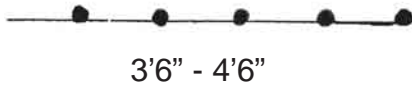


Gymnastics Exercises

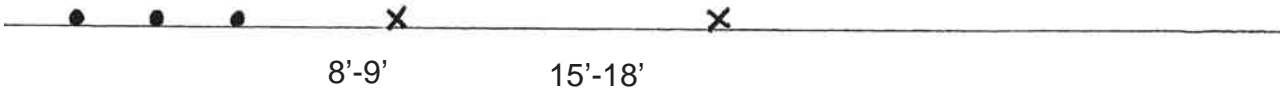
Exercise 1



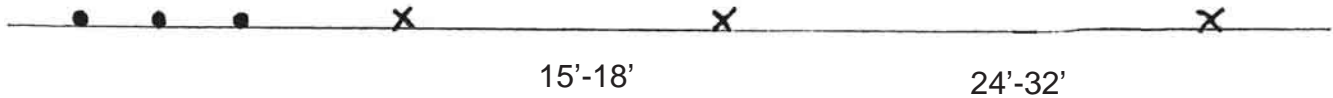
Exercise 2



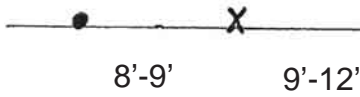
Exercise 3



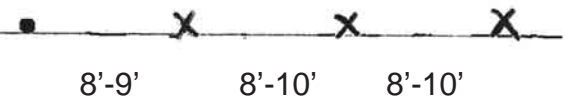
Exercise 4



Exercise 5 - Bounce



Exercise 6 - Bounce



Exercise 7 - 2 Bounces to 1 Stride

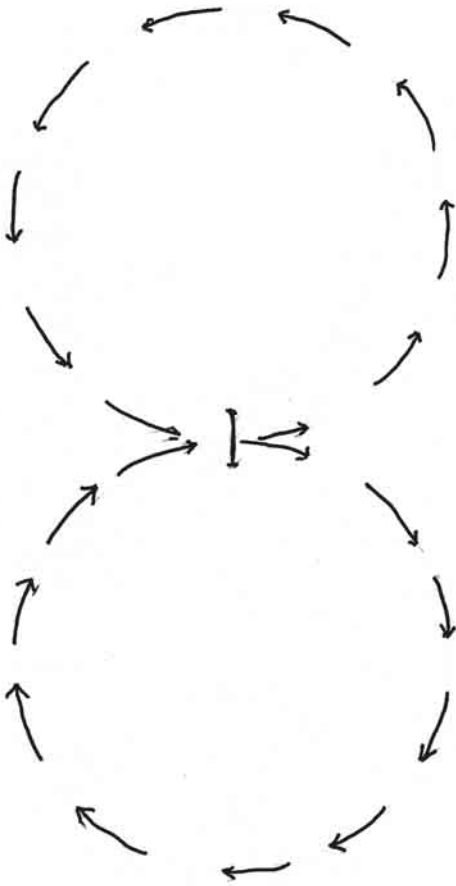


Exercise 8 - 2 Bounces to Oxer

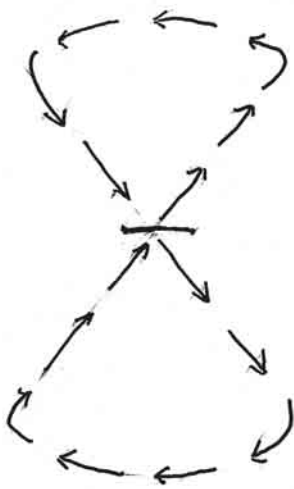


These exercises should be started as cross rails then changed to low uprights. Then the jumps can be changed to upright and oxers using the chart for strides between jumps in this book. Keep it easy for your horse.

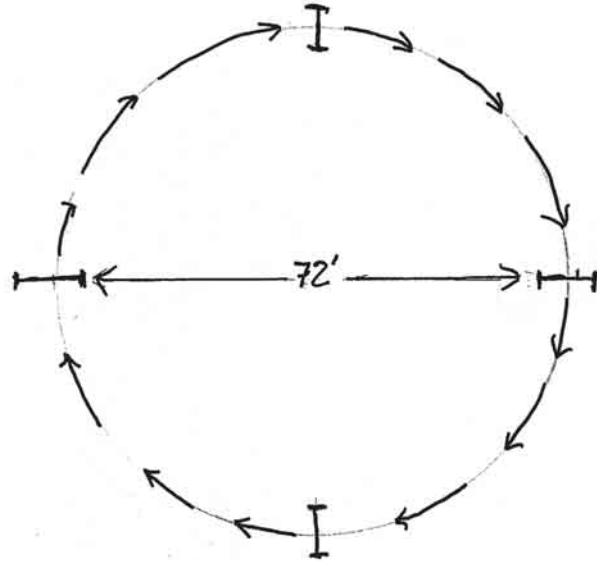
Exercises for Suppling



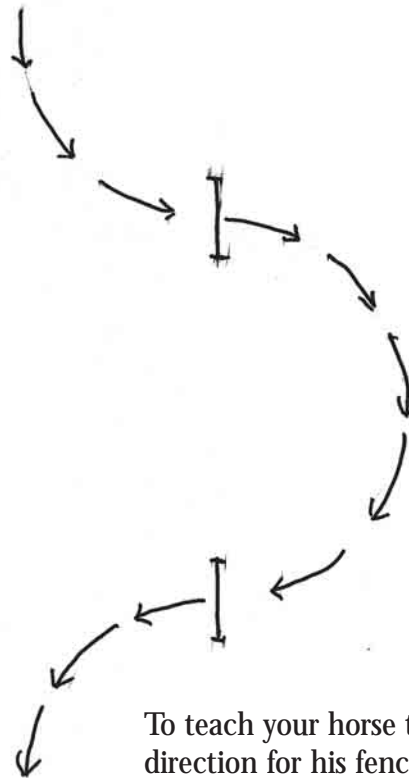
Jump in a circle on 1 rein, then on the other rein, then in a Figure 8.



Teach your horse to jump on an angle.



Jump around with only 2 low jumps at 12 and 6 o'clock first. Add 3 and 9 o'clock when your horse is comfortable with this exercise. Do in both directions.



To teach your horse to change direction for his fences.

TABLE OF EASY DISTANCES IN COMBINATIONS FOR HORSES

		SECOND FENCE		
		Upright	Parallel	Staircase
FIRST FENCE	Upright	7.60 m (25 ft)	7.30 m (24 ft)	7 m (23 ft)
	Parallel	7.90 m (26 ft)	7.60 m (25 ft)	7.30 m (24 ft)
	Staircase	8.20 m (27 ft)	7.90 m (26 ft)	7.60 m (25 ft)

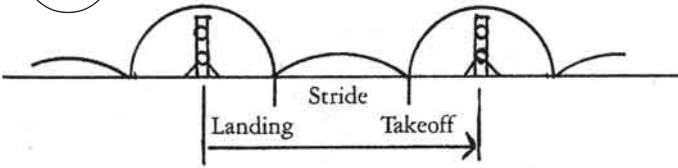
To convert the distance to two strides add 3.30 m (11 ft) to 3.60 m (12 ft) depending on going, etc.

TABLE OF EASY DISTANCES IN COMBINATIONS FOR PONIES

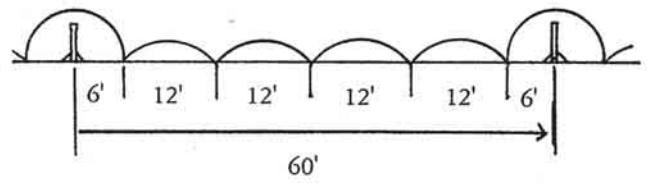
14 HANDS		SECOND FENCE		
		Upright	Parallel	Staircase
FIRST FENCE	Upright	7.30 m (24 ft)	7 m (23 ft)	6.70 m (22 ft)
	Parallel	7.60 m (25 ft)	7.30 m (24 ft)	7 m (23 ft)
	Staircase	7.90 m (26 ft)	7.60 m (25 ft)	7.30 m (24 ft)
FOR TWO STRIDES ADD 3 m (10 ft)				
13 HANDS		SECOND FENCE		
		Upright	Parallel	Staircase
FIRST FENCE	Upright	6.70 m (22 ft)	6.30 m (21 ft)	6 m (20 ft)
	Parallel	7 m (23 ft)	6.70 m (22 ft)	6.30 m (21 ft)
	Staircase	7.30 m (24 ft)	7 m (23 ft)	6.70 m (22 ft)
FOR TWO STRIDES ADD 2.70 m (9 ft)				

1

A. One-stride combination:



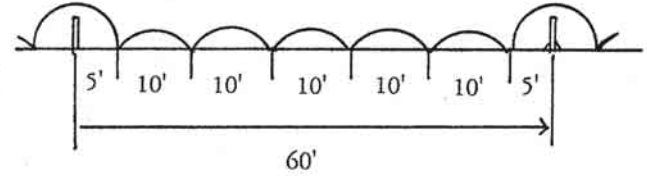
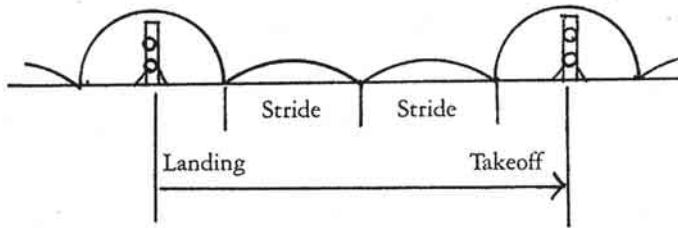
Related Distance: 3' vertical, 60' to 3' vertical.



A. Ridden with 12' stride:

6' landing, four 12' strides, 6' takeoff

B. Two-stride combination:

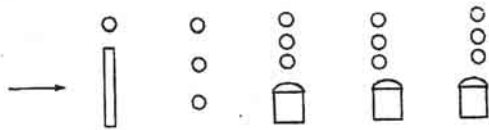


B. Ridden with 10' stride:

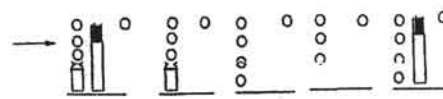
5' landing, five 10' strides, 5' takeoff

2

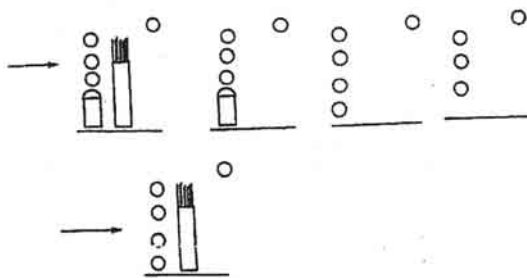
UPRIGHT OR VERTICAL OBSTACLES & VARIANTS



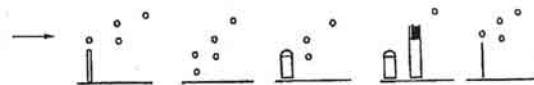
OXER OR PARALLEL OBSTACLES SQUARE



OXER OR PARALLEL OBSTACLES ASCENDING



TRIPLE BAR OR STAIRCASE OBSTACLES



1. Examples of stride combinations
2. Examples of safe fence construction and groundlines. Wing standards are not shown.

Dismounted Levels

Level 1

1. Explain and show a rider's english clothing.
2. Explain and show english saddle and bridle and any other equipment your horse uses.
3. Describe show jump standards, uprights and poles, including safety features.
4. Explain the importance of the ground or footing being jumped on.
5. Explain 4 safety rules for jumping.
6. While watching another rider, explain diagonals and leads.
7. Explain the spacing between trot poles, reasons for starting with and using them through a horse's working life.

Level 2

1. Show safe fitting of tack.
2. Explain why sore teeth, sore backs or legs would affect horse's performance.
3. Show different stirrup lengths and explain how they affect the rider's balance.
4. Describe 2 different kinds of boots commonly used on horses when they are being worked. Explain why polo wraps can be dangerous on jumping horses.
5. Explain 2 different rein releases.
6. Explain a horse's stride and show how to measure it.
7. Using horse's stride length, or average for size, show how to set up 1 stride and 2 stride gymnastic jumps.

Level 3

1. Explain the phases of a horse's jump from takeoff to landing.
2. Explain the difference between impulsion and pace.
3. Using poles and uprights, build a vertical fence and spread fences showing both parallel and ascending.
4. Explain the use of groundlines, show how to use them.
5. Demonstrate, on your own feet, where a horse takes off and lands in relation to stride and width of jump.
6. Show and explain the use of placing poles, both in front of and after a jump.

Level 4

1. Explain why balance in horse and rider is most important in jumping.
2. Explain good warm-up and cool down routines for your horse, including water and feed.
3. If using caulks, demonstrate how they are used. Or explain the use of caulks. Mention safety practices for using caulks.
4. Draw a plan for a simple beginner equitation course and explain it.

Level 5

1. Explain the difference between hunter jumping, open jumper and horse trials cross country jumping.
2. Describe speeds for different jumping courses in meters per minute.
3. Set up 2 fences 5 strides apart and explain related distances and how they differ from combinations or single fences.
4. Set up a 3' hunter course; describe the basic show rules governing hunter classes.
5. Set up a 3' open jumper course; describe the basic show rules governing jumper classes.

Mounted Levels

Level 1

1. While mounted, demonstrate how to tighten your girth.
2. Ride two 20 meter circles at a trot, one rising, one sitting, on the left rein and then on the right rein. Showing the correct diagonals.
3. Canter a 20 meter circle to the left, trot, reverse and canter a 20 meter circle to the right. Show correct leads.
4. Demonstrate a turn on the forehand.
5. Lay out five trot poles with the correct spacing (3'6" - 4'6") for your horse.
6. Trot over these poles in the jumping position.
7. Place some poles randomly on the ground and trot over them. Show an ability to ride away from the group and maintain forward impulsion.
8. Out of doors, trot up and down a small hill showing that your horse is well balanced and going at an even pace.

Level 2

1. While mounted, demonstrate how to adjust your stirrups.
2. Canter a figure of 8 of two 20 meter circles with a simple change of lead in the middle. Do this twice.
3. Demonstrate a half halt.
4. At a walk, demonstrate a leg-yield, in both directions.
5. With 2 poles on the ground 70 feet apart, demonstrate cantering 5 strides between them. If your horse has a shorter stride, count how many strides he normally takes in this distance.
6. Lay out 3 trot poles with 4 foot spacing, then 8 feet to an 18" crossrail. Ride over this.
7. Add another crossrail fence 15 to 18 feet from the first and ride down this line.
8. Ride over a simple figure 8 course, jumps at 18" height. Demonstrate correct position and control.
9. Out of doors, canter in a field, showing jumping position.

Level 3

1. Demonstrate a light 3 point position and describe when to use it.
2. Demonstrate walk to canter and canter to walk transitions.
3. In a sitting trot, demonstrate a shoulder-in, do this in both directions.
4. Canter a figure 8 of two 20 meter circles with a flying lead change in the middle. Do this twice.
5. Riding with no stirrups, demonstrate sitting and posting trot.
6. Explain and demonstrate how to warm your horse up before jumping.
7. Build a grid of 3 trot poles at 4"6" spacing, 9 feet to an 18" crossrail, 15 to 18 feet to a 2' vertical, 16-19 feet to a 2' parallel, oxer. Ride over this.
8. Build a jumping course of 8 to 10 fences, 2' high, including change of direction, verticals, spread fences, 1 stride and 2 stride combinations.
9. In a field, canter up and down a small hill, showing balance and control.

Level 4

1. Explain and demonstrate how to make your horse go long and low.
2. In a sitting trot, demonstrate haunches-in in both directions.
3. Canter with no stirrups.
4. Demonstrate counter canter in both directions.
5. Place 2 simple 2' fences 70 feet apart. Jump these with 5 strides between. Then demonstrate 4 canter strides, then 6 in the same distance. If your horse has a smaller stride, then demonstrate his normal number of strides, then lengthen and shorten.
6. Build a grid of 1 placing pole, 9 feet to a 2' cross-rail, 15-18 feet to a 2' foot oxer, 16 - 19 feet to a 2' oxer, 24-30 feet to a 2'6" vertical. Ride over this.
7. Build a simple 2'6" equitation course of 10 fences and ride it.
8. Demonstrate jumping a few 2' fences in a field.

Level 5

1. Explain and demonstrate flexion and collection.
2. At a walk, demonstrate a turn on the haunches in both directions.
3. Demonstrate a half pass from the quarter line in collected trot, in both directions.
4. Build a bounce grid of 4 fences, 2'6" high along the arena wall and ride this with no stirrups and no reins.
5. Build, and explain a 3' hunter course. Ride it showing correct striding.
6. Build, walk and explain a 3' jumper course. Ride it.
7. Get permission and school over the starter jumps at a Horse Trials Course.