



The United States Pony Clubs, Inc.



C-1 DRESSAGE TEST SHEET

Candidate's Name _____ Name of Pony Club/Riding Center _____

District Commissioner/Center Administrator _____ Region _____

NOTE: Before beginning test, Examiners must read "Guidelines for Club/Center Certifications- D-1 through C-2" and the C-1 Standard of Proficiency (SOP), including "Information for Candidates," "Testing Information," and "Examiners." Examiner must have a copy of the SOP with them during the test. Examiner comments must give specific reasons if a candidate does not pass any phase.

RIDING EXPECTATIONS: Candidate should ride with confidence and control on the flat, over cavaletti, in the open and in riding a USEF Training Level Dressage Test, demonstrating a continuing development of a basic balanced position in all gaits and in transitions. The candidate should show development of the correct aids to ride mount forward, with steady connection, and with rhythm in a balance suitable for training level. Candidate should be familiar with the Training Scale and the purpose of Training Level Dressage Tests. These expectations are applied to each block of the test.

RIDING ON THE FLAT - WARM UP

- Demonstrate and discuss warm-up routine to prepare mount and rider for a dressage test, using the following terms: rhythm, relaxation, bending, connection, and accuracy.
- Discuss importance of mount stretching forward and downward.

___ ES
 ___ DNMS
 ___ MS

MOVEMENTS

- Demonstrate 20 meter circles at trot and canter.
- Demonstrate a 3-loop serpentine with correct changes of bend.
- Demonstrate a loop with correct changes of bend (see diagram on last page of standard).
- Demonstrate work on centerlines with halts.
- Discuss aids for and demonstrate a turn on the forehand.
- Discuss aids for and demonstrate allowing the horse to stretch forward and downward on a 20 meter circle at the rising trot.
- Demonstrate development of a lengthening at the trot.

___ ES
 ___ DNMS
 ___ MS

- Discuss aids for and demonstrate a simple step back of 2-3 steps.
- Ride without stirrups at the sitting and rising trot, maintaining position.

___ ES
 ___ DNMS
 ___ MS

KEY: ES = Exceeds Standard

MS = Meets Standard

DNMS = Does Not Meet Standard

C-1 DRESSAGE TEST SHEET (Continued)

<ul style="list-style-type: none"> • Demonstrate and discuss passing another horse and rider head-on in an arena. • Discuss arena etiquette and safety in a group (passing, problems that may arise, and how best to safely pass unfamiliar horses). 		<input type="text"/> ES <input type="text"/> DNMS <input type="text"/> MS
<ul style="list-style-type: none"> • Discuss performance to include: rider's basic balanced position, use of aids, and whether horse developed free forward movement, balance, rhythm, and connection. • Candidate shows confidence and control with a basic balanced position and the development of the correct aids. The candidate rides forward, with steady connection, and with rhythm in a balance appropriate to training level. 		<input type="text"/> ES <input type="text"/> DNMS <input type="text"/> MS
<p>RIDING OVER GROUND POLES/CAVALETTI</p> <ul style="list-style-type: none"> • Discuss appropriate distances for cavaletti at walk, trot, and canter. • Ride at the walk and trot over 3-5 ground poles or cavaletti, maintaining a balanced position, steady rhythm, and tempo. • Canter over a single ground pole. 		<input type="text"/> ES <input type="text"/> DNMS <input type="text"/> MS
<ul style="list-style-type: none"> • Discuss performance to include the impact of cavaletti on energy and relaxation of the mount. 		<input type="text"/> ES <input type="text"/> DNMS <input type="text"/> MS
<p>DRESSAGE TEST</p> <ul style="list-style-type: none"> • Bring a hand-drawn diagram of the current USEF Training Level Test 3 to show the layout of the arena, letters, geometry, and placement of figures. • Discuss your goals for the test ride and preparation for movements and figures 		<input type="text"/> ES <input type="text"/> DNMS <input type="text"/> MS
<ul style="list-style-type: none"> • Perform USEF Training Level Test 3. • Discuss test performance relative to the purpose of the test. • Discuss mount's free forward movement, balance, rhythm, and quality of bend through the corners and figures. • Discuss whether the rider showed progress toward establishing a steady connection from the leg and seat to the reins. 		<input type="text"/> ES <input type="text"/> DNMS <input type="text"/> MS

KEY: ES = Exceeds Standard

MS = Meets Standard

DNMS = Does Not Meet Standard

C-1 DRESSAGE TEST SHEET (Continued)

RIDING IN THE OPEN

- Ride with confidence and control over varied terrain at the walk and working trot (Rider's option to ride alone or in a group.)
- Discuss performance to include difference in mount's behavior in the open vs. the arena, and benefits of riding in the open.
- Discuss ways to control a mount in the open.

___ ES
___ DNMS
___ MS

COMMENTS (General impressions, suggestions for improvement):

Examiner sign here: _____ DATE: _____

ES _____ MS _____ DNMS _____ PRINT EXAMINER NAME: _____

Sections requiring retesting: (up to total of two)

A candidate may be re-tested as follows:

- Retest to cover not more than two sections of the test.
- Failure of any section on that day will require retaking the entire test.
- A candidate may retest only if the candidate qualifies for a retest by passing the minimum number of sections stated on the test sheet.
- Those testing during the current year have until December 1st of the following year to retest. Candidates must arrange for retests through their DC/CA.

ES _____ MS _____ DNMS _____

Retest Examiner SIGNATURE: _____

DATE: _____



© 2019 The United States Pony Clubs, Inc.

4041 Iron Works Parkway, Lexington, KY 40511

(859)254-7669 ~ www.ponyclub.org

Copying permitted for internal use only by members and volunteers of
The United States Pony Clubs, Inc.

****Revised January 2020****