

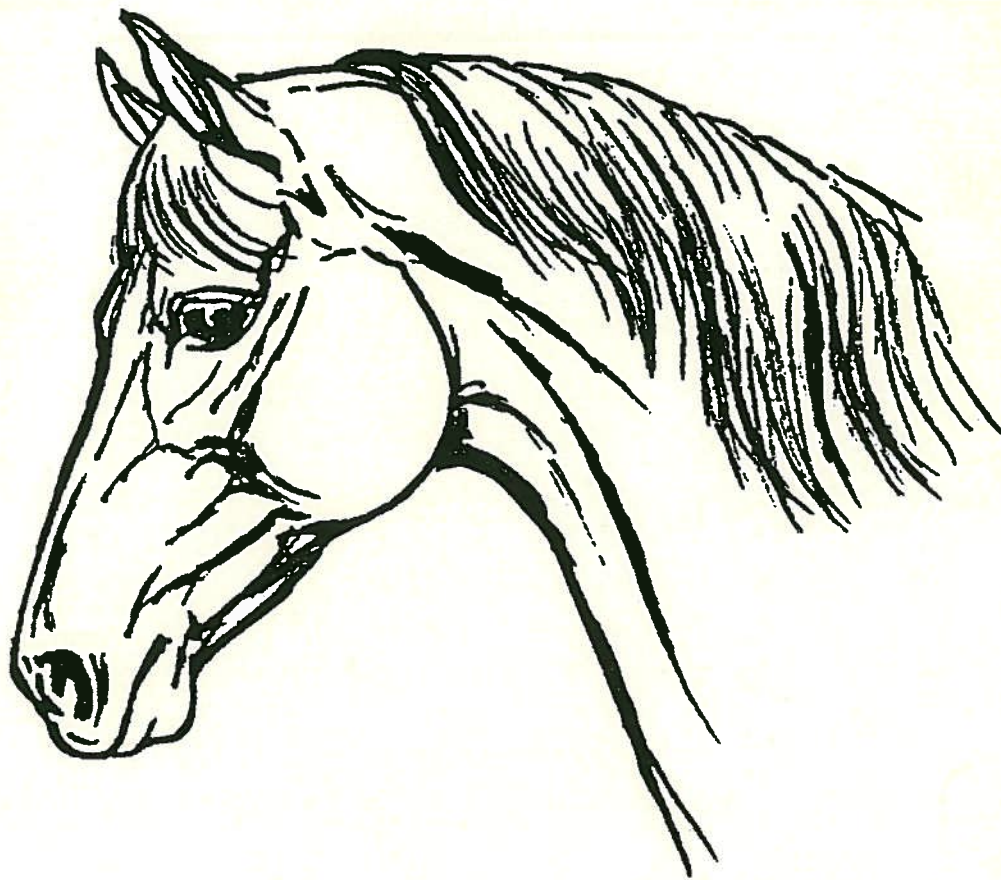


Certified Horsemanship Association

HORSEMANSHIP

Level 1

MANUAL



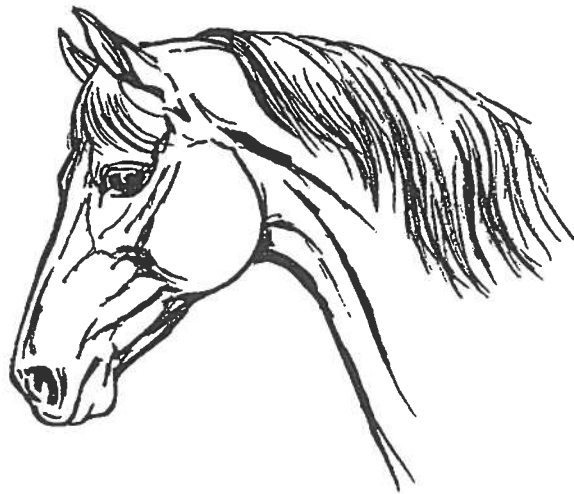
LEVEL 1



Certified Horsemanship Association

**HORSEMANSHIP
MANUAL**

LEVEL 1



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Editor

Julie Goodnight

Illustrations by

Susan Harris

Layout and Typeset

Susanne Valla

Revision Committee

Chair, Julie Goodnight

Robin Boyles

Gayle Ford

Tammi Gainer

Polly Haselton Barger

Julia Hershey

Michelle LaBarre

Julie Morton

Patti Stalley

JoAnne Young

Susanne Valla

Past Contributors

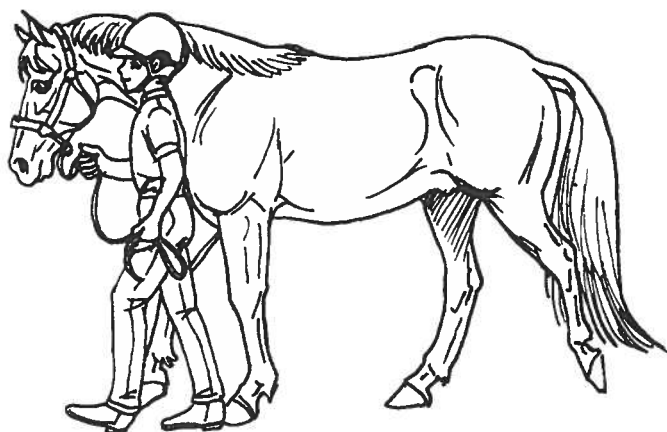
Judy Ale	Audrey Nelson
Dan Arnold	Lois Orr
Becky Blansett	Max Parrott
Cheryl Bradbee	Patti Pearson
Rodney Brown	Deborah Plimpton
Fred Bruce	Pam Prudler
Chris Cochrane	Dallas Raab
Carol Dobson	Vivian Raab
Cindy Drodge	Dodi Stacey
Amy Edwards	Alice Steltenpohl
Eddy Edwards	Melodie Sterrett
Nan Edwards	Cindy Swanson
Sally Edwards	Margaret Taylor
Debra Glowik	Daryl Thomas
Audrey Grabfield	Eldon Toews
Susan Harris	Bill Wiley
Kristi Harris	Terry Williams
Sue Hughes	Jane Wiley
Sharon Lindsay	Mary Anna Wood
Denise Maxwell	Donna Woods
Gregg McEnroe	Ruth Wright
Dale Miller	Timothy Wright
Bill Murrell	Susanne Valla

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INTRODUCTION

The Level 1 CHA Horsemanship Manual is the beginning of your association with horses. The goals you will work towards in Level 1 include how to safely tie, groom, saddle and bridle, mount and ride a horse. You will also be able to identify various parts of your horse and riding equipment. You will develop the ability to control a horse through the trot.



Before you know it, you will be enjoying a safe and satisfying relationship with horses.

GENERAL HORSE INFORMATION

Horse sense is the basis of horsemanship. This is the ability of a person to understand horses and even to think like a horse. The better you understand horses, the more you will enjoy them and the better rider you will be.

Horses are large and powerful animals, but they are also timid and easily frightened. Most horses are gentle and obedient if they are handled properly. If you hurt or frighten a horse, you may get hurt. The first choice of a frightened horse is to run away. If he can't run away, he might kick or bite in self defense. It's important to ask permission from your instructor or the horse's owner before going near a strange horse.

The following rules will help you learn how to act safely around horses. They are based on a knowledge of how horses think and often react.

HORSE SENSE • RULES AND REASONS

Rule 1. Praise often, punish seldom.

Reason Firm, gentle treatment will gain your horse's respect.
Harsh or cruel treatment will make your horse fear you.

Rule 2. Stop, look and listen. Use caution when working around horses.

Reason Horses are frightened by loud noises and sudden movements.
They may react in an unexpected way.



*DON'T RUN OR YELL
YOU MIGHT STARTLE A HORSE*

RULES AND REASONS CONTINUED . . .

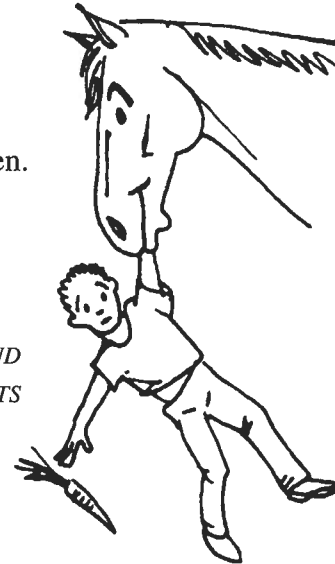
Rule 3. Never stand directly behind or in front of a horse.

Reason These are “blind spots” for a horse and a frightened horse may kick or run over you.

Rule 4. Horses should never be hand-fed.

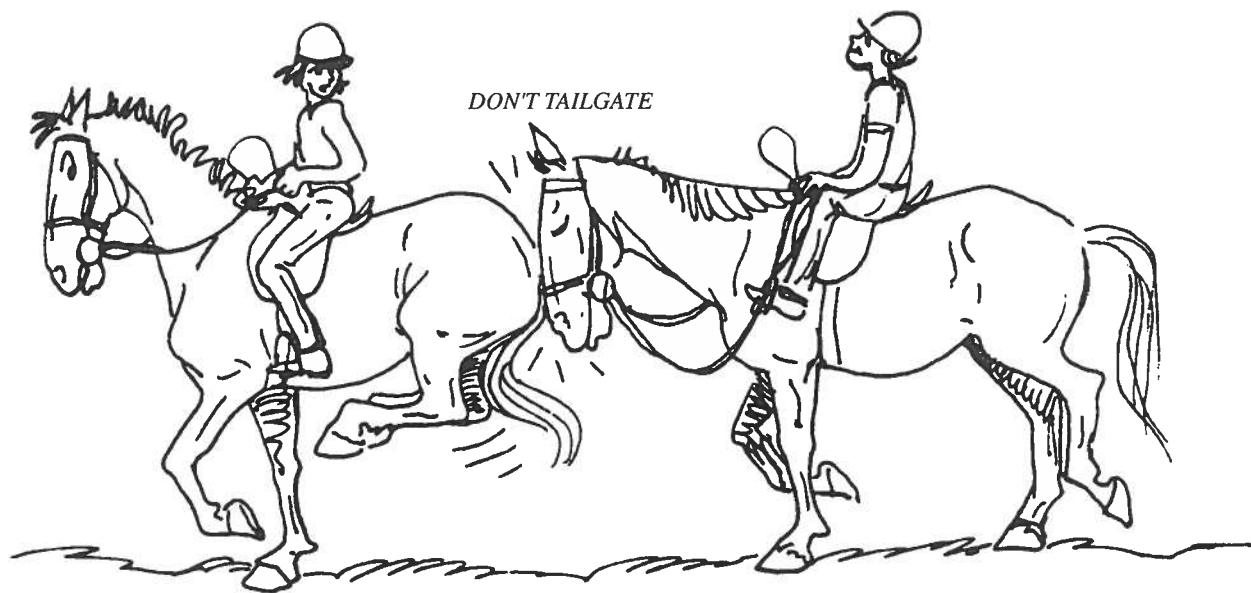
Reason Fingers may be mistaken for treats and be bitten.
Hand-fed horses may become rude and unruly.

*DON'T FEED HORSES BY HAND
FINGERS FEEL LIKE CARROTS*



Rule 5. Keep at least one horse length between your horse and the horse in front of you.

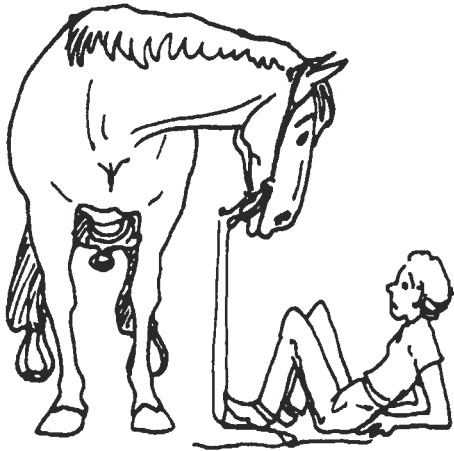
Reason Crowding a horse may cause him to kick or bite.



KEEP ALERT • MAINTAIN A SAFE DISTANCE BETWEEN HORSES

Rule 6. Check equipment for proper fit and have your instructor check it before you mount.

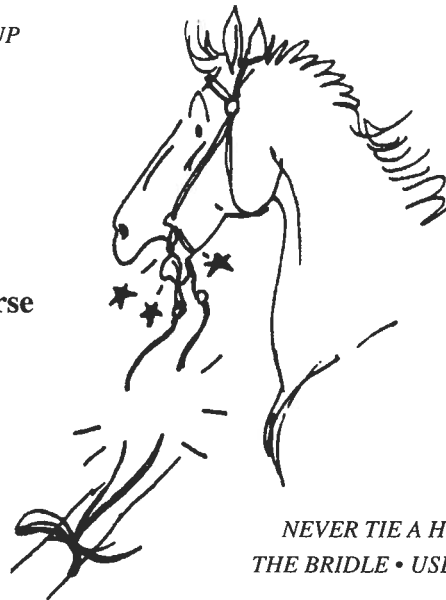
Reason Improperly fitted equipment may cause an accident or injury to horse and rider.



*CHECK YOUR TACK
BEFORE YOU MOUNT UP*

Rule 7. Always use a halter and lead rope to tie your horse and never tie with the reins.

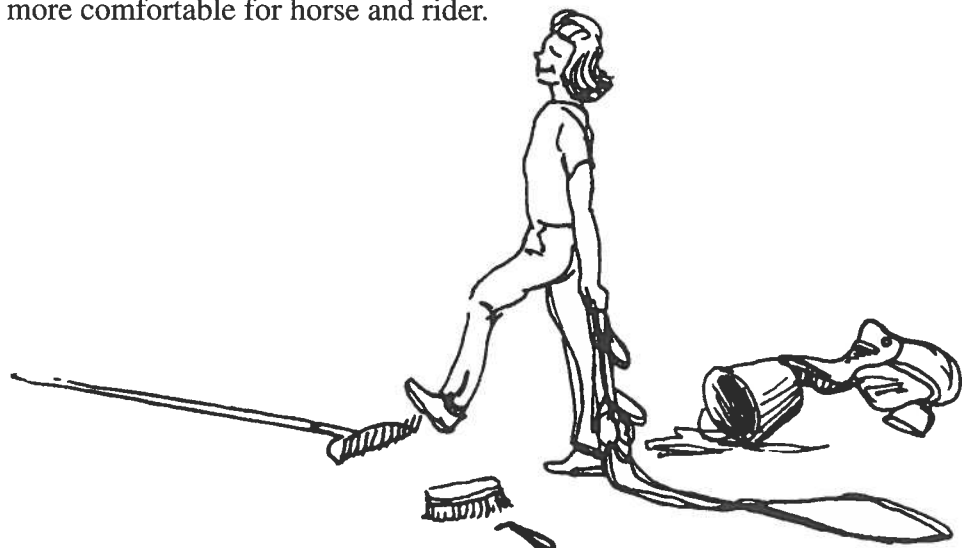
Reason Reins may be broken or the horse's mouth injured if tied by the bridle.



*NEVER TIE A HORSE BY
THE BRIDLE • USE A HALTER*

Rule 8. Treat equipment with care and always put it away properly.

Reason Properly cared for equipment is easier to use and lasts longer and is more comfortable for horse and rider.

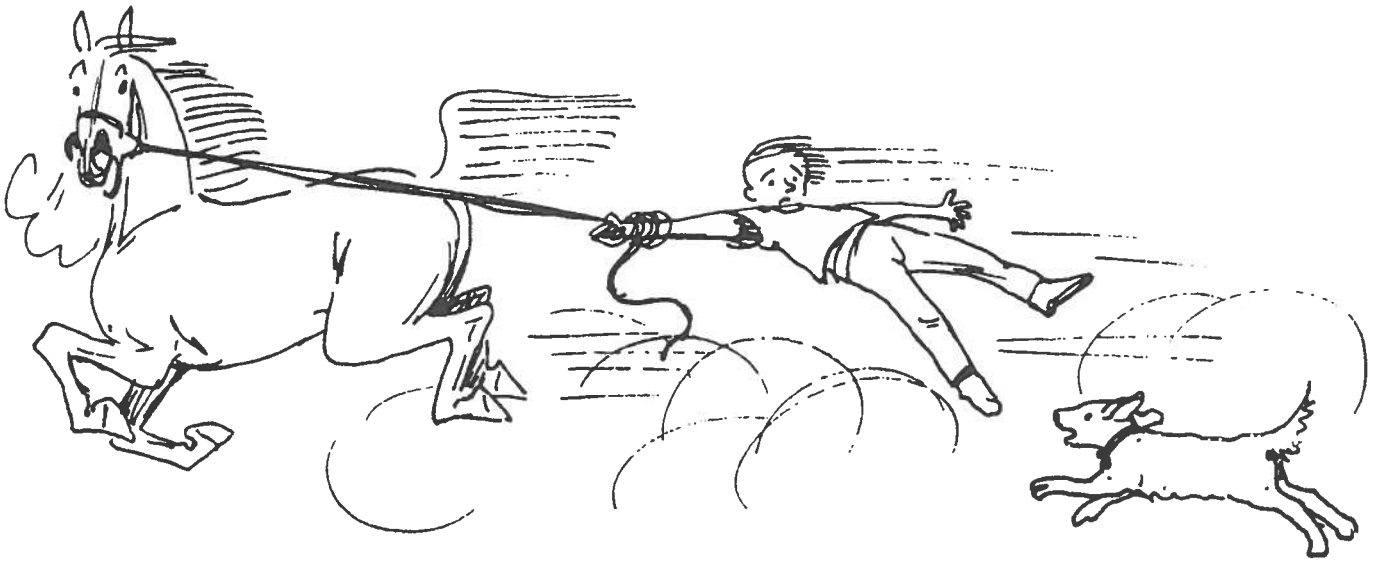


PUT EQUIPMENT AWAY PROPERLY WHEN YOU ARE THROUGH WITH IT

MORE RULES AND REASONS ...

Rule 9. Never wrap or tie anything attached to your horse around your body in any way.

Reason Being tied may result in your being dragged by your horse.



NEVER WRAP OR TIE A LEAD ROPE OR REIN AROUND YOURSELF

Rule 10. Listen and learn.

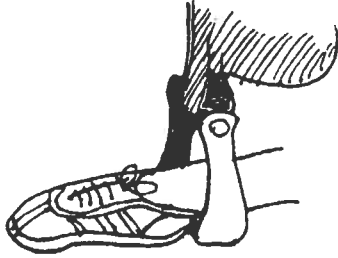
Always listen for directions from your instructor and act promptly.

Keep alert at all times when around horses.

Reason Your instructor will help protect you from danger and insure that you enjoy your time with your horse.

Rule 11. Dismount to adjust clothing or equipment.

Reason Your horse may spook from unusual movement on his back.



*DANGER • SNEAKERS
CAN ALLOW YOUR
FOOT TO GET CAUGHT
IN THE STIRRUP*



*BE SMART
DRESS THE PART*

Rule 12. Dress appropriately. When riding, you should:

Wear long pants

Reason Long pants will prevent sores on your legs.

Wear shoes or boots with a heel and smooth soles

Reason Hard shoes will protect your feet.

The heels will prevent your feet from slipping through the stirrups.

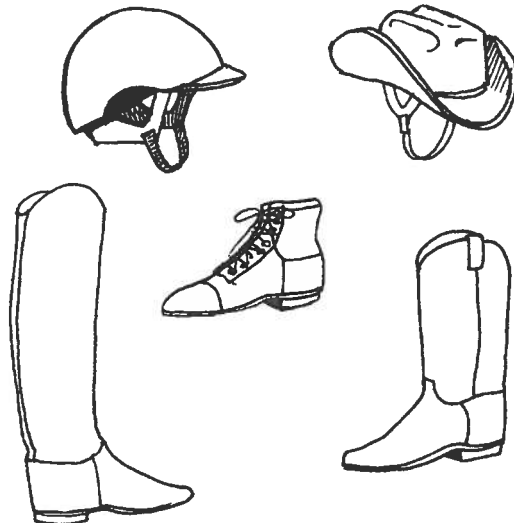
Smooth soles will help your feet slide out of the stirrups easily when dismounting.

Wear a safety helmet made for riding

Reason Helmets protect from most head injuries.

Never chew gum while riding

Reason If you chew gum, you could choke or bite your tongue.



HORSE CARE AND HANDLING

APPROACH YOUR HORSE

When approaching a horse always consider the horse's limited field of vision. A horse cannot see directly behind or in front without moving his head.

- Approach your horse at the shoulder or as near the neck as possible so that he can see you.
- Speak softly and call the horse's name as you approach because your horse may be asleep. Extend your hand and pat him on the neck or shoulder.

HALTER YOUR HORSE

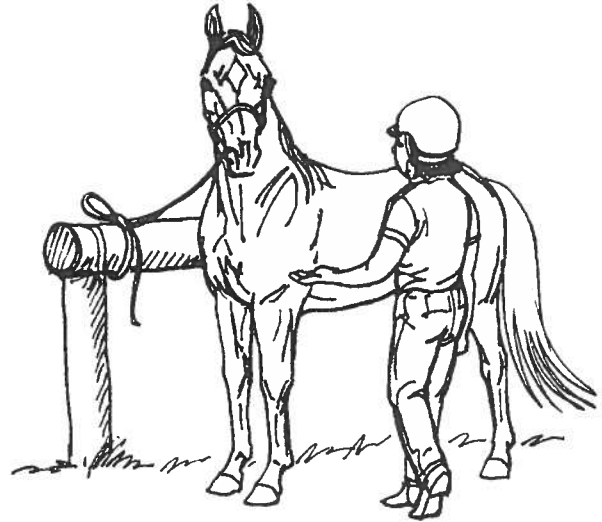
The halter and lead rope help you to lead and tie your horse. Lead ropes are attached with a clip or snap to a ring on the halter. The halter is designed to fit comfortably on the horse's head so that you can control your horse as you lead or tie him.

It is a good idea to have the halter and lead rope ready to use when you go to catch a horse. Many people like to have the lead rope already attached to the halter, carrying them together as they approach the horse.

To place the halter on your horse, you will need to stand at the left side of the horse. Most halters fasten on the left side.

- Stand between the horse's shoulder and head. Talk to your horse while stroking or patting him to let him know you are a friend.
- Slide the halter up over his muzzle on to the horse's head. The long strap (crown piece) should come across the horse's head right behind the ears, toward you. It should now be easy to fasten.

Some people like to wrap the lead rope around the horse's neck before putting the halter on. This places it out of the way and lets the horse know it is caught.



APPROACHING A HORSE

HOW TO FIT A HALTER

The halter should fit comfortably and securely on the horse's head. It should not be too tight as to put pressure on his face, but not so loose that it could catch on something or let him get a foot caught. (Horses like to scratch their heads with a foot.)

To properly adjust the halter on the horse, work the halter up his face until the rings or knots on the side of the halter are just below the horse's cheek bones and then fasten. (Your instructor will show you where the cheek bones are). Make sure the nose band of the halter is well above his nostrils to protect the delicate bones and cartilage of his nose.

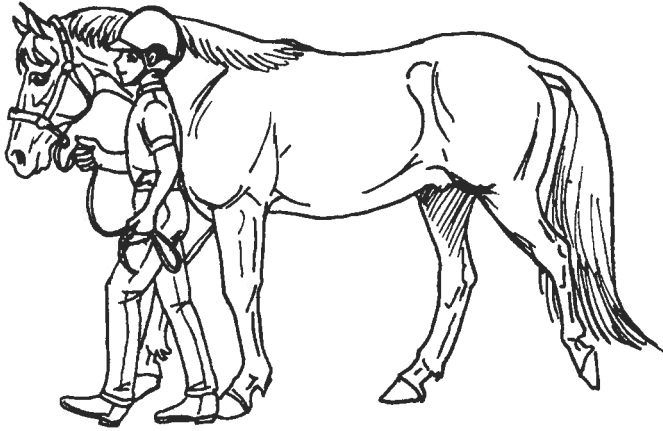


PLACING A HALTER ON YOUR HORSE'S HEAD

TURN YOUR HORSE

When turning the horse, you should turn his head away from you by moving your hand under his chin to the right. Continue moving around with your horse as he turns to prevent the horse from stepping on your feet.

If you must turn the horse toward you, switch the lead rope in your hands and place your right hand on his shoulder as you turn him to keep him an arm's length away from you.



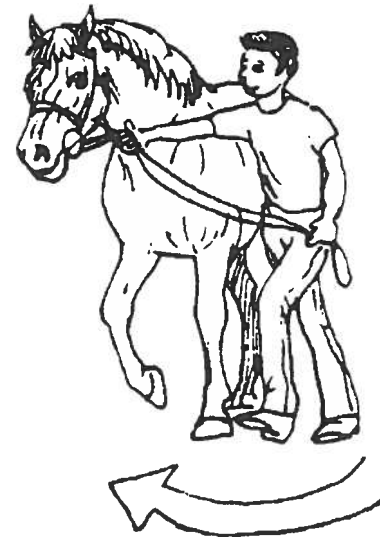
LEADING SAFELY

LEAD YOUR HORSE

When leading a horse with a halter and lead rope or a bridle, the procedure is the same. You should be on your horse's left, between his head and shoulder.

- If single reins are used and not tied together, be sure to remove both reins from the horse's neck.
- If the reins are tied or buckled, bring them gently over the horse's head.
- Place your right hand about six inches from the halter or bit, holding the lead rope or reins together, being careful not to put pressure on the bit.
- Never hold on to the halter or any part of the bridle other than the reins. The halter and bridle do not give you control of your horse if he pulls away.
- Hold the excess reins or rope with the left hand. If the reins are very long, double the excess back and forth until they are short enough to hold.

Looping the excess reins or rope around your hand could be very dangerous if the horse, for any reason, decides to jump away from you.



*RIGHT
PUSH HIM AWAY FROM YOU TO TURN*



*WRONG
DON'T PULL THE HORSE TOWARD YOUR FEET*

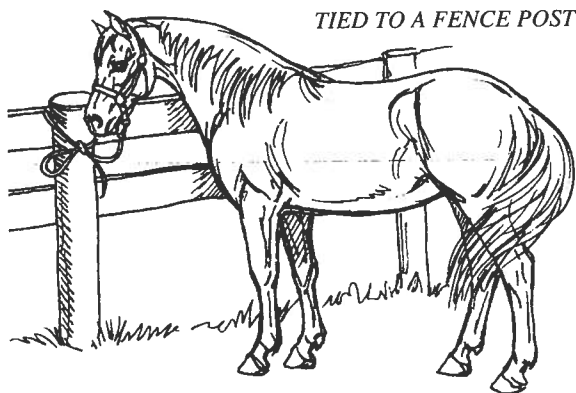
TIE YOUR HORSE

When it is time to groom or saddle your horse you will need a way to keep the horse standing still while you work.

There are several ways to do this. Tie the lead rope to a solid object that can not be moved such as a:

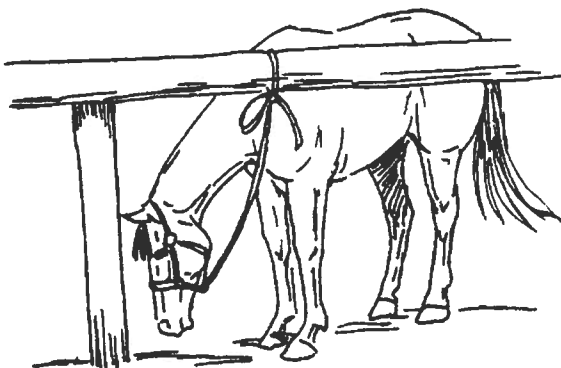
- Wall with a ring in it
- Strong fence post
- Hitching rail or something similar

Whenever you tie your horse, you should use a quick release knot. Always tie at a height level with the horse's back or higher. It is important not to tie the lead rope too long. If the horse decides to put his head down, he could step over the rope!

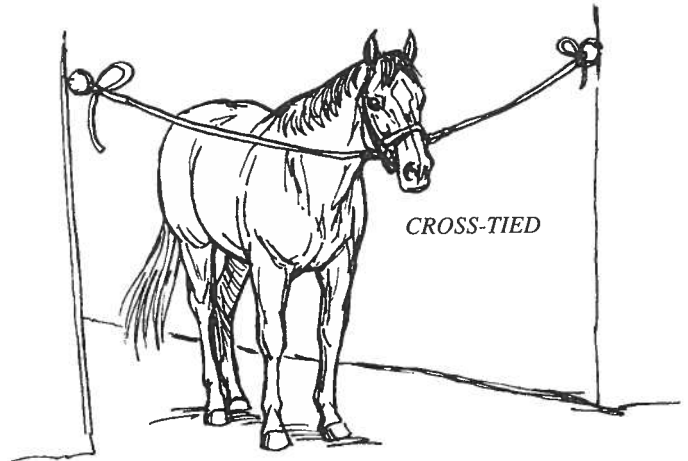


TIED TO A FENCE POST

*TIE AT THE PROPER LENGTH
SADDLING REQUIRES A SHORTER TIE LENGTH*



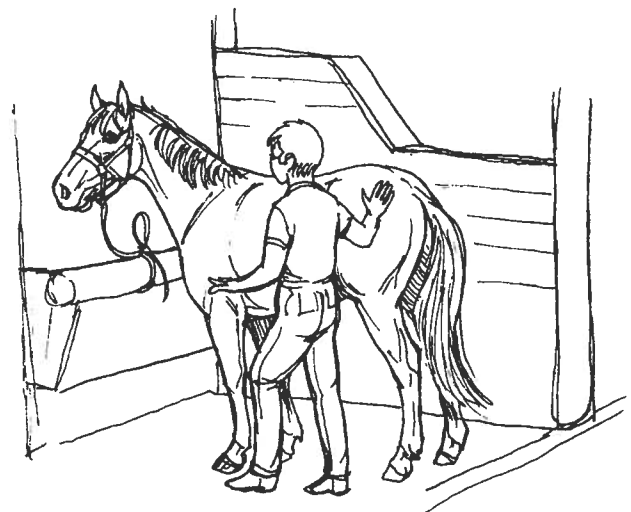
*TIE AT THE PROPER LENGTH
LEAVE ONLY ENOUGH ROPE FOR HIS
NOSE TO STRETCH TO THE GROUND*



CROSS-TIED

CROSS-TIES

Another common way to secure a horse is by using cross-ties. Cross-ties are usually two ropes tied high up on each side of the walkway in the stable. Each rope will usually have a snap or clip to attach it to the halter. They attach to the side rings on the part of the halter that goes around the horse's muzzle. Cross-ties should always have a breakaway connection for safety.



*TIED IN A STALL
APPROACH A HORSE FROM THE REAR*

TIE STALL

If your horse is in a tie stall, you will have to approach the horse from the rear. Speak to him before you enter the stall. Place your hand on his hip. Be sure to make the horse move over to give you some room. Walk to the horse's head and pat him on the neck.

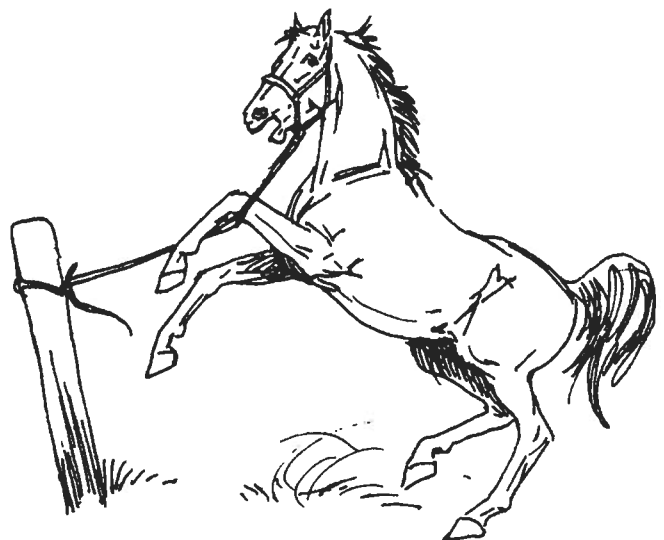
TYING A HORSE SAFELY

Horses should always be tied with a halter and lead rope, NEVER a bridle and reins. Horses may pull back and injure their mouth or break an expensive bridle if this rule is not followed.

- When you tie a horse up, always tie to something solid that he cannot break or pull loose. If he should pull back and break off a piece of board, he might run and drag it in a panic and get badly hurt.
- Tie a horse at the level of his back or a little higher. Tying him low may make him pull on the rope. He can get a foot over it and get hurt.
- Give him only enough rope for his nose to stretch to the ground no more or he can get hung up in the rope. A good test is to see (if you took the halter off the horse) if the top of the halter would just touch the ground when it is hanging from the tie rail. This is a safe length of rope for most tying (about 18" to 24"). For saddling, it is recommended to tie shorter.

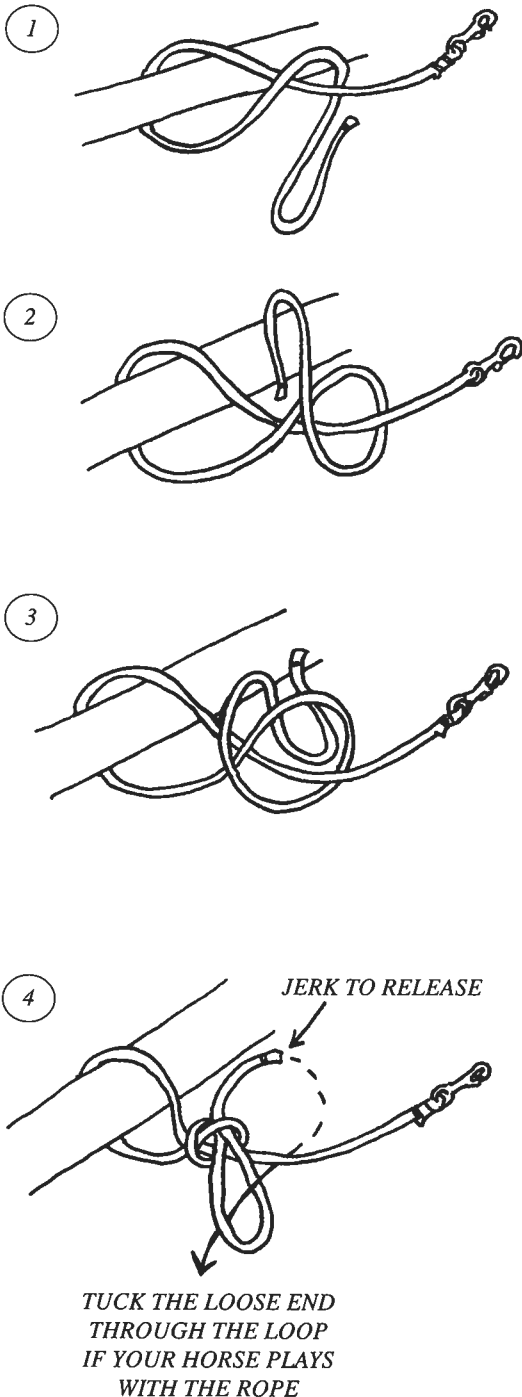
QUICK RELEASE KNOT

The best knot to use is a quick release knot (also called a safety knot). This is a jerk loose release knot that can be pulled loose quickly if a horse should pull back and fight the rope.



TYING TOO LONG IS DANGEROUS

QUICK RELEASE KNOT



GROOMING

Grooming is a very important part of your horse's health. A good work over with a curry comb and brush will remove unsightly dandruff and dirt which causes saddle sores. Grooming also gives your horse's coat a shine, and makes your horse feel good.

Curry Comb

Used on horse's body in a circular motion to bring the dirt to the surface. A hard curry comb should not be used on the face, legs, or any bony area on the horse.

Hard Brush or Dandy Brush

Used in the direction of hair growth to remove the dirt. Brush in firm short strokes to remove deep down dirt. Be careful on the face with this brush.

Soft Brush

Used on the face and body to remove surface dirt and put a shine on the horse's coat.

Mane and Tail Comb

Used on the mane and tail to remove tangles. Start at the bottom and work towards the top, removing tangles as you go.

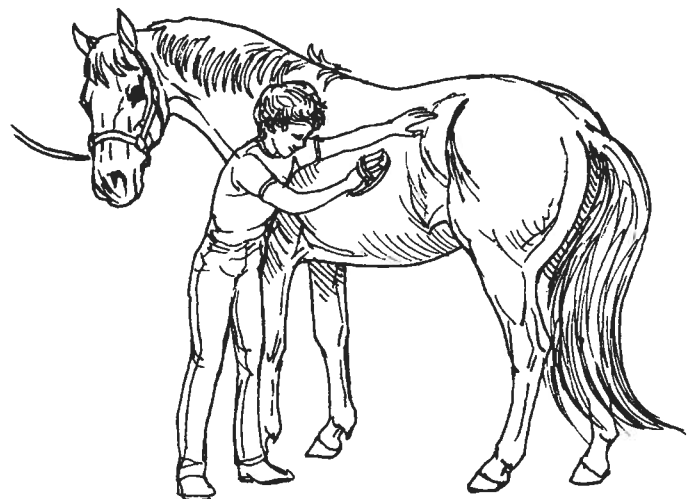
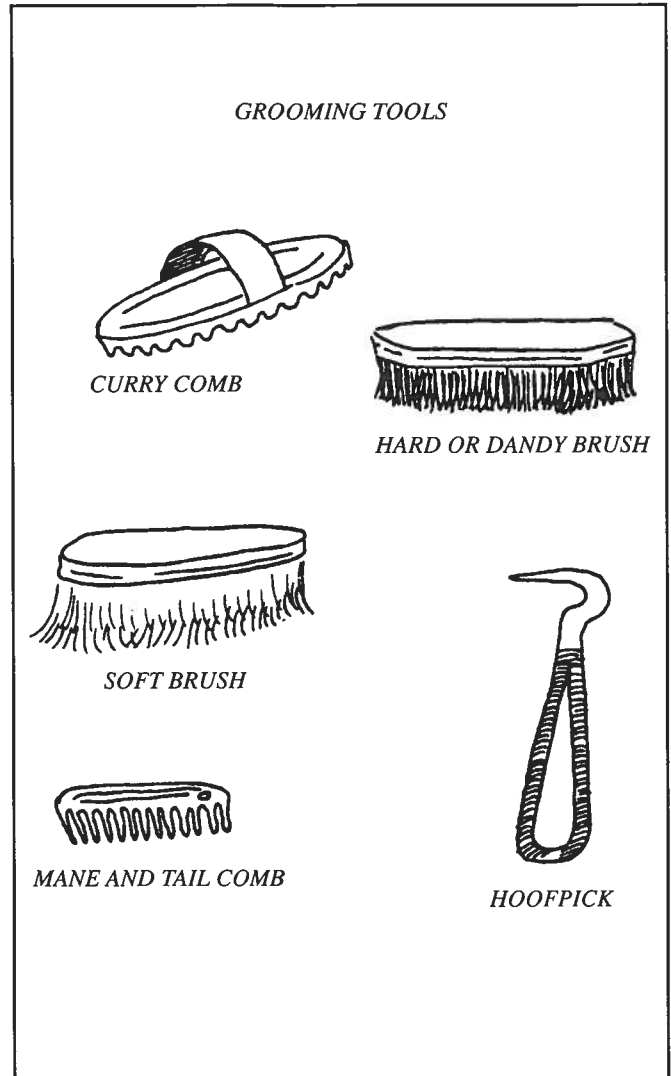
Hoofpick

Used to remove dirt, rocks and manure from the horse's hooves. The hoofpick is held in the palm of your hand with the point away from your body. Always clean the hoof working away from yourself.

HOW TO STAND AND MOVE

- When grooming, start at the front of the horse and work your way back.
- Stand facing the rear of the horse so you can see his feet. It's a good idea to keep one hand on the horse to keep him a safe distance from you and so that you can feel him move.
- As you move around the horse's hind end, stay close and keep one hand on his rump, speaking to him as you move, so that he is always aware of where you are.

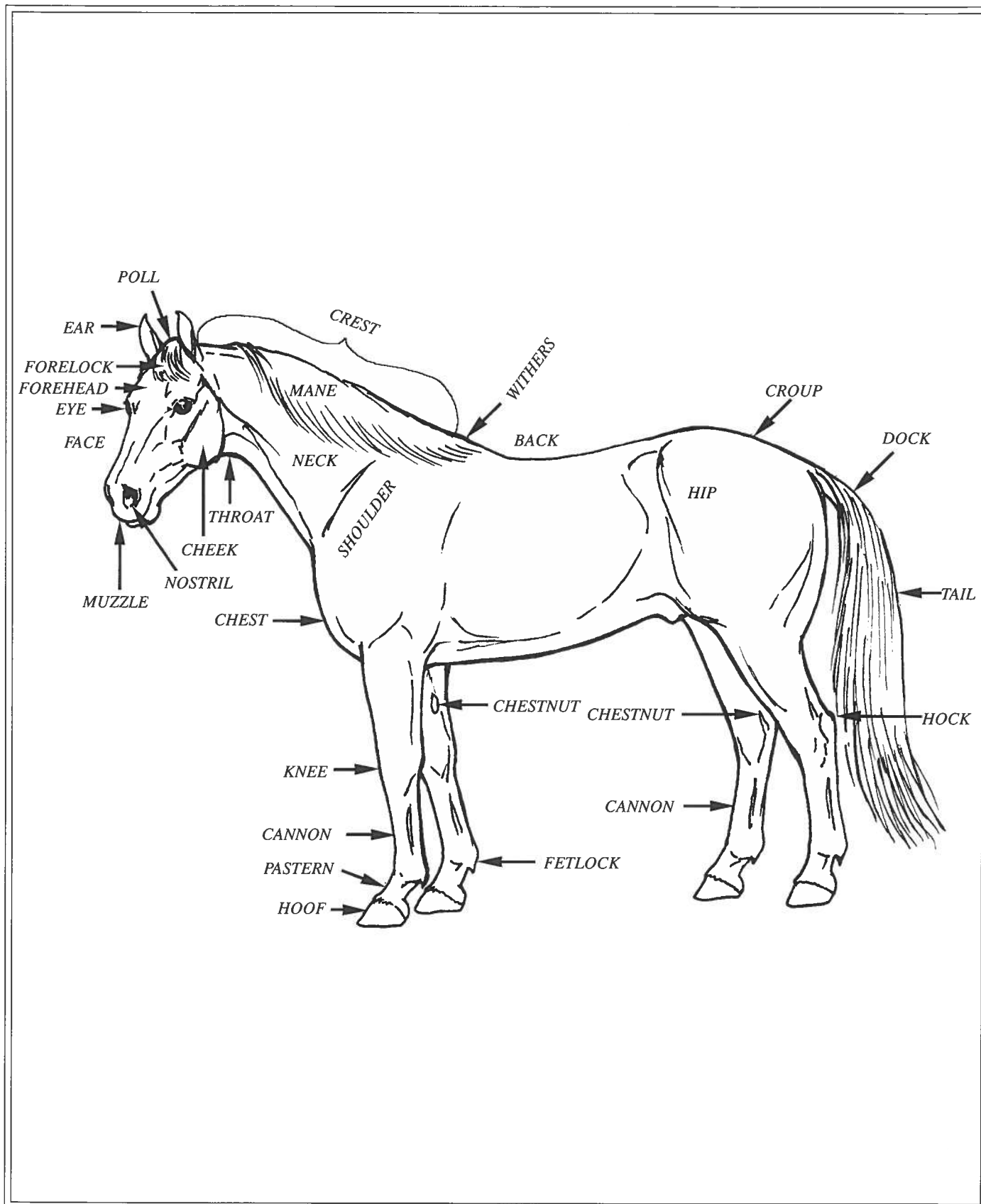
Pay attention to your horse as you groom him. He should be calm and relaxed and aware of you. If he becomes irritated, fidgety or distracted, you may be brushing too hard or too fast and you may need to get his attention back on you.



GROOMING • KEEP ONE HAND ON THE HORSE WHILE YOU WORK

PARTS OF THE HORSE

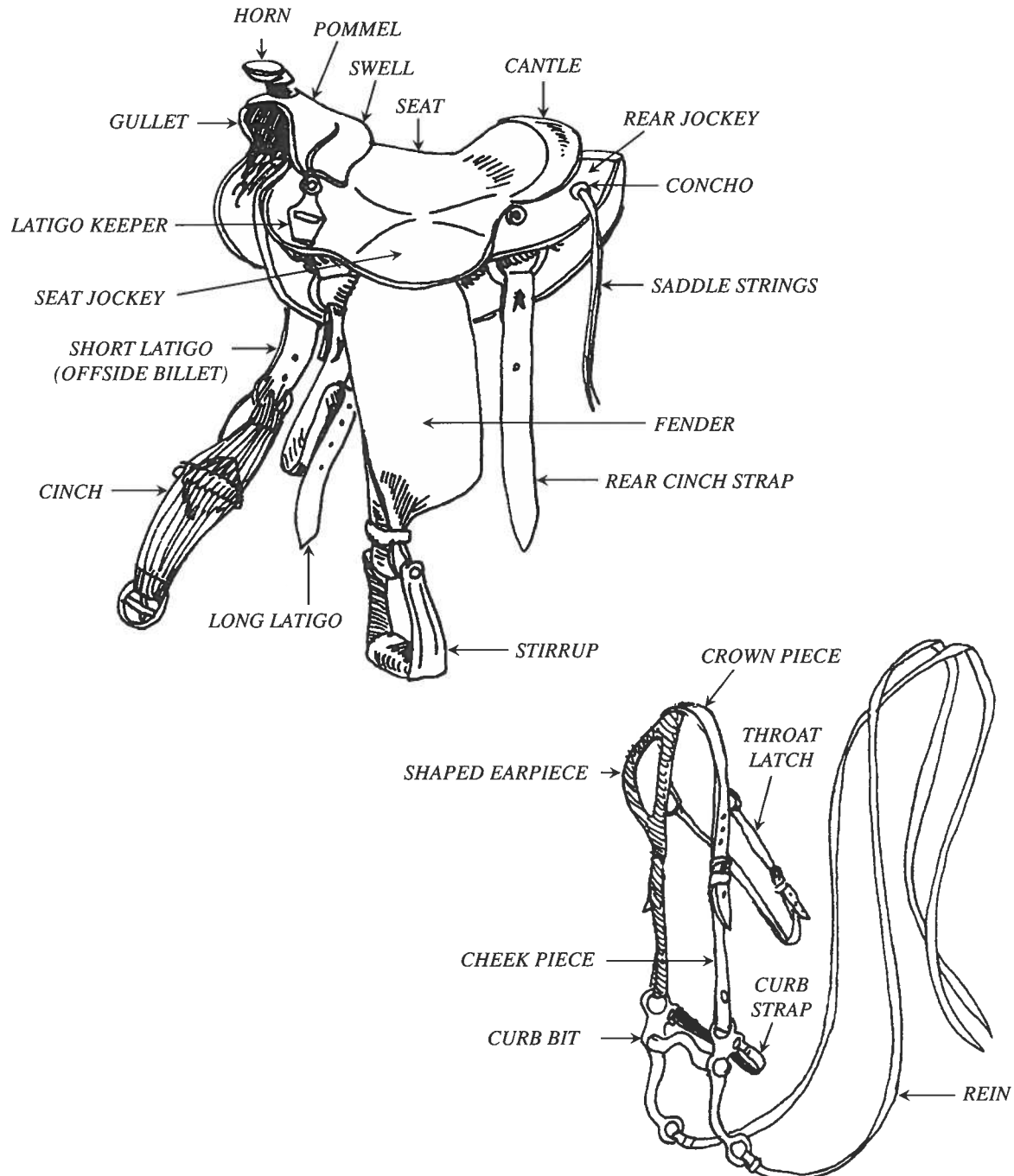
When working around horses there are some special words and terms that you will need to know. Some parts of the horse are shown below.



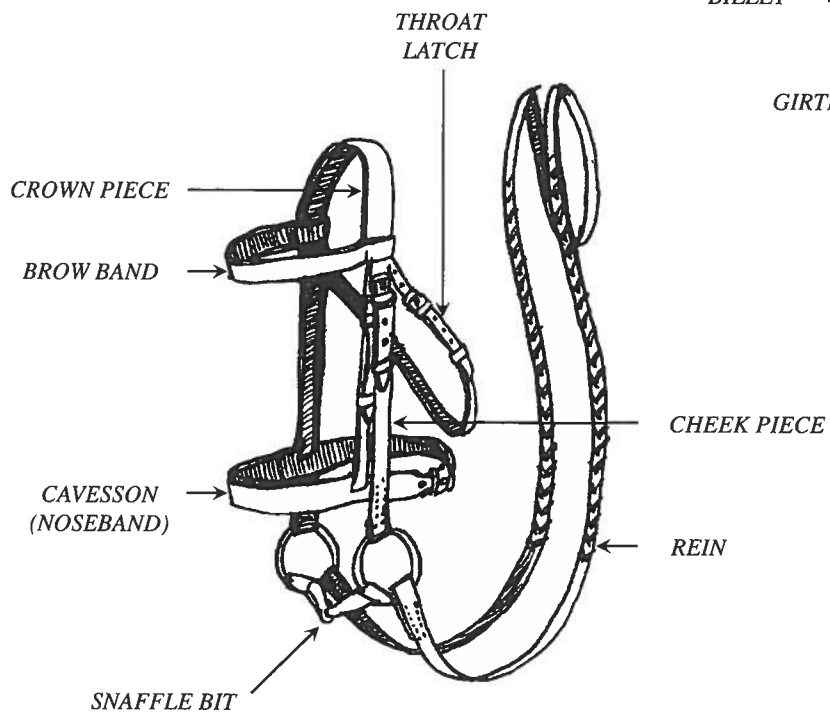
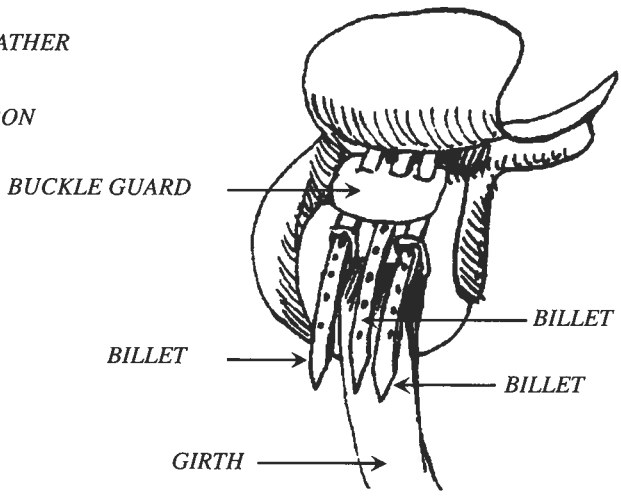
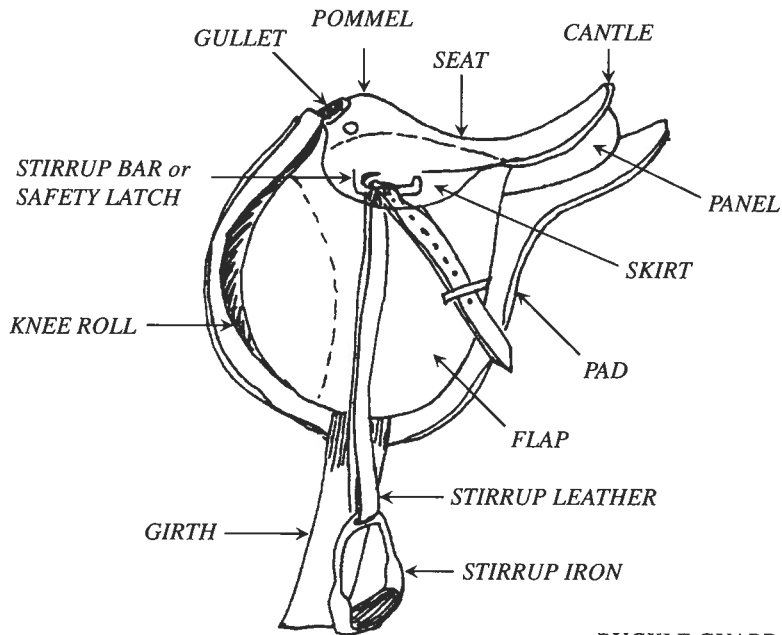
PARTS OF THE TACK

Your tack (the equipment you use for riding) should be fitted to you and to your horse. It need not be fancy or expensive but should be safe and well maintained. The way you take care of your equipment, your ability to talk about it and use it properly, will show if you are a horseman or not. Tack comes in a variety of forms. Be familiar with the names and how to use the kind of tack you have.

WESTERN TACK



ENGLISH TACK



SADDLING

WESTERN SADDLE

Place the pad or blanket high on the withers, then slide it backward onto the withers and back. If a blanket is used, always place the folded edge toward the horse's withers. The front folded edge should align with the middle of the horse's shoulder.

Pick up the saddle and bring the right stirrup and cinch over the seat. Holding the gullet in your left hand and the cantle in your right hand, gently place the saddle on the horse's back.

The front edge of the pad should be in line with the center of the shoulder. The saddle should be centered and placed about three inches behind the front edge of the pad. Place your hand under the blanket, pulling the blanket into the gullet of the saddle so it does not wear on the withers and back.

Go to the right (off side) of the horse and gently lift the stirrup and cinch down. Check the saddle and pad to be sure the pad is smooth and the cinch is not twisted.

Then from the left (near side), hook the stirrup over the horn and pull the cinch under the horse. The cinch is tied with a special knot (latigo knot).

Before mounting, a final check of the cinch and your tack should be made by you and your instructor.

*FOLD THE STIRRUP
UP OVER THE SEAT*



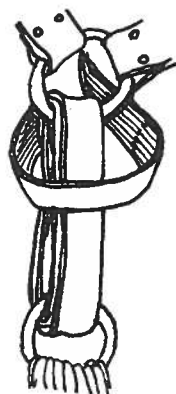
*THE FRONT FOLD OF THE BLANKET
COMES TO THE CENTER OF THE SHOULDER*

SET THE SADDLE GENTLY IN PLACE

THE LATIGO KNOT



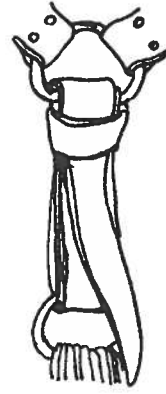
*THE LONG LATIGO
GOES AROUND THE
CINCH RING AND THE
SADDLE RING TWICE*



*WRAP THE LATIGO
AROUND ITSELF
MAKING A LOOP*



*PULL THE END (TONGUE)
THROUGH THE BACK
OF THE SADDLE RING
AND THEN DOWN
THROUGH THE LOOP*



*TIGHTEN BY
PULLING THE END
OR TONGUE DOWN*

SADDLING

ENGLISH SADDLE

Place the saddle pad high on the withers, then slide it backward onto the back to smooth the horse's hair.

Pick up the saddle, making sure the stirrups are run up the leathers and secured. Lay the girth across the saddle. Holding the pommel with the left hand and the cantle with the right, gently place the saddle on the middle of the pad. Pull the pad up into the gullet to allow the air to circulate between the horse's back and the pad. There should be about 2" clearance between withers and the gullet.

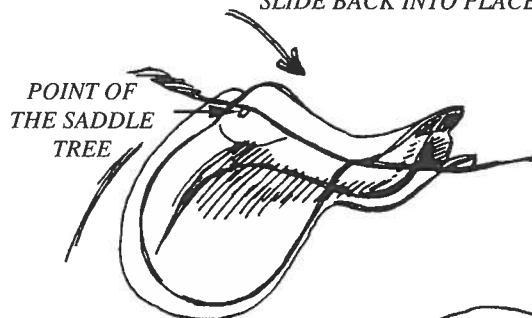
As a general guideline, the front edge of the saddle will often just touch an imaginary line down the center of the shoulder. (This will depend on the type of saddle and the shape of the individual horse). The points of the saddle tree should be 1" or more behind the upper end of the horse's shoulder blade (scapula).

From the right (off side), take the girth off the saddle and check to be sure the pad is smooth. Attach the girth to the right side of the saddle. (The folded edge of a leather girth should be to the front. If there is an elastic end of the girth, it should attach on the near side.)

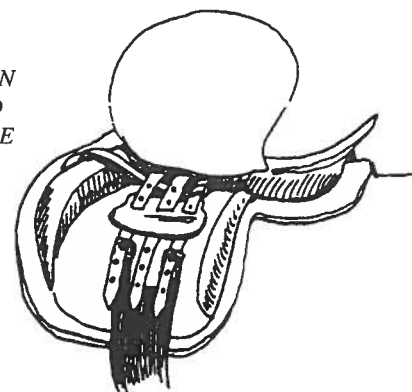
From the left (near side), pull the girth under the horse and buckle the girth.

Before mounting, a final check of the girth should be made by you and your instructor.

PLACE THE SADDLE AND PAD FORWARD ON THE NECK THEN SLIDE BACK INTO PLACE



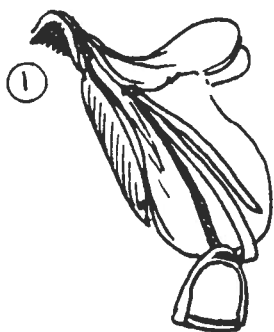
THE SEAT (BETWEEN THE POMMEL AND THE CANTLE) IS THE CENTER OF THE SADDLE AND SHOULD BE THE DEEPEST POINT



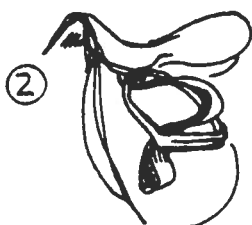
THE SADDLE PAD LOOP ATTACHES TO THE BILLET STRAPS ABOVE THE BILLET/BUCKLE COVER

THE ENGLISH GIRTH USUALLY BUCKLES ON THE FIRST AND THIRD BILLET STRAPS, BUT MAY FASTEN ON THE FIRST AND SECOND BILLETS FOR BETTER FIT OF THE SADDLE

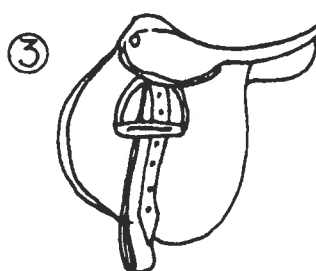
HOW TO RUN UP ENGLISH STIRRUPS



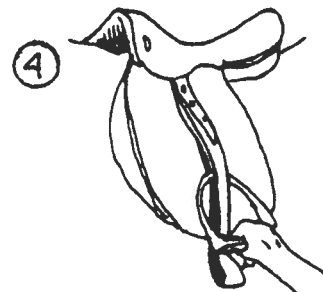
1 THE STIRRUP IRON IS SLID UP UNDER THE SKIRT ON THE UNDERNEATH PART OF THE STIRRUP LEATHER



2 THE STIRRUP LEATHERS ARE THEN PULLED THROUGH THE IRON



3 BE SURE THAT THE STIRRUP IRON IS RUN UP SO THAT IT IS SNUG UNDER THE SKIRT AND WILL NOT COME DOWN



4 STIRRUPS IRONS ARE PULLED DOWN QUIETLY FOR RIDING

BRIDLING ENGLISH AND WESTERN

Stand on the horse's left side and place the reins over the head around his neck in order to keep the reins from falling to the ground and for control of the horse. The horse should always be untied before bridling.

METHOD 1

- Hold the crown piece in the right hand and the bit in the left.
- Reach over the horse's head and bring the crown piece up toward the horse's ears.
- Place the bit between the horse's lips. If the horse fails to open his mouth, put your thumb in the side of his mouth and press down on the horse's bars (the area where the bit lies where there are no teeth).
- Raise the crown piece and guide the bit carefully into the horse's mouth.
- Slip the crown piece gently over one ear and then the other, bringing the ears forward, trying not to bend them.
- Straighten the browband and the forelock. Your instructor may suggest an alternate method.

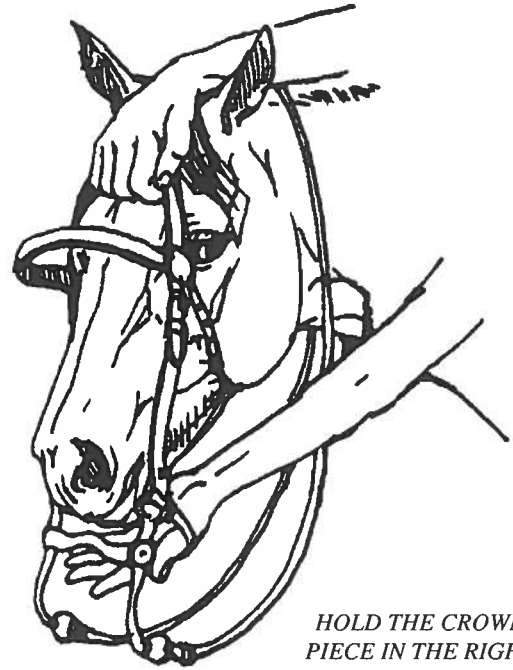
When using one-eared bridles, place the right ear in the earpiece and slide the rest of the crown piece over the left ear.

Buckle the throatlatch loosely enough so that your hand can be inserted breadth wise between the throatlatch and the throat of the horse.

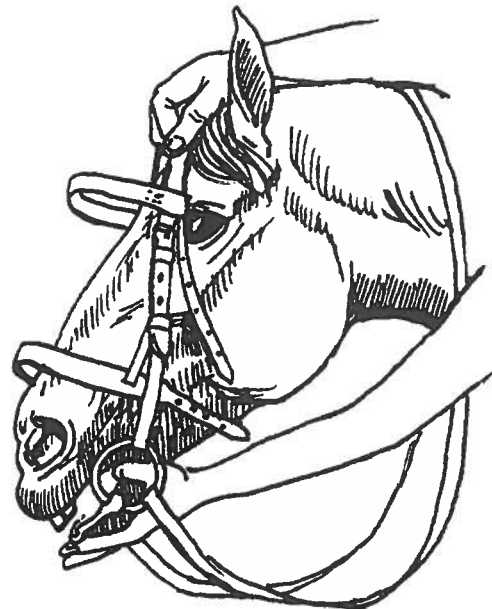
Fasten the cavesson or noseband on an English bridle so that one or two fingers can be inserted between the cavesson and the horse's jaw bone.

Adjust the curb chain or strap so that it is not twisted and so that two fingers can be inserted between the strap and the horse's jaw.

METHOD 1



*HOLD THE CROWN
PIECE IN THE RIGHT
HAND AND THE BIT
IN THE LEFT*



*PLACE THE BIT BETWEEN THE HORSE'S LIPS
BE CAREFUL NOT TO HIT THE HORSE'S TEETH
WITH THE BIT*

NO FINGERS IN FRONT OF TEETH

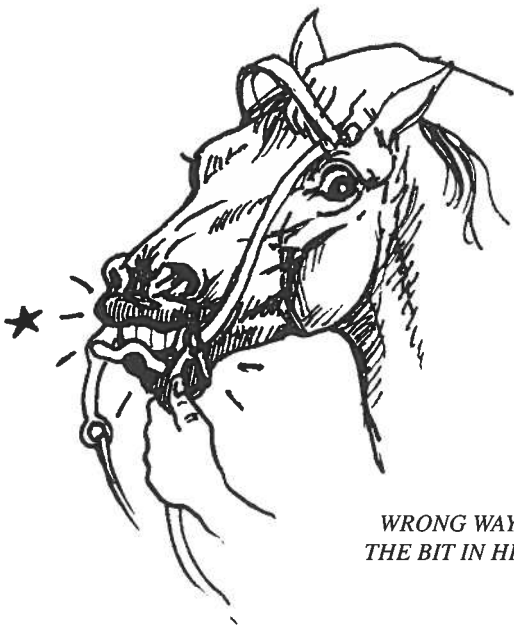
METHOD 2

- Hold the bridle below the browband in the right hand and the bit in the left.
- Bring the crown piece up toward the horse's ears.
- Place the bit between the horse's lips. If the horse fails to open his mouth, put your thumb in the side of his mouth and press down on the horse's bars (the area in which the bit lies where there are no teeth).
- Raise the crown piece and guide the bit carefully into the horse's mouth.
- Slip the crown piece gently over one ear and then the other, bringing the ears forward, trying not to bend them.
- Straighten the browband and the forelock. Your instructor may suggest an alternate method.

Buckle the throatlatch loosely enough so that your hand can be inserted breadth wise between the throatlatch and the throat of the horse.

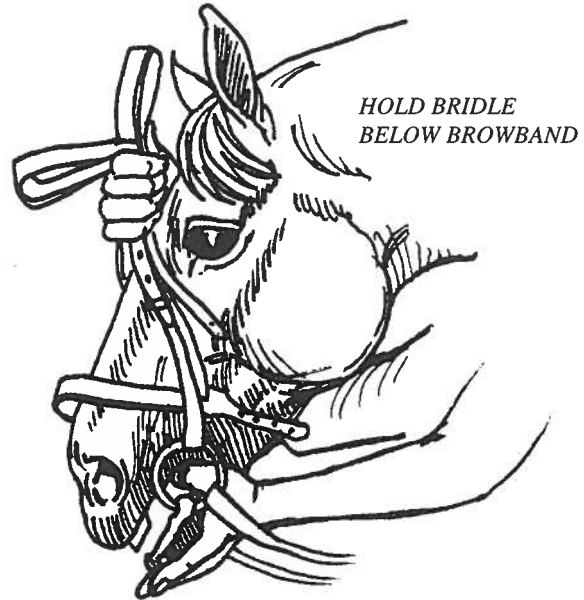
Fasten the cavesson or noseband on an English bridle so that one or two fingers can be inserted between the cavesson and the horse's jaw bone.

Adjust the curb chain or strap so that it is not twisted and so that two fingers can be inserted between the strap and the horse's jaw.



*WRONG WAY TO PUT
THE BIT IN HIS MOUTH*

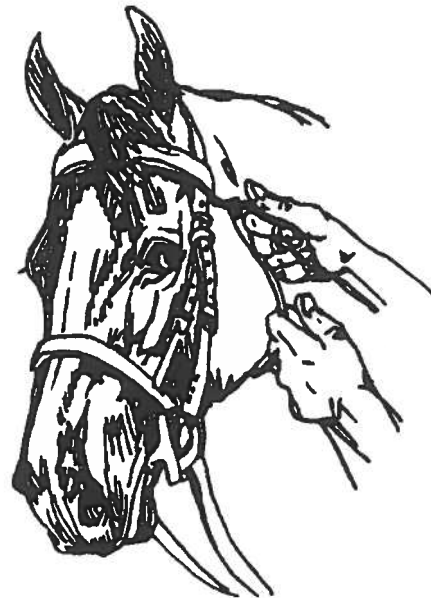
METHOD 2



*HOLD BRIDLE
BELOW BROWBAND*

*PRESS THUMB INTO LIPS TO
MAKE HIM OPEN HIS MOUTH
BE CAREFUL NOT TO HIT HIS TEETH WITH THE BIT*

FINGERS GUIDE THE CURB STRAP



*BUCKLE THROATLATCH
(NOT TOO TIGHT)*

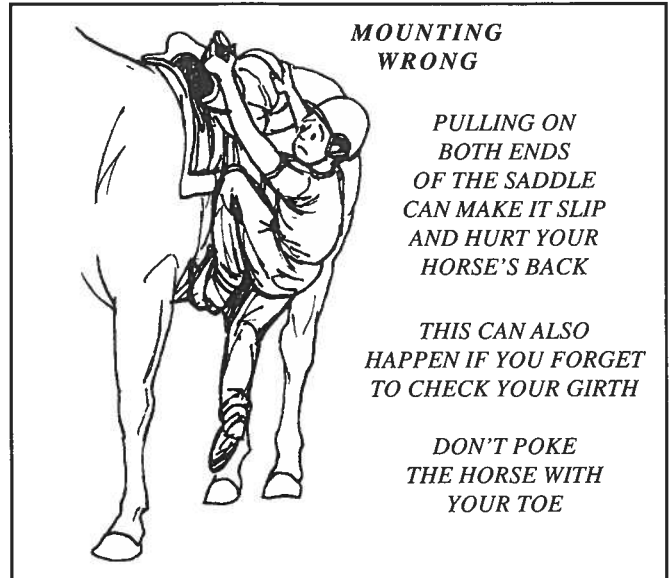
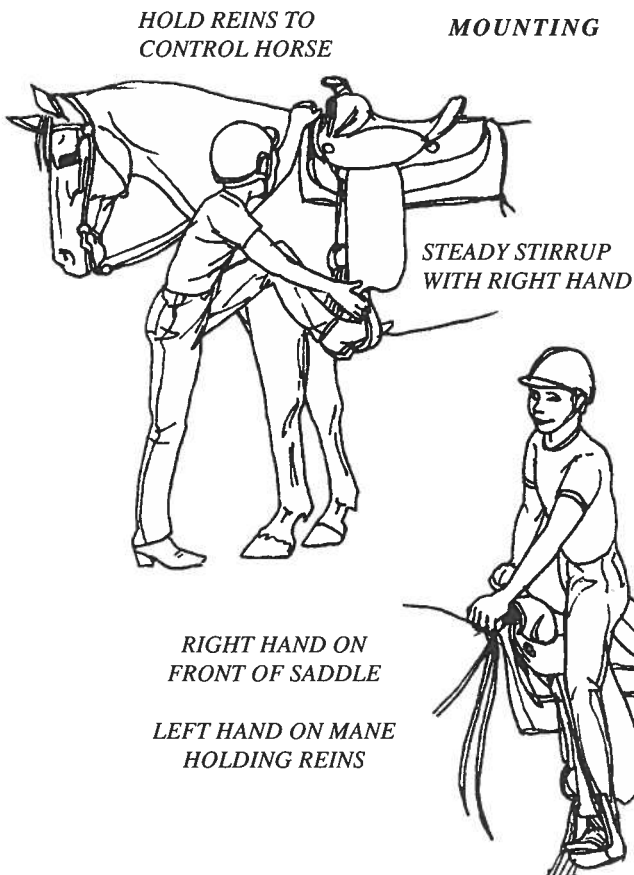
*ENGLISH CAVESSON BUCKLES INSIDE
THE BRIDLE'S CHEEK PIECES*

HORSEMANSHIP

MOUNTING

You should always check the horse's equipment before mounting and also have your instructor check your equipment.

- Put the reins over the horse's head, one on each side of the neck. Stand on the horse's left side. Holding the reins in your left hand, place your left hand on the horse's neck in front of the withers with the ends of the reins on the left side. Be sure that the horse is standing square or in balance before mounting. This will help prevent excess movement.
- Take the left stirrup with your right hand and place your left foot in the stirrup. Grasp the pommel on the right side with your right hand. Bounce and swing lightly into the saddle. Mount quickly, being careful not to drag your right leg over the horse's rear end or push your left toe into his side.
- Place your right foot in the stirrup. Hold the reins in your left hand and stand with weight in the right stirrup to straighten the saddle.

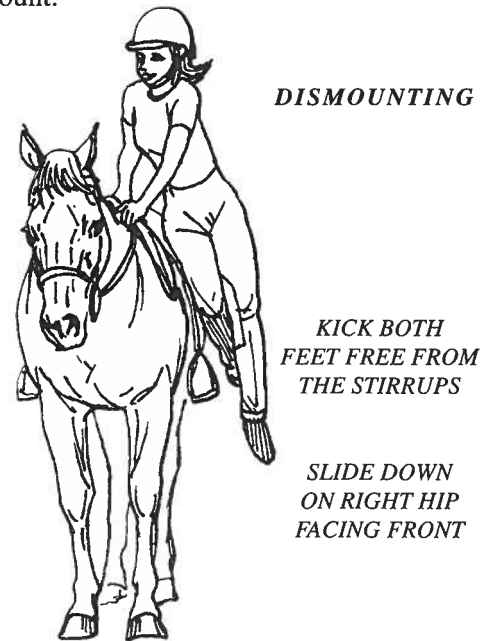


DISMOUNTING

Dismounting is the reverse of mounting.

- You can slide down or step down, so that you land near the horse's shoulder facing the front.
- When sliding down, be sure to kick your left foot out of the stirrup and slide down on your right hip.

Proper dismounting procedure for both English and Western riders varies little, with the exception that an English rider may place his right hand on the seat just behind the flap. Always run your English stirrups up after you dismount.



BASIC SEAT AND HAND POSITION

When riding, a correct position is used to maintain balance and provide good control of the horse. Good position in both English and Western riding is basically the same. Proper stirrup length varies, depending on the type of English or Western riding that you do. A steady, secure, relaxed seat with quiet hands is important in both disciplines.

WESTERN POSITION

Hands & Arms: Elbows relaxed and close to sides. Traditionally, reins are held in the left hand with the rein hand held above and just in front of the pommel. Right hand held loosely on the right thigh or near your belt buckle.

Head: Head is level, eyes looking ahead.

Shoulders: Both shoulders are square, relaxed and even. Be careful that the left shoulder doesn't move higher than the right or twist forward as a result of holding the reins in the left hand.

Back: Upper back should be flat, sitting tall in the saddle. Lower back should be relaxed and flexing with the horse's movements.

Lower Body: Sit deep in the center of the seat of the saddle, not back on the cantle. Keep your hip in line with your shoulder and the back of your heel.

Legs and Feet: Stirrup length is important. When standing up in stirrups with your heels lower than your toes and your knees slightly bent, there should be a space about 2 1/2" to 3" (a hand's width) between the buttocks and saddle. The knees and thighs are rolled in so that the flat part of the knee is laying against the saddle. There is light contact with the horse on the inside of the calves of the legs. Ankles are flexed so the heels are lower than the toes. Only balls of the feet are in the stirrups.

ENGLISH POSITION

Hands & Arms: Elbows relaxed and close to sides. Hands held above the horse's withers about six inches apart and held at the same angle as the horse's shoulders as seen from on top. Maintain a straight line from elbow, through hands to horse's mouth (straight wrists).

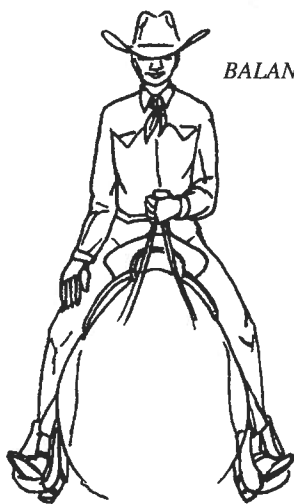
Head: Head is held up, eyes looking ahead of the horse.

Shoulders: Both shoulders are square, relaxed and even.

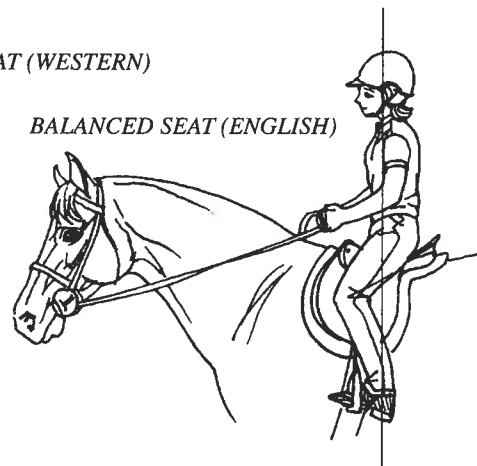
Back: Upper back should be erect but relaxed. Sit tall in the saddle. Lower back should be relaxed and flexing with the horse's movements.

Lower Body: Sit in the center of the seat of the saddle. There should be a space equal to your fist between your seat and the back edge of the saddle. Each hip should be in line with the shoulder and back of heel.

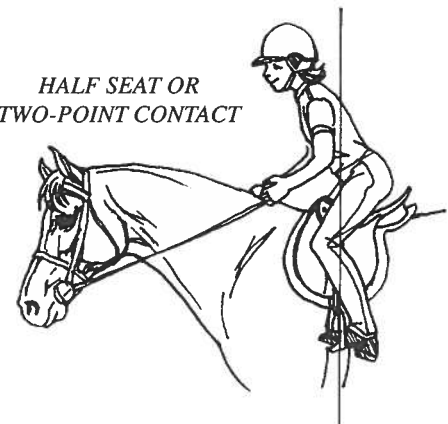
Legs and Feet: Stirrup length is important. When sitting in the saddle with feet out of the stirrups, the bottom of the stirrup should just hit your ankle bone. Dressage stirrups may be slightly longer. When your feet are returned to the stirrups the knees will be bent. The knees and thighs are rolled in so that the flat part of the knee is laying against the saddle. There is light contact with the horse on the inside of the calves of the legs. The ankles are flexed so that your heels are level or slightly lower than your toes. Only balls of the feet are in the stirrups.



BALANCED SEAT (WESTERN)



BALANCED SEAT (ENGLISH)



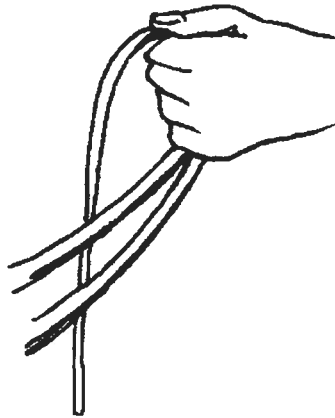
HALF SEAT OR
TWO-POINT CONTACT

Remember to be relaxed in your position so that you will be able to give with the movement of your horse and ride in balance and rhythm with him.

HOLDING THE REINS

WESTERN REINS

CALIFORNIA STYLE
(CLOSED REINS)



CALIFORNIA REIN HOLD

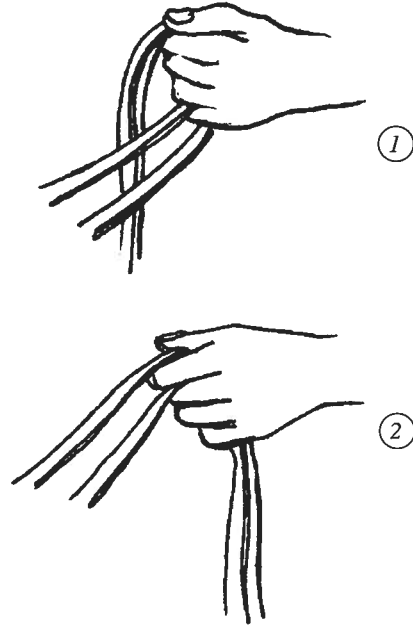
The reins are held in the left hand with the end, called the "bight" of the reins, coming out of the top of the fist.

The bight of the reins or romal is held by the right hand about 18 inches away from the left hand. No fingers are placed between the reins.



CALIFORNIA STYLE
(CLOSED REINS)

SPLIT REINS

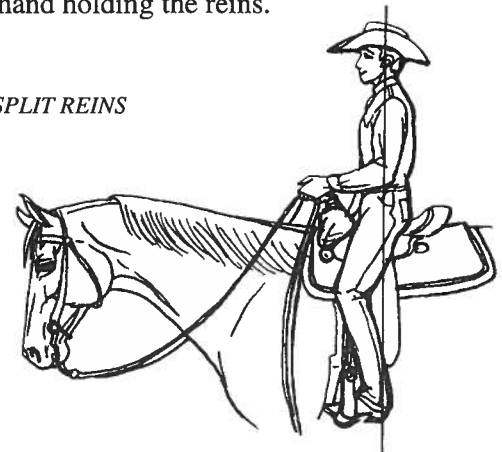


SPLIT REIN HOLDS

1. Hold both reins in one hand (usually the left) with the thumb up. The reins come into the hand under the little finger, up through the hand and out between the thumb and index finger. The excess rein (*bight*) should fall on the same side as the hand holding the reins. (The little finger may be inserted between the reins).

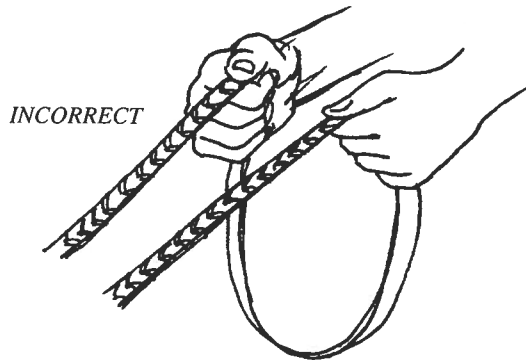
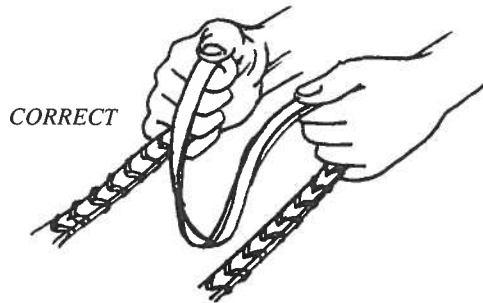
2. Hold both reins in one hand (left) with the thumb up. The reins come into the hand from the top (index finger may be placed between them). They pass through the bottom of the hand with the bight falling on the same side as the hand holding the reins.

SPLIT REINS



ENGLISH REINS

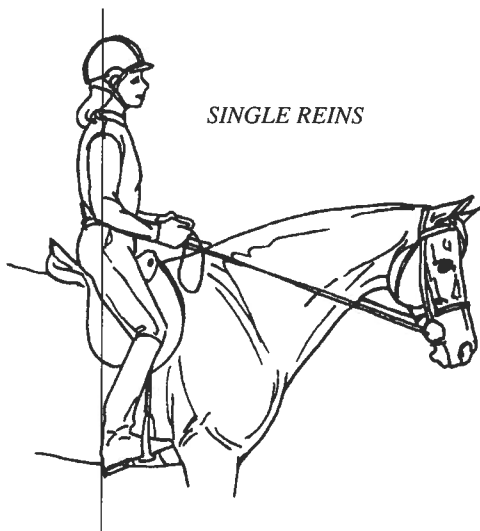
SINGLE REINS



SINGLE REINS

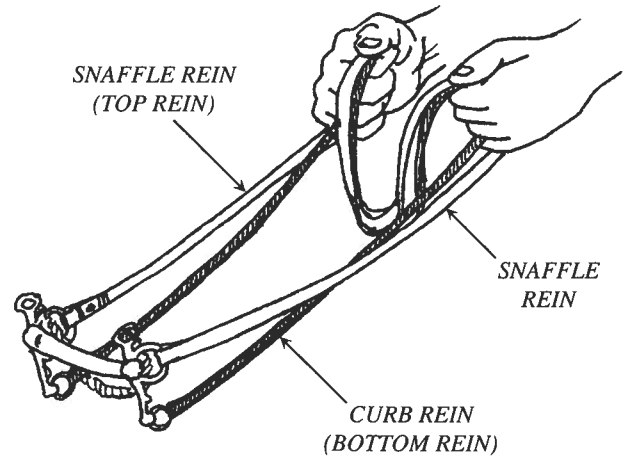
The reins come into each hand between the third and little fingers, go up through the hand and come out between the thumb and index finger.

Hands are held about six inches apart with the thumbs up and the excess rein (*bight*) falling forward and to the right side of the horse's neck.



DOUBLE REINS

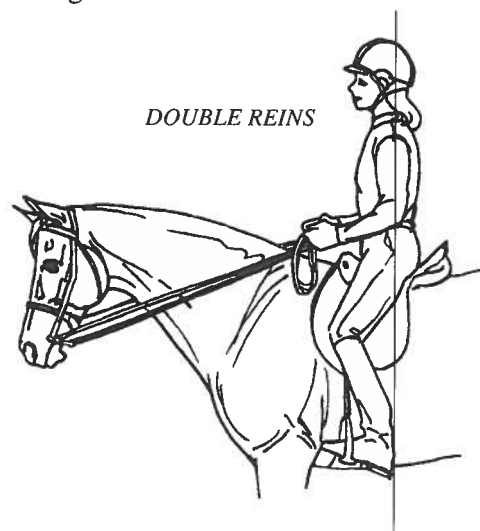
SNAFFLE REIN
(TOP REIN)



DOUBLE REINS

The reins are held in the same manner as single reins. The reins come into each hand between the third and little fingers, go up through the hand and come out between the thumb and index finger.

Separate the curb and snaffle rein with the little finger. The snaffle (top) rein goes below your little finger and the curb (bottom) rein goes below your third finger, causing the reins to cross.



BASIC AIDS

As a rider, you need to have some way of telling the horse what to do. Aids are the means to signal the horse. To give aid means to help. The aids help the horse know what is wanted by the rider. There are two kinds of aids:

- Natural aids
- Artificial aids

A **natural aid** is part of your body. Each natural aid has a certain way of signaling the horse. There are four natural aids:

- Weight or seat
- Legs
- Hands
- Voice

An **artificial aid** reinforces the natural aids and include:

- Crops, bats, whips
- Spurs
- Other man-made equipment

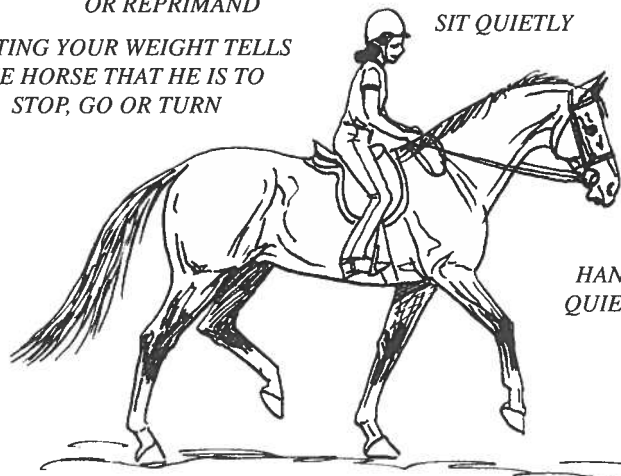
WEIGHT/SEAT

Your weight or seat aid is a very important aid. By shifting your weight, the horse will know that he is to stop, go, or turn. For now it is best to remember to sit quietly and move with the horse.

Your weight is necessary to keep you and your horse in balance. When your weight (seat) shifts back, it tells the horse to slow down, A forward shift means speed up and when you twist your body to look in the direction of your turn, your seat tells the horse to turn.

*VOICE USED TO PRAISE
OR REPRIMAND*

*SHIFTING YOUR WEIGHT TELLS
THE HORSE THAT HE IS TO
STOP, GO OR TURN*



SIT QUIETLY

*HANDS ARE USED IN A
QUIET GENTLE MANNER*

*YOUR LEGS TELL THE
HORSE TO MOVE*

LEGS

Your legs tell the horse to move. Squeezing gently with both legs will signal your horse to go forward. Squeeze with the lower part of your leg. Each horse is different; some will need a light squeeze while others need a stronger one.

When you are not squeezing, keep your legs relaxed by the horse's sides. This means you can feel his sides with your lower legs without pushing against him.

Avoid kicking the horse with your heels or constantly squeezing him. This can make the horse dull on his sides so that harder and harder leg aids are needed to make him respond to your signals.

HANDS

The hands are best when used in a quiet gentle manner. Remember the reins are attached to a piece of metal in the horse's mouth or a piece of leather around his nose and can cause him discomfort.

The nose and mouth are sensitive areas and can be easily injured. Use your hands actively in a give and take fashion to stop and turn the horse. The rest of the time, keep them in a steady position above the horse's withers and in front of the pommel.

VOICE

The voice can be used to praise or soothe the horse, to warn him about a signal or cue you are going to give him and to let him know you are displeased with his behavior.

- By clucking or making a kissing sound, you can tell the horse to go faster.

Some horses are trained to understand certain voice commands. It is not necessary to yell at the horse because he has very sensitive hearing.

ASK, TELL AND COMMAND

To be sure that your horse obeys you, the best method is the three stage method:

- Ask
- Tell
- Command

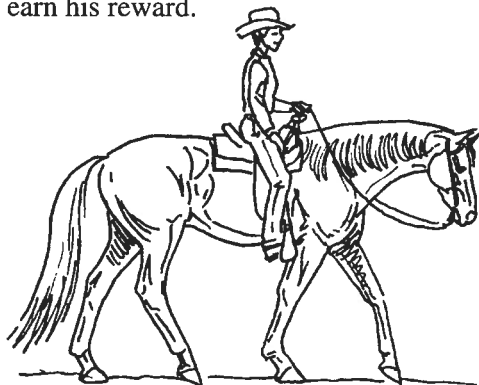
When you want your horse to do something, you should first ASK him, giving him the lightest possible signal and a chance to respond willingly. This could be a gentle shift of your weight, pressure on the reins, a quietly spoken voice command or a touch of your legs. If the horse does not mind you, it may be because he is confused by your signal, frightened or not paying attention.

If you are sure that you gave a clear signal and he is just not paying attention, or if he does not want to do what you have told him, TELL him by giving a stronger, clearer signal, right away.

If he still does not obey, you will need to then COMMAND him to respond. A command might be a sharp squeeze or bump or a strong, firm pressure on the reins to make him obey. As soon as he starts to do what he was told, it is important to reward him by relaxing the pressure (stop squeezing or bumping or release the pressure on the rein) and by giving him an approving word or a pat.

Don't continue to punish him by hitting or acting angry after he has started to obey you, even if he wasn't behaving himself earlier. If you don't reward him when he starts to behave correctly, he won't understand what you want.

Don't be afraid to be firm and just as stubborn as the horse is when insisting that he do as you say. If you use the ASK, TELL and COMMAND system, your horse has the best chance to understand that you are the leader and obey you and earn his reward.



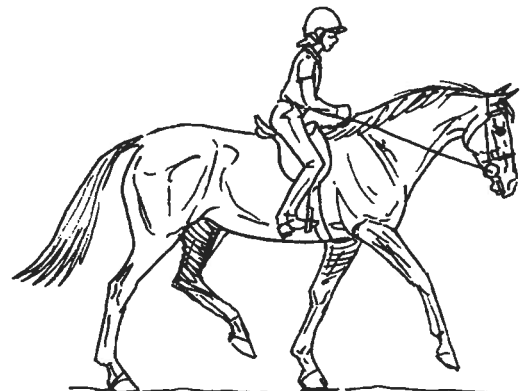
Some things that you should work on in handling and riding your horse are:

- Keeping your attention on the horse.
- Keep your horse's attention on you.
- Ask your horse to respond promptly to your signals, but be reasonable.
- Never punish him when you have made the mistake and given him the wrong signal.
- Don't let your horse eat grass while you are riding or when he has a bit in his mouth.
- If your horse makes an angry gesture at another horse while you are handling him (like flattening his ears or threatening to bite or kick), correct him by immediately taking him out of reach of the other horse and by using a sharp reprimand with your voice.
- Insist that your horse listen to you and obey you about staying in his gaits, starting and stopping.

If you let him start or stop when he wants, he may think you are not in charge and start disregarding your signals. If he stops or changes his gait without being told, make him go back to what he was doing until you give him the signal to change.

- Use the smallest and lightest signals that you can to get your horse's attention and to ask him to obey you.

Remember to reward when he does as you ask.



HORSE CONTROL

STOP

Before you ask your horse to go, it is important that you know how to make him stop. All four natural aids are necessary.

- With your voice, tell the horse to stop. A common word is “whoa.” Some horses are taught other sounds.
- Keep your weight balanced and your seat deep in the saddle, shifting your weight slightly back.
- As you use your weight, shorten your reins and gently check back with your hands, then release. If the horse does not stop, do it again. Continue checking gently with the reins and shifting your weight back slightly and releasing until he stops. Remember . . . ask-tell-command.
- Your legs should be quiet with heels down and not disturbing the horse. After the horse comes to a complete stop, release the rein and your weight and reward him with a pat on the neck.

START

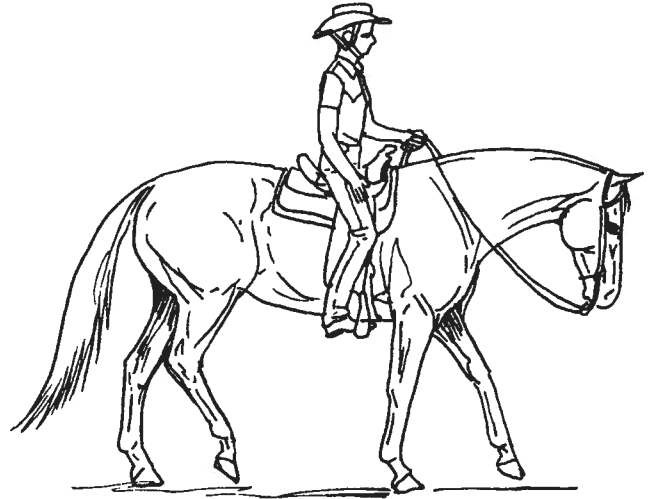
To walk, all four natural aids need to be used. They each have a job to do.

- First, keep your weight steady and balanced, shifting slightly forward, returning back to sitting up right when the horse responds.
- Soften/release your hands by reaching slightly forward with your hands. The hands must be quiet and move with the horse’s head. Make sure you do not pull back while asking the horse to go forward.
- Then, squeeze with the lower legs. If the horse does not move, then squeeze a little more the second time. At the same time you may use your voice. Tell the horse to walk or cluck to him.

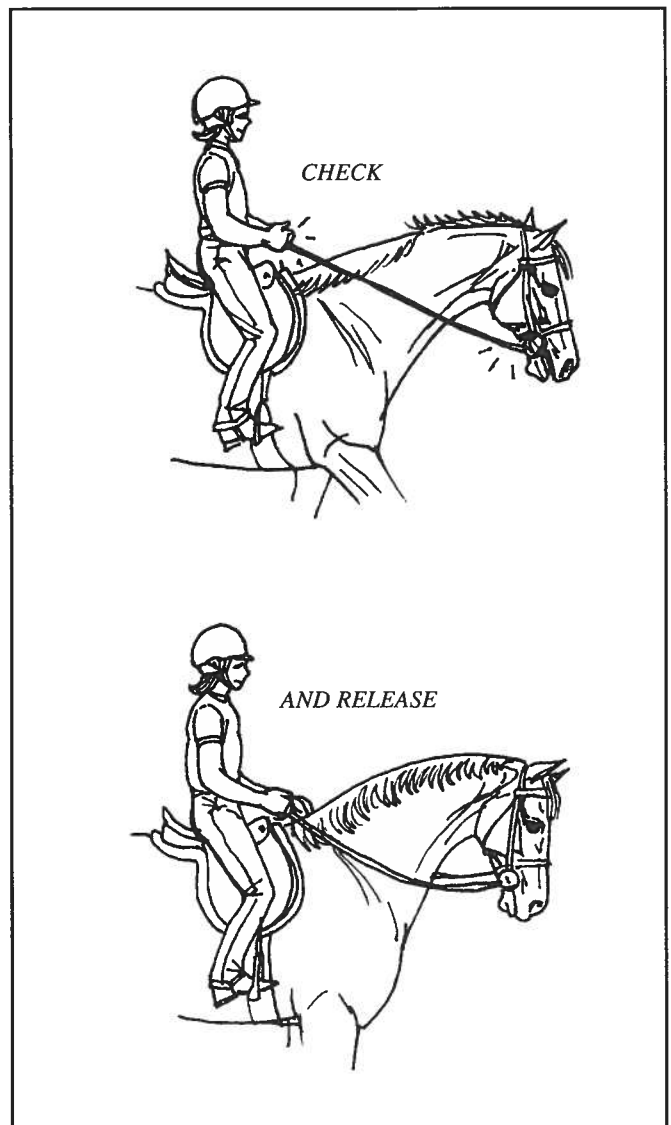
CHECK AND RELEASE

This is a method of using the reins and your weight to steady the horse. The check and release is done by:

- A mild pulling of the reins, as if squeezing a sponge, as you shift your weight back in the saddle, followed by a release of pressure.



TO WALK, YOU NEED TO USE
ALL FOUR NATURAL AIDS



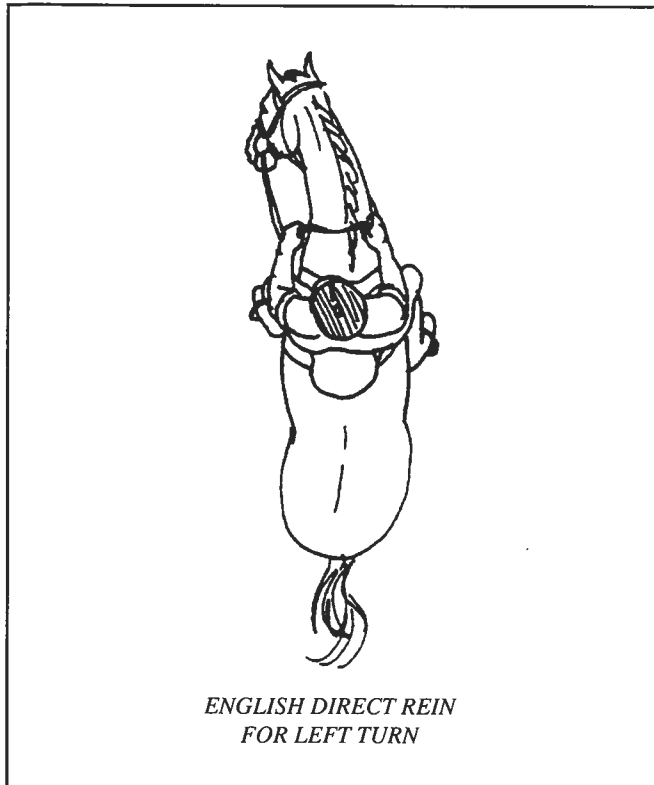
TURN

After you have mastered moving forward and stopping, you are ready to learn how to turn. Again, all the aids are necessary. A turn has two sides, an inside and an outside. The inside is in the direction you are turning.

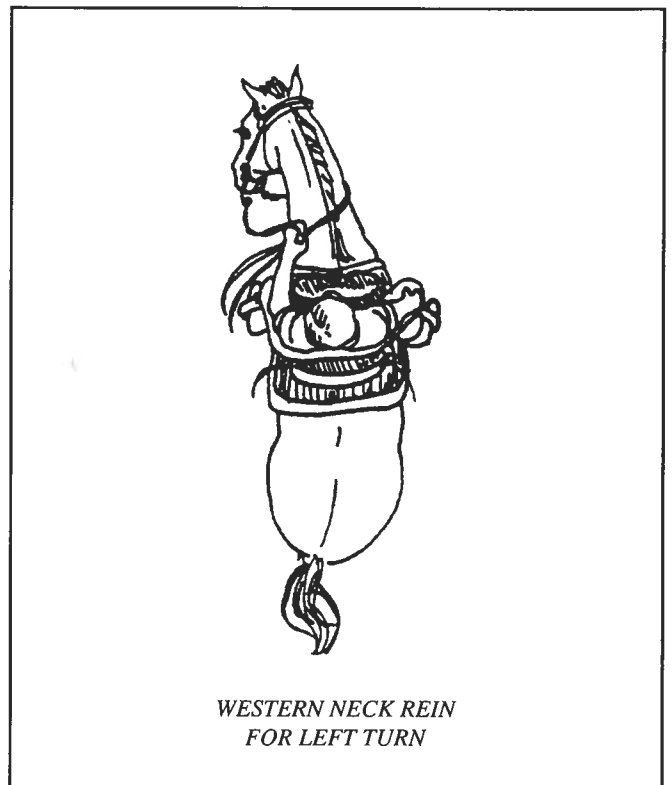
Keep your legs quietly on the horse's sides. If he slows down through the turn, give him a squeeze with your

lower legs. Keep your inside leg at the girth and the outside leg behind the girth. You can also use your voice to encourage him to keep going.

To understand how the hands work, it is best to study English and Western separately.



ENGLISH



WESTERN

To begin a turn, you use a direct rein. This means that your hand is going to move toward your hip on the side in which you want to turn. This will pull or put pressure on the horse's mouth, on the side in which you are turning.

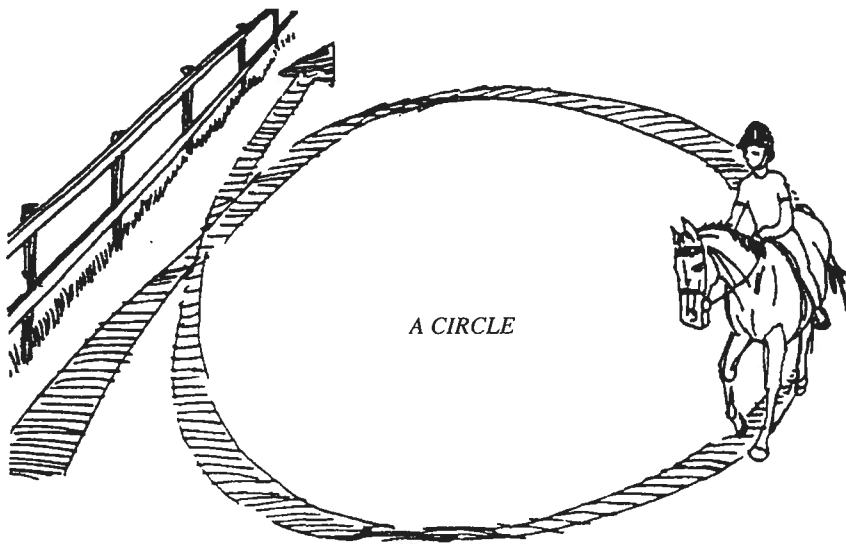
- To turn, look where you want to go, which will shift your weight slightly and help the horse know where to go.
- Use your inside hand to pull the rein toward your hip in the direction you want to go. The horse's nose will turn to the inside.
- Your outside hand should gently follow the movement of the horse's head and not pull back.
- Continue to look in the direction of your turn.

Since both reins are in the left hand, only the left hand will move, along with both your shoulders.

- First, take your hand and move it slightly up the horse's neck. Then lift your hand up and forward toward the ear on side of the direction you want to go (not back towards you).
- Look in the direction of your turn. The rein pulling across his neck will signal him which direction to turn. Some horses are very sensitive and will turn if the rein is just laid on their neck. Other horses need a stronger signal.

Your instructor may prefer that you use a two-handed position with a direct rein.

BASIC FIGURES



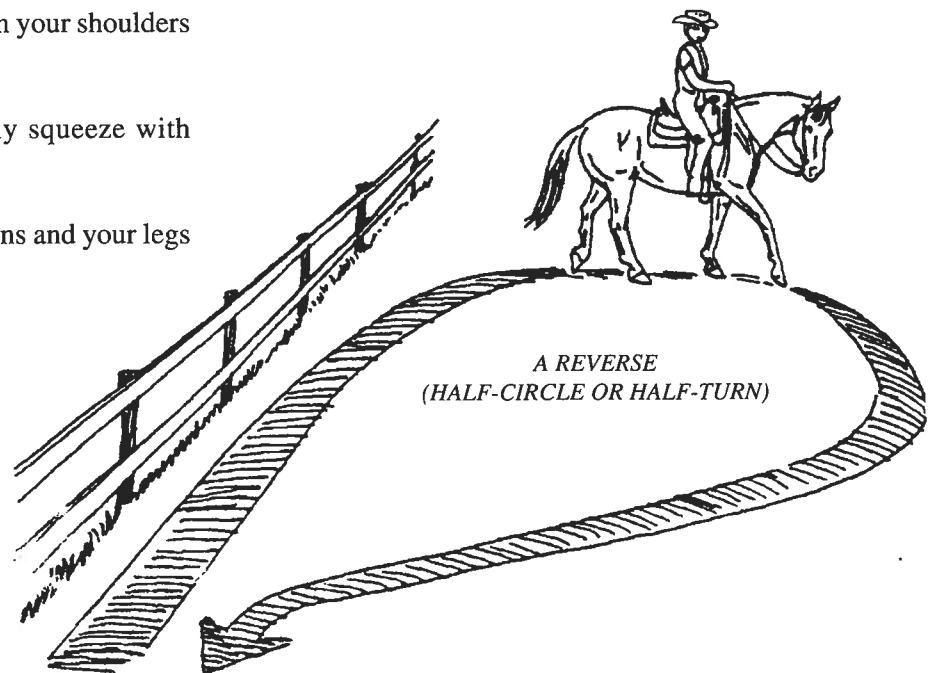
CIRCLE

A circle is made by coming off the rail towards the center of the ring, making a complete round circle and going back to the rail still riding in the same direction.

- It is especially important to sit up straight, evenly balanced on both seat bones.
- Look where you are going and open your shoulders toward the turn.
- To keep the horse moving, gently squeeze with your legs.
- Use only light pressure with the reins and your legs to steer.

REVERSE

To reverse, the horse is turned off the rail toward the center of the ring and brought back to the rail going the other direction. This is known as a half-circle reverse or a half-turn.



THE TROT

BEGIN TO TROT

Now that you can make your horse walk, turn and stop, you can begin to trot. The trot is a two-beat gait, faster than a walk. It takes more effort to control and more practice to ride comfortably. Controlling the horse at a trot is a review of your basic aids at a walk.

Several ways of riding the trot are used to improve your balance, rhythm, and comfort:

- Sitting
- Standing
- Half seat, two-point or posting

CONTROL AT THE TROT

To ask your horse to trot you will need to:

- First, shorten your reins to prepare for the trot.
- Keep your weight steady and balanced, shifting slightly forward, coming back to the upright position as soon as your horse begins to trot.
- Then, squeeze with the both lower legs. If the horse does not move, then squeeze a little more the second time. If the horse is inclined to be lazy, be more forceful. Always ask the horse gently first. If you get no response, then tell him with a sharp squeeze and release of the legs, or a firm tap with the legs and encouragement with the voice.
- Soften/release the reins by reaching slightly forward with your hands. The hands must be quiet and move with the horse's head. Make sure you do not pull back while asking the horse to go forward.
- At the same time you may use your voice. Tell the horse to trot or cluck to him. A kiss or cluck sound is effective with some horses.
- Once trotting, stop squeezing with your legs.

CIRCLE AND TURN AT A TROT

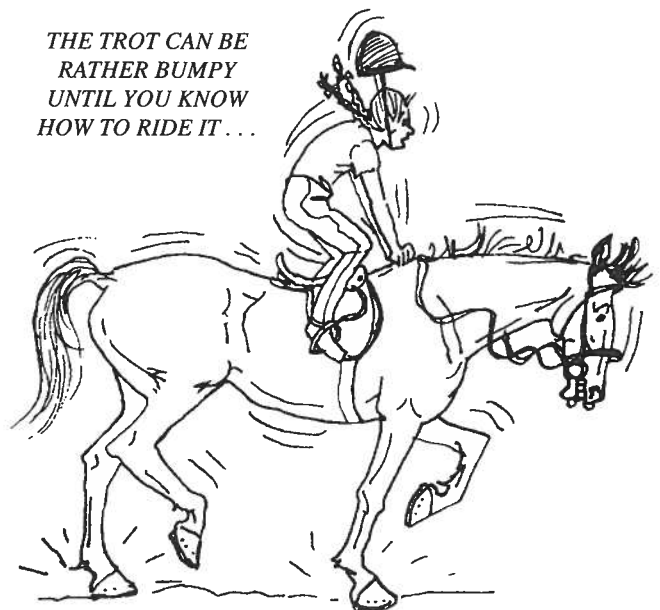
The same aids are used to circle and turn at a trot as when walking.

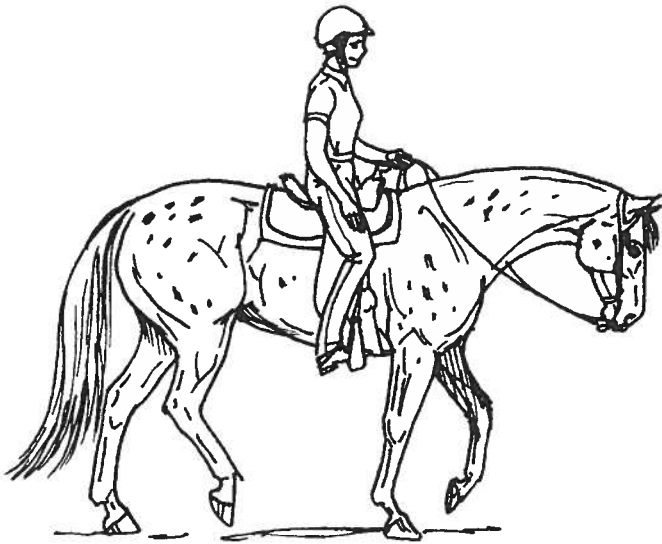
- Circles and turns when trotting should be larger than at a walk or your horse may lose his balance or break into a walk.
- Constant encouragement may be needed when circling and turning at a trot because the horse tends to slow down at this time.

TROT TO A WALK

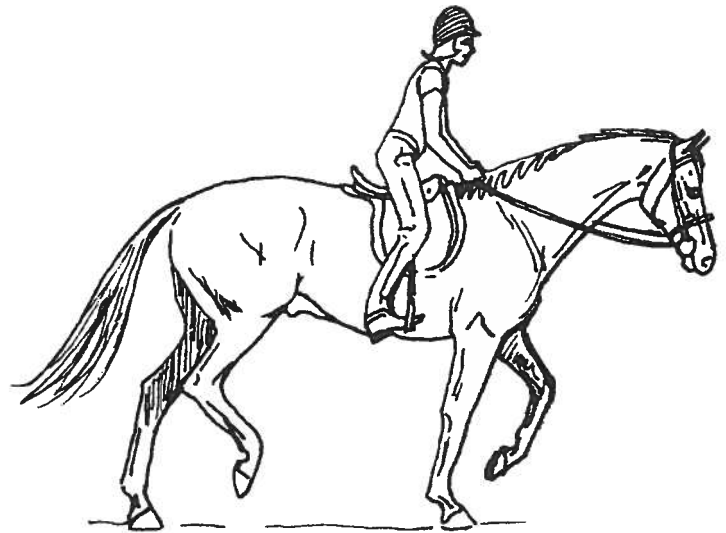
- To slow your horse from a trot to a walk, prepare him with a verbal command.
- Maintain your proper seat position in the saddle, keeping your shoulders back, dropping your weight into your seat bones and pushing them into the horse's back.
- Check and release gently, on the reins. Be sure to give a release as your horse responds. Repeat until the horse comes to a walk. Praise your horse.

*THE TROT CAN BE
RATHER BUMPY
UNTIL YOU KNOW
HOW TO RIDE IT . . .*





SITTING TROT OR JOG



HALF SEAT OR STANDING POSITION

SITTING THE TROT

The Western jog and English sitting trot are ridden in the same manner. This trot is used to develop a feel for the horse's movement and a secure seat.

- In order to sit the trot, it is important to both relax and sit deeply in the saddle, keeping your lower back relaxed and tucking your seat bones under you. The shoulders should remain over the hips and not lean forward. It is very important to keep the back relaxed so your body can follow the horse's movement.
- Care must be taken so that your hands remain quiet, not pulling on the horse's mouth. Keeping your back and shoulders relaxed will help you have quiet hands. The horse should not bob his head in the trot as he does in the walk.

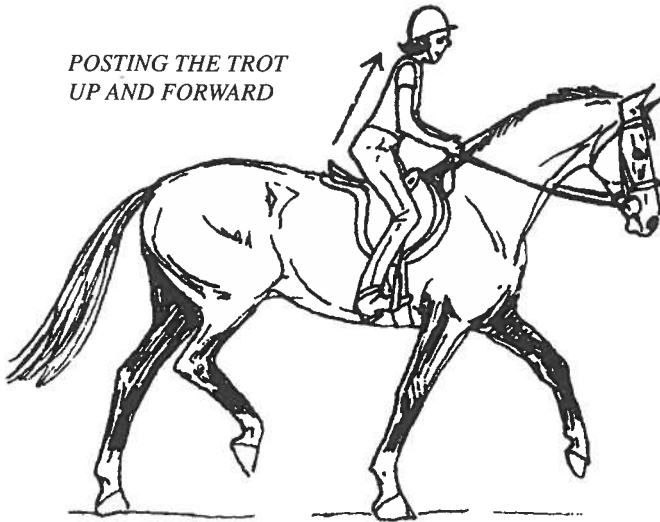
HALF SEAT OR STANDING TROT

The half seat, which may also be called standing position (Western) or two-point contact, is used to help develop balance and control with your legs.

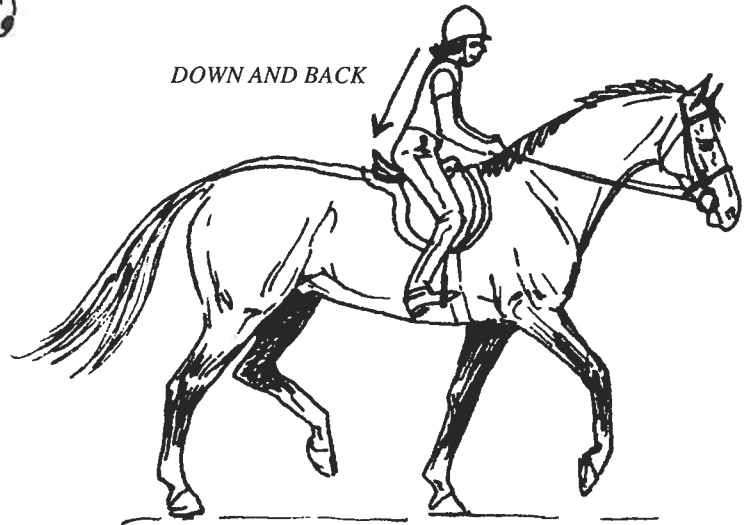
- The half seat or standing position is achieved by bending forward at the hips, taking most of the weight in your ankles and heels. Your back is straight with your seat just off the saddle. Your hands should be in front of the horse's shoulders and the reins should be shortened before going into this position.
- Be sure while in a half seat to keep your shoulders and back relaxed. In the beginning, you may place a hand on your horse's neck or grasp a handful of mane to help you maintain your balance.

The use of the half seat position will help your balance and will strengthen your legs. It will help prepare you for posting and eventually jumping. Practice this at a halt and walk first.

*POSTING THE TROT
UP AND FORWARD*



DOWN AND BACK



POSTING OR RISING TROT

Posting is the motion of rising to the trot. It is a forward and back motion in which the rider's hips move forward (weight out of the saddle) and back (weight in the saddle) on alternate beats at the trot.

Why should you learn how to post?

As you have probably learned, the trot can be a tiring and uncomfortable gait if the horse is rough or when the horse is being worked at a fast trot.

If properly done, posting makes riding the trot easier and more comfortable for the rider and the horse.

How do you learn to post?

When a horse trots, his legs move in diagonal pairs. The left foreleg and the right hind leg move forward at the same time, and the right foreleg and the left hind leg move together. This makes the trot a two-beat gait.

- Allow the horse to push you forward (your seat will be a few inches out of the saddle) on one beat, and you will sit down in the saddle on the next beat.
- In posting the trot, go no higher than is necessary to get your weight out of the saddle. The forward motion of the post comes from your hips and the natural lift in the horse's back with each stride. Your knee, lower leg and foot should be still, with your heel down.
- Be very careful not to use the reins to pull yourself up out of the saddle. This is very hard on the horse's mouth and may make him unwilling to go forward. Instead, let the spring in the horse's back push you up and out of the saddle, like you were bouncing your bottom on a trampoline.

Posting can be difficult to learn, but is easy to do once you learn how. With a little patience and some practice, you will be able to add this to your list of riding skills.

EXERCISES ON HORSEBACK

Exercises will help you to develop control and coordination. They will also help you feel relaxed on the horse. Have someone hold your horse if you are not holding the reins. Tie the reins together if they are split.

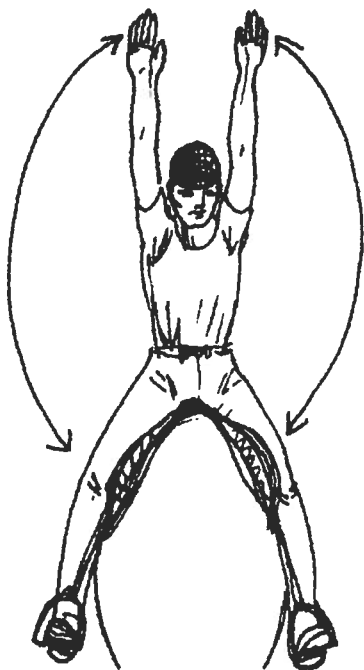
SIDE SWINGS

With arms extended to the sides, swing your arms to the right from the waist up. Touch the right side of the horse's neck with your left hand and the rump of the horse with your right hand. Swing to the left, touching your left side of the horse's neck with the right hand and the rump of the horse with your left hand. Rotate only your upper body, keeping your hips and legs stationary and in position.

- This exercise limbers the waistline and helps you learn to stay in balance while using the upper part of the body.



ARM SCISSORS

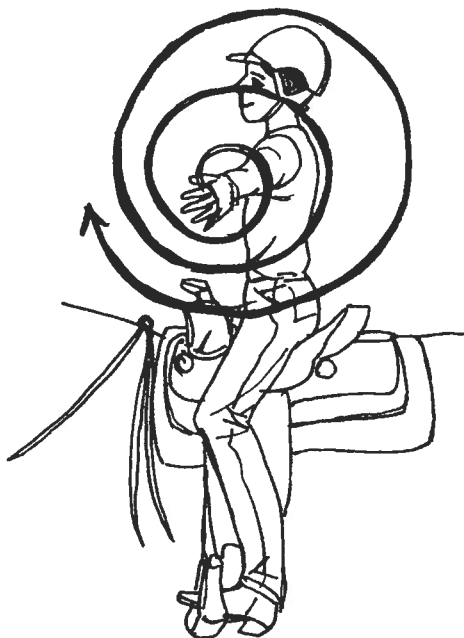


ARM SCISSORS

Sitting straight in the saddle, drop your arms to your sides. Keeping arms straight, lift them out to the side and over your head, touching the hands together. Then, lower them to your sides again.

- This exercise is very good for limbering up your arms and shoulders.

ARM CIRCLES



ARM CIRCLES

Extend your arms straight out, even with your shoulders. Rotate your arms toward the rear, making small circles at first and gradually making them larger. When arms have been rotated in the largest circles possible, reverse the direction, gradually making the circles small again.

- This exercise limbers your shoulder muscles. Be sure to keep your heels down and your legs in position.

LEG SWINGS

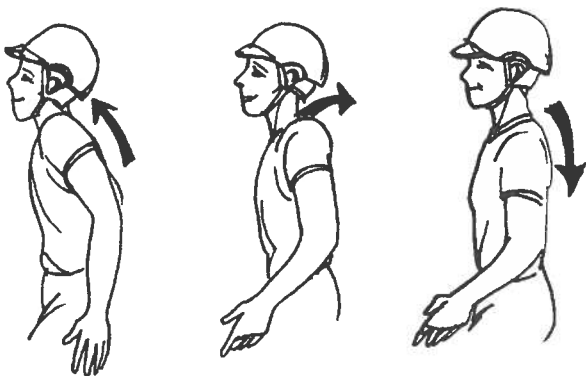


LEG SWINGS

Holding the reins in the proper position and keeping your upper body erect, relax your lower legs. Press in with your knees, which act as pivots for this exercise. Remove your feet from the stirrups. Swing your legs to the rear into a position parallel with the horse's back. Then swing your legs as far forward as possible. After repeating this exercise a few times, return your legs to their normal position, with feet in the stirrups. Be careful not to kick the horse.

- This exercise limbers your lower leg and is very good for balance.

SHOULDER CIRCLES

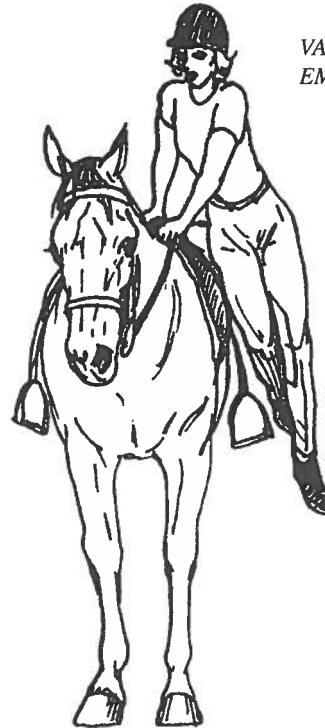


VAULT OFF OR EMERGENCY DISMOUNT

On command, drop your stirrups (take feet out), put reins in your left hand, place left hand on the mane. Place your right hand on the pommel of the saddle and swing off. Be careful not to pull the reins as you vault off. Land evenly on both feet with your knees bent. Land even with or slightly in front of the horse's shoulder, facing the front.

With practice, this can be done at all gaits, but you should start practicing at the halt.

*VAULT OFF OR
EMERGENCY DISMOUNT*



*KICK BOTH FEET FREE
FROM STIRRUPS*

*SLIDE DOWN
ON RIGHT HIP
FACING FRONT*

SHOULDER CIRCLES

Sit straight in the saddle with your arms relaxed at your sides. First move both shoulders forward as if to touch them in front of you, then move them upwards from your sides as if to touch your ears. Finally, move them as far back as possible, then drop your shoulders down resulting in a rotating motion. Try to keep your arms close to your sides. After repeating this several times, return to normal position.

- This exercise relaxes the tension in your neck and shoulders.

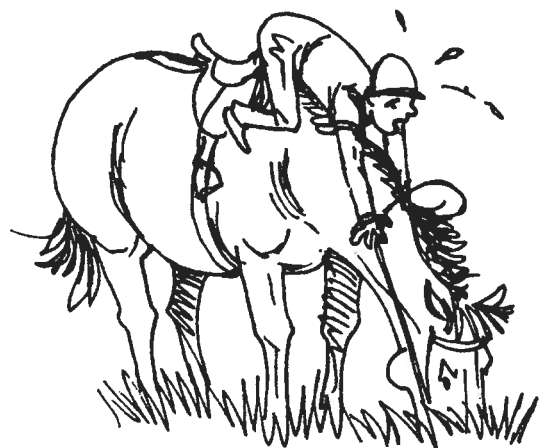
OTHER EXERCISES may also be developed and practiced with safety in mind. As you develop confidence and control, your instructor may find you can practice many exercises at a walk and trot.

TRAIL RIDING

RIDING THE TRAIL

Your goal as a Level 1 trail rider should be to learn how to ride safely with a group on the outdoor trails. It is recommended that all group riding be done at a walk and in a single file manner. The following courtesy tips will be helpful for you to know.

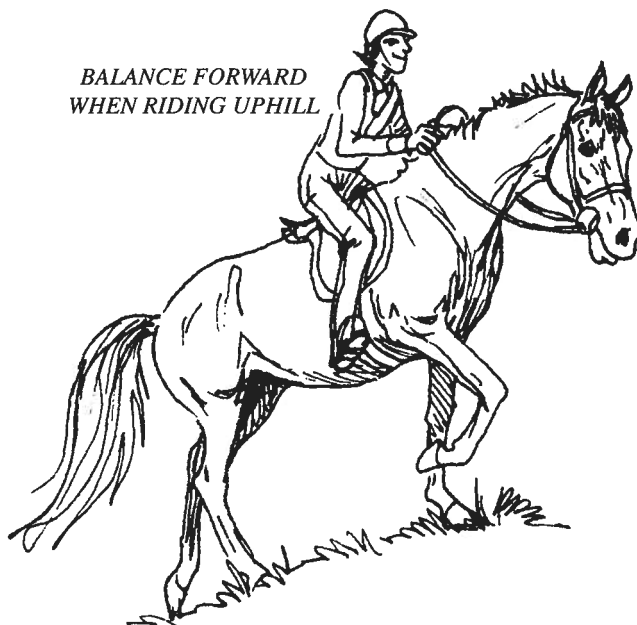
- **Be attentive** to your leaders, alert to signals and to unexpected dangers.
- **Don't tailgate!** To avoid being kicked, keep one horse length between you and the horse in front of you.
- **Do not let your horse eat along the trail.** Teach him that while you are riding, it is not the time to eat.
- **Always walk your horse on paved surfaces.** Trotting or turning quickly on paved surfaces can cause him to slip and fall.
- **Always walk your horse when approaching and leaving** a group of riders, so as not to startle them.
- **When riding uphill,** use a standing position and hold on to the horse's mane.
- **When riding downhill,** sit in balance with heels down.
- **Always walk your horse up and down hills.**



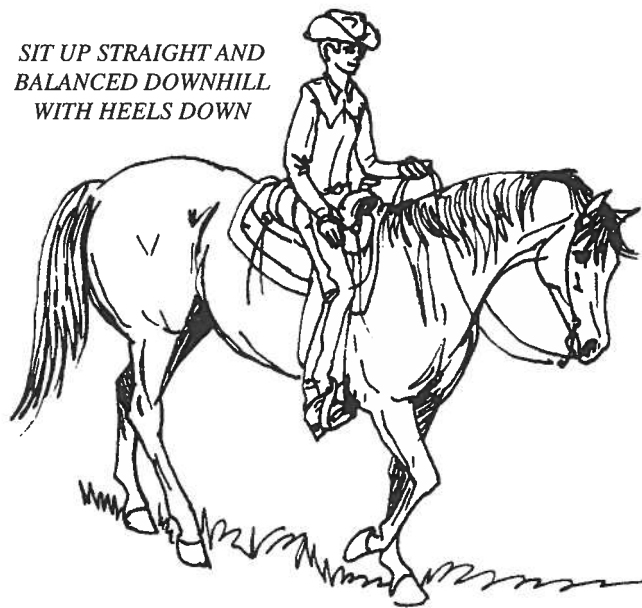
DON'T LET YOUR HORSE EAT GRASS

If, while on the trail, you have trouble or need to adjust your clothing or equipment, do not do anything until first notifying the leader. Your leader then can stop the ride and assist you in making the necessary adjustments without endangering the others.

*BALANCE FORWARD
WHEN RIDING UPHILL*

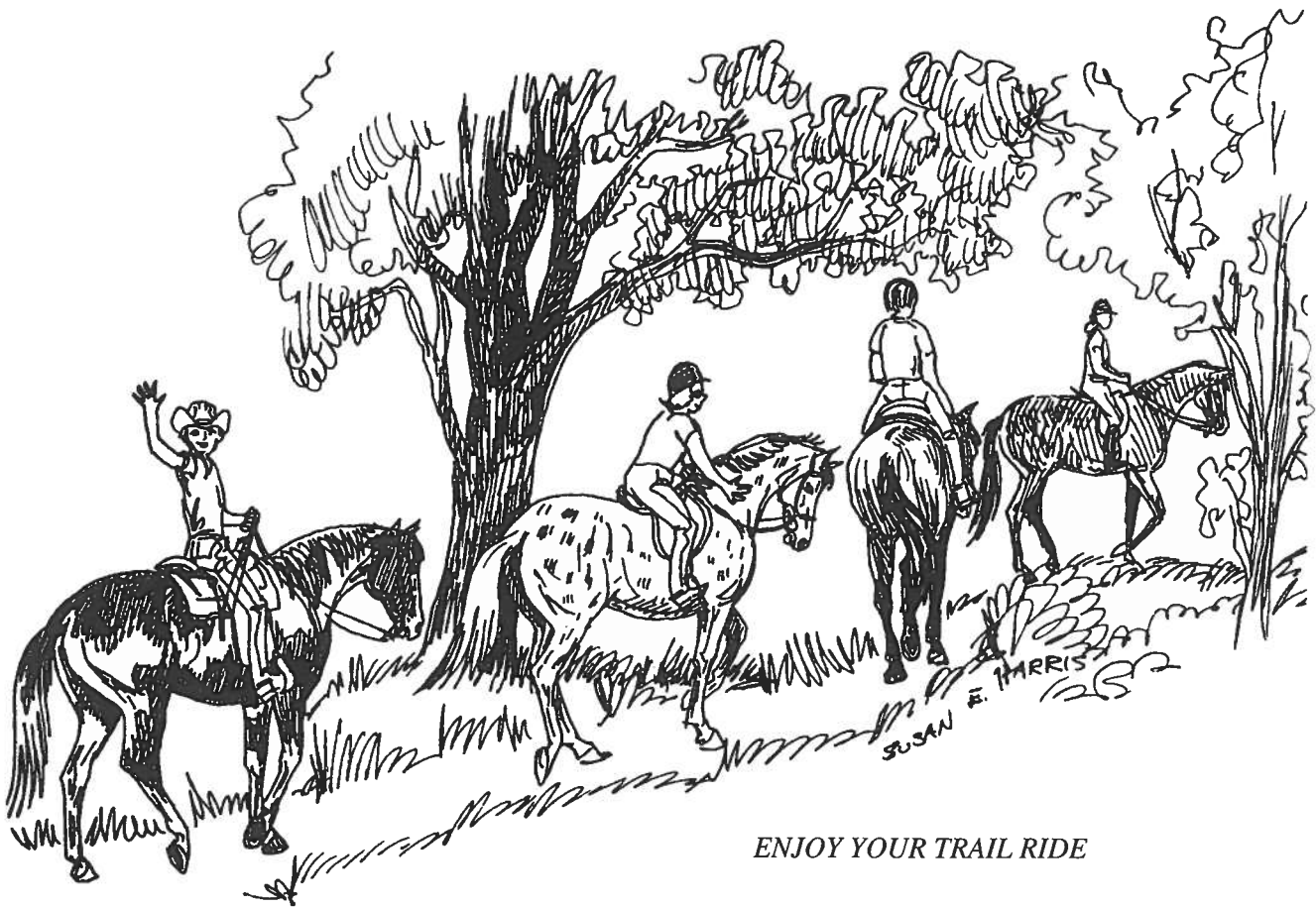
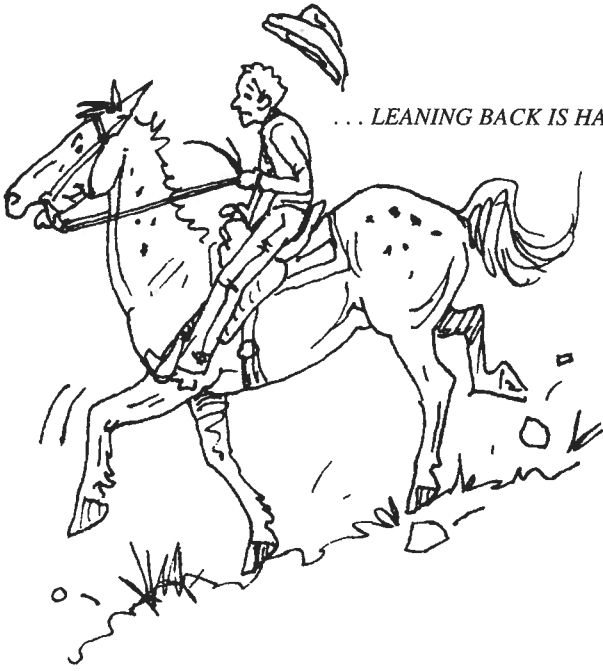


*SIT UP STRAIGHT AND
BALANCED DOWNHILL
WITH HEELS DOWN*



RIDING DOWNHILL

... LEANING BACK IS HARD ON YOUR HORSE



ENJOY YOUR TRAIL RIDE

LEVEL 1 REQUIREMENTS

To complete Level 1 you must be able to pass the following requirements. This can be done by performing the Level 1 arena test, which has all the movements in it (or an alternate test made up by your instructor), or by having your CHA instructor check off each skill as you pass it. This may be done in regular riding lessons, in a group test, or an individual test.

RIDING REQUIREMENTS

- _____ 1. Approach and lead a horse correctly and safely.
- _____ 2. Mount with control and without disturbing the horse.
(Horse may be held by an assistant. Riders may mount from a safe mounting block.)
- _____ 3. Dismount safely with control and prepare your horse to lead.
(Reins should be removed from the horse's neck and English stirrups run up)
- _____ 4. Ride at a walk with good Level 1 position and control.
- _____ 5. Ride at a trot around the rail with good Level 1 position and control.
- _____ 6. Halt from the walk and the trot on command, with control and without hurting the horse.
- _____ 7. Ride turns and reverses at the walk and trot with good Level 1 control.

GENERAL REQUIREMENTS

- _____ 1. Give 5 safety rules and a reason why each is important.
- _____ 2. Demonstrate 3 simple grooming steps.
- _____ 3. Show how to check your equipment before riding.
- _____ 4. Pass written test.

NOTES TO INSTRUCTORS ON TESTING

The goals of Level 1 are a good foundation of safe, secure and simple basics.

Requirements for Level 1 may be tested:

- Individually
- In a group
- By checking off each requirement as the rider passes each one

Students should not be required to memorize the arena test.

The difficulty of the horse they are riding should be taken into consideration.

Students should be scored on their technique and safety rather than on the performance of the horse.

The arena test is not a requirement in itself, but one way of testing the rider.

Alternate tests such as group tests are also acceptable.

Level 1 tests must be passed before a rider may take the Level 2 tests.

Only CHA certified instructors may issue student certifications and awards.

LEVEL 1 • WRITTEN TEST

MULTIPLE CHOICE (select the best answer)

1. The first choice of a frightened horse is to:
 - a) Neigh loudly
 - b) Stand and paw the ground
 - c) Run away
2. When approaching a horse you should approach him:
 - a) At his shoulder
 - b) From the front
 - c) From the rear
3. A horse should be tied up with:
 - a) The bridle reins
 - b) A rope attached to his bit
 - c) A halter and lead rope
4. When leading a horse safely, you should:
 - a) Walk on his left, halfway between his head and his shoulder
 - b) Walk in front of him
 - c) Walk on his right halfway between his head and his shoulder
5. To remove tangles from the horse's mane or tail:
 - a) Start at the bottom and work up through the tangles
 - b) Comb downward through the tangles
 - c) Use scissors to remove bad tangles
6. When riding, your eyes should be:
 - a) Looking down to be sure your horse is behaving
 - b) Looking at your hands, seat and heels to be sure that they are in position
 - c) Looking ahead to see where you are going
7. To stop your horse, you should:
 - a) Pull on the reins very hard to make him obey you
 - b) Say *Whoa* loudly several times
 - c) Say *Whoa* and then shift your weight back and check and release on the reins
8. When riding at the trot, you should keep your hands:
 - a) Up in the air and out to the sides for balance
 - b) Quiet, not pulling on the horse's mouth
 - c) Pulling on the reins for balance and to keep the horse under control

9. When approaching a horse in a tie stall, what should you do first:
 - a) Place your hand on his rump and move him over
 - b) Speak to him and get his attention
 - c) Stand behind him as you enter the stall
10. When mounting, you should never:
 - a) Hold on to your reins
 - b) Dig your toe into the horse's ribs
 - c) Ask your teacher to check your equipment

TRUE OR FALSE

- ___ 1. Feeding treats to horses can get your fingers bit.
- ___ 2. When leading with a lead rope, you can wrap the leftover rope around your hand.
- ___ 3. You should speak to your horse before touching him.
- ___ 4. Saddling is done from the left side.
- ___ 5. When riding properly, your heels should be higher than your toes.
- ___ 6. On trail rides, you should not let your horse eat grass.
- ___ 7. Going uphill, lean back for better comfort and safety.
- ___ 8. The clothes you wear for riding don't matter except for show.
- ___ 9. A rubber currycomb is used to scrub in circles or against the way the hair grows.
- ___ 10. When you turn your horse while leading him, you should usually turn him around to the right.

SHORT ANSWERS (fill in the missing word)

1. When riding Western, the reins are usually held in your _____ hand.
2. The four natural aids are:
 1. _____
 2. _____
 3. _____
 4. _____
3. Squeezing with your legs tells your horse to _____
4. If you make a turn which takes you off the rail, into the center of the ring, and then back to the rail going in the opposite direction, it is called a _____
5. When a rider rises up and down with the beats of the trot, he is _____

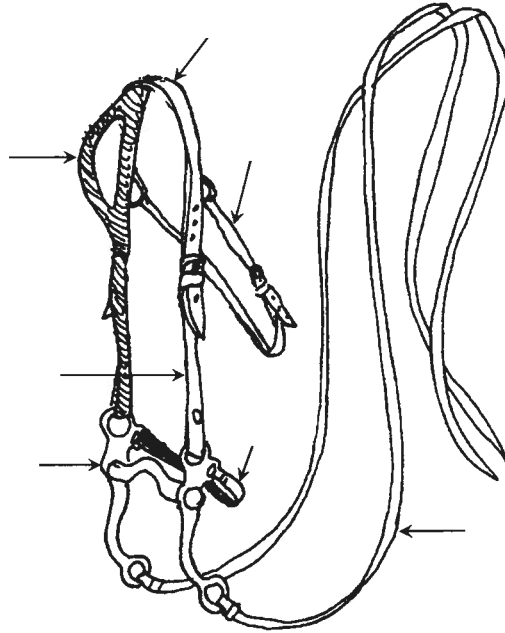
FILL IN THE PARTS OF THE TACK

You may fill in *either* the parts for English or Western saddle and bridle, according to which seat you ride or which your instructor requires.

Western Tack

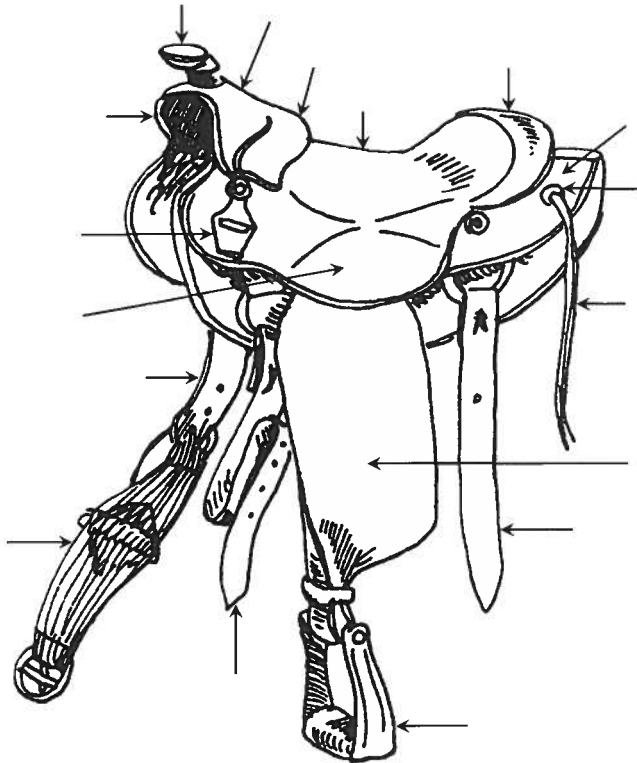
Western bridle parts to choose from:

1. Cheek piece
2. Crownpiece
3. Curb bit
4. Curb strap
5. Reins
6. Shaped Earpiece
7. Throatlatch



Western saddle parts to choose from:

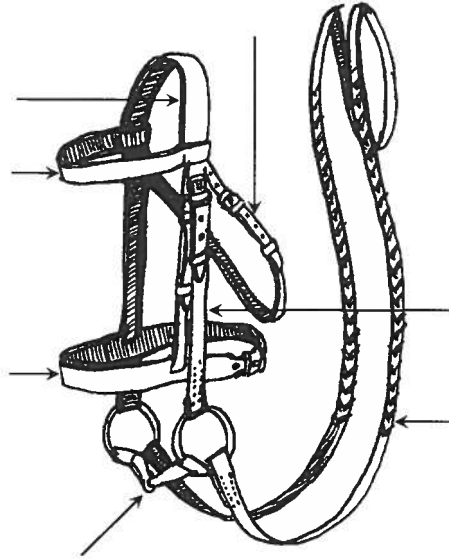
1. Cantle
2. Cinch
3. Concho
4. Fender
5. Gullet
6. Horn
7. Latigo keeper
8. Long latigo
9. Pommel
10. Rear cinch strap
11. Rear jockey
12. Saddle strings
13. Seat
14. Seat jockey
15. Short latigo
16. Stirrup
17. Swell



English Tack

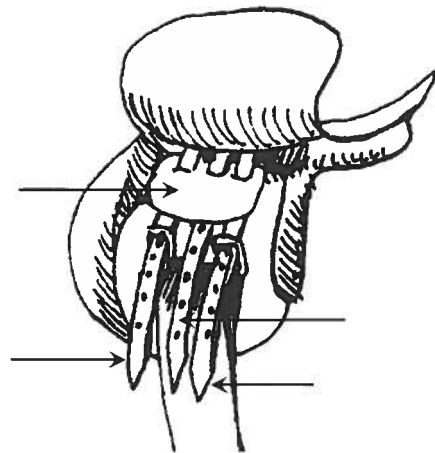
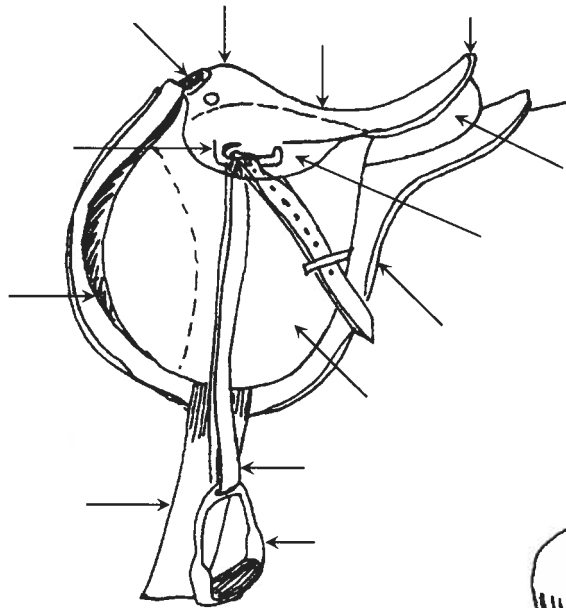
English bridle parts to choose from:

1. Browband
2. Cavesson (noseband)
3. Cheek piece
4. Crownpiece
5. Rein
6. Snaffle bit
7. Throatlatch



English saddle parts to choose from:

1. Billets
2. Buckle guard
3. Cantle
4. Flap
5. Girth
6. Gullet
7. Knee roll
8. Pad
9. Panels
10. Pommel
11. Safety stirrup bar
12. Seat
13. Skirt
14. Stirrup iron
15. Stirrup leather



LEVEL 1 ARENA TEST • SCORE SHEET

Name: _____ Place _____ Date _____

	POINTS	COMMENT
1. Leading to O (5 pts.)		
2. Safety check and mount at O (10 pts.)		
3. Walk to C (control & equitation) (10 pts.)		
4. Trot or jog to B (control & equitation) (10 pts.)		
5. Stop at B thru the walk. Continue trot or jog to M (10 pts.)		
6. Reverse at M to B (10 pts.)		
7. Trot or jog to E (control & equitation) (10 pts.)		
8. Transition to walk at E. Turn and walk to center of arena X (10 pts.)		
9. Stop and pause at X (10 pts.)		
10. Dismount at X (10 pts.)		
11. Prepare the horse to lead; at walk lead horse out of arena (5 pts.)		
Total = 100 pts. Passing score 70%.	TOTAL SCORE	

- Scoring**
- | | |
|-----------------------------------|------------------|
| 0 = Not performed | 6 = Satisfactory |
| 1 = Very bad | 7 = Fairly good |
| 2 = Unsatisfactory | 8 = Good |
| 3 = Poor | 9 = Very good |
| 4 = Insufficient, not good enough | 10 = Outstanding |
| 5 = Sufficient, fair | |

Passing scores are 5 and over.

Please note that **10 means outstanding, not perfect**, (10 is a possible score, though rare).

- An alternate riding test may be used. This is only a suggested one.
- Instructors may require posting and riders may have assistance in mounting.

PASSING: Yes _____ No _____ Instructor's signature _____

Remember that the goals of Level 1 are a good foundation of safe, secure and simple basics.

LEVEL 1 ARENA TEST • SCORE SHEET

(Based on 10 points each, a total of 100 points)

Name: _____ Place _____ Date _____

Letter	Directions	You are scored on	Points	Comment
1. To O	Lead horse (saddled)	Leading safely and correctly (10 pts.)		
2. O	Check tack and mount (Assistant will hold horse)	Safety check and mounting properly (Control of horse, not disturbing horse while mounting) (10 pts.)		
3. A	Enter ring at walk Turn to right along rail Continue to C	Position, seat and control at a walk Not cutting corners (10 pts.)		
4. C	Jog or trot (posting optional) Continue jog or trot to B Without breaking gait	Position, seat and control at jog or trot Good corners (10 pts.)		
5. B	Halt through the walk	Control while stopping (10 pts.) Not hurting the horse while stopping		
6. B	Continue trot to M	Ability to get horse to trot from B (10 pts.)		
7. M	Reverse without breaking gait In half circle, returning to rail at B	Turning and control while reversing At the jog or trot. (10 pts.)		
8. B	Continue jog or trot to E Without breaking gait	Position, seat and control at jog or trot Good corners (10 pts.)		
9. E X	Turn and walk to center of ring (X) Stop in front of judge	Position and control While turning and stopping (10 pts.)		
10. X	Dismount, prepare horse to lead Leave arena Leading horse at walk	Dismounting safely In control of horse Preparing and leading horse Correctly and safely (10 pts.)		
Total = 100 pts. A score of 70% is considered passing.			TOTAL SCORE	

Scoring

0 = Not performed	6 = Satisfactory
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LEVEL 1 ARENA TEST

