

Mounted Skills (C-1 Dressage)

RIDING EXPECTATIONS: Candidate should ride with confidence and control on the flat, over cavaletti's, in the open and in riding a USEF Training Level Dressage Test. Demonstrating a basic balanced position and use of natural aids. The candidate should understand the purpose of USEF Training Level, and begin riding mount freely forward in balance and rhythm while developing a steady connection from the leg and seat to the reins. Candidate should be familiar with the USDF Training Scale.

The C-1 check-list is a valuable tool to evaluate a member's readiness to test. It is recommended that this check-list be used to evaluate a candidate no earlier than 90 days prior to the certification. The evaluator should sign the "Signature" block when a candidate satisfactorily performs the necessary skills while demonstrating both horse management and riding expectations for the standard without instruction/coaching. If the member is not able to demonstrate the standard, the evaluator should provide detailed comments on what improvements the candidate needs to make in order to demonstrate the standard. An evaluator must be able to give an impartial evaluation of the candidate's proficiency at the standard. The "D-1 through C-2 Examiner's Handbook" and the last page of the "Standards of Proficiency" outlines the qualities of an examiner that is appropriate to use.

Signature
&
Date

Riding on the Flat

- Ride test consistently demonstrating Riding Expectations (see above).
- Demonstrate and discuss:
 - Suppling exercises for rider without stirrups at walk.
 - Warm-up routine for preparing to ride a dressage test, including:
 - Free and medium walk, working trot and working canter
 - School figures found in USEF Training Level dressage tests
 - 20 meter circles at trot and canter, walk and trot diagonals, shallow loops at trot, halts on centerline etc.
 - 20 meter Figure 8's and serpentines
 - 20 meter circle at the posting trot with the horse stretching for ward and downward to the bit
 - Simple and smooth transitions at arena letters, at each gait
 - Turn on the forehand
 - Rein back 2-3 steps
 - Increase and decrease of length of stride at trot
- Discuss candidate's warm-up for both rider, and mount with examiner using the following terms: Rhythm, Relaxation, Connection, Bending, Calm and Accurate Transitions
- Discuss why stretching forward and down is so important
- Discuss riding etiquette and how to ride safety in a group or warm-up arena- passing and possible problems that may arise and how best to safely pass green horses
- Demonstrate and discuss passing another horse and rider head on while riding in an arena or ring.
- Ride school figures without stirrups at the sitting trot. Discuss differences in position, and stirrup length for riding on the flat, riding over fences and riding in the open

Evaluator's Comments:

Riding Over Ground Poles/Cavaletti

- Ride at the walk and trot over 3-5 trot poles/cavaletti, maintaining a balanced position posting and in two point position
- Ride over 3-5 trot poles/cavaletti followed by an elevated trot pole or raised cavaletti between 6" to 12" in height.
- Discuss performance with Examiner, including steadiness of rhythm and ways ride could be improved.

Evaluator's Comments:

Mounted Skills (C-1 Dressage cont.)

Signature
&
Date

Riding Test

- Candidate should bring a hand-drawn diagram of the test that will be ridden by candidate - USEF Training Level Test 3 or First Level Test 1, or the USEF Training Level Rider Test. Discuss goals for the test, and preparation for movements and figures
- Ride USEF Training Level Test 3, or First Level Test 1, or the USEF Training Level Rider Test
- Discuss test performance with examiner relative to the Purpose of the test and, whether or not mount was moving freely forward in balance and rhythm, whether the rider established a steady connection from the leg and seat to the reins, whether horse was bent correctly through corners and figures.

Evaluator's Comments:

Riding in the Open

- Ride safely and considerately on public or private property (open field or open space) over varied terrain, in a group, at the walk, working trot, and working canter. Discuss ways to control a mount in the open.
- Discuss performance with Examiner giving reasons disobediences

Evaluator's Comments: