

## Mounted Skills (C-2 Dressage)

**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 and progress toward a more 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. The candidate should begin to initiate free forward movement, establishing balance, rhythm, and thrust while developing a steady connection from the leg and seat to the reins, and have basic understanding of the USDF Training Scale

**The C-2 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

- Discuss the meaning of the Riding Expectations (see above). Ride consistently demonstrating Riding Expectations.
- Discuss candidates warm-up for both rider, and mount with examiner using the following terms: Rhythm, Relaxation, Impulsion, Tempo, Connection, Bending, Calm and Accurate Transitions
- Demonstrate:
  - All figures and movements found in USEF Training and First Level dressage tests, and USEF First Level Rider Tests
  - Increase and decrease of length of stride at trot and canter with clear transitions
  - Demonstrate work on the center line or quarter line to develop straightness.
  - Leg yield of choice at walk and/or trot in both directions
  - Turn on the forehand
  - Ride mount without stirrups at all gaits.
  - Discuss aids for and demonstrate a rein back of 3-4 steps.
  - Discuss why a stretching circle is so important and demonstrate a 20-meter stretching circle at the posting trot. Demonstrate a loop (see diagram on page 5).
  - Discuss performance with Examiner including the rider's position, and whether mount was moving freely forward in a balanced, rhythm and thrust appropriate to First Level, and maintaining a clear rhythm and steady tempo in all three gaits while developing suppleness and elasticity and a steady connection.
  - Discuss crookedness vs straightness - 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

- Discuss safe distances for cavaletti at walk, trot and canter.
- Ride at the walk and trot over 4-6 trot poles/cavaletti, maintaining a balanced position while posting, sitting and in two point position.
- Canter over single poles or cavaletti
- Ride over 3-5 trot poles/cavaletti followed by an elevated trot pole or raised cavaletti not to exceed 12" in height.
- Discuss performance with Examiner, including rhythm maintained throughout

Evaluator's Comments:

## Mounted Skills (C-2 Dressage cont.)

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### Riding Test

- Bring a hand drawn diagram of USEF First Level test 2, or the USEF First Level Rider Test that will be ridden by candidate.
- Discuss goals for the test, and preparation for movements referencing the Training Scale.
- Perform USEF First Level test 2, or the USEF First Level Rider Test.
- Discuss performance with examiner including the rider's position, and whether mount was moving freely forward in a balanced, rhythm and thrust appropriate to First Level, and maintaining a clear rhythm in all three gaits while developing suppleness and elasticity and a steady connection.

### Evaluator's Comments:

### Riding in the Open

- Ride safely and considerately on public or private land (open field or open space) over varied terrain, in a group, at the walk, working trot, and canter (approximately 350 mpm), if terrain and conditions are appropriate.
- Discuss different stirrup lengths and riding positions for riding in the open.
- Discuss ways to control a mount in the open.
- Discuss benefits of riding in the open.
- Discuss performance with Examiner giving reasons for any disobediences.

### Evaluator's Comments: