

LEVEL ONE DRESSAGE RIDING CERTIFICATE



Course Outline

1: Dressage

- 1.1 Demonstrate the fitting and use of **tack and protective gear** for horse and rider
- 1.2 Demonstrate an effective **upright seat** that can be maintained in all paces and movements, on a range of horses with education up to Elementary dressage level
- 1.3 Demonstrate the principles of correct **forward movement**, rhythm, looseness, contact, impulsion and straightness
- 1.4 Demonstrate **paces and transitions** as required in Elementary dressage tests while on the bit, plus rein back
- 1.5 Ride the **movements and tracks** as listed in Elementary-level dressage tests
- 1.6 Demonstrate leg yield and turn on the forehand whilst on the bit
- 1.7 Ride an unknown horse with acceptance of the bit
- 1.8 Demonstrate a capacity for self-analysis of riding performance

2: Poles, Grids and Gymnastic Exercises

- 2.1 Demonstrate the fitting and use of **tack and protective gear** for horse and rider
- 2.2 Demonstrate an effective jumping seat
- 2.3 Demonstrate the ability to maintain the 3- and 2-point seat and their correct uses over poles and grids to a maximum height of 50cm
- 2.4 Demonstrate a capacity for self-analysis of riding performance