

C2 Outline Part II – riding sections only

Attire: Have a PC pin, a medical armband or bracelet. Any color helmet. Any-color & design shirt with a collar and sleeves. White or light pants, with belt if pants have loops. Tall boots or matching paddock boots and leg piece. Gloves are recommended. Riding coat only needed for turnout. Wear a hair net plus braid and roll your hair into a bun if long or wear inside your helmet.

***Do NOT wear loafers or tennies around the barn at any point during the test - barn boots only.**

Tack: Wear your clean dressage or jump tack (and jumping boots if used). You can change saddle, bit or bridle after Phase I and for XC if needed. If using a running martingale, tie it at your horse's chest for the flatwork portion of the testing. Have your parent bring your XC vest up to the jump ring. If you want studs for XC, they need to be in before Phase I (flatwork).

Need these items:

Bring copy of this outline for the tester if they don't have one, and a **STAPLED** copy of the **C2 Test Phase I & II** with just your full name written at the top of the first page plus your first name at the **bottom of every** page. Copies of the tests are also available on the www.ponyclub.org web site after you obtain a password from the National Office to access PC materials. Medical armband forms and copies of the USEF tests are available on our web site at www.coveredbridgepc.org >Pony Club Forms. We are allowed to use the USEA medical form if you already have one in your armband.

***Do NOT keep your test when finished** – give to one of the parents who agree to bring/mail to Peggi.

Riding on the Flat (Phase I)

Riding expectations at the C2: demonstrate a secure balance position with a secure base support while progressing to an independent seat with independent aids. Learning to produce free forward movement with their horse while having light contact. Discuss with tester.

Always start with 5-10 min. walking - use 15 & 20M **circles, figure-8s, serpentines** and work on the **center and quarter** lines. Change directions frequently. Start with *posting* trot on a *large* circle before you use any *sitting* trots or *small* circles. After doing schooling figures at the trot, do them at the canter. The tester shouldn't have to ask you to progress along in your warm-up - have a 15-20 min. plan!

- Show **rider suppling exercises**, (D. 53-58, 72-79)
- Demonstrate **free walk** on a long rein, returning to contact (C. 20)
- **Halt** squarely and stand for 5 seconds (C. 34-35)
- **Ride without stirrups at all gaits** (C. 8-11)
- Demonstrate a **rein back**
- Discuss aids for and demonstrate the **leg yield** at the walk (old C. 116) -
Come down the centerline at the walk. When his **inside hind leg comes forward**, use your inside leg **at** the girth and close your inside hand to get him to step sideways, then half-halt to keep him straight, balanced and at the same speed. Repeat. Keep outside aids ready to stop him from turning or going more than one step sideways.

Training Scale = Rhythm, Suppleness, Contact, Impulsion, Straightness, Collection

Warm-up Discussion: Discuss *your* warm-up as it related to the Training Scale -

Was your horse moving forward freely at the end? Did he develop **rhythm, relaxation and free forward movement**? 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?

You need to have actual comments for this discussion. Talk with your coach during your lessons about why you warm-up your horse in a certain way.

What rider stretching and suppling exercises do you use and why? (D Manual)

Describe three different warm-up schedules: (C. 231-234)

Dressage: Walk for 5-10 min., then, while changing directions frequently, trot (posting at first) and then canter both directions with frequent transitions. Work on your test movements.

Changing directions works his muscles evenly on both sides.

Frequent transitions improve balance and responsiveness.

Jumping: After your walking period, work at posting trot and canter for at least 10 more minutes before starting to jump, going in both directions, practicing circles and changes of rein.

Galloping/XC: After regular warm-up in the jump ring, check your girth, shorten your stirrups and change your bit if needed. Check your “brakes” by halting from the trot and canter before heading out into the field.

Foxhunting: Start out at the walk for 15 minutes before picking up a slow trot to keep up with the hounds, then an easy canter when ready.

Ride current Novice Test A

**The On the Flat riding section ends here.*

Riding Over Fences (Phase II)

Grid & Stadium:

Ride over a gymnastic grid of trot poles to 3 fences finishing with an oxer set at 3’.

Plan how to ride a stadium course of 7-9 jumps with one double: (C. 84-86)

Plan opening circle so you have a correct line to first fence; plan each turn; figure out striding; closing circle at end - then ride course according to plan. Discuss your success at maintaining **impulsion** throughout the round so that your horse could get good spots at the fences. Majority of fences set at 3’.

Discuss your canter **rhythm and tempo** (speed) with tester. How could your ride be improved?

Riding in the Open - Cross Country:

Riding: Walk, trot, canter in a group over varied terrain.

Jump 5-7 XC jumps set at 2’6-3’ at between 350-375mm. Were you at the correct speed? Was your horse adjustable between fences? How could your ride be improved?

Riding in the Open (con't)

Discuss safety measures riding over varied footing: (C. 91-93)

Water - watch slippery rocks, boggy places, hidden holes & sharp objects. Go slowly.

Mud - slippery and feet sink in; can pull shoes, twist ankle, pull tendon. Go slowly and avoid making quick turns. Use bell boots to prevent over-reaching if galloping.

Rocks - hard on pony's legs; go slowly. Keep him shod; check for stones in feet.

Ice - very dangerous; pony could slip and fall. Avoid it or put melting agent on the area.

Bog - very deep, soft mud that can trap pony. If accidentally caught in one, give pony a long rein and hold on to his mane so he can work himself out.

Hard ground - very jarring to joints. Don't jump; stay at slow gaits.

Sand - deep sand is hard on tendons & muscles. Go slowly and rest often.

Pavement - dangerously slippery and hard on pony's legs. Avoid or ride only at a walk.

Note: Both Phases must be complete before can participate in the C3 EV testing.

1/11/2026

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

Suppleness (lateral, longitudinal)

Connection
Relaxation
"Through"
Submission

Balance (lateral, longitudinal)

Engagement
Collection
Self-carriage

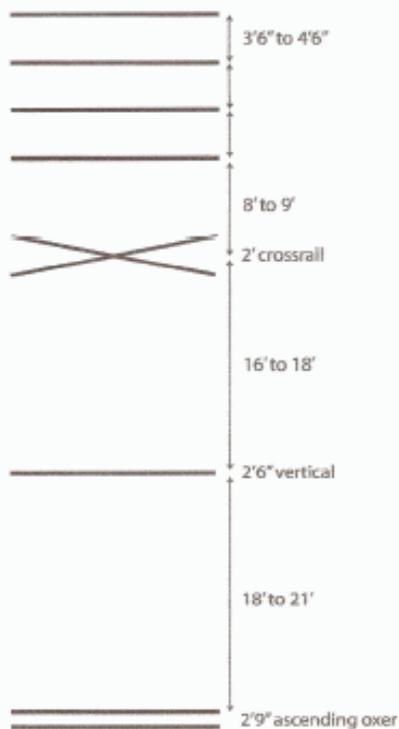
STANDARDS OF PROFICIENCY FOR C-1/C-2 LEVEL CERTIFICATES

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

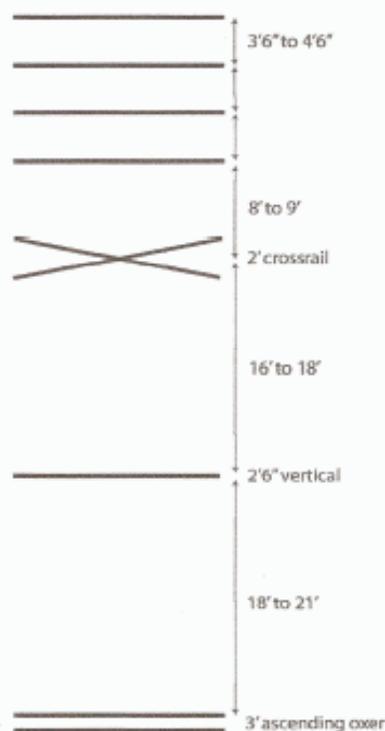
6 to 8 fences, 1/3 of which should be oxers. Set the majority at 2'9". Course should include related distances and one 2-stride combination.

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 and jump setup.**