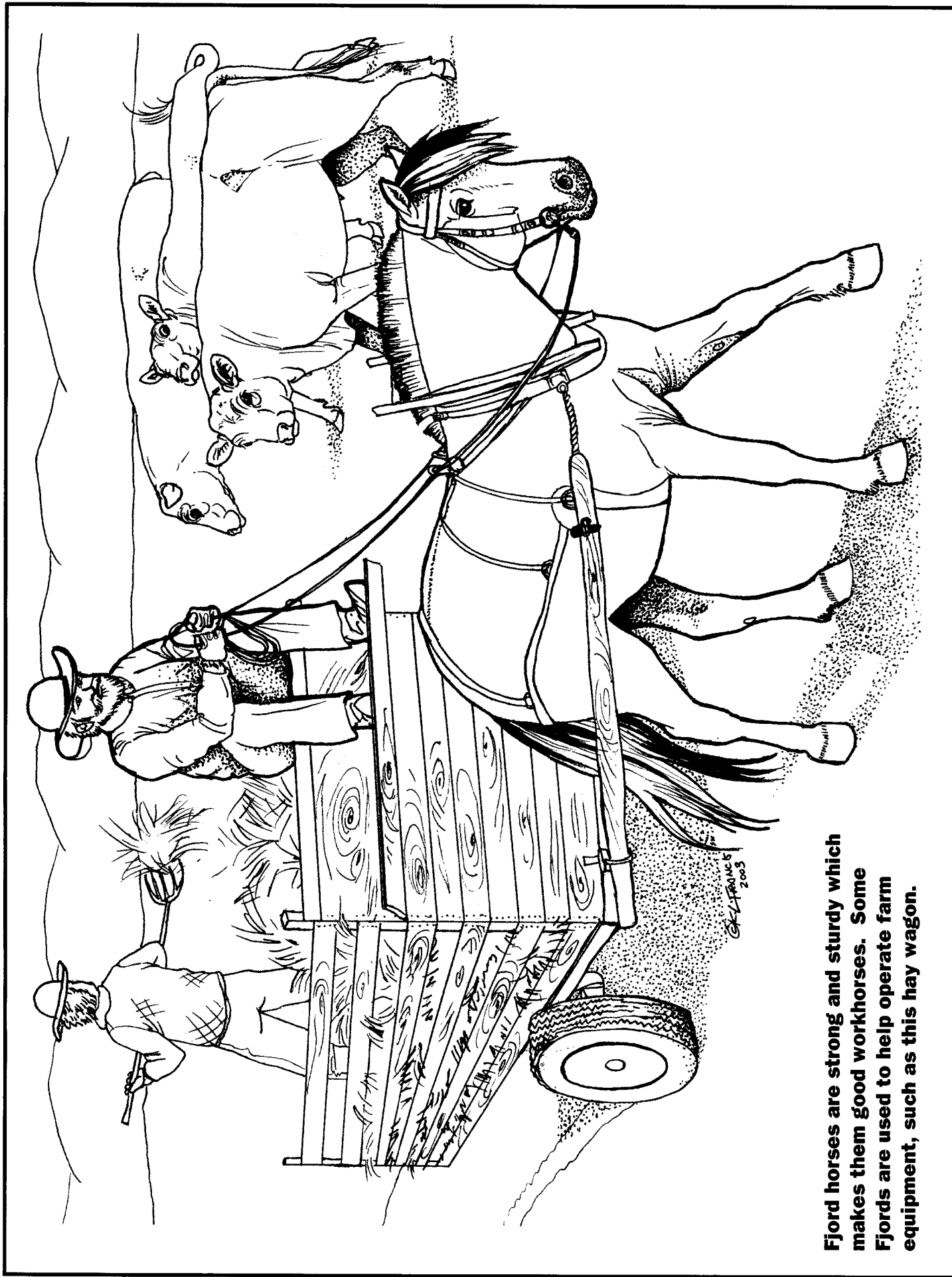


**Fjords make great driving horses. Many especially enjoy cold temperatures and snow. This makes them a wonderful choice to pull a sleigh.**

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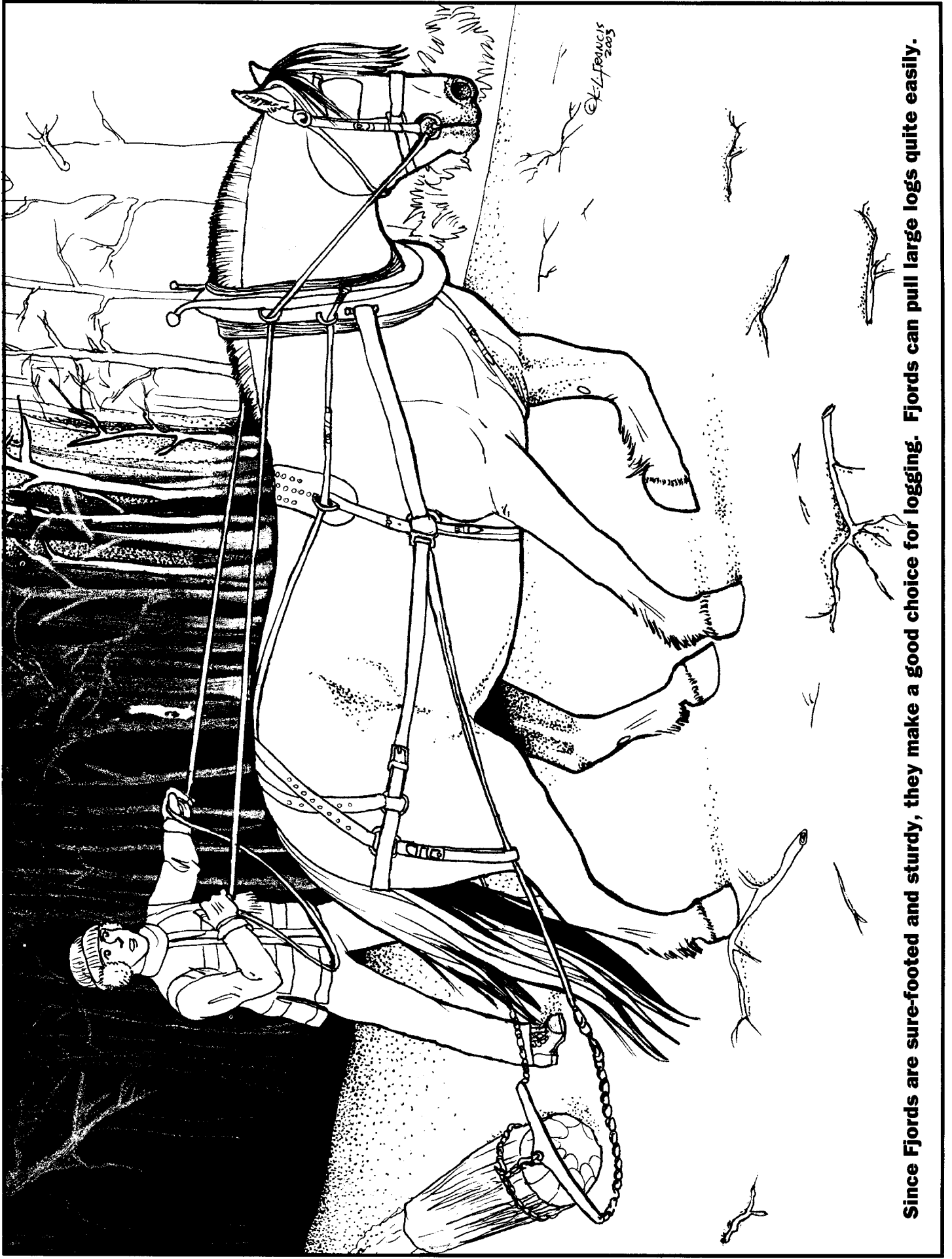


**Some Fjords are very fast trotters. In some countries stallions are tested by timing them in harness trotting races.**

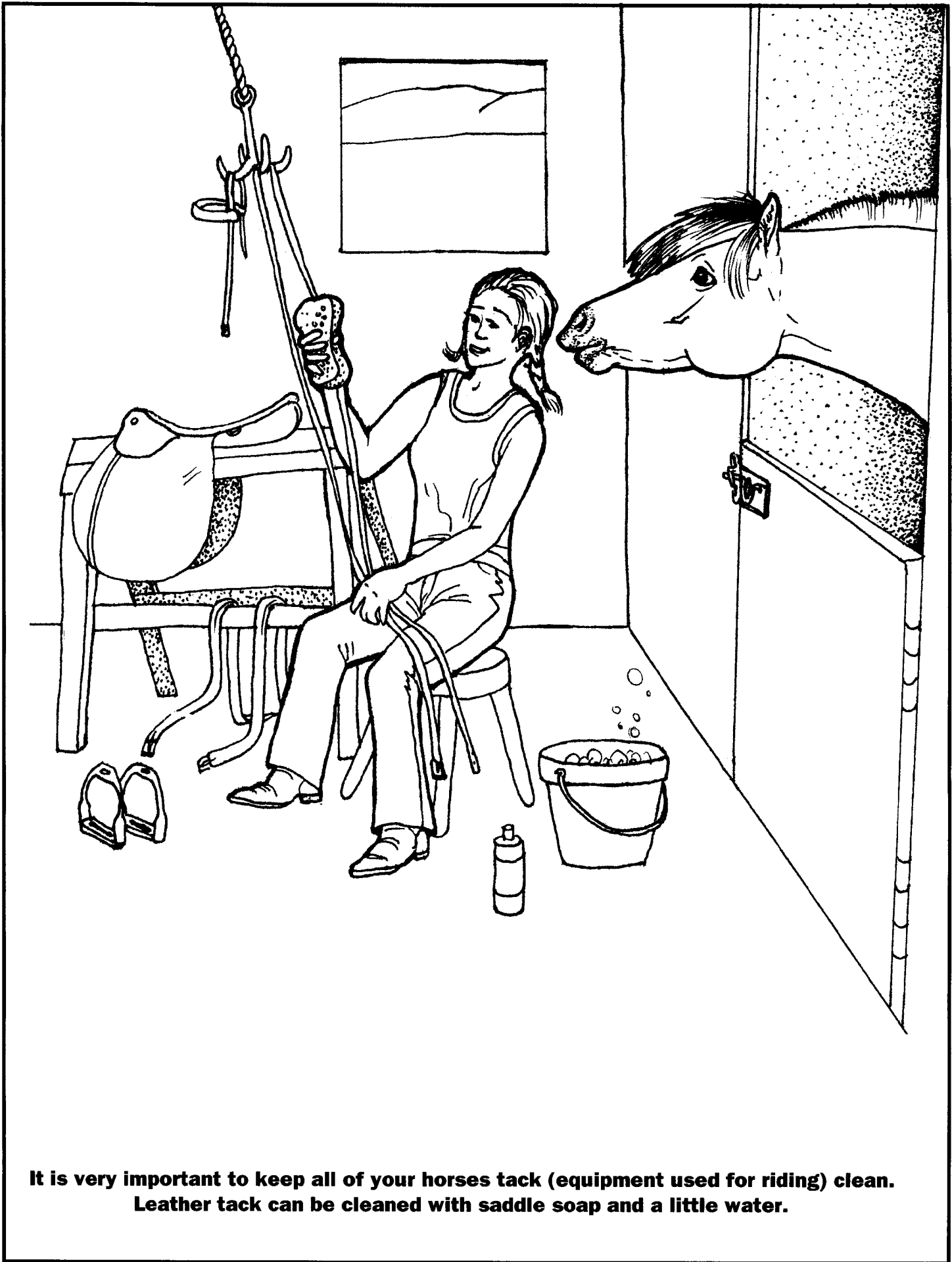


**Fjord horses are strong and sturdy which makes them good workhorses. Some Fjords are used to help operate farm equipment, such as this hay wagon.**





**Since Fjords are sure-footed and sturdy, they make a good choice for logging. Fjords can pull large logs quite easily.**



**It is very important to keep all of your horses tack (equipment used for riding) clean. Leather tack can be cleaned with saddle soap and a little water.**

# CODED JOKES

	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<b>P</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>E</b>	<b>F</b>	<b>G</b>
<b>O</b>	<b>H</b>	<b>I</b>	<b>J</b>	<b>K</b>	<b>L</b>	<b>M</b>	<b>N</b>
<b>N</b>	<b>O</b>	<b>P</b>	<b>Q</b>	<b>R</b>	<b>S</b>	<b>T</b>	<b>U</b>
<b>Y</b>	<b>V</b>	<b>W</b>	<b>X</b>	<b>Y</b>	<b>Z</b>		

**why can't horses dance?**

\_ \_ \_ \_ \_  
**N6 O1 P5 Y4 O1 P1 Y1 P5 N6 Y2 N1 O5 P5 P6 N6 P6 P5 P5 N6**

**What has four frogs but doesn't croak?**

\_ \_ \_ \_ \_!  
**P1 O1 N1 N4 N5 P5**

**What do you call a pony with a sore throat?**

\_ \_ \_ \_ \_  
**P1 O5 O2 N6 N6 O5 P5 O1 N1 P1 N4 N5 P5**

**Why did the horse go behind the tree?**

\_ \_ \_ \_ \_  
**N6 N1 P3 O1 P1 O7 P7 P5 O1 O2 N5 O3 N1 P3 O4 P5 Y4 N5**

Use the numbers and letters to find the real letters. Then write the real letters in the blanks to solve the jokes.

**UNSCRAMBLE THESE FJORD BODY PARTS**

**WORD BANK**

- |         |                |            |         |
|---------|----------------|------------|---------|
| - hock  | - hindquarters | - muzzle   | - flank |
| - tail  | - withers      | - forelock | - dock  |
| - hoof  | - elbow        | - shoulder | - poll  |
| - croup | - neck         | - chest    |         |

1. oldusehr \_\_\_\_\_

9. sewriht \_\_\_\_\_

2. zumlez \_\_\_\_\_

10. atli \_\_\_\_\_

3. ofho \_\_\_\_\_

11. lpol \_\_\_\_\_

4. nlafk \_\_\_\_\_

12. dqnuiahstre \_\_\_\_\_

5. kcoh \_\_\_\_\_

13. ecnk \_\_\_\_\_

6. koofercl \_\_\_\_\_

14. hscet \_\_\_\_\_

7. pourr \_\_\_\_\_

15. okdc \_\_\_\_\_

8. bewlo \_\_\_\_\_

**How many words can you make using the letters:  
NORWEGIAN FJORD**

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

# Tack

H W B B T J J A J F Z U P H U  
S C C D G L U R B Y O S C V J  
Z P T I Z L K N I V J R Y C P  
Z H U A M B X B C C Q P H Y T  
K S M R L A S D B C C Q J M W  
N I A D R T E A A A N D U O L  
Y Y T H Q I A N K V S A Y O Q  
V P E A I B T O S O K E M Q U  
R M O R L L F S R E I N S F G  
F N V H E Y G E G H R K R Y N  
V U M M M J D B C O T E V I O  
A D M E Z N D A H N W R J R G  
C O X R E P D N U L G I I X C  
P P V F A D N D I B Q G I G R  
O T K Z B Y Z Y K P D H Z E U

BIT  
GIRTH  
POMMEL  
SKIRT

CANTLE  
HORN  
REINS  
STIRRUP

FENDER  
NOSEBAND  
SEAT  
THROATLATCH

# Tack Solution

```
H + + + + + + + + + + + + + + +
+ C + + + + + + + + + + + + + + +
+ P T + + + + + + + + + + + + + + +
+ + U A + + + + + + + + + + + + + + +
+ + + R L + S + + C + + + + + + + + +
+ + + + R T E + A + + + + + + + + +
+ + + + + I A N + + S + + + + + + + + +
+ + + + + B T O + + K + + + + + + + + +
+ + + + + L + S R E I N S + + + + + + + + +
+ + + + E + + E + H R + + + + + + + + +
+ + + M + + D B + O T + + + + + + + + +
+ + M + + N + A H + + R + + + + + + + + +
+ O + + E + + N + + + + I + + + + + + + + +
P + + F + + + D + + + + + G + + + + + + + + +
+ + + + + + + + + + + + + + + + + + + + +
```

(Over, Down, Direction)  
BIT (6, 8, N)  
CANTLE (10, 5, SW)  
FENDER (4, 14, NE)  
GIRTH (14, 14, NW)  
HORN (9, 12, NE)  
NOSEBAND (8, 7, S)  
POMMEL (1, 14, NE)  
REINS (9, 9, E)  
SEAT (7, 5, S)  
SKIRT (11, 7, S)  
STIRRUP (8, 9, NW)  
THROATLATCH (11, 11, NW)



The illustrator for NFHR's educational coloring book is Kristina Lucas Francis. She lives with two wonderful Fjord geldings that were nice enough to pose for the drawings in this book. She has been a professional sculptor and illustrator since 1994, creating animal art for commercial clients and private collectors. Serious collectors prize Kristina's ceramic edition of Knut N-W-057-S worldwide, including the Royal Collection of Norway. In addition to Fjord horses, Kristina portrays all horse breeds, wildlife, and dinosaurs. She served three sculpture apprenticeships, then assisted with early Pour Horse Pottery in CA before starting her own line of handcrafted ceramics. In her Tennessee studio, Kristina creates each edition from start to finish; she sculpts, makes the molds, casts, fires, and glazes all of her own ceramics. The focus of all of her work is accuracy in anatomy and capturing the spirit of the real animal. Her work is well known in the model horse hobby, both for her designs for Breyer and her multi-National Championship-winning independent editions. Kristina continues to experiment with different media and aims to share her work with collectors of all ages. For more information, please visit: [kristina@lucasfrancisstudio.com](mailto:kristina@lucasfrancisstudio.com)



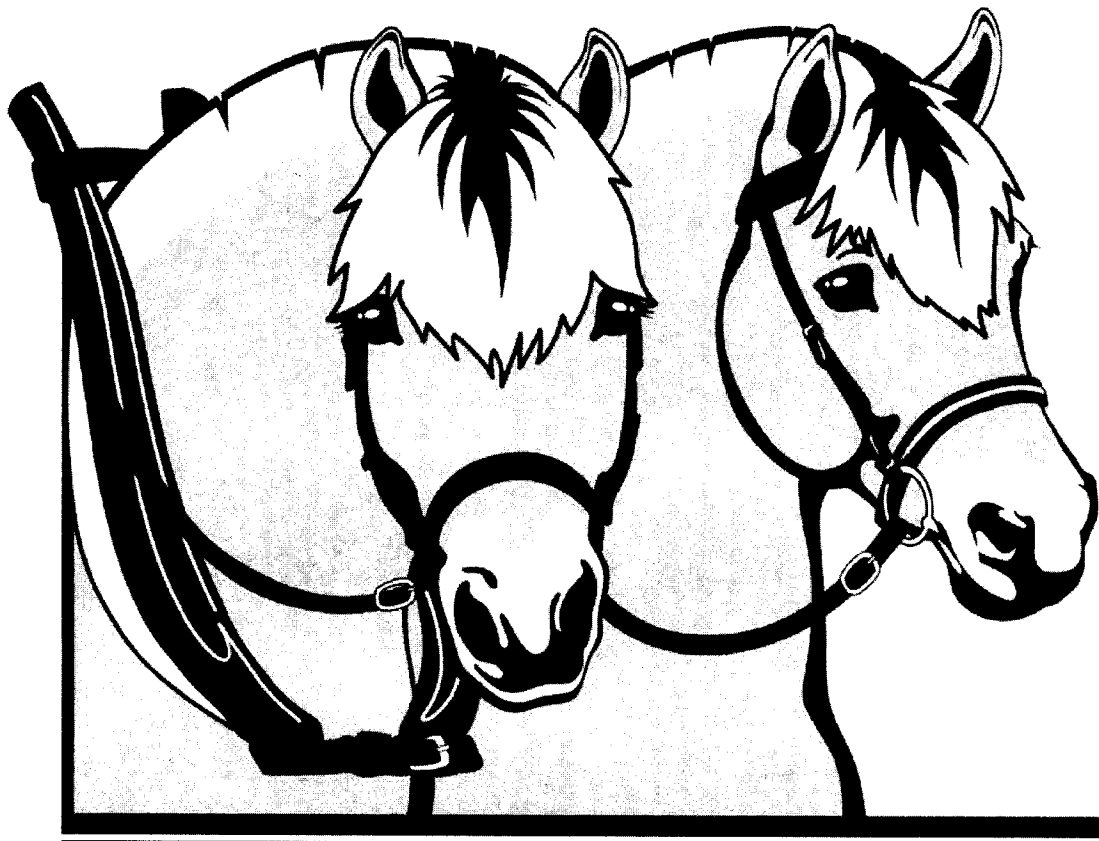
Niki Whilden wrote the captions for this coloring book. Niki has a great deal of horse experience and has been involved with horses since a young age. She has owned a Norwegian Fjord mare named MVF Malla for the past thirteen years. Malla and Niki have taken full advantage of the Fjord's versatility and have enjoyed such varied disciplines as riding English and Western, jumping, dressage, driving, trail riding and attending hunter paces. Niki has competed both Malla and Fjords owned by other farms or individuals at many Fjord shows and evaluations throughout the country. She currently serves on the NFHR Board of Directors.

In addition to Fjords, Niki had experience with many other types of horses. She became a 4-H leader after being a member for many years. While attending college at the Rochester Institute of Technology, she founded and was captain of their intercollegiate riding (IHSA) team, and rode on both the hunt seat and western teams. She won the IHSA National championship in her over fences class in 1998, her senior year of school. Currently, Niki works full time as a NARHA certified therapeutic riding instructor at a facility in upstate New York.



Jane Sawyer organized and put together the Fjord coloring book. This coloring book has been an important project for her during her three years on the NFHR Board of Directors. She wanted the book to be fun but also to have an educational focus to it. She is sure the more young children learn about Fjords, the more they will want to own one.

Jane is a Special Education teacher at a high school in Black Mountain, NC. She has taught for 25 years and incorporated Fjords into her special education program. Her students take horseback riding lessons throughout the year. Each summer they compete in the NC Equestrian Special Olympics. Jane uses her Fjords with the students and they always create a flurry of excitement when they arrive at the Olympics. Jane also breeds and raises Fjords, Jersey cows and chickens on her farm in the mountains of NC. She enjoys trail riding with her Fjords and has recently begun driving them.



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NORWEGIAN FJORD  
• HORSE REGISTRY •

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For more information, please visit:

[www.NFHR.com](http://www.NFHR.com)