

THE UNITED STATES PONY CLUBS, Inc.

The Kentucky Horse Park • 4041 Iron Works Pike • Lexington, KY 40511 • (859) 254-PONY (7669)



"C-1" DRESSAGE TEST SHEET

Candidate's name _____

Address _____

Name of Pony Club/Riding Center _____

District Commissioner/Center Administrator _____ Region _____

NOTE: Before beginning test, Examiners must read "Guidelines for Club/Center Certifications – D-1 through C-2" and the C-1 Standard of Proficiency (SOP), including "Information for D Candidates," "Testing Information," and "Examiners." Examiner must have copy of the SOP with them during test to include Cavaletti chart. Examiner comments must give specific reasons if a candidate does not pass any phase. Examiner may ask questions from previous Standard tests.

RIDING TEST EXPECTATIONS: Candidate should ride with confidence and control on the flat, over cavalettis, in the open, and in riding a USEF Training Level Dressage Test, demonstrating a basic balanced position and use of natural aids. The candidate should understand the purpose of USEF Training Level, and begin riding mount freely forward in balance and rhythm while developing a steady connection from the leg and seat to the reins. Candidate should be familiar with the USDF Training Scale.

RIDING ON THE FLAT

WARM UP

- Demonstrate and discuss suppling exercises for rider without stirrups at walk.
- Demonstrate mount's warm-up routine for preparing to ride a dressage test.

____ES
 _____DNMS
 ____MS

- Discuss candidate's warm-up for both rider and mount with Examiner using the following terms: Rhythm, Relaxation, Connection, Bending, Calm, and Accurate Transitions.
- Discuss why stretching forward and down is important.

____ES
 _____DNMS
 ____MS

MOVEMENTS

- Demonstrate:
- Free and medium walk, working trot and working canter
 - School figures found in USEF Training Level dressage tests: 20 meter circles at trot and canter, walk and trot diagonals, shallow loops at trot, halts on centerline, etc.
 - 20 meter Figure 8's and serpentine
 - 20 meter circle at the posting trot with the horse stretching forward and downward to the bit
 - Simple and smooth transitions between gaits at specific arena letters
 - Turn on the forehand
 - Rein back 2-3 steps
 - Increase and decrease the length of stride at trot

____ES
 _____DNMS
 ____MS

KEY: ES = Exceeds Standard

MS = Meets Standard

DNMS = Does Not Meet Standard

| | | |
|---|--|--|
| <ul style="list-style-type: none"> Ride school figures without stirrups at the sitting trot. Discuss differences in position, and stirrup length for riding on the flat, riding over fences and riding in the open. | | <p>___ES ___DNMS ___MS</p> |
| <ul style="list-style-type: none"> Demonstrate and discuss passing another horse and rider head-on while riding in an arena or ring. Discuss riding etiquette and how to ride safely in a group or warm-up arena ... passing and possible problems that may arise and how best to safely pass green horses. | | <p>___ES ___DNMS ___MS</p> |
| <ul style="list-style-type: none"> Discuss performance with Examiner discussing the following: the rider's basic balanced position, whether or not mount was moving freely forward in balance and rhythm, and whether rider established a light contact. | | <p>___ES ___DNMS ___MS</p> |

RIDING TEST

| | | |
|--|--|--|
| <ul style="list-style-type: none"> Candidate should bring a hand-drawn diagram of the test that will be ridden by candidate - USEF Training Level Test 3 or First Level Test 1, or the USEF Training Level Rider Test. Discuss goals for the test, and preparation for movements and figures. | | <p>___ES ___DNMS ___MS</p> |
| <ul style="list-style-type: none"> Ride USEF Training Level Test 3 or First Level Test 1, or the USEF Training Level Rider Test. | | <p>___ES ___DNMS ___MS</p> |

**RIDING OVER GROUND
 POLES/CAVALETTI**

| | | |
|--|--|--|
| <ul style="list-style-type: none"> Ride at the walk and trot over 3-5 trot poles/cavaletti, maintaining a balanced position posting and in two-point position. Ride over 3-5 trot poles/cavaletti followed by an elevated trot pole or raised cavaletti between 6" to 12" in height. | | <p>___ES ___DNMS ___MS</p> |
| <ul style="list-style-type: none"> Discuss performance with Examiner, including steadiness of rhythm and ways ride could be improved. | | <p>___ES ___DNMS ___MS</p> |

RIDING IN THE OPEN

- Ride safely and considerately on public or private property (open field or open space) over varied terrain, in a group, at the walk, working trot and working canter. Discuss ways to control a mount in the open.
- Discuss performance with Examiner giving reasons for disobediences.

| |
|-----------|
| _____ES |
| _____DNMS |
| _____MS |

COMMENTS (General impressions, suggestions for improvement):

SIGNATURE: _____

ES _____ MS _____ DNMS _____ PRINT EXAMINER NAME: _____ DATE: _____

Sections requiring retesting: (up to total of two)

A candidate may be re tested as follows:

- This test has a total of 11 sections.
- Retest to cover *not more than* two sections of the test.
- A candidate may retest only if the candidate qualifies for a retest by passing the minimum number of sections stated on the test sheet and the original Examiner has recommended the candidate to retest. Those testing during the current year have until December 1st of the following year to retest. Candidates must arrange for retests through their DC/CA.
- Failure of any section on that day will require retaking entire test.
- Retest must be recommended by original Examiner.

ES _____ MS _____ DNMS _____

SIGNATURE: _____ DATE: _____

(Examiner for portions retested)