

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
 - Split boots, ankle boots, jump boots, brush boots, polos
 - 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
 - Can apply horse/pony boots
 - Can apply polos with assistance
 - 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 position at the halt and walk
 - Can touch parts of their body or mount 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
 - Puts horse boots away properly or correctly rolling polos and putting 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 basic saddle parts (seat, pommel, cantle, knee roll, billets)
- Knows parts of the halter
- Knows what treats are appropriate and how to feed them safely (IN THEIR BUCKET!!! NO HAND FEEDING)

Congratulations! You’re ready to graduate 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
 - Can appropriately put on horse boots/polos

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 diagonal, across the arena, centerline, and half circle
- Can show the jumping position 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 more
- 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

Congratulations! 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
 - Front/Back riser pad
- Can tack up correctly and independently
 - Correctly and Independently apply boots and polos
 - 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 post trot without stirrups
 - 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 6 minutes
- 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
- Can trot a course (2 outside lines and 2 diagonal lines), demonstrating jumping position and correct diagonals around entire course (within the lines as well)
- Able to line up “in the center of the ring” shoulder to shoulder at the halt
- Can appropriately ask horse/pony to half from walk and trot
- Can appropriately ask horse/pony for a rein back (back up at the walk)

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

- Knows the definition of “2 point position” and “3 point (full seat) position”
- 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

Congratulations! You’re ready to graduate to Canterng to Beginner Crossrails! Don’t forget what you learned!

Cantering to Beginner Crossrails

Horsemanship Knowledge

In the Barn

- Has mastered all the general grooming techniques
 - Knows how to 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
 - Can apply boots and polos
 - Maintains correct tack up procedures

In the Arena

- Mounts correctly independently
- Rider is able to maintain 5 20m lunge circles in both directions with and without stirrups at the canter
- 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
- Can successfully trot an entire pole course without reminder to check diagonal
- Learning to count canter strides
- Can canter 2 outside lines of poles, showing jumping position with halts, walk transitions, and simple changes in the corners
- Can canter full course of poles (2 outside lines and 2 diagonal lines) with halts, walk transitions, and simple changes in the corners
- Able to perform correct simple changes in corners to continue pole 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

- 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
- Knows how to detect and treat thrush
- Knows how to detect and treat rain rot
- Can give horse/pony a soap bath

Congratulations! 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 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

- 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
- 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
- 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'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 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 without stirrups

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

- Learning standing wraps with/without poltice
- Has watched Pony Finals, Equitation Finals, Derby Finals
 - Can recognize and critique rider position (good/poor) and overall rides (positives/negatives)
 - 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 "verticle".
 - 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
- Passage
- 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
 - 40 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' it is time to lease or purchase your own horse or pony! Now the fun really begins!