

4-H Alberta Equine Project - Mounted Assessments - Progression Across The Levels

Level 1	Level 2	Level 3	Level 4	Level 5	Level 6
Non mounted <b>flexion</b> - bring horse's nose to 9 & 3 o'clock Tack check & correct <b>mount</b> (horse may be held and you may use a mounting block).	<b>Warm-Up</b> - non mounted & mounted <b>flexion</b> , correct mount, 3 arm & leg <b>exercises</b> at walk, feel shoulder. Do some without stirrups. Demonstrate <b>2 point</b> at a walk.	<b>Warm-Up</b> - Demonstrate correct <b>body position</b> , <b>balance</b> , <b>suppleness</b> , <b>focus</b> , and <b>quiet hands</b> at the walk and jog/sit trot. Demonstrate how your horse will willingly go forward flexing both to the right & left and will stop & stand relaxed with his <b>head</b> at 9 & 3 o'clock.	<b>Warm-Up</b> : review all rein effects - open, direct, indirect, support, neck rein & rein of opposition. English riders may leave out neck rein. <b>Flexion</b> Warm-Up: at a walk & jog/trot - include reverse arc bend.	<b>Warm-Up Flexion &amp; Collection</b> - at all 3 gaits, some without stirrups. Include use of open rein, direct rein, support rein & rein of opposition in flexion. Also include a half halt or momentary check to assist with collection. Should be smooth & flowing.	<b>Warm-Up Flexion &amp; Collection</b> - include all of Level 5 warm-up plus shoulder in & haunches in.
<b>Reins</b> : how, where, appropriate contact. <b>Stationary</b> : <b>Basic Position</b> , <b>Balance</b> , <b>Focus</b> , <b>Suppleness</b> , stirrup adjustment. <b>Stationary Exercises</b> including <b>2 point</b> .	<b>Ride the center line</b> (A-C) & both diagonal lines of the arena at a walk & jog/trot. Credit will be given to riders who ride the complete diagonal line without the rider or horse leaning in at the beginning or end of the line.	<b>At A or C</b> jog/sit trot a slower smaller circle, then rise trot on the correct diagonal a larger circle. Go both directions.  Ride a <b>circle &amp; straight line</b> without stirrups at a jog/sit trot. Demonstrate the 2 beat rhythm with your arm or <b>hips</b> .	<b>Controlled circles</b> at <b>X</b> - ride 2 circles - first one is smaller & ridden at a sitting trot/jog. Second one is larger and ridden at a rising trot. Stride must be lengthened and diagonals must be correct. <b>Controlled 2 beat gait</b> - western - extend jog. May be ridden sitting or rising (if sitting, must have rhythm). English - extend the trot. <b>Serpentine</b> - at a rise trot, correct diagonals.	<b>Controlled Stride</b> - using a half halt or momentary check, shorten & lengthen stride at all 3 gaits.  <b>Serpentine</b> - Lope/canter a 3 loop Serpentine demonstrating simple lead changes every time the A-C is crossed.	<b>Controlled Gallop</b> in both directions. English - hand gallop.  <b>Serpentine</b> - May be in warm-up or pattern.
<b>Rein effects</b> : a) <b>Open Rein</b> - to turn. - emergency stop. b) <b>Two Direct Reins</b> : > stop.	<b>Rein Effects</b> : a) <b>Open Rein</b> to emergency stop, to regain attention, to teach to bend fluidly - demonstrate. i) horse must stop with his head at 3 or 9 o'clock ii) same exercise but circle at least 3 times in each direction before stopping to encourage flexion. b) <b>Open &amp; Direct Reins</b> - turning & stopping.	<b>Rein effects</b> : a) <b>Indirect Rein</b> - explain how to turn using 2 handed indirect rein aids. b) <b>Neck Rein</b> - at a walk using correct one handed neck reining technique. c) <b>Support Rein</b> - explain and demonstrate. d) <b>Rein of Opposition</b> - explain and demonstrate.	<b>Rein effects</b> : a) <b>Neck Reining</b> - explain & demonstrate by riding a square. b) <b>Rein of Opposition</b> - in front of & behind the withers.	<b>Rein Effects</b> : a) <b>Neck Reining</b> - individual mini pattern. English - same mini pattern - 2 direct reins. b) <b>Rein of Opposition</b> in warm-up.	<b>Rein Effects</b> : All rein effects must be used in warm-up.
<b>Transitions</b> : a) use 3 aids in correct order to produce stop from walk. (For progression, see <b>Stop &amp; Back</b> in other levels.) b) walk to jog/trot - jog/trot to walk.	<b>Transitions</b> : explain & demonstrate how to move from a jog/trot to a lope/canter of at least 10 strides in each direction. Correct leads are encouraged.	<b>Transitions</b> - at specific markers move from a walk to a lope/canter on the correct lead, then back to a jog/trot to a halt. Make it apparent to the evaluator that you are aware if you are on the wrong lead by breaking down to a jog/trot & trying again. <b>Leg yield</b> : For 2-3 strides	<b>Transitions</b> at specific markers - move from a walk to a lope/canter to a walk in both directions. Correct leads required. No more than 2 jog/trot steps. Western riders demonstrate both 2 and 1 handed.	<b>Transitions</b> - balanced <b>halt</b> , hesitate, lope/canter, halt. To improve suppleness in your horse, do a <b>haunches in</b> : a) at a walk, b) at a jog/trot, and c) walk to lope/canter transition of at least 3 strides in both directions	<b>Transitions - Haunches in</b> to lope/canter from halt.
Ride a large (20m) <b>circle</b> around at least 4 markers at a walk. The rider should be looking at the next marker. <b>Back</b> : explain the aids for backing. Demonstrate at least 2 steps.	Ride a large (20m) <b>circle</b> around at least 4 markers going from a jog/sit trot to a posting rise trot at specific markers. Repeat at a jog/trot.  <b>Stop &amp; Back</b> at least 4 steps. Walk forward 4 steps, stop correctly, back 4 steps.	Ride a large (20m) <b>circle</b> with only 2 markers (12 & 6 o'clock). Do at all gaits & in both directions. Correct shape of circle is important. <b>Stop &amp; Back</b> at least 6 steps with the horse flexed at the poll & jaw. Explain the aids. Walk forward 6 steps, stop, hesitate & back 6 steps.	Ride a round <b>circle</b> left & right without markers. Correct leads & bend, effort to create vertical flexion.  <b>Stop &amp; Back</b> - Sit trot or jog forward to a correct stop, hesitate & back fluidly at least 6 strides. Explain how to correct a horse that has a crooked backup.	Large & small circle <b>collected lope/canter</b> in both directions.  <b>Stop &amp; Back</b> - do a smooth fluid downward transition from a lope/canter to a halt & back.	Advanced <b>Leg Yield</b> which is a 2 track at a walk & jog/sit trot.  <b>Counter Canter</b> on the rail & in a circle.  <b>Stop &amp; Back</b> - must include in pattern.
Demonstrate how to ride at a walk & jog/trot while maintaining correct <b>focus</b> and <b>relaxed muscles</b> . <b>Demonstrate the 2 beat rhythm</b> of the jog or trot by counting out the 1-2, 1-2 rhythm for at least 6 steps.	Demonstrate how to ride forward at a walk & jog/trot with correct <b>basic position</b> , <b>balance</b> , <b>focus</b> , <b>quiet hands</b> and count the <b>rhythm</b> . Demonstrate the 2 beat rhythm of the jog or trot by counting out the 1-2, 1-2 rhythm for at least 10 steps.	Demonstrate how to ride at all 3 gaits, including <b>2 point</b> at the trot, with correct <b>body position</b> , <b>balance</b> , <b>suppleness</b> , <b>focus</b> & <b>quiet hands</b> .	Demonstrate how to use your body effectively to drive your horse forward into lateral, then vertical <b>flexion</b> & some <b>collection</b> for at least 3 strides.	At all 3 gaits, produce <b>collection</b> for at least 6 strides in both directions. The use of the <b>Half Halt</b> or <b>Momentary Check</b> will be helpful.	Demonstrate 2 - 3 lateral exercises that will help produce a <b>smooth balanced</b> lope/canter <b>transition</b> & a <b>collected</b> lope/canter.
		<b>Turn on Forehand</b> : Explain and demonstrate a turn on the forehand including at least 2 hind leg crossovers in both directions. The pivot leg should be quite constant. The wall may be used as an aid.	Explain & demonstrate how a repeatedly implemented 1 or 2 stride <b>half halt</b> (English) or <b>momentary check</b> (Western) would be used to improve the previous exercise. <b>Turn on Forehand</b> : Demonstrate, in both directions, without using the wall as an aid: a) novice stage (bent spine) - 4 crossovers. b) intermediate stage (straight spine) - 2 crossovers The <b>pivot foot must be constant</b> .	<b>Shoulder In</b> - show how to improve suppleness in your horse's shoulders by doing a Shoulder In of at least 3 strides. Half halt or momentary check in warm-up. <b>Turn on Forehand</b> - Demonstrate at least 4 crossovers of the <b>Intermediate Stage of Turn on the Forehand</b> in both directions.	<b>Half Halt &amp; Momentary Check</b> - will be included in pattern. <b>Turn on Forehand</b> - advanced stage - 6 crossovers in both directions.
		Explain & demonstrate a <b>sidepass</b> that includes at least 3 crossovers in each direction. It may be done from a halt or leg yield.  <b>Advanced Turn on Forehand</b> : Explain & demonstrate the 3 steps to prepare your horse for an Advanced Turn on the Forehand. Explain why it is so difficult. Demonstrate at least 1 crossover in both directions.	<b>Turn on Haunches</b> : Explain & demonstrate 2 exercises that will prepare your horse for a Turn on the Haunches. Explain the aids & demonstrate a Turn on the Haunches with 2 crossovers both left & right.	At least 6 crossovers left & right of the elementary stage of <b>sidepass</b> and 3 crossovers left & right of the intermediate stage.  Advanced <b>Turn on the Forehand</b> - at least 4 crossovers left & right of the advanced Turn on the Forehand.	At least 3 crossovers both left & right of the advanced stage of the <b>sidepass</b> .  <b>Two Track/Half Pass</b> - explain 3 prerequisites to produce a <b>Two Track/Half Pass (Advanced Leg Yield)</b> . Demonstrate at least 3 crossovers at the walk in each direction <b>Two Track/Half Pass</b> - Demonstrate at least 3 crossovers at a jog/sitting trot.
	<b>Ride the Rail</b> : a) walk & jog/trot all the way around the arena as an individual and in a small group (no more than 4). Both rider & horse must appear comfortable & relaxed. Gripping with your legs, breaking gait or bolting will be penalized. b) show how to move to another area to avoid crowding. Demonstrate that your horse will halt while the others ride on & that you can ride on while the rest halt.	<b>Figure 8</b> - ridden at a walk and then jog/trot. Explain the bend & what happens on each side of X. What is the rider's job at X?  <b>Ride the Rail</b> - at all 3 gaits demonstrating safe spacing & passing. Demonstrate how to pass a rider that you meet head on.	<b>Neck Reining</b> - western, English - 2 direct reins, in a group at all 3 gaits on the rail.	<b>Simple Lead Changes</b> - 2 figure 8's, 4 diagonal line changes, 2 three loop serpentes.  <b>Neck Reining</b> in a group (western only) - all 3 gaits & ride a mini pattern	<b>Flying Lead Changes</b> - preparation & execution.  <b>Neck Rein</b> - demonstrate 2 lateral movements (turn on forehand, turn on haunches, sidepass) in both directions using the neck rein.
Explain & demonstrate the <b>dismount</b> (someone may hold your horse). <b>Pattern</b> : include tack check, mount & dismount (mounting block optional).	<b>Pattern</b> : include tack check, mount & dismount (mounting block optional).	<b>Pattern</b> : include tack check, mount and dismount.	<b>Pattern</b> : include tack check, mount and dismount.	<b>Pattern</b> - include tack check, mount & dismount.	<b>Pattern</b> - include tack check, mount & dismount.