

Level 1	Level 2
Non mounted <b>flexion</b> - bring horse's nose to 9 & 3 o'clock	<b>Warm-Up</b> - non mounted & mounted <b>flexion</b> , correct mount, 3 arm & leg <b>exercises</b> at walk, feel shoulder. Do some without stirrups. Demonstrate <b>2 point</b> at a walk.
Tack check & correct <b>mount</b> (horse may be held and you may use a mounting block).	
<b>Reins:</b> how, where, appropriate contact.	<b>Ride the center line</b> (A-C) & both diagonal lines of the arena at a walk & jog/trot. Credit will be given to riders who ride the complete diagonal line without the rider or horse leaning in at the beginning or end of the line.
Stationary: <b>Basic Position</b> , <b>Balance</b> , <b>Focus</b> , <b>Suppleness</b> , stirrup adjustment.	
<b>Stationary Exercises</b> including <b>2 point</b> .	
	<b>Diagonals:</b> explain what 3 body parts are used to post trot. Demonstrate 8 strides without gripping. English riders must have correct diagonals.
<b>Rein effects:</b> a) <b>Open Rein:</b> - to turn. - emergency stop. b) <b>Two Direct Reins:</b> > stop.	c) <b>Support Rein</b> - explain and demonstrate. a) <b>Open Rein</b> to emergency stop, to regain attention, to teach to bend fluidly - demonstrate. i) horse must stop with his head at 3 or 9 o'clock. ii) same exercise but circle at least 3 times in each direction before stopping to encourage flexion. b) <b>Open &amp; Direct Reins</b> - turning & stopping.
<b>Transitions:</b> a) use 3 aids in correct order to produce stop from walk. (For progression, see <b>Stop &amp; Back</b> in other levels.) b) walk to jog/trot - jog/trot to walk.	<b>Transitions:</b> explain & demonstrate how to move from a jog/trot to a lope/canter of at least 10 strides in each direction. Correct leads are encouraged.
	<b>Bend</b> your horse's neck at a walk - ride a large 20m circle with your horse's nose tipped slightly to the inside (11:00 or 1:00 o'clock) Repeat at a jog/trot.
Ride a large (20m) <b>circle</b> around at least 4 markers at a walk. The rider should be looking at the next marker.	Ride a large (20m) <b>circle</b> around at least 4 markers going from a jog/sit trot to a posting rise trot at specific markers.
<b>Back:</b> explain the aids for backing. Demonstrate at least 2 steps.	<b>Stop &amp; Back</b> at least 4 steps. Walk forward 4 steps, stop correctly, back 4 steps.

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<p>Demonstrate how to ride at a walk &amp; jog/trot while maintaining correct <b>focus</b> and <b>relaxed muscles</b>.  <b>Demonstrate the 2 beat rhythm</b> of the jog or trot by counting out the 1-2, 1-2 rhythm for at least 6 steps.</p>	<p>Demonstrate how to ride forward at a walk &amp; jog/trot with correct <b>basic position, balance, focus, quiet hands</b> and count the <b>rhythm</b>. Demonstrate the 2 beat rhythm of the jog or trot by counting out the 1-2, 1-2 rhythm for at least 10 steps.</p>
	<p><b>Ride the Rail:</b></p> <p>a) walk &amp; jog/trot all the way around the arena as an individual and in a small group (no more than 4). Both rider &amp; horse must appear comfortable &amp; relaxed. Gripping with your legs, breaking gait or bolting will be penalized.</p> <p>b) show how to move to another area to avoid crowding. Demonstrate that your horse will halt while the others ride on &amp; that you can ride on while the rest halt.</p>
<p>Explain &amp; demonstrate the <b>dismount</b> (someone may hold your horse).</p>	
<p><b>Pattern:</b> include tack check, mount &amp; dismount (mounting block optional).</p>	<p><b>Pattern:</b> include tack check, mount &amp; dismount mounting block optional).</p>

Level 3	Level 4
<p><b>Warm-Up</b> - Demonstrate correct <b>body position, balance, suppleness, focus,</b> and <b>quiet hands</b> at the walk and jog/sit trot. Demonstrate how your horse will willingly go forward flexing both to the right &amp; left and will stop &amp; stand relaxed with his <b>head</b> at 9 &amp; 3 o'clock.</p>	<p><b>Warm-Up:</b> review all rein effects - open, direct, indirect, support, neck rein &amp; rein of opposition. English riders may leave out neck rein.  <b>Flexion Warm-Up:</b> at a walk &amp; jog/trot - include reverse arc bend.</p>
<p><b>At A or C</b> jog/sit trot a slower smaller circle, then rise trot on the correct diagonal a larger circle. Go both directions.</p>	<p>Controlled circles <b>at X</b> - ride 2 circles - first one is smaller &amp; ridden at a sitting trot/jog. Second one is larger and ridden at a rising trot. Stride must be lengthened and diagonals must be correct.</p>
<p>Ride a <b>circle &amp; straight line</b> without stirrups at a jog/sit trot. Demonstrate the 2 beat rhythm with your arm or <b>hips</b>.</p>	<p><b>Controlled 2 beat gait</b> - western - extend jog. May be ridden sitting or rising (if sitting, must have rhythm). English - extend the trot.</p>
<p><b>Diagonals</b> - explain &amp; demonstrate diagonals, and how to change.</p>	<p><b>Serpentine</b> - at a rise trot, correct diagonals.</p>
<p><b>Rein effects:</b></p> <ul style="list-style-type: none"> <li>a) <b>Indirect Rein</b> - explain how to turn using 2 handed indirect rein aids.</li> <li>b) <b>Neck Rein</b> - at a walk using correct one handed neck reining technique.</li> <li>d) <b>Rein of Opposition</b> - explain and demonstrate.</li> </ul>	<p><b>Rein effects:</b></p> <ul style="list-style-type: none"> <li>a) <b>Neck Reining</b> - explain &amp; demonstrate by riding a square.</li> <li>b) <b>Rein of Opposition</b> - in front of &amp; behind the withers.</li> </ul>
<p><b>Transitions</b> - at specific markers move from a walk to a lope/canter on the correct lead, then back to a jog/trot to a halt. Make it apparent to the evaluator that you are aware if you are on the wrong lead by breaking down to a jog/trot &amp; trying again.</p>	<p><b>Transitions</b> at specific markers - move from a walk to a lope/canter to a walk in both directions. Correct leads required. No more than 2 jog/trot steps. Western riders demonstrate both 2 and 1 handed.</p>
<p><b>Bend:</b> Ride a circle at the walk &amp; jog/trot and explain and demonstrate how to bend your horse through the neck and ribcage. What new rein effect must you use?  <b>(Support Rein/Rein of Opposition)</b></p>	<p><b>Leg Yield:</b> (left &amp; right) off center line (A-C) at a walk with at least 3 crossovers.</p>
<p>Ride a large (20m) <b>circle</b> with only 2 markers (12 &amp; 6 o'clock). Do at all gaits &amp; in both directions. Correct shape of circle is important.</p>	<p>Ride a round <b>circle</b> left &amp; right without markers. Correct leads &amp; bend, effort to create vertical flexion.</p>
<p><b>Stop &amp; Back</b> at least 6 steps with the horse flexed at the poll &amp; jaw. Explain the aids. Walk forward 6 steps, stop, hesitate &amp; back 6 steps.</p>	<p><b>Stop &amp; Back</b> - Sit trot or jog forward to a correct stop, hesitate &amp; back fluidly at least 6 strides. Explain how to correct a horse that has a crooked backup.</p>

Level 3	Level 4
Demonstrate how to ride at all <b>3 gaits</b> , including <b>2 point</b> at the trot, with correct <b>body position, balance, suppleness, focus &amp; quiet hands</b> .	Demonstrate how to use your body effectively to drive your horse forward into lateral, then vertical <b>flexion</b> & some <b>collection</b> for at least 3 strides.
	Explain & demonstrate how a repeatedly implemented 1 or 2 stride <b>half halt</b> (English) or <b>momentary check</b> (Western) would be used to improve the previous exercise.
<b>Turn on Forehand:</b> Explain and demonstrate a turn on the forehand including at least 2 hind leg crossovers in both directions. The pivot leg should be quite constant. The wall may be used as an aid.	<b>Turn on Forehand:</b> Demonstrate, in both directions, without using the wall as an aid: a) novice stage (bent spine) - 4 crossovers. b) intermediate stage (straight spine) - 2 crossovers The pivot foot must be constant.
	Explain & demonstrate a <b>sidepass</b> that includes at least 3 crossovers in each direction. It may be done from a halt or leg yield.  <b>Advanced Turn on Forehand:</b> Explain & demonstrate the 3 steps to prepare your horse for an Advanced Turn on the Forehand. Explain why it is so difficult. Demonstrate at least 1 crossover in both directions.  <b>Turn on Haunches:</b> Explain & demonstrate 2 exercises that will prepare your horse for a Turn on the Haunches. Explain the aids & demonstrate a Turn on the Haunches with 2 crossovers both left & right.
<b>Figure 8</b> - ridden at a walk and then jog/trot. Explain the bend & what happens on each side of X. What is the rider's job at X?	Explain and demonstrate a <b>Simple Lead Changes</b> on a figure 8. The horse must be bend in both directions correctly.
<b>Ride the Rail</b> - at all 3 gaits demonstrating safe spacing & passing. Demonstrate how to pass a rider that you meet head on.	<b>Neck Reining</b> - western, English - 2 direct reins, in a group at all 3 gaits <b>on the rail</b> .
<b>Pattern:</b> include tack check, mount and dismount.	<b>Pattern:</b> include tack check, mount and dismount.

Level 5	Level 6
<p><b>Warm-Up Flexion &amp; Collection</b> - at all 3 gaits, some without stirrups. Include use of open rein, direct rein, support rein &amp; rein of opposition in flexion. Also include a half halt or momentary check to assist with collection. Should be smooth &amp; flowing.</p>	<p><b>Warm-Up Flexion &amp; Collection</b> - include all of Level 5 warm-up plus shoulder in &amp; haunches in.</p>
<p><b>Controlled Stride</b> - using a half halt or momentary check, shorten &amp; lengthen stride at all 3 gaits.</p>	<p><b>Controlled Gallop</b> in both directions. English - hand gallop.</p>
<p><b>Serpentine</b> - Lope/canter a 3 loop Serpentine demonstrating simple lead changes every time the A-C is crossed.</p>	<p><b>Serpentine</b> - May be in warm-up or pattern.</p>
<p><b>Rein Effects:</b>                      a) <b>Neck Reining</b> - individual mini pattern. English - same mini pattern - 2 direct reins.                      b) <b>Rein of Opposition</b> in warm-up.</p>	<p><b>Rein Effects:</b> All rein effects must be used in warm-up.</p>
<p><b>Transitions</b> - balanced <b>halt</b>, hesitate, lope/canter, halt. To improve suppleness in your horse, do a <b>haunches in:</b>                      a) at a walk, b) at a jog/trot, and c) walk to lope/canter transition of at least 3 strides in both directions</p>	<p><b>Transitions - Haunches In</b> to lope/canter from halt.</p>
<p><b>Leg Yield</b> - intermediate stage - 4 crossovers with straight spine off A-C line.</p>	<p>Advanced <b>Leg Yield</b> which is a 2 track at a walk &amp; jog/sit trot.</p>
<p>Large &amp; small circle <b>collected lope/canter</b> in both directions.</p>	<p><b>Counter Canter</b> on the rail &amp; in a circle.</p>
<p><b>Stop &amp; Back</b> - do a smooth fluid downward transition from a lope/canter to a halt &amp; back.</p>	<p><b>Stop &amp; Back</b> - must include in pattern.</p>

Level 5	Level 6
At all 3 gaits, produce <b>collection</b> for at least 6 strides in both directions. The use of the <b>Half Halt</b> or <b>Momentary Check</b> will be helpful.	Demonstrate 2 - 3 lateral exercises that will help produce a <b>smooth balanced</b> lope/canter <b>transition</b> & a <b>collected</b> lope/canter.
<b>Shoulder In</b> - show how to improve suppleness in your horse's shoulders by doing a Shoulder In of at least 3 strides. Half halt or momentary check in warm-up	<b>Half Halt &amp; Momentary Check</b> - will be included in pattern.
<b>Turn on Forehand</b> - Demonstrate at least 4 crossovers of the <b>Intermediate Stage</b> of <b>Turn on the Forehand</b> in both directions.	<b>Turn on Forehand</b> - advanced stage - 6 crossovers in both directions.
At least 6 crossovers left & right of the elementary stage of <b>sidepass</b> and 3 crossovers left & right of the intermediate stage.	At least 3 crossovers both left & right of the advanced stage of the <b>sidepass</b> .
Advanced <b>Turn on the Forehand</b> - at least 4 crossovers left & right of the advanced Turn on the Forehand.	<b>Two Track/Half Pass</b> - explain 3 prerequisites to produce a <b>Two Track/Half Pass (Advanced Leg Yield)</b> . Demonstrate at least 3 crossovers at the walk in each direction <b>Two Track/Half Pass</b> - Demonstrate at least 3 crossovers at a jog/sitting trot.
<b>Turn on Haunches</b> - from a halt or forward motion, shape the horse correctly, then demonstrate at least 4 crossovers both left & right.	<b>Turn on Haunches</b> - at least 6 fluid crossovers left & right with horse correctly shaped. English riders may do a walk pirouette.
<b>Simple Lead Changes</b> - 2 figure 8's, 4 diagonal line changes, 2 three loop serpentine.	<b>Flying Lead Changes</b> - preparation & execution.
<b>Neck Reining</b> in a group (western only) - all 3 gaits & ride a mini pattern	<b>Neck Rein</b> - demonstrate 2 lateral movements (turn on forehand, turn on haunches, sidepass) in both directions using the neck rein.
<b>Pattern</b> - include tack check, mount & dismount.	<b>Pattern</b> - include tack check, mount & dismount.