

## Riding instruction: Beginner Level C - Sandy Bay Stables

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### 1. Have passed Beginner A and B tests

**2. Be able to apply proper ring etiquette at all times while riding.** Diagonals should be correct at all times, properly corrected if not within no more than five strides of trotting. Perform a figure 8 correctly at the walk and trot with correct diagonals circles should be 20 meters. Quality of circles, correct use of aids to change rein, quality of trot to be considered. Figure 8 will start and finish with a walk halt transition.

**3. Trot around the outside of the ring\* in jumping position.** Rider should show ability to maintain correct jumping position walk and trot over ground poles in both posting trot and jumping position. Rider should show an understanding of use of leg to maintain each gate over the poles. Poles will be shortened for walking and lengthened for trotting.

**4. Rider must demonstrate ability to perform crest release with the help of a neck strap while in jumping position at both the walk and trot.**

**5. Post at the walk without stirrups.** Rider should demonstrate ability to maintain correct position during this exercise as well as correct use of leg to left seat out of the saddle while walking. Student should be able to drop and pick up stirrups without using hands at the walk.

**6. Demonstrate a balancing half halt.** Rider should demonstrate correct use of leg seat and hands to rebalance the horse, this will be a simple understanding of half halt and the resulting response from the horse should be a very slight slowing of the gate. Leg is used by 'snugging' it around the horse, back is used by pushing the stomach forward and the shoulders back slightly, hand stops following with the elbows bent and fingers closed firmly.

**7. Tack and un-tack without assistance\*\* (age appropriate).** Groom horse and pick feet without assistance (age appropriate)

**8. Canter a long side of the ring and halt through the walk.** This skill should be demonstrated in full seat with low hands and minimal loss of correct position. Horse must not carry excessive speed. Rider must demonstrate control over the horse including slowing the horse, if necessary. All students will be asked to perform a halt through the trot and walk at the end of each canter.

**9. Explain leads and why they are important.** Balance will be emphasized as an important part of this answer. Student should explain how to see leads on both their own mount and when watching another horse canter around the ring.

**10. Jump a single 12-inch cross rail at the trot approaching in both full seat and jumping position.** Rider should be able to halt through the walk in a straight line after the cross rail.

**11. Student should be able to give tack a quick wipe-off after the horse works**

**12. Walk outside with some assistance \*\*\* from the instructor.** Start to learn safety rules for being outside. Be able to put horse away properly. Make sure horse is cooled out not sticky or sweaty and properly dressed for the season.

\*on the rail, on the track - the horses feet remain in the track by the wall at all times, and horses do not cut the ends of the ring off.

\*\*without assistance - student and horse are safe with minimal watching by assistant, and student is able to do all that is necessary

\*\*\*with some assistance - student becoming more independent, but still significant assistance from assistant, i.e. Assistant gives step-by-step instructions and some physical aid.

**Go to next level**