

# **C1 Test Outline Phase I & II** – riding sections

(to be used *in conjunction with* the C Standard, the HM and EV Rules and the D & C Pony Club Manuals)

## **Riding on the Flat - (Phase I)** combine with HM Outline

**Suppling exercises** for the rider w/o stirrups at the walk. ((D 53-58, 72-79))

**Warm-Up:** *Always* start with 10 min. walking - use 20m **circles**; change directions often with frequent transitions. Start out with a *posting* trot on a *large* circle before using any *sitting* trots or *small* circles. Schooling figures at the trot, then the canter. Have a 15-20 min. plan.

- Figure eights at each gait with simple transitions and correct bend
- Ride w/o stirrups at the sitting trot (C 8-9)
- Demonstrate loose rein, long rein, and then light contact at the walk. (C 20-23).
- Demonstrate a turn on the forehand – example here is moving haunches to the right (C 113-114, see attached *Turn on Forehand*). Discuss aids - facing the rail, look to the inside (left), swivel your seat to the inside, then squeeze your inside rein aid while using your inside leg behind the girth to push the hindquarters over to the right. Outside rein prevents over-bending, while outside leg is at girth to prevent too much movement. One step at a time until you are parallel to the rail, then close your legs and ride forward.
- Demonstrate a rein back. Discuss aids - at a halt with short reins and your legs on, squeeze your legs once or twice then squeeze your fingers to stop him from moving forward. As he steps back, relax your hands, then repeat for the next step back. After 2-3 steps, close your legs and ride forward.
- Ride the current BN Test A – copy is attached to the outline.

### **Discuss your warm-up -**

Was your horse moving forward freely at the end (C 28)? Was he stiffer on one side than the other? How did you try to fix that - more work on the circle? more leg? stronger outside aids? Did you establish light contact (C 40)? Is your position correct? If not, what is your problem? You need to have actual comments for this discussion that relate to the attached *Training Pyramid*. Talk with your coach for ideas during your lessons about why you should warm up in a certain way to help your own horse do his best and know your own position problems and what you are doing to try to correct them. **\*\*Important - Use terms from *Critiquing Your Ride*.**  
**Training Pyramid = Rhythm, Suppleness, Contact, Impulsion, Straightness, Collection**

## **Riding in the Open**

**Ride in a group** - at walk, trot and canter at not over 350 mpm.

**Discuss safety measures when riding over varied terrain:** (C 94-97)

**Hills:** uphill - stay in half-seat; don't rush.

downhill - if a gentle slope, also stay in half-seat. If steep, sit up deep and tall while keeping your legs underneath you so that the pony can use his hind legs to keep his balance; always ride straight down the hill *slowly*, never at an angle. If pony slipped at an angle, he could fall on you.

**Flat, open areas:** look out for holes, ditches and wire. If riding in a group, make sure everyone is ready to go faster before you speed up. If your pony gets too strong, use a pulley rein and circle him while the other riders slow to a walk. (D 133; C 97)

**Streams:** don't cross where it is steep, slippery or boggy. Keep your eyes up with a firm leg and don't let your pony paw in the water - that can lead to rolling!

*\*If doing Over Fences section, add ditches and banks*

**Ditches:** wide and shallow - walk through in half-seat with eyes up and a hand on the mane in case pony jumps out.

narrow - approach at trot or canter with legs on firmly and eyes on a target *past* the ditch; close into jumping position as pony jumps.

**Low banks:**

up bank - be in a bouncy trot or canter with plenty of impulsion; be sure to stay forward by holding the mane, if needed, until pony has landed so he doesn't drop his hind legs too soon.

down bank - use a fast walk or slow trot, keeping your eyes up and on your target and seat close to the saddle. Fold forward as pony steps off, then "open" your body (lean back) as you land, keeping your heels well down.

### **Riding Over Fences - (Phase II)**

**Grid:** Trotting poles followed by a jump, then ride thru a small grid ending with a 2'9" oxer.

**Stadium:** course up to 2'9" that includes a 2-stride. Discuss with tester including **rhythm**, **tempo** and **balance**. Did you maintain sufficient **impulsion** through the grid? How could your ride have been improved? What did you do right? Do NOT say "It was pretty good"!! Say for ex. "I got a good spot at Jump #\_\_\_ but not at Jump #\_\_\_. I changed my approach to that fence the next time and it rode better" or "I used more leg this time so I had more impulsion to the fence".

**Cross Country:** 5-7 jumps @2'6"=2'9"; speed 240-350 meters per min. Discuss reasons for any disobedience.

Note: C1 Phase I & Phase II must be completed before C2 Phase I can be tested.

## **Turn on Forehand (C-1 Standard)**

To begin training the turn on the forehand, only ask for a few steps, or a quarter turn on the forehand (90 degrees) or less at first. You may use the rail of the ring as a guide to prevent the horse from walking forward instead of turning. To perform a quarter turn using the rail, ride across the ring and make a square halt facing the rail, leaving enough room so that the horse will not bump into the rail as he turns. Flex the horse slightly at the poll away from the direction in which his hind legs should move while keeping the neck straight. For example, to move the haunches to the right, flex the horse slightly to the left. (The left side is considered the inside, so the left seat bone, leg, and rein are the inside aids.) The rider's body turns slightly to the inside (left), while a brief direct rein aid is applied with the inside (left) hand. The inside (left) leg aid is applied three or four inches behind the girth to ask the horse to step sideways with his hind legs and haunches. The outside (right) rein and leg should remain quiet or "passive," ready to be applied to prevent the horse from going forward (outside rein) or turning to far and fast (outside leg). Light contact is maintained with the horse's mouth throughout the turn. If too strong a rein aid is used, the horse may rein-back and lose its impulsion. The rider must sit in balance in the center of the saddle to prevent confusing the horse as to which direction he should yield. A brief inside leg aid and direct inside rein aid are applied to ask for each step, relaxing when the horse responds to the aids.

At first, pause between steps and give the horse time to rebalance himself and prepare for the next step.

Later, the several steps may be asked for in succession, but continue to ask for only one step at a time. The horse's inside hind leg should cross over in front of the other hind leg with each step. The movement should never be hurried, so as to preserve the rhythm, tempo, and balance of the movement. When the horse takes the last step of the quarter turn, always ride forward to encourage free forward movement. You may also reward the horse at this point if he is just learning how to yield from the leg aids or responds well to your aids during the movement. The turn on the forehand should be performed in both directions, but the exercise is usually easier for a horse in one direction (the direction it is more supple).

# The Training Pyramid

## Pyramid of Training



The rider should use the Training Pyramid as a basis for all training. The steps in the pyramid build upon each other until the top is reached. Skipping one will make the top stage of training impossible.

To help remember the steps: "Ride So Canter In Straight Columns".

Rhythm is the first step. Rhythm is regular, even steady paces.

Suppleness comes next. This means the ability to bend the body both laterally and longitudinally.

Contact is the third step. This is the acceptance of the bit and the rider's hands. The horse should go willingly forward into the bit.

Impulsion means the pushing power that comes from behind.

Straightness will follow. The horse will remain straight on curved or straight lines.

Collection is last. This means the horse has reached "self-carriage". The strides are more animated with more suspension. The horse is light in his forehead. The hind legs show more bend.

# Critiquing Your Ride

## Areas to Critique (What You Want to Accomplish!)

1. **Free Forward Movement:** *Energetic* steps forward through a *relaxed* topline.
  - Willingness to stretch down forward toward the bit
  - Steady rhythm
  - Acceptance of aids - responds to leg by engaging hind legs and reaching for bit; does not drop the contact, brace or pull against your hand
2. **Suppleness:** Ability to shift balance forward or back (longitudinally) and side to side (laterally).
  - Requires relaxation through topline
  - Horse is more responsive to aids. Rein aids and half-halts more effective on hind legs.
  - Allows horse to be connected (back to front) or "through"
  - Lack of tension and resistance
3. **Balance:** Ability to carry and shift weight from side to side (laterally) or forward and back (longitudinally) for ease of movement according to athletic demands

## Organizing the Critique

1. General "overall" statement about how the ride went. Give your general impression and try to be positive and sound positive.
2. State specifically what you worked on in the following order:
  1. How the horse moves and what its resistances are
  2. What specific problems did you work on?
  3. What exercises you used (for warm-up critiques); what techniques for course work
  4. Whether the exercises/techniques helped

\*Keep this section SIMPLE and FOCUSED, using the 3 areas above as guidelines.
3. What problems will you address next, and how. 'A' candidates should include ideas for future training, may discuss use of cavaletti, longeing, other groundwork, etc.

## Jumping

When critiquing a jump course, comment on the following:

1. Pace (speed, rhythm, tempo)
2. Balance
3. Impulsion
4. Lines (approaches, distances, turns to fences)

## **Terms to Know and Use in Critiques:**

### **Forwardness**

Impulsion  
Tempo  
Rhythm  
On the aids  
Connection  
Straightness

### **Balance (lateral, longitudinal)**

Engagement  
Collection  
Self-carriage

### **Suppleness (lateral, longitudinal)**

Connection  
Relaxation  
"Through"  
Submission

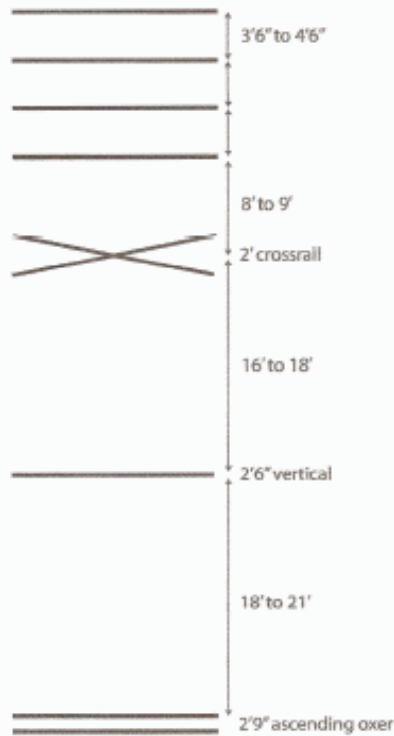
## STANDARDS OF PROFICIENCY FOR C-1/C-2 LEVEL CERTIFICATES

### Over Fences

#### C-1 Level

##### a. Gymnastic Jumping Exercises

Use 4 trot poles placed at 3'6" to 4'6" apart, according to mount's size. You might need to set different distances inside the gymnastic line as well.



##### b. Course Work

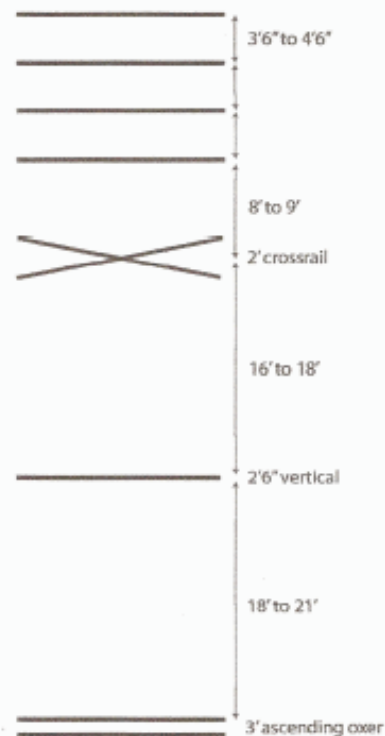
6 to 8 fences, 1/3 of which should be oxers. Set the majority at 2'9". Course should include related distances and one 2-stride combination.

### Over Fences

#### C-2 Level

##### a. Gymnastic Jumping Exercises

Use 4 trot poles placed at 3'6" to 4'6" apart, according to mount's size. You might need to set different distances inside the gymnastic line as well.



##### b. Course Work

7 to 9 fences, 1/3 of which should be oxers. Set the majority at 3'. Course should include related distances, bending line and one 1-stride combination.

\*Bring this sheet to your testing for grid setup.