

LEVEL TWO DRESSAGE RIDING CERTIFICATE



Course Outline

1: Riding Gymnastics to 50cm

- 1.1 Demonstrate the fitting and use of tack and protective gear for the horse and rider
- 1.2 Demonstrate a balanced and effective position when riding pole exercises
- 1.3 Demonstrate a balanced and effective position when riding gymnastic exercises
- 1.4 Demonstrate use of poles and gymnastic exercises to develop gymnastic ability of the horse

2: Dressage to EFA Advanced

- 2.1 Demonstrate the fitting and use of tack and protective gear for the horse and rider
- 2.2 Discuss the different weight aids and their uses
- 2.3 Discuss the different leg aids and their uses
- 2.4 Discuss the different rein aids and their uses
- 2.5 Demonstrate correct and effective use of auxiliary aids when schooling
- 2.6 Demonstrate use of the Training Scale to improve a horse currently competing at Advanced level
- 2.7 Demonstrate a thorough understanding of paces, transitions and technical requirements in Dressage tests up to and including Advanced level
- 2.8 Demonstrate correct preparation for and execution of all movements up to and including Advanced Level while maintain an effective independent position
- 2.9 Assess three (3) horses educated up to and including Advanced level
- 2.10 Demonstrate appropriate warm-up and cool-down procedures
- 2.11 Demonstrate a capacity for self-analysis of riding and horse performance
- 2.12 Display comprehensive knowledge of the EFA/FEI rules for Dressage

3: Physiology for Dressage

- 3.1 Demonstrate an understanding of the mechanics of the movement

4: Conditioning for the Rider

Discuss and explain the reasons for physical conditioning of the rider