



The United States Pony Clubs, Inc.



C-2 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-2 Standard of Proficiency (SOP), including "Information for Candidates," "Testing Information," and "Examiners." Examiner must have copy of the SOP with them during test. Examiner comments must give specific reasons if a candidate does not pass any phase.

RIDING EXPECTATIONS: Candidate should understand the purpose of USEF First Level and ride with confidence and control on the flat, demonstrating a secure balanced position. The candidate progresses towards an independent hand with a coordinated use of leg, seat and hands (aids) while riding figures and movements from USEF First Level Dressage Tests, over cavaletti and in the open. Candidate should have an understanding of the Training Scale and demonstrate effective aids to ride the horse freely forward with suppleness and a steady connection, and begin to develop thrust. These expectations are applied to each block of the test.

<p>RIDING ON THE FLAT - WARM UP</p> <ul style="list-style-type: none"> Demonstrate warm up routine to prepare rider and mount to ride a dressage test. Discuss warm up for both rider and mount, using the following terms: rhythm, tempo, suppleness, relaxation, bending, connection, and impulsion 	<div style="border: 1px solid black; padding: 5px;"> <p>___ ES ___ DNMS ___ MS</p> </div>
<p>MOVEMENTS</p> <ul style="list-style-type: none"> Demonstrate all figures and movements found in USEF Training Level and First Level, Test 1 Dressage Tests. Demonstrate work on the center line or quarter line to develop straightness. 	<div style="border: 1px solid black; padding: 5px;"> <p>___ ES ___ DNMS ___ MS</p> </div>
<ul style="list-style-type: none"> Discuss aids for and demonstrate development of leg yield in both directions at walk and trot. Discuss differences in quality of leg yield left compared to right. 	<div style="border: 1px solid black; padding: 5px;"> <p>___ ES ___ DNMS ___ MS</p> </div>
<ul style="list-style-type: none"> Discuss why stretching circles are important and demonstrate a 20 m stretching circle at the rising trot. Increase and decrease of length of stride at trot and canter. 	<div style="border: 1px solid black; padding: 5px;"> <p>___ ES ___ DNMS ___ MS</p> </div>

KEY: ES = Exceeds Standard

MS = Meets Standard

DNMS = Does Not Meet Standard

C-2 DRESSAGE TEST SHEET (Continued)

<ul style="list-style-type: none"> Ride mount without stirrups at all gaits, maintaining position and independence of aids. Discuss mounts straightness and bending left and right, and whether a change in stride length was shown in lengthenings. 	<p>___ ES ___ DNMS ___ MS</p>
<ul style="list-style-type: none"> Discuss performance to include: rider's position, use of aids, and whether horse developed free forward movement, balance, rhythm, and connection appropriate for First Level. 	<p>___ ES ___ DNMS ___ MS</p>
<ul style="list-style-type: none"> Candidate rides with confidence and control with a secure balanced position and progresses towards more independent aids, initiating free forward movement with balance, rhythm, thrust, and a steady connection appropriate to First Level. 	<p>___ ES ___ DNMS ___ MS</p>
<p>RIDING OVER GROUND POLES/CAVALETTI</p> <ul style="list-style-type: none"> Discuss 2 cavaletti exercises at the walk and/or trot, to include cavaletti on a curved line. Ride 1 or more cavaletti exercises, including either raised or curved cavaletti, while maintaining position, balance, and connection. 	<p>___ ES ___ DNMS ___ MS</p>
<ul style="list-style-type: none"> Discuss purpose and goal of exercises Ride cavaletti exercises while maintaining position, balance, and connection. Discuss performance to include the influence of the cavaletti/ground pole work on horse's rhythm, suppleness, and connection. 	<p>___ ES ___ DNMS ___ MS</p>
<p>DRESSAGE TEST</p> <ul style="list-style-type: none"> Bring a hand-drawn diagram of the current USEF First Level Test 1 to show the layout of the arena, letters, geometry and placement of figures. Discuss your goals for the test ride and preparation for movements referencing the Training Scale. Perform USEF First Level Test 1. 	<p>___ ES ___ DNMS ___ MS</p>
<ul style="list-style-type: none"> Discuss test performance to include rider's position, mount's free forward movement, balance, clear rhythm at all gaits while developing suppleness, elasticity and steady connection. Discuss thrust appropriate to First Level. Discuss ways to improve the ride and exercises that might be used. 	<p>___ ES ___ DNMS ___ MS</p>

C-2 DRESSAGE TEST SHEET (Continued)

RIDING IN THE OPEN

- Ride with confidence and control over varied terrain at the walk, and-working trot, and, optional, working canter (Rider's option to ride alone or in a group.)
- Discuss performance, including thoughts on any disobedience.
- Choose one exercise from examples below, or one of your own, when riding in the open that would benefit your horse and discuss its effectiveness. Discuss other possible exercises that might benefit your horse.

(Lengthening up hills, transitions down a hill, riding forward to energize a lazy horse, walking in a group to settle a nervous horse, serpentines around trees, etc.)

___ 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: _____



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