



ANRC FORWARD RIDING
PROFICIENCY PROGRAM

Forward Riding Proficiency Certificate Study Guide

When you enroll in the ANRC Forward Riding Proficiency Certificate Program, you will receive a link and a code to take the written test. The test will consist of twenty-five questions in the form of true/false, multiple choice, or a short answer. You will have 45 minutes to answer all of the questions. If necessary, you may take the test a second time in order to achieve a passing score of 80%.

The source for the Forward Riding Proficiency Written Test is the book [Schooling and Riding the Sport Horse: A Modern American Hunter/Jumper System](#) by Paul Cronin. It is recommended that you read the book's [introduction](#) in its entirety to give you an overview of Forward Riding concepts and terminology. The outline below covers the information that may be on the test and where it can be found in the book.

Level One Testing:

Introduction: (pages 4-10)

1. Which early notable horseman were influencers of today's Forward Riding System?
2. What are the mechanics of the horse at each gait? (*also pages 58-63*)
3. Be able to define:
 - a. Stabilization
 - b. Static balance
 - c. Dynamic balance
 - d. On-the-line
 - e. Check release
 - f. Good hunter movement

Part I Position and Controls: Overview of Position and its Theory (pages 23-38)

4. Name the four fundamentals in a good working position.
5. Name the seven physical qualities of a good position in this system.
6. What is one exercise that will strengthen or improve each of the seven physical qualities of a good position?
7. Explain how the rider's position interacts with the horse's dynamic balance.
8. What does non-abusive riding mean?
9. Explain how to mount the horse correctly.

Part I Position and Controls: Levels and Characteristics of Controls (pages 39-74)

10. What are the aims of the elementary level of control?
11. What are the four natural aids available to the rider?
12. Explain the sequence of the natural aids used in an upward and downward transition at the elementary level.
13. Explain how each rein aid is used and how it influences the horse:
 - a. Two direct reins of opposition
 - b. One rein of direct opposition
 - c. Opening rein
14. Explain how each rein aid is used and how it influences the horse:
 - a. Urging leg
 - b. Holding leg
 - c. Displacing leg
15. What are the elementary controls in jumping?

Levels Two and Three Testing:

Introduction: (pages 4-10)

1. Which early notable horseman were influencers of today's Forward Riding System?
2. What are the mechanics of the horse at each gait? (*also pages 58-63*)
3. Be able to define:
 - a. Stabilization
 - b. Engagement / disengagement
 - c. Static balance
 - d. Dynamic balance
 - e. Connection
 - f. Impulse
 - g. Contact
 - h. On-the-line
 - i. Good hunter movement

Part I Position and Controls: Overview of Position and its Theory (pages 23-38)

4. Name the four fundamentals in a good working position.
5. Name the seven physical qualities of a good position in this system.
6. What is one exercise that will strengthen or improve each of the seven physical qualities of a good position?
7. Explain how the rider's position interacts with the horse's dynamic balance.
8. What does non-abusive riding mean?

Part I Position and Controls: Levels and Characteristics of Controls (pages 39-74)

9. What are the aims of the intermediate level of control?
10. What are the four natural aids available to the rider?
11. Explain the sequence of the natural aids used in an upward and downward transition at the intermediate level.
12. Explain how each rein aid is used and how it influences the horse:
 - a. Two direct reins of opposition
 - b. One rein of direct opposition
 - c. Opening rein
 - d. Bearing rein
 - e. One rein of direct opposition in front of the withers
 - f. One rein of direct opposition behind the withers
13. Explain how each rein aid is used and how it influences the horse:
 - a. Urging leg
 - b. Holding leg
 - c. Displacing leg
14. What are the four stages of the horse's jump?
15. What are the intermediate controls in jumping?
16. How does the rider achieve contact with the horse?
17. What is lateral agility in the horse? What is an exercise to promote lateral agility?
18. What is longitudinal agility in the horse? What is an exercise to promote longitudinal agility?
19. When is it appropriate to lunge a horse?

Part I Inherited Basic Principles of Forward Riding Schooling (page 77-82)

20. What is the primary goal of schooling the horse?
21. Explain the meaning of stabilization and the importance of stabilization in schooling.