

#	Skill	D-1	D-2	D-3	C-1	C-2	H-B	C-3	B	H-HM/ H/H-A	A
1	Mounting and dismounting correctly	D-1	D-2	D-3	C-1	C-2		C-3	B		A
2	Hold reins correctly	D-1	D-2	D-3	C-1	C-2		C-3	B		A
3	Lengthening and shorting reins correctly	D-1	D-2	D-3	C-1	C-2		C-3	B		A
4	Adjusting both stirrups and girth correctly when mounted	D-1	D-2	D-3	C-1	C-2		C-3	B		A
5	Adjusting stirrups correctly at walk	D-1	D-2	D-3	C-1	C-2		C-3	B		A
6	Demo correct position at walk and trot	D-1	D-2	D-3	C-1	C-2		C-3	B		A
7	Pick up and drop stirrups correctly at walk and trot	D-1	D-2	D-3	C-1	C-2		C-3	B		A
8	Demo a balanced position (BP) used with control in arena and in the open (BP)		D-2	D-3	C-1	C-2		C-3	B		A
9	Demo changes of direction at walk and trot		D-2	D-3	C-1	C-2		C-3	B		A
10	Demo gradual transitions using reins, seat, legs correctly		D-2	D-3	C-1	C-2		C-3	B		A
11	Mount and dismount from each side correctly		D-2	D-3	C-1	C-2		C-3	B		A
12	Maintain (BP) at walk, trot, canter transitions in both directions		D-2	D-3	C-1	C-2		C-3	B		A
13	Demo and use correct aids for canter depart both directions		D-2	D-3	C-1	C-2		C-3	B		A
14	Demo correct trot/canter transitions		D-2	D-3	C-1	C-2		C-3	B		A
15	Demo correct jumping position at walk/trot/canter maintaining balance and stability of gaits	D-1	D-2	D-3	C-1	C-2		C-3	B		A
16	Demo balancing and suppling exercises for rider. Demo same for horse.		D-2	D-3	C-1	C-2		C-3	B		A
17	Demo correct effective jumping position at walk/trot/canter on both reins using aids correctly		D-2	D-3	C-1	C-2		C-3	B		A
18	Maintain correct and effective position (BP for flat work, BP for jumping) at walk/trot/canter without stirrups		D-2	D-3	C-1	C-2		C-3	B		A
19	Know when diagonals are correct for riding and rising at trot in all of the above		D-2	D-3	C-1	C-2		C-3	B		A
20	Aids for canter transitions give correctly and effectively at trot/canter and walk/canter transitions		D-2	D-3	C-1	C-2		C-3	B		A
21	Demo an understanding of the skill of changing leads at canter, how to change lead if horse takes wrong lead, how to school leads correctly			D-3	C-1	C-2		C-3	B		A
22	Demo jumping position and effectiveness by use of a correct base of support and necessary changes in adjusting knee, ankle, hip and elbow angle for maintaining functionally correct position over girds/in open.			D-3	C-1	C-2		C-3	B		A
23	Maintain correct ad effective position walking, trotting and cantering over poles			D-3	C-1	C-2		C-3	B		A
24	Demo correct position and control in the open at all three gaits			D-3	C-1	C-2		C-3	B		A
25	Demo correct position and control in the open at all three gaits with varied terrain making adjustments according to terrain				C-1	C-2		C-3	B		A

26	Demo control, pace, balance, relaxation in canter over varied terrain, making position adjustments according to terrain			C-1	C-2		C-3	B		A
27	Demo control, relaxation, steadiness of pace at a slow canter over 18" obstacle		D-3	C-1	C-2		C-3	B		A
28	Demo a correct and secure base of support (BOS) at three gaits on the flat in both BBP and in the jumping position			C-1	C-2		C-3	B		A
29	Demo the above skills over fences			C-1	C-2		C-3	B		A
30	Demo a correct and steady position on the flat and over fences			C-1	C-2		C-3	B		A
31	Can rider pick up and drop stirrups without adversely affecting position at W/T/C			C-1	C-2		C-3	B		A
32	Demo all suppling exercises for rider at W/T/C without stirrups			C-1	C-2		C-3	B		A
33	Perform 15 and 20 meter circles at rising and sitting trot in both directions			C-1	C-2		C-3	B		A
34	Perform 15 and 20 meter circles from X (figure eight) with changes of rein correctly in the canter			C-1	C-2		C-3	B		A
35	Perform 15 and 20 meter circles in a figure eight at W/T/C with correct changes of lead through walk and/or trot			C-1	C-2		C-3	B		A
36	Demo correct use of aids for canter departs and for changes of rein/lead			C-1	C-2		C-3	B		A
37	Discuss correct aids for rein back				C-2		C-3	B		A
38	Demo rein back at walk and know whether horse performs movement correctly on the aids				C-2		C-3	B		A
39	Be able to evaluate and correct horse's rein back				C-2		C-3	B		A
40	Be able to demo and discuss the reason for pulley rein. Demo pulley rein			C-1	C-2		C-3	B		A
41	Know reasons why and demo increase and decrease of speed within gaits						C-3	B		A
42	Understand and demo lengthening of stride within gaits						C-3	B		A
43	Demo difference between increase and decrease speed and lengthen and shorten stride within gaits						C-3	B		A
44	Understand and demo the function of ground poles including establishing the gait and rhythm before entering a sequence of trot poles						C-3	B		A
45	Understand and demo the changes in position determined by the functional use of correct body, weight, rein, leg aids over varied terrain, up and down hill, shallow H2O, natural ditches etc.		D-3	C-1	C-2		C-3	B		A
46	Understand and demo changes in position and use of aids over simple x-county fences at 18", 2'3", 2'9", 3'3", 3'7", 3'9"	D-2	D-3	C-1	C-2		C-3	B		A
47	Understand long rein, loose rein, light contact, light steady feel of horse's mouth, and the difference between a light steady feel and intermittent contact.			C-1	C-2		C-3	B		A
48	Know how to teach long rein, loose rein, light contact							B		A
49	Understand the meaning of and demo the SOP necessary for warming up the horse in a progressive and effective manner							B		A

50	Understand and demo relaxation and free forward movement with steadiness of gait, regularity of pace, balance rhythm						B		A
51	Demo position for flat and jumping incorporation correct and effective warm up exercises for the rider with and without stirrups at all three gaits, using variety of figures						B		A
52	Understand reasons and movements used for demo moving horse away from leg at halt, walk and trot. Discuss ways at canter and why rider might ask horse to move away from the leg at the canter. Demo moving horse away from leg						B		A
53	Demo leg yield without loss of impulsion						B		A
54	Demo spiral in and out on a circle						B		A
55	Demo one or two steps of turn on forehand			C-1	C-2	C-3	B		A
56	Demo the correct execution of 15, 10 and 20 meter circles at walk, trot, canter on both both reins and the varieties of places these figures can be used in arena						B		A
57	Demo smooth transitions in riding all gaits and movements listed up to this point						B		A
58	Discuss the importance of free forward movement, regularity of pace, relaxation and correctness of the horse's bend according to the track being travelled						B		A
59	Demo and discuss the effect of the artificial aids and how you would use them in relation to the correctness of gait, regularity of pace and correct bend to the path being travelled						B		A
60	Understand and demo regularity of pace, rhythm, balance, steadiness of gait, use of inside and outside natural and artificial aids (Whip, Spur) as they affect riding over ground poles and simple grids						B		A
61	Understand regularity of pace, increase and decrease of speed, lengthen and shorten stride as they influence riding over a course of fences and over grid. Demo skills and discuss their effectiveness as you ride a course and grid						B		A
62	Achieve the above skills in a course of jumps including changes of direction. Demo and discuss skills in terms of the ride						B		A
63	Achieve regularity of pace, increase and decrease speed, lengthen and shorten stride, when jumping one and two stride distances. Be prepared to discuss skills as related to your ride.						B		A
64	Understand the use and meaning of coordinated use of aids including the relation of weight, seat and leg aids and their effect on the use of the rein aid. Demo and discuss the BBP as a prerequisite of the skills of achieving an independent seat and coordinated use of aids						B		A
65	Demo and discuss coordinated use of aids in all the skills listed up to this point						B		A
66	Demo and discuss coordinated use of aids related to free forward movement and demo the incorporated use of them in your riding						B		A

67	Demo correct coordinated use of the aids with a steady light feel in the horse's mouth							B		A
68	Discuss reasons for riding without stirrups on flat/over fences, discuss performance in warm-up and movements w/out stirrups. Demo SOP in each category							B		A
69	Demo suppling exercises for the horse with two changes of directions in each gait. Include circles on both reins, circles in open, shallow and deep looped serpentines, square halts from walk and trot using coordinated aids, even pace, rhythm, balance with smooth transitions, Demo without stirrups							B		A
70	Demo increase and decrease of speed at trot, lengthen and shorten of stride at trot							B		A
71	Demo increase and decrease of speed at canter (to hand gallop). Lengthen and shorten of stride at canter							B		A
72	Demo balanced position for jumping, with the ability of the rider to turn the horse in the air. Step into the direction you are turning.							B		A
73	Demo BP at all three gaits on flat and over fences with different stirrup lengths for show jumping and cross country							B		A
74	Demo riding over grids heights 2'6" to 3'7". Spread not to exceed 3' in width							B		A
75	Demo a course not to exceed 3'7" or 3'9". Functional BBP is essential and the horse must be correctly on the aids.							B		A
76	Demo automatic release, discuss when to use							B		A
77	Demo correct use of pulley rein and when it would be used							B		A
78	Demo riding in galloping position, lower leg BOP alternating to thigh base of support sitting deep and "Kicking on" and staying off horses' back over varied terrain							B		A
79	In correct jumping position, demo balance, coordinated use of aids, initiation and maintain FFM. Be able to explain difference between running and FFM. Perform movements on SOP on your horse and switch mount.							B		A
80	In correct jumping position demo movements which require horse moving away from leg in W/T/C. Demo rein back in jumping position							B		A
81	Demo how to count strides over a course with related and unrelated distances							B		A
82	Ride a course with BP in jumping position, correctness and regularity of pace, understand striding line, distances both related and unrelated							B		A
83	Be able to school horses other than your own over a course, not to exceed 3', 3'3", 3'7"						C-3	B		A
84	Learn to understand pace by riding using a watch with varied but safe footing at 240, 350, 400, 450, 520 mpm			D-3	C-1	C-2		C-3	B	A
85	Practice galloping in accurate pace alone and in a group, be prepared to demo both							B		A
86	Demo ability to jump single jump, double and triple x-country fences inseparate exercises. Demo at specific pace, keeping the regularity and jumping in stride							B		A

87	Demo ability to jump a series of fences w/out stirrups. Pace not to exceed 240 mpm							B		A
88	Demo correct and tactful use of natural and artificial aids in X-C riding in all gaits and paces						C-3	B		A
89	Demo BP in carrying styles, forms and functions according to fences being jumped						C-3	B		A
90	Demo correct and free forward movement, correct bend, and flexion riding on the flat and over fences							B		A
91	Demo correct rhythm and regularity of pace for all riding purposes							B		A
92	Review and be able to demo correct and effective warm-up which is progressive and complete for each phase of jumping. Evaluate the warm up							B		A
93	Understand how to make the most effective time of warm-up							B		A
94	Ride with free forward movement, correct and effective use of aids, BBP, correct body (seat and weight) aids, all natural and artificial aid from smooth and balanced transitions what is required in the SOP							B		A
95	Understand how to make the most effective time of warm-up							B		A
96	Ride own horse and switch ride over fences. Course should include combinations not to exceed 3'7"							B		A
97	Galloping position at pace 450mpm using flexible BOS from lower leg to thigh and back over terrain and fences							B		A
98	Demo pace and jumping out of stride 240mpm, 350mpm, 400mpm, 450mpm							B		A
99	Ride over gymnastics combinations at height not to exceed SOP.and			D-3	C-1	C-2		C-3	B	A
100	At all times, it must be clear which are inside and outside aids, horses bent correctly, ridden inside leg to outside hand. Free forward movement balance must not be compromised. Collection must be from back to front with horse moving into self carriage. Horse should engage hindquarters and lower croup while maintaining willingness to move forward.									A
101	Demo turn on the haunches									A
102	Demo the emergency dismount at the walk		D-2	D-3	C-1	C-2		C-3	B	A
103	Demo the emergency dismount at the trot			D-3	C-1	C-2		C-3	B	A
104	Respectful introduction of the member and their mount	D-1	D-2	D-3	C-1	C-2	H-B	C-3	B	H-HM
105	Develop a sense of teamwork, duty and responsibility leading to leadership	D-1	D-2	D-3	C-1	C-2	H-B	C-3	B	H-HM
106	Develop communication skills	D-1	D-2	D-3	C-1	C-2	H-B	C-3	B	H-HM
107	Develop organizational skills and time management skills	D-1	D-2	D-3	C-1	C-2	H-B	C-3	B	H-HM
108	Learning how to verbalize ideas, present yourself and horse at stations, develop public speaking skills		D-2	D-3	C-1	C-2	H-B	C-3	B	H-HM
109	Be able to identify and dress in both formal and informal attire		D-2	D-3	C-1	C-2	H-B	C-3	B	H-HM
110	Learn Equine science knowledge (Anatomy, psychology, nutrition, biomechanics, etc)		D-2	D-3	C-1	C-2	H-B	C-3	B	H-HM

