

## Affiliated National Riding Commission

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### Introductory Level Tasks

*These tasks may be self-assessed or you may be assessed in person or via videotape. All Level One candidates should be able to successfully perform the Introductory Level Tasks. Riders who want to be assessed may begin their official assessment at Level One if they feel confident that they have mastered the tasks required at the Introductory Level.*

#### Position Phase

- Demonstrate a correct, functional position at the walk, posting trot, and canter while riding on loose reins or passive contact.
- Trot over cavaletti poles to a small crossrail followed by a low vertical (2' – 2'6" maximum) demonstrating the ability to maintain a correct position with security, while taking an early release and holding the mane.

#### Control Phase

- Demonstrate the use of alternating leg aids at the walk and the ability to follow the head and neck gesture with your arms.
- Trot over a course of cavaletti poles or small crossrails, demonstrating good steering, at least one change of direction, posting between the obstacles, and correct two point position over the poles or crossrails.
- Perform secure, prompt, and non-abusive trot/canter/trot transitions using elementary control techniques.
- Using an opening rein, demonstrate the ability to canter large, round circles on both leads while sitting the canter and following with your arms.

### Schooling Phase

- Show the proper use of a crop with each hand.
- Demonstrate lateral agility by performing a circle and a half circle at the trot while maintaining a consistent rhythm and a correct track.

### Theoretical/Horse Care Phase

*(Please submit your explanations in writing to your chosen assessor.)*

- Explain how the horse's instinctive behavioral responses affect the safety of the riding setting.
- Explain the aims of the elementary level of riding.
- Know the four natural aids available to the rider and the sequence of their use in upward and downward transitions at the elementary level.
- Explain how to evaluate the fit of a horse's bridle and bit.
- Explain how to tell whether your horse's saddle fits properly.
- Explain how to properly care for and inspect tack for safety.

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### Level One Tasks

*Riders who are currently Cx Pony Clubbers, hilltopping with a recognized hunt, eventing at the Novice Level, or showing hunters successfully at 2'6" or 2'9" should be ready to become a candidate for Level One. All Level One candidates are expected to be able to successfully perform the Introductory Level Tasks.*

**Level One** is the foundation level of the Forward Riding system. Throughout all the tasks of this level the horse should demonstrate stabilization and the rider the ability to ride on the elementary level of control with consistency and confidence.

### Position Phase

- Demonstrate a generally secure position at the walk, trot, and canter while riding on loose reins with the rider's hands being independent from the rest of her body while the horse is in motion and following the balancing gesture of the horse's head and neck.
- Demonstrate a sitting trot with and without stirrups while riding on loose reins on a comfortable, quiet horse.
- Demonstrate a united and non-abusive position and a secure release while using elementary control techniques over combinations that are 2'6" in height, include at least one oxer, and have at least three elements.

### Control Phase

*(all tasks should be ridden demonstrating elementary control techniques)*

- Demonstrate the correct use of elementary aids for trot-canter-trot and walk-canter-trot-walk transitions.
- Demonstrate the leading rein, one direct rein of opposition, and two direct reins of opposition.
- Demonstrate the three leg aids, each in an appropriate situation or movement for its use.
- Demonstrate the correct method for addressing the reins. Bridge the reins to shorten. Know how to move the hands forward and shorten the reins without interfering and so the bit remains still and then release the bridge immediately.

- Demonstrate picking up the right and left leads from the trot on the center line of the ring and a following arm in the transitions.
- Perform a three loop serpentine at the trot maintaining the correct track and showing a consistent rhythm throughout the movement.
- Demonstrate a strong trot rising across the diagonal or down the long side of your work space.
- Demonstrate early two point while holding mane on approach and throughout a three element combination with jumps 2'6"

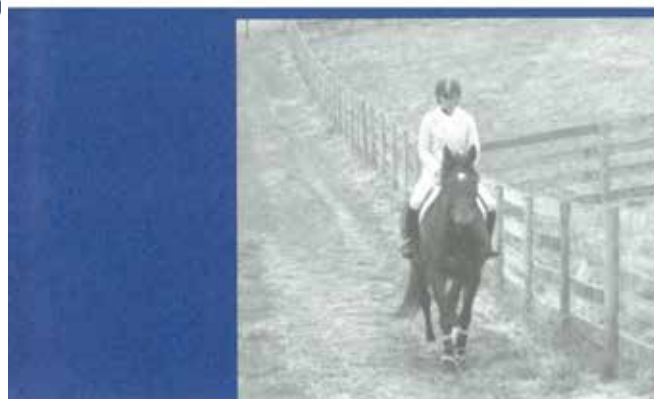
### Schooling Phase

- Execute a 1/4 turn on the forehand off both the right and left displacing leg aids.
- Trot in and canter out of the lines of a simple course of fences at 2'3"-2'6" using elementary control techniques.
- Demonstrate the correct aids and a good backup of two or three steps.

### Theoretical/Horse Care Phase

*(Please submit your explanations in writing to your chosen assessor.)*

- Clearly explain the aims of the elementary level of riding and the techniques for the use of the rider's natural aids at that level of riding.
- Explain the effect of the following rein aids and when each should be used: leading rein, one direct rein of opposition, and two direct reins of opposition.
- Explain how the urging leg, holding leg, and displacing leg affect the horse.
- Describe a good performance of a 1/4 turn on the forehand and the purpose for teaching the horse the movement.
- Describe a good backing performance.
- Explain the importance of a non-abusive rider position. How can this make both the horse and rider's job more efficient on the flat and over fences?



We have given you a great deal of information and many ideas to process. Watch the DVDs several times with the workbook out. Use your DVD's slow motion and close-up functions so that you can clearly see and understand the demonstrations provided. Then take the workbook to the stables to use as a reference when you are working with your horse. It will help you stay on track and stimulate you to be creative in the work you do with your horse. We have left you places throughout the workbook to take notes about things that were difficult for you or your horse, "ah ha!" moments that you will have, questions that you might want to email to an ANRC instructor for clarification or suggestions, and your thoughts about what is and is not working for you and why, etc. Making notes will help you remember and process what you are experiencing. It will facilitate the learning process.