Levels of Achievement Checklists

***Beginner 1 to Beginner 2***

Horsemanship Knowledge

In the Barn

* Knows the name and how to put on a halter
* Can lead horse/pony safely
* Can lead horse/pony through stall doors and gates
  + Doesn’t let go of either horse/pony or gate
  + Doesn’t allow other horses/ponies to escape from pasture when entering or exiting
* Ability to crosstie
* Can walk behind horse/pony safely
* Knows names and purpose of:
  + Curry Comb
  + Hard/Stiff Brush
  + Soft/Finishing Brush
  + Hoof Pick
* Knows names of:
  + Saddle
  + Stirrup
  + Stirrup Leathers
  + Saddle Pad
  + Half Pad/Foam Pad
  + Girth
  + Crop/Whip
* Can Tack Up with Assistance
  + Curries and brushes dirt off effectively
  + Can apply fly spray
  + Cleans all 4 hooves completely
  + Knows where saddle and girth should go, and direction of girth
  + Cleans grooming area where horse/pony was tacked before heading to arena
* Learns to take sheet/blanket off (weather pending)

In the Arena

* Can mount with assistance
  + Tightens girth
  + Sets stirrup leathers
  + Sets up mounting block
  + Holds lead rope (reins) and crop at withers with left hand, right hand on pommel while inserting left foot in stirrup
  + Swings right leg over without falling or kicking horse/pony in the haunches
* On the lunge line
  + Knows inside and outside rein/leg
  + Can show jumping and galloping positions at the halt and walk
  + Can touch parts of their body or horse/pony with independent hands with minimal movement in their leg (“Simon Says”)
  + Can “drop” stirrups at halt and walk, then regain with minimal use of hands for balance
  + Can sit the trot with and without stirrups
  + Can sit the trot with no hands (hands on hips, arms out, hands on head, or holding crop horizontally)
  + Can post the trot with no hands (same as above)
  + Knows how to safely and quietly change crop from one hand to the other
  + Can dismount with assistance
    - Runs up stirrups and loosens girth
* Back to the Barn
  + Can untack with assistance
  + Grooms horse/pony, including picking hooves
  + Puts horse/pony away correctly and safely with assistance
  + Cleans grooming area where horse/pony was untacked
  + Cleans saddle and puts away properly
  + Learning to put sheets/blankets on (weather pending)

Classroom Knowledge

* Knows what pinned ears and presenting haunches means
* Can recognize swelling, cuts, and abrasions
* Knows basic colors of horses
* Knows 8 parts of the horse
* Knows saddle parts (seat, pommel, cantle, knee roll, billets)
* Knows parts of the halter
* Knows how to detect and treat thrush
* Knows how to detect and treat rain rot
* Knows what treats are appropriate and how to feed them safely (IN THEIR BUCKET!!! NO HAND FEEDING)
* Reads and makes notes on assigned book
  + Dorothy Henderson Pinch ‘Happy Horsemanship’

Congratulations! You’ve graduated to Beginner 2! Don’t forget what you learned!

***Beginner 2 to Walk/Trot Group***

Horsemanship Knowledge

In the Barn

* Can Straight Tie
  + Quick release knot works and is safely presented
* Knows names, purposes of, and how to use:
  + Mane/Tail Brush/Comb
  + Shedding Blade
  + Bot Knife
  + Hoof oil
  + Thrush treatment (Thrush Buster, Durasole, etc…)
* Knows names of:
  + Bridle
    - Bit
    - Reins
  + Martingale
* Can tack up independently and correctly
  + Can show appropriate placing of the saddle pads, appropriate foam/half pads, saddle, and girth with appropriate tension

In the Arena

* Independently ties leadrope into reins
* Tightens and checks girth tension
* Can adjust stirrups leathers to appropriate length
* Sets up mounting block
* independently and correctly mounts horse/pony without horse/pony walking away

On the Lunge Line

* Learning appropriate application and coordination of natural and artificial aids, as well as correct pressure and when to use them
* Can coordinate using leg and crop to ask horse/pony to trot
* Can ask for horse/pony to halt

Free in the Arena

* Can successfully steer at the walk around the arena, into each corner
* Can change directions and circle at the walk
* Can post the trot and steer around the arena independently
  + Can keep horse/pony going at a consistent trot, while posting and stay on the rail
  + Has, somewhat, independent hands and does not use the horse/pony’s mouth (reins) for balance
* Can confidently change directions at the trot via half turn and reverse without yanking
* Can show the jumping and galloping positions at the walk and trot
* Is aware of trot diagonals and attempts to have correct diagonal
* Rider can dismount independently
  + Both feet out of stirrups
  + Reins (leadrope) in left hand
  + Swings right leg over without rubbing or kicking horse/pony
  + Can jump away from saddle and not slide down
  + Can loosen girth appropriately and independently
  + Runs stirrups up
  + Reins over horse/pony/s head (unties and resets leadrope)

Back to the Baarn

* Can untack and take care of horse/pony independently
* Able to return horse/pony to their stall/pasture groomed and cared for independently
* Cleans up area
* Tack cleaned and put back correctly

Classroom Knowledge

* Knows how much water their horse/pony should drink and if they need mre
* Knows what colic signs are and what should be done if colic is suspected
* Can apply topical medicine to a cut or abrasion
* Knows 20 parts of the horse
* Knows parts of the Saddle, Halter, and Bridle
* Knows 5 bits
* Read and made notes on book assignments
  + Pony Club ‘United States Pony Club Manual of Horsemanship-Basics for Beginners’

Congratulations! You’re ready to Compete in “Lead Line” or “Walk” divisions at horse shows! You’re ready to graduate to Walk/Trot Group! Don’t forget what you learned!

***Walk Trot Group Lessons***

Horsemanship Knowledge

In the Barn

* Has mastered all the general grooming techniques
* Familiar with basic tack and equipment
* Knows the names of
  + Breastplate
  + No slip pad
  + flash/figure 8
  + Front/Back riser pad
* Can tack up correctly and independently
  + Can verbalize appropriate placing of saddle,pads, saddle and girth, able to explain right tension
  + Can verbalize appropriate bridling techniques, bit tension and curb chain if needed

In the Arena

* Mounts independently
  + Hold crop in left hand quietly while mounting
* In the group
  + Keeps spacing and distance from other horses/ponies in group during walk and trot
  + Can maneuver correct circling and changes of direction as directed
  + Starting to correctly utilize application and coordination of aids
    - When to use which natural aids
    - Where to correctly apply riding crop/whip and when
    - Able to line up “in the center of the ring” shoulder to shoulder at the halt
    - Can appropriately ask horse/pony to halt from walk and trot
    - Can appropriately ask horse/pony for a rein back (back up at the walk)
  + Rider can demonstrate jumping position while walking and trotting over ground poles.
    - Able to trot a course of 4 poles, while correctly checking and changing their diagonals (2 outside lines with a courtesy circle at the beginning and the end)
    - Able to trot a course of 8 poles, while correctly checking and changing their diagonals (2 outside lines, 2 diagonal lines, and courtesy circles at the beginning and end of their pole course)
  + Able to post trot without stirrups
    - Build up to 5 minutes of posting trot without stirrups to earn their bridle
    - Able to maintain posting rhythm while dropping and picking up stirrups
    - Can show circles and changes of direction
    - Building up to trotting continuously, in control for 8 minutes to learn Cantering. Must be able to circle and change directions without stirrups up to that 8 minute goal to canter.
* Learning to Canter in the group (recommend a private lesson for this stage)
  + Back on lunge line
  + Can sit a lengthened and shortened trot with and without stirrups
  + Uses legs correctly to initiate canter transition with assistance
* Can canter in straight lines
* Can canter around arena 1 lap

Back to the Barn

* Maintains correct untacking, grooming/bathing, and equipment care
* Knows how to rinse horse off correctly (start at the legs), sweat scrape, and dry

Classroom knowledge

* Has learned when it is too hot to ride i.e. The Heat Index
* Knows the definition of “2 point position” and “3 point (full seat) position”
* Understands the importance of the correct diagonal and how to identify whether or not they are rising with the correct shoulder
* Understands the difference between right and left canter leads
* Can correctly disassemble and reassemble bridle
* Knows the difference between French link, Oval, and Dr. Bristol bits
* Knows different basic snaffle bits (loose ring, D ring, Eggbutt, Full Cheek, Pelham, Elevator (3 ring, 2 ring, Gag). Light/Hollow, Medium, Heavy weight, slow twist, corkscrew, and Double twisted wire, rubber, and happy mouth..
* Knows what Peacock safety stirrups, Fillis, Jointed/Flex, and Composite stirrups
* Read and made notes on book assignments
  + Pony Club ‘United States Pony Club Manual of Horsemanship-Intermediate Horsemanship’

Congratulations! You are ready to compete in “Walk/Trot” with poles!!!! You’re ready to graduate to Cantering Pole courses! Don’t forget what you learned!

***Cantering Poles to Beginner Crossrails***

Horsemanship Knowledge

In the Barn

* Has mastered all the general grooming techniques
  + Knows how to wash tails correctly and apply detangler to tail
* Familiar with all tack and equipment needed
  + Can appropriately and correctly put bridle on (at least 1 “in barn lesson” to learn) with correct tension on throat lash and nose band
* Knows the names of
  + Running martingale
  + German martingale
  + Neck stretcher
* Can tack up correctly and independently
  + Maintains correct tack up procedures

In the Arena

* Mounts correctly independently
* Rider is able to maintain 4, 20 meter circles within 1 lap around the arena, in both directions without allowing their horse/pony to break
* Rider can explain leads and determine correct and incorrect
* Has practiced an emergency dismount at Halt, Walk, and Trot
* Knows a “One-Rein Stop”
* Keeps spacing and distance from other horses/ponies in group during walk, trot, and canter
* Can properly walk to halt, trot to halt, canter to halt and rein back without pulling on horse/pony’s mouth
* Rider correctly utilizes application and coordination of aids for all transitions
* Able to switch horses/ponies and maintain proper riding techniques at all gaits
* Learning to count canter strides
* Can canter a course of 4 poles (2 outshine lines, showing a canter courtesy circle in the beginning and end of course, can demonstrate simple changes when needed)
* Can canter full course of 8-9 poles (2 outside lines, 2 diagonal lines and a quarter line pole. Canters a courtesy circle at the beginning and end of course)

Cool down

* Rider knows when horse/pony is cooled out enough to take back to barn
  + May have to remove saddle in arena and hand walk to cool out

Back to the Barn

* Maintains correct untacking, grooming/bathing, and equipment care
* Can independently rinse horse/pony off, sweat scrape, and dry
* Learning how to use fans to cool horses down with assistance
* Learns how to use scrim/cooling sheets

Classroom knowledge

* Can detect when their horse/pony may be dehydrated
* Has learned how to correctly apply splint boots, tendon boots, and polo wraps
* Knows the different crest releases
* Knows the difference between spurs (Tom Thumb, Prince of Wales, Blunt Spurs)
* Knows how to identify and treat the start of a Summer Sore
* Can give horse/pony a soap bath
* Has learned the beginning stages of lunging a horse correctly
* Read and made notes on book assignments
  + Sally Swift ‘Centered Riding’
  + Anne Kursinski’s ‘Riding & Jumping Clinic’

Congratulations! You have the amazing ability to compete in “Walk/Trot Pole Courses”!!!! You’re ready to graduate to Beginner Crossrails! Don’t forget what you learned!

***Beginner Crossrails to Coursework***

Horsemanship Knowledge

In the Barn

* Has mastered all the grooming and tack up techniques
* Knows the names of
  + Draw reins
  + Double reins
  + Curb and snaffle rein

In the Arena

* Learning to trot and canter crossrail courses
* Rider can maintain a correct jumping and galloping positions (2 point) up to 3 minutes in all gates
* Shows correct trot diagonals without being told/reminded
* Has a strong understanding of correct canter leads
* Rider can hold jumping position without reins, in balance
* Can give a proper long/short crest release and avoid pulling and hanging on horse/pony’s mouth
* Able to stop on a straight line
* Rider utilizes corners
* Has the ability to count canter rhythm and strides
* Listens and follows all instruction given
* Can trot and canter 4-9 jumps at a consistent pace
* Able to demonstrate simple lead changes successfully

Cool down

* Rider knows when horse/pony is cooled out enough to take back to barn
  + May have to remove saddle in arena and hand walk to cool out

Back to the Barn

* Maintains correct untacking, grooming/bathing, and equipment care
* Uses fans independently
* Learning to use ice boots with assistance if needed

Classroom knowledge

* Read and made notes on book assignments
  + Pony Club ‘United States Pony Clubs Manual of Horsemanship-Advanced Horsemanship’
* Knows what liniment and poultice is and how to correctly apply
* Learns how to correctly put standing wraps on their Horse/pony
* Learns the theory of a flying lead change
* Learning what an automatic release is
* Understands riding with a purpose (working walk/trot)
* Learns the theory of how a leg yield, shoulder in/out, and haunches in out should look and how to ask for it
* Learns the theory of what real collection is, where the power comes from and how the horse/pony’s body shape changes
* Can properly tack horse/pony for basic lunging
* Can confidently/correctly lunge a seasoned horse/pony
* Can lunge a rider on a horse
* Has done in barn workouts
  + 1 minute plank (high and low)
  + built up to 10 nonstop burpees
  + 50 jumping jacks
  + 10 jumping lunges on each side
  + 10 skier lunges each side
  + 20 squats
  + 5 push ups
  + 20 sit ups
  + 20 oblique crunches, both sides
  + Walk at least ½ a lap with a wood ground pole
* Knows the names of
  + Oxer
  + Vertical
  + Long spot
  + Chip

Congratulations! You’ve shown a lot of improvement and can compete in “Beginner Crossrails” to (up to) “18” Short/Long Stirrups”!!! You’re ready to graduate to Coursework up to 2’! Don’t forget what you learned!

***Course work up to 2’***

Horsemanship Knowledge

In the Barn

* Has mastered all the grooming and tack up techniques

In the Arena

* Warms up in the arena at least 15 minutes prior to Private lesson start time
  + Spends, NO LESS, than 7 minutes at the working walk
  + Rider stretches (Torso twists, diagonal knee/toe touches, jumping position to ear stretch)
  + Circles and changes of direction at the walk and trot
* Has a firm understanding of distances depending on height
* Knows correct strides for all sizes of ponies and horses
* Able to walk strides between fences and calculate a distance
* Can design courses to par with jumping level
* Rider can build a course with assistance
* Ability to navigate courses, with flying changes and distances at jumping level
* Can canter a whole course of poles to crossrails without stirrups
* Able to demonstrate leg yields, haunches in/out, shoulders in/out, side passes
* Can show turn on the haunches and forehand
* Rider knows the difference between Half-turn and reverse and Reversed half-turn

Cool down

* Rider knows when horse/pony is cooled out enough to take back to barn
* May have to remove saddle in arena and hand walk to cool out

Back to the Barn

* Maintains correct untacking, grooming/bathing, and equipment care
* Uses fans independently
* Uses ice boots with assistance if needed
* Can give a liniment bath

Classroom knowledge

* Has watched Pony Finals, Equitation Finals, Derby Finals
  + Can recognize and critique rider position (good/poor) and overall rides (positives/negatives)
  + Can recognize horse/pony’s way of going (relaxed, inverted, running, sucking back)
    - Homework: Developing a course of jumps for instructor to critique
* Has watched Intro through Grand Prix Dressage tests and GP Freestyles
  + Can recognize horse development
  + Recognizes rider development in their seat, especially the sitting trot
  + Can recognize if the horse is in front, behind, or on the “vertical”.
  + Learns the dangers in Roll Cur
    - Homework: Creating their own 2 ½ minute freestyle at Walk, Trot, Canter, and (depending on ability) add lateral work
* Knows the names of
  + Triple Oxer
  + Fan Spread
  + Wall
  + Brush jump
  + Filler
  + Roll Back
  + Half Pass
  + Pessage
  + Piaffe
  + 2 and 1 Tempi
  + Pirouette
* Has advanced in barn workouts
  + 2 minute plank (high and low)
  + built up to 20 nonstop burpees
  + 150 jumping jacks
  + 20 jumping lunges on each side
  + 30 skier lunges each leg
  + 50 squats
  + 15 push ups
  + 50 sit ups
  + 50 oblique crunches, both sides
  + Can walk at least 1 whole lap in arena holding a wood ground pole

If you’re ready to graduate to coursing above 2’! You are able to compete in any Hunter/Eq 2’ division!!! It is time to lease or purchase your own horse or pony! Now the fun really begins!