

# INTRODUCTORY RIDING CERTIFICATE



## Course Outline

### 1: Flatwork

- 1.1 Demonstrate the fitting and use of **tack and protective gear** for horse and rider
- 1.2 Demonstrate an independent **upright seat** on a horse schooled up to Preliminary-level dressage
- 1.3 Demonstrate the principles of correct **forward movement** while maintaining contact
- 1.4 Demonstrate the **paces and transitions** as required in Preliminary dressage tests, showing an ability to maintain a contact
- 1.5 Ride **movements and tracks** with contact, flexion and bend as listed in a Preliminary Dressage test, plus some additional movements
- 1.6 Ride in a group and display knowledge of traffic rules in the arena
- 1.7 Demonstrate appropriate warm-up and cool-down procedures
- 1.8 Demonstrate a capacity for self-analysis of riding performance

### 2: Riding in the Open and Over Trot Poles

- 2.1 Ability and knowledge to demonstrate the forward seat and its uses
- 2.2 Demonstrate riding over poles in walk and trot
- 2.3 Demonstrate riding out in the open
- 2.4 Discuss riding on the road