

# RAYNHAM RIDER SKILLS CHECKLIST

RIDER NAME: \_\_\_\_\_

COACH: \_\_\_\_\_

Beginner 1	Beginner 2	Beginner 3
<ul style="list-style-type: none"> <li><input type="checkbox"/> Aware of ring safety rules (pass L to L, safe spacing, fastest rider on the rail)</li> <li><input type="checkbox"/> Knowledge of ring basics (where is the track, diagonal, inside track)</li> <li><input type="checkbox"/> Correct basic position at the halt</li> <li><input type="checkbox"/> Identify when stirrups are in the correct position on foot</li> <li><input type="checkbox"/> Able to hold the reins correctly</li> <li><input type="checkbox"/> Correct basic position at the walk</li> <li><input type="checkbox"/> Walk - Halt - Walk transitions, maintaining a balanced position</li> <li><input type="checkbox"/> Correct two-point position at halt</li> <li><input type="checkbox"/> Two-point at the walk (mane or neck strap for stability)</li> <li><input type="checkbox"/> Pole bend smoothly at the walk</li> <li><input type="checkbox"/> 20m circle at the walk with pylons</li> <li><input type="checkbox"/> Change rein long diagonal, walk</li> <li><input type="checkbox"/> Trot long wall in posting trot w/ neck strap</li> <li><input type="checkbox"/> Two-point over single pole in walk</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Understand being on the left and right rein</li> <li><input type="checkbox"/> Able to hold and use a crop correctly</li> <li><input type="checkbox"/> Drop and pick up stirrups at a halt</li> <li><input type="checkbox"/> Shorten and lengthen reins correctly/smoothly</li> <li><input type="checkbox"/> Trot a full lap around the ring posting consistently</li> <li><input type="checkbox"/> 20m walk circle without pylons</li> <li><input type="checkbox"/> Trot-walk or walk-trot transition maintaining balance</li> <li><input type="checkbox"/> Steer through pole bending poles at the trot</li> <li><input type="checkbox"/> Hold two-point over 3+ poles at the walk</li> <li><input type="checkbox"/> Trot a long wall in two-point</li> <li><input type="checkbox"/> Walk and halt without stirrups</li> <li><input type="checkbox"/> Ride a simple course of single poles at the walk</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Mount &amp; dismount independently (instructor holds horse if needed)</li> <li><input type="checkbox"/> Drop and pick up stirrups at the walk</li> <li><input type="checkbox"/> Able to post continuously with few balance/rhythm errors without the use of a neck strap</li> <li><input type="checkbox"/> Trot across a long diagonal to change direction</li> <li><input type="checkbox"/> Ride a 20m circle at the trot with pylons</li> <li><input type="checkbox"/> Trot-walk or walk-trot transition between two letters</li> <li><input type="checkbox"/> Aware of posting diagonals</li> <li><input type="checkbox"/> Can correct posting diagonal when told</li> <li><input type="checkbox"/> Ride a trot-walk transition from two-point</li> <li><input type="checkbox"/> Hold two-point position over 3+ poles at the trot</li> </ul>

Advanced Beginner 1	Advanced Beginner 2	Advanced Beginner 3
<ul style="list-style-type: none"> <li><input type="checkbox"/> Trot in two-point with independent hands</li> <li><input type="checkbox"/> Trot a 20m circle without cones</li> <li><input type="checkbox"/> Trot pole bending poles in two-point</li> <li><input type="checkbox"/> Smooth trot-walk-trot transitions</li> <li><input type="checkbox"/> Small amounts of sitting trot</li> <li><input type="checkbox"/> Smoothly transition from posting to 2-point in trot</li> <li><input type="checkbox"/> Can correct posting diagonals independently</li> <li><input type="checkbox"/> Trot a simple course of poles</li> <li><input type="checkbox"/> Able to ride basic school figures at the trot: <ul style="list-style-type: none"> <li><input type="checkbox"/> Serpentine (3 loops)</li> <li><input type="checkbox"/> Figure 8</li> <li><input type="checkbox"/> Short diagonals</li> </ul> </li> <li><input type="checkbox"/> Small amounts of canter in two-point</li> <li><input type="checkbox"/> Full lap of canter in two-point</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Adjust stirrups while mounted</li> <li><input type="checkbox"/> Tighten girth while mounted</li> <li><input type="checkbox"/> Sitting trot down a long wall</li> <li><input type="checkbox"/> Drop and pick up stirrups at the trot</li> <li><input type="checkbox"/> Can count trot strides between two poles</li> <li><input type="checkbox"/> Can canter continuously</li> <li><input type="checkbox"/> Small amounts of sitting canter</li> <li><input type="checkbox"/> Knowledge of canter leads</li> <li><input type="checkbox"/> Canter over a single pole in good balance</li> <li><input type="checkbox"/> Ride a 20m circle in canter with pylons</li> <li><input type="checkbox"/> Able to ride smooth halt-walk-trot-walk-halt transitions</li> <li><input type="checkbox"/> Trot single cross rails with placing pole</li> <li><input type="checkbox"/> Trot simple course of cross rails with placing poles if needed</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Sitting trot without stirrups</li> <li><input type="checkbox"/> Alternate smoothly between posting, 2-point &amp; sitting trot</li> <li><input type="checkbox"/> Sitting canter continuously</li> <li><input type="checkbox"/> Count canter strides out loud</li> <li><input type="checkbox"/> Ride a 20m circle in canter without pylons</li> <li><input type="checkbox"/> Able to identify lead while cantering</li> <li><input type="checkbox"/> Able to ride in trot: <ul style="list-style-type: none"> <li><input type="checkbox"/> Straight down quarter lines</li> <li><input type="checkbox"/> Smooth loops to the quarter line</li> </ul> </li> <li><input type="checkbox"/> Ride a walk/trot dressage test</li> <li><input type="checkbox"/> Trot a grid of poles without hands</li> <li><input type="checkbox"/> Trot into a simple gymnastic line, up to 18"</li> <li><input type="checkbox"/> Ride a simple course in trot/canter, up to 18"</li> </ul>

Novice 1	Novice 2	Novice 3
<ul style="list-style-type: none"> <li><input type="checkbox"/> Discuss good warm-up/cool-down procedures</li> <li><input type="checkbox"/> Lengthen and shorten stride at the trot with awareness of rhythm</li> <li><input type="checkbox"/> Creates bend on circles and loops (suppleness + flexion)</li> <li><input type="checkbox"/> Walk 10m circles</li> <li><input type="checkbox"/> Trot 15m circles</li> <li><input type="checkbox"/> Able to correct canter lead on the flat</li> <li><input type="checkbox"/> Simple change of lead across the diagonal through trot</li> <li><input type="checkbox"/> Can tell if a distance is long/short/correct</li> <li><input type="checkbox"/> Count canter strides between two poles</li> <li><input type="checkbox"/> Gymnastic lines up to 2', including oxers</li> <li><input type="checkbox"/> Able to demonstrate a mane and crest release in a gymnastic line</li> <li><input type="checkbox"/> Course 18'' - 2' in canter, with smooth turns and straight approaches (leads not mandatory)</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Leg yield from the quarter line to the track</li> <li><input type="checkbox"/> 20m circle spiral in/spiral out</li> <li><input type="checkbox"/> Can correct posting diagonal by feel</li> <li><input type="checkbox"/> Ride smooth halt-trot &amp; trot-halt transitions</li> <li><input type="checkbox"/> Able to count strides in a related distance</li> <li><input type="checkbox"/> Small amounts of canter without stirrups</li> <li><input type="checkbox"/> Able to count down strides to a fence to show awareness of take-off point</li> <li><input type="checkbox"/> Able to adjust stride to correct a distance in a related line</li> <li><input type="checkbox"/> Courses up to 2' in canter, able to correct leads through trot when prompted</li> </ul> <p>School figures:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 4 loop serpentine in trot</li> <li><input type="checkbox"/> Figure 8 in canter with simple change through trot</li> <li><input type="checkbox"/> Centerlines in trot</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Demonstrate self-directed warm-up for dressage or jumping</li> <li><input type="checkbox"/> Leg-yield wall to quarter line</li> <li><input type="checkbox"/> Able to maintain a soft, steady contact working towards having the horse on the bit</li> <li><input type="checkbox"/> Ride a walk to canter transition</li> <li><input type="checkbox"/> Full lap of canter without stirrups</li> <li><input type="checkbox"/> Able to show lengthening/shortening of stride in canter</li> <li><input type="checkbox"/> Ride a 10 m circle in trot</li> <li><input type="checkbox"/> Ride a 15 m circle in canter</li> <li><input type="checkbox"/> Able to ride an Entry-level dressage test</li> <li><input type="checkbox"/> Ride a grid of small fences with no hands</li> <li><input type="checkbox"/> Able to add or subtract a stride between two fences</li> <li><input type="checkbox"/> Able to ride in an open space (ie. XC field/hills)</li> <li><input type="checkbox"/> Courses up to 2'4'' in canter, self-corrected canter leads through trot or flying change</li> </ul>

Intermediate 1	Intermediate 2	Intermediate 3
<ul style="list-style-type: none"> <li><input type="checkbox"/> Discuss basic dressage theory, knowledge of the training pyramid</li> <li><input type="checkbox"/> Able to show some work on the bit in walk and trot</li> <li><input type="checkbox"/> Ride a smooth trot-halt transition</li> <li><input type="checkbox"/> Leg yield in trot from the centerline to the wall/wall to centerline</li> <li><input type="checkbox"/> Identify canter leads by feel</li> <li><input type="checkbox"/> Able to demonstrate shortening, working, &amp; lengthening the trot with smooth transitions</li> <li><input type="checkbox"/> Able to flat a green horse</li> <li><input type="checkbox"/> Able to ride a Pre-training level dressage test</li> <li><input type="checkbox"/> Able to jump EV75 level XC fences</li> <li><input type="checkbox"/> Ride a grid of small fences with no hands and stirrups</li> <li><input type="checkbox"/> Course up to 2'6'' including spreads, skinnies, bending lines, combinations</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Discuss the appropriate use of artificial aids and training devices</li> <li><input type="checkbox"/> Able to show some work on the bit in all the gaits</li> <li><input type="checkbox"/> Ride a turn on the forehand</li> <li><input type="checkbox"/> Understand how to walk the number of strides in a related distance</li> <li><input type="checkbox"/> Canter loop to the quarter line</li> <li><input type="checkbox"/> Ride 3-loop serpentine (min 20m loops) in canter with simple changes through trot</li> <li><input type="checkbox"/> Able to ride a short diagonal to counter canter on the long side (trot before corner)</li> <li><input type="checkbox"/> Able to pick up either canter lead from the walk on a long wall</li> <li><input type="checkbox"/> Able to jump Entry-level XC fences including banks, ditches</li> <li><input type="checkbox"/> Courses up to 2'9'' including spreads, skinnies, bending lines, combinations</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Work consistently on the bit</li> <li><input type="checkbox"/> Able to ride shoulder-fore in trot</li> <li><input type="checkbox"/> Canter-walk transition with 3 or fewer trot steps</li> <li><input type="checkbox"/> Able to demonstrate shortening, working, &amp; lengthening canter with smooth transitions</li> <li><input type="checkbox"/> Ride a green horse over fences</li> <li><input type="checkbox"/> Able to ride counter-canter through short-side</li> <li><input type="checkbox"/> Able to ride a Training level dressage test</li> <li><input type="checkbox"/> Jump a 2' course without stirrups</li> <li><input type="checkbox"/> Able to perform an automatic release and explain the difference between mane, crest, and automatic releases</li> <li><input type="checkbox"/> Able to jump Pre-training level XC jumps including combinations,</li> <li><input type="checkbox"/> Courses up to 3'0'' including spreads, skinnies, bending lines, combinations</li> </ul>

# Riding Skills Checklist Details

Welcome to our Raynham Rider Level curriculum! A few notes regarding progression:

- New skills are introduced quickly when you begin riding, but confirming those skills takes years (and years, and years!)
- Students who ride more frequently progress faster than those who ride once a week.
- Students who ride year-round develop at a more consistent pace. Students that take a session off should expect to regress for 2 - 4 weeks, before returning to their previous level, slowing progress.
- Each rider progresses at their own pace. Coaches work hard to adapt lessons to meet the needs of each individual. In group classes, if the students' levels start to vary too much, we will adjust the groups.
- Our goals for all of our students are to have FUN, learn something each lesson, and stay safe!

## Standard progression for a student riding once a week, year-round:

- Each **Beginner** sub-level (1, 2 & 3) requires 2 - 3 months for riders ages 8+. Younger riders may progress slower due to limited attention span, and strength/body control.
- Each **Advanced Beginner** sub-level (1, 2, & 3) requires approximately 4 - 6 months.
- Each **Novice** sub-level (1,2 & 3) requires approximately 9- 18 months.
  - Most dedicated students who ride consistently year-round can complete all three Novice levels. On average, it requires 4 - 6 years for a rider to progress from beginner 1 to novice level 3.
  - Not all riders will progress beyond this point. To continue developing beyond Novice requires a greater time commitment (2+ lessons per week, part-boarding/leasing/owning a horse).
- Each **Intermediate** sub-level (1, 2 & 3) will take 12 months+, with many variables (rider/horse ability, frequency of lessons, etc.).
- To reach the **Advanced** level, riders will be riding 3+ hours per week, and working on specific skills to achieve their individual goals.