

LEVEL ONE GENERAL 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 Novice 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 Novice dressage tests while on the bit, plus rein back
- 1.5 Ride the **movements and tracks** as listed in Novice-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: Jumping

- 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 90cm
- 2.4 Demonstrate the ability to ride over single fences, combinations and related fences to a maximum height of 90cm
- 2.5 Demonstrate walking a range of courses (minimum 3 courses) with a minimum of 8 fences, including at least one combination
- 2.6 Demonstrate riding different jumping courses (minimum 3 courses) to a maximum height of 90cm, with a minimum of 8 fences, including at least one combination
- 2.7 Demonstrate appropriate warm-up and cool-down procedures
- 2.8 Demonstrate a capacity for self-analysis of riding performance

3: Cross-Country

- 3.1 Demonstrate the fitting and use of **tack and protective gear** for horse and rider
- 3.2 Demonstrate effective seat for use in cross-country riding
- 3.3 Demonstrate the ability to ride over single fences, combinations and related fences to a maximum height of 80cm
- 3.4 Demonstrate how to walk a cross-country course of minimum 8 fences including undulating terrain
- 3.5 Demonstrate riding a cross-country course of a minimum of 8 fences to a maximum height of 80cm
- 3.6 Demonstrate appropriate warm-up and cool-down procedures
- 3.7 Demonstrate a capacity for self-analysis of riding performance