

7 different disciplines in the horse world



Dressage and Western Dressage

- Dressage is the harmonious development of the rider and horse. Often referred to as ballet of horses.
- Dressage is a judged series of different tests usually 2 or 3 minutes long.
- The tests are written to consistently measure your horse's progress through the levels.
- Judges look for willingness, accuracy, obedience, suppleness of the horse, quality of the gaits, and the rider's use of aids.

Every breed, type, size, discipline, and personality can benefit from dressage.



Show Jumping

- Show jumping is a speed, time based, and accuracy sport.
- Jumper's are required to jump a variety and series of obstacles with lots of turns and changes of direction.
- Emphasis is placed on height and width of obstacles
- Show jumping tests the horse and rider athletics, agility, precision, and accuracy.

Show jumping allows horses and ponies of all breeds and sizes along with rider's of every level compete.



Gymkhana

- Gymkhana is a mounted competition where riders display their horsemanship and teamwork.
- Gymkhana is a series of races “games” including pole bending, hurry scurry, and the keyhole race.
- The rider’s and teams demonstrate skill, control, and partnership while turning and navigating obstacles in variations of speed.

Popular breeds for Gymkhana are American Quarter horses, Pony of Americas, Paint horses, Thoroughbreds, and grade horses.



Western Pleasure

- Western pleasure is a western riding competition that evaluates a horse's manners and calm responsive demeanor.
- The rider and horse perform at the walk, jog, and lope.
- The horse and rider are judged on three things; Correctness (performing the correct gait), Quality (the style of the horse's gait), and Degree of difficulty (deciding if the horse is performing at a higher level than the other horses)

The most popular horse breeds for western pleasure are American Quarter Horse, Appaloosa, Morgan horse, American Paint horse, Arabian, American Saddlebred, Missouri Fox trotter.



Hunter Seat Equitation

- Hunter seat equitation is based on traditional hunter riding style.
- Rider's practice correct form both on the flat and over fences.
- Equitation is also a component in Show Jumping.
- An equitation course involves several turns and occasionally a halt or trot fence.
- Rider's are scored on how well they maintain a basic balanced position throughout the entire course.

Popular hunter horses are Thoroughbred and Warmblood types.



Distance Riding

- Distance riding is a mix of endurance riding and competitive trail.
- It is a sport where speed and stamina wins the race.
- The race takes place over variety of terrain and anywhere from 25 to 100 miles long
- You have mandatory vet checks in order to continue in the race.
- Those who finish the race and have the fastest heart rate recovery win the race.
- Distance riders and horses have to be in tip top shape.



Most popular distance riding horses are; Quarter Horses, Arabians, Thoroughbreds, Morgan horse, Tennessee Walking horse, Rocky Mountain Horse, American Saddlebred, Anglo-Arabian, and Grade horses

Polo

- Polo is a fast paced team sport.
- Team members use mallets to move a ball along the ground to make a score in the opposing team. It is like soccer but on horseback.
- Polo has four “chukker” matches. Each last 7 ½ minutes. The team with the most points at the last chukker wins.
- Polo is one of the few equestrian sports that are managed by referees.

Popular Polo Pony breeds are Manipur ponies, Himalayas, Arabians, Thoroughbreds, and Thoroughbred Quarter horse crosses.



Which one is your favorite and why?

