

## Alberta 4-H Equine Project - Mounted Assessments - Progression Across The Levels

Level 1	Level 2	Level 3
Non mounted <b>flexion</b> - bring horse's nose to 9 & 3 o'clock Tack check & correct <b>mount</b> (horse may be held and you may use a mounting block).	<b>Warm-Up</b> - non mounted & mounted <b>flexion</b> , correct mount, 3 arm & leg <b>exercises</b> at walk, feel shoulder. Do some without stirrups. Demonstrate <b>2 point</b> at a walk.	<b>Warm-Up</b> - Demonstrate correct <b>body position, balance, suppleness, focus,</b> and <b>quiet hands</b> at the walk and jog/sit trot. Demonstrate how your horse will willingly go forward flexing both to the right & left and will stop & stand relaxed with his head at 9 & 3 o'clock.
<b>Reins:</b> how, where, appropriate contact.	<b>Ride the center line</b> (A-C) & both diagonal lines of the arena at a walk & jog/trot. Credit will be given to riders who ride the complete diagonal line without the rider or horse leaning in at the beginning or end.	<b>At A or C</b> jog/sit trot a slower smaller circle, then rise trot on the correct diagonal a larger circle. Go both directions.
Stationary: <b>Basic Position, Balance, Focus, Suppleness,</b> stirrup adjustment.		Ride a <b>circle &amp; straight line</b> without stirrups at a jog/sit trot. Demonstrate the 2 beat rhythm with your arm or hips.
<b>Stationary Exercises</b> including <b>2 point</b> .		<b>Diagonals</b> - explain & demonstrate diagonals, and how to change.
	<b>Diagonals:</b> explain what 3 body parts are used to post trot. Demonstrate 8 strides without gripping. English riders must have correct diagonals.	
<b>Rein effects:</b> a) <b>Open Rein:</b> - to turn. - emergency stop. b) <b>Two Direct Reins:</b> > stop.	<b>Rein Effects:</b> a) <b>Open Rein</b> to emergency stop, to regain attention, to teach to bend fluidly - demonstrate. i) horse must stop with his head at 3 or 9 o'clock. ii) same exercise but circle at least 3 times in each direction before stopping to encourage flexion. b) <b>Open &amp; Direct Reins</b> - turning & stopping.	<b>Rein effects:</b> a) <b>Indirect Rein</b> - explain how to turn using 2 handed indirect rein aids. b) <b>Neck Rein</b> - at a walk using correct one handed neck reining technique. c) <b>Support Rein</b> - explain and demonstrate. d) <b>Rein of Opposition</b> - explain and demonstrate.
<b>Transitions:</b> a) use 3 aids in correct order to produce stop from walk. (For progression, see <b>Stop &amp; Back</b> in other levels.) b) walk to jog/trot - jog/trot to walk.	<b>Transitions:</b> explain & demonstrate how to move from a jog/trot to a lope/canter of at least 10 strides in each direction. Correct leads are encouraged.	<b>Transitions</b> - at specific markers move from a walk to a a lope/canter on the correct lead, then back to a jog/trot to a halt. Make it apparent to the evaluator that you are aware if you are on the wrong lead by breaking down to a jog/trot & trying again.
	<b>Bend</b> at a walk - ride a large 20m circle with your horse's nose tipped slightly to the inside (11 or 1 o'clock). Repeat at a jog/trot.	<b>Bend:</b> Ride a circle at the walk & jog/trot and explain and demonstrate how to bend your horse through the neck and ribcage. What new rein effect must you use? ( <b>Support Rein/Rein of Opposition</b> )
Ride a large (20m) <b>circle</b> around at least 4 markers at a walk. The rider should be looking at the next marker.	Ride a large (20m) <b>circle</b> around at least 4 markers going from a jog/sit trot to a posting rise trot at specific markers.	Ride a large (20m) <b>circle</b> with only 2 markers (12 & 6 o'clock). Do at all gaits & in both directions. Correct shape of circle is important.
<b>Back:</b> explain the aids for backing. Demonstrate at least 2 steps.	<b>Stop &amp; Back</b> at least 4 steps. Walk forward 4 steps, stop correctly, back 4 steps.	<b>Stop &amp; Back</b> at least 6 steps with the horse flexed at the poll & jaw. Explain the aids. Walk forward 6 steps, stop, hesitate & back 6 steps.
Demonstrate how to ride at a walk & jog/trot while maintaining correct <b>focus</b> and <b>relaxed muscles</b> . <b>Demonstrate the 2 beat</b> of the jog or trot by counting out the 1-2, 1-2 rhythm for at least 6 steps.	Demonstrate how to ride forward at a walk & jog/trot with correct <b>basic position, balance, focus, quiet hands</b> and count the <b>rhythm</b> . Demonstrate the 2 beat rhythm of the jog or trot by counting out the 1-2, 1-2 rhythm for at least 10 steps.	Demonstrate how to ride at all <b>3 gaits</b> , including <b>2 point</b> at the trot, with correct <b>body position, balance, suppleness, focus &amp; quiet hands</b> .
		<b>Turn on Forehand:</b> Explain and demonstrate a turn on the forehand including at least 2 hind leg crossovers in both directions. The pivot leg should be quite constant. The wall may be used as an aid.
		<b>Figure 8</b> - ridden at a walk and then jog/trot. Explain the bend & what happens on each side of X.
	<b>Ride the Rail:</b> a) walk & jog/trot all the way around the arena as an individual and in a small group (no more than 4). Both rider & horse must appear comfortable & relaxed. Gripping with your legs, breaking gait or bolting will be penalized. b) show how to move to another area to avoid crowding. Demonstrate that your horse will halt while the others ride on & that you can ride on while the rest halt.	<b>Ride the Rail</b> - at all 3 gaits demonstrating safe spacing & passing. Demonstrate how to pass a rider that you meet head on.
Explain & demonstrate the <b>dismount</b> (someone may hold your horse).		
<b>Pattern:</b> include tack check, mount & dismount (may be assisted).	<b>Pattern:</b> include tack check, mount & dismount (may be assisted).	<b>Pattern:</b> include tack check, mount and dismount.

Level 4	Level 5	Level 6
<p><b>Warm-Up:</b> review all rein effects - open, direct, indirect, support, neck rein &amp; rein of opposition. English riders may leave out neck rein.</p> <p><b>Flexion</b> Warm-Up: at a walk &amp; jog/trot - include reverse arc bend.</p>	<p><b>Warm-Up Flexion &amp; Collection</b> - at all 3 gaits, some without stirrups. Include use of open rein, direct rein, support rein &amp; rein of opposition in flexion. Also include a half halt or momentary check rein to assist with collection. Should be smooth &amp; flowing.</p>	<p><b>Warm-Up Flexion &amp; Collection</b> - include all of Level 5 warm-up plus shoulder in &amp; haunches in.</p>
<p>Controlled circles <b>at X</b> - ride 2 circles - first one is smaller &amp; ridden at a sitting trot/jog. Second one is larger and ridden at a rising trot. Stride must be lengthened and diagonals must be correct.</p> <p><b>Controlled 2 beat gait</b> - western - extend jog. May be ridden sitting or rising (if sitting, must have rhythm). English - extend the trot.</p>	<p><b>Controlled Stride</b> - using a half halt or momentary check, shorten &amp; lengthen stride at all 3 gaits.</p>	<p><b>Controlled Gallop</b> in both directions. English - hand gallop.</p>
<p><b>Serpentine</b> - at a rise trot, correct diagonals.</p>	<p><b>Serpentine</b> - lope/canter.</p>	<p><b>Serpentine</b> - May be in warm-up or pattern.</p>
<p><b>Rein effects:</b></p> <p>a) <b>Neck Reining</b> - explain &amp; demonstrate by riding a square.</p> <p>b) <b>Rein of Opposition</b> - in front of &amp; behind the withers.</p>	<p><b>Rein Effects:</b></p> <p>a) <b>Neck Reining</b> - individual mini pattern. English - same mini pattern - 2 direct reins.</p> <p>b) <b>Rein of Opposition</b> in warm-up.</p>	<p><b>Rein Effects:</b> All rein effects must be used in warm-up.</p>
<p><b>Transitions</b> at specific markers - move from a walk to a lope/canter to a walk in both directions. Correct leads required. No more than 2 jog/trot steps. Western riders demonstrate both 2 and 1 handed.</p>	<p><b>Transitions</b> - balanced <b>halt</b>, hesitate, lope/canter, halt. To improve suppleness in your horse, do a <b>haunches in:</b></p> <p>a) at a walk, b) at a jog/trot, and c) walk to lope/canter transition of at least 3 strides in both directions</p>	<p><b>Transitions - Haunches In</b> to lope/canter from halt.</p>
<p><b>Leg Yield:</b> (left &amp; right) off center line (A-C) at a walk with at least 3 crossovers.</p>	<p><b>Leg Yield</b> - intermediate stage - 4 crossovers with straight spine off A-C line.</p>	<p>Advanced <b>Leg Yield</b> which is a 2 track at a walk &amp; jog/sit trot.</p>
<p>Ride a round <b>circle</b> left &amp; right without markers. Correct leads &amp; bend, effort to create vertical flexion.</p>	<p>Large &amp; small circle <b>collected lope/canter</b> in both directions.</p>	<p><b>Counter Canter</b> on the rail &amp; in a circle.</p>
<p><b>Stop &amp; Back</b> - Sit trot or jog forward to a correct stop, hesitate &amp; back fluidly at least 6 strides. Explain how to correct a horsethat is backing crooked</p>	<p><b>Stop &amp; Back</b> - do a smooth fluid downward transition from a lope/canter to a halt &amp; back.</p>	<p><b>Stop &amp; Back</b> - must include in pattern.</p>
<p>Demonstrate how to use your body effectively to drive your horse forward into lateral, then vertical <b>flexion</b> &amp; some <b>collection</b> for at least 3 strides.</p>	<p>At all 3 gaits, produce <b>collection</b> for at least 6 strides in both directions. The use of the <b>Half Halt</b> or <b>Momentary Check</b> will be helpful.</p>	<p>Demonstrate 2 - 3 lateral exercises that will help produce a <b>smooth balanced</b> lope/canter <b>transition</b> &amp; a <b>collected</b> lope/canter.</p>
<p>Explain &amp; demonstrate how a repeatedly implemented 1 or 2 stride <b>half halt</b> (English) or <b>momentary check</b> (Western) would be used to improve the previous exercise.</p>	<p><b>Shoulder In</b> - show how to improve suppleness in your horse's shoulders by doing a Shoulder In of at least 3 strides in each direction. Half halt or momentary check in warm-up.</p>	<p><b>Half Halt &amp; Momentary Check</b> - will be included in pattern.</p>
<p><b>Turn on Forehand:</b> Demonstrate, in both directions, without using the wall as an aid:</p> <p>a) novice stage (bent spine) - 4 crossovers.</p> <p>b) intermediate stage (straight spine) - 2 crossovers</p> <p>The pivot foot must be constant.</p>	<p><b>Turn on Forehand</b> - Demonstrate, in both directions:</p> <p>a) intermediate stage - at least 4 crossovers.</p> <p>b) advanced stage - at least 2 crossovers.</p>	<p><b>Turn on Forehand</b> - advanced stage - 6 crossovers in both directions.</p>
<p>Explain &amp; demonstrate a <b>sidepass</b> that includes at least 3 crossovers in each direction. It may be done from a halt or leg yield.</p>	<p>At least 6 crossovers left &amp; right of the elementary stage of <b>sidepass</b> and 3 crossovers left &amp; right of the intermediate stage.</p>	<p>At least 3 crossovers both left &amp; right of the advanced stage of the <b>sidepass</b>.</p>
<p><b>Advanced Turn on Forehand:</b> Explain &amp; demonstrate the 3 steps to prepare your horse for an Advanced Turn on the Forehand. Explain why it is so difficult. Demonstrate at least 1 crossover in both directions.</p>	<p>Advanced <b>Turn on the Forehand</b> - at least 4 crossovers left &amp; right of the advanced Turn on the Forehand.</p>	<p><b>Two Track/Half Pass</b> - explain and demonstrate 3 warm-up steps to produce a Two Track/Half Pass. Explain &amp; demonstrate a Two Track/Half Pass at the walk or sit trot of at least 3 crossovers in each direction.</p>
<p><b>Turn on Haunches:</b> Explain &amp; demonstrate 2 exercises that will prepare your horse for a Turn on the Haunches. Explain the aids &amp; demonstrate a Turn on the Haunches with 2 crossovers both left &amp; right.</p>	<p><b>Turn on Haunches</b> - from a halt or forward motion, shape the horse correctly, then demonstrate at least 4 crossovers both left &amp; right.</p>	<p><b>Turn on Haunches</b> - at least 6 fluid crossovers left &amp; right with horse correctly shaped. English riders may do a walk pirouette.</p>
<p><b>Simple Lead Changes</b> on a figure 8.</p>	<p><b>Simple Lead Changes</b> - 2 figure 8's, 4 diagonal line changes, 2 three loop serpentes.</p>	<p><b>Flying Lead Changes</b> - preparation &amp; execution.</p>
<p><b>Neck Reining</b> - western, English - 2 direct reins, in a group at all 3 gaits <b>on the rail</b>.</p>	<p><b>Neck Reining</b> in a group - all 3 gaits &amp; ride a mini pattern.</p>	<p><b>Neck Rein</b> - demonstrate 2 lateral movements in both directions using the neck rein.</p>
<p><b>Pattern:</b> include tack check, mount and dismount.</p>	<p><b>Pattern</b> - include tack check, mount &amp; dismount.</p>	<p><b>Pattern</b> - include tack check, mount &amp; dismount.</p>