

# Windy Meadows Riding School Levels

## **Beginner level (No riding experience.)**

1. Mount and dismount with assistance using mounting block if necessary.
2. Shorten and lengthen reins at halt and walk.
3. Perform balancing and suppling exercises for rider at walk and halt.
4. Ride at the walk, performing simple turns and large circles.
5. Ride without stirrups at the walk.
6. Ride at the trot on correct diagonal, performing simple turns and large circles.
7. Demonstrate how to pass others safely while riding in an enclosed area.
8. Maintain jumping position at the trot on the flat and over ground poles.
9. In an enclosed area, ride a simple stadium course of four to five obstacles of cross rails and verticals (no spreads) not to exceed 18”.
10. Ride safely and considerately, on a suitable mount, in the open, in a group, at the walk and trot.
11. Ride with control, up and down hills, at the walk and trot.

## **Advanced Beginner: (Limited riding experience.)**

1. Ability to mount and dismount (without assistance or mounting block if necessary)
2. Basic correct equitation position demonstrating control of the horse in an enclosed arena
3. Can groom and tack with limited assistance; can adjust their own stirrups; can shorten and lengthen reins correctly.
4. Know how to halt, rein back, walk, trot, and canter.
5. Can perform balancing and suppling exercises at walk and halt.
6. Can demonstrate how to pass others safely while riding in the arena.
7. Knows how to complete figures at trot including 10 and 20 meter circles, figure 8's, and serpentine.
8. Correct riding of a diagonal line; can hold the horse in a straight line off of track on centerline or quarter line.
9. Knows how to post at walk and trot, and the elevated or "jump" position at walk and trot.
10. Can trot over a ground poles and hold a jumping (elevated) position.
11. Can consistently identify diagonals at trot & identify leads at canter.
12. Can walk, trot (posting & sitting) without stirrups.
13. Can consistently trot & canter over series of 6 cross rail or vertical fences at 18”.
14. Can ride safely in the open with control (up and down hills) at the walk and trot.
15. Can jump a minimum of 6 simple, natural cross-country obstacles at the trot not to exceed 18”.

16. Is comfortable bathing a horse for showing with assistance.

**Intermediate: (Includes all of the beginner skills plus...) -**

1. Can adjust stirrups and girth with feet in the stirrups while mounted at the halt.
2. Can explain & properly use a half halt, and rein-back.
3. Can feel diagonals and leads without looking.
4. Can adjust pace & stride at trot, comfortably sit trot.
5. Can complete a 15 and 20 meter canter circle.
6. Can trot (posting & sitting), and cantering all without stirrups.
7. Can perform balancing and suppling exercises at walk and trot.
8. Can canter & complete 2' course of 8 fences including bending lines.
9. Can canter over a gymnastic grid of 6-8 fences including oxers at 2'.
10. Can turn on the haunches, turn on the forehand, working serpentine and half turns at the trot.
11. Has the ability to hold a proper leg position at all gaits. Can properly use spurs & whip.
12. Has correct use of the inside leg and outside rein and outside leg to create bend.
13. Understands the use of different bits.
14. Can properly longe a horse at walk and trot.
15. Can ride safely in the Open with control, up and down hills, at the trot and canter.
16. Can jump a minimum of 8 simple, natural cross-country obstacles at the trot and/or canter not to exceed 2'.
17. Can identify minor cuts, scratches and injuries, identify a lame or unsound horse.

**Advanced Student: (All of the Intermediate skills plus...)**

1. Can perform balancing and suppling exercises at walk and trot without stirrups.
2. Can work mount at all three gaits with smooth transitions, lengthening and shortening of stride, learning shoulder-in, haunches-in, leg yielding, and change of direction through a circle.
3. Can consistently complete a square halt, counter canter, simple changes of lead, and learning flying change of lead.
4. Can change between half-seat and full seat at trot and canter.
5. Can adjust horse's strides in jumping line.
6. Is comfortable jumping an 8 fence 2'6" course without stirrups.
7. Can create a "Supple" horse in balance and learning why and how to put a horse "On the bit".
8. Knows basic conformation of the horse.
9. Knows proper tack fitting and purpose of different types of tack.
10. Can set fences and know strides between fences.
11. Can halt in a course of fences and proceed to a fence at trot.

12. Is comfortable at hand gallop in the arena and riding in the open.
13. Can ride safely with control in a group at the walk, trot, and canter over varied terrain, through shallow water and small ditches and banks not to exceed 2'6".
14. Can ride over a minimum of 10 natural cross-country obstacles at the canter not to exceed 2'6".
15. Can properly lunge a horse at walk, trot, and canter.
16. Can perform basic first aid on the horse to include dressing a wound and bandaging.