

# WHITEBROOK

*Farm*

## Skills with Levels

#	Skill	D1	D2	D3	C1	C2	C3
1	Mounting and dismounting correctly	X	X	X	X	X	X
2	Hold reins correctly	X	X	X	X	X	X
3	Lengthening and shortening reins correctly	X	X	X	X	X	X
4	Adjusting both stirrups and girth correctly when mounted	X	X	X	X	X	X
5	Adjusting stirrups correctly at walk	X	X	X	X	X	X
6	Demo correct position at walk and trot	X	X	X	X	X	X
7	Pick up and drop stirrups correctly at walk and trot	X	X	X	X	X	X
8	Demo a basic balanced position (BP) used with control in arena and in the open		X	X	X	X	X
9	Demo changes of direction at walk and trot		X	X	X	X	X
10	Demo gradual transitions using reins, seat, legs correctly		X	X	X	X	X
11	Mount and dismount from each side correctly		X	X	X	X	X
12	Maintain BP at walk, trot, canter transitions in both directions		X	X	X	X	X
13	Demo and use correct aids for canter depart both directions		X	X	X	X	X
14	Demo correct trot/canter transitions		X	X	X	X	X
15	Demo balancing and suppling exercises for rider and horse		X	X	X	X	X
16	Maintain correct and effective position for at walk/trot/canter w/out stirrups		X	X	X	X	X
17	Know when diagonals are correct for riding and rising at trot in all of the above		X	X	X	X	X
18	Aids for canter transitions give correctly and effectively at trot/canter and walk/canter transitions		X	X	X	X	X

19	Demo an understanding of the skill of changing leads at canter, how to change lead if horse takes wrong lead, how to school leads correctly			X	X	X	X
20	Maintain correct and effective position walking, trotting cantering over poles			X	X	X	X
21	Demo correct position and control in the open at all three gaits			X	X	X	X
22	Demo correct position and control in the open at all three gaits with varied terrain making adjustments according to terrain				X	X	X
23	Demo control, pace, balance, relaxation in canter over varied terrain, making position adjustments according to terrain				X	X	X
24	Can rider pick up and drop stirrups without adversely affecting position at W/T/C				X	X	X
25	Demo all suppling exercises for rider at W/T/C without stirrups				X	X	X
26	Perform 15 and 20 meter circles at rising and sitting trot in both directions				X	X	X
27	Perform 15 and 20 meter circles from X (figure eight) with changes of rein correctly in the canter				X	X	X
28	Perform 15 and 20 meter circles in a figure eight at W/T/C with correct changes of lead through walk and/or trot				X	X	X
29	Perform 15 and 20 meter circles in a figure eight at W/T/C with correct changes of lead through walk and/or trot				X	X	X
30	Demo correct use of aids for canter departs and for changes of rein/lead				X	X	X
31	Discuss correct aids for rein back				X	X	X
32	Demo rein back at walk and know whether horse performs movement correctly on the aids				X	X	X
33	Be able to evaluate and correct horse's rein back					X	X
34	Be able to demo and discuss the reason for pulley rein				X		
35	Know reasons why and demo increase and decrease of speed within gaits						X
36	Understand and demo lengthening of stride within gaits						X
37	Know difference between increase and decrease speed and lengthen and shorten stride within gaits						X
38	Understand and demo the function of ground poles including establishing the gait and rhythm before entering a sequence of trot poles						X

39	Understand and demo the changes in position determined by the functional use of correct body, weight, rein, leg aids over varied terrain, up and down hill, shallow H2O, natural ditches etc			X	X	X	X
40	Understand long rein, loose rein, light contact, light steady feel of horse's mouth, and the difference between a light steady feel and intermittent contact.				X	X	X
41	Demo one or two steps of turn on forehand				X	X	X
41	Respectful introduction of the member and their mount	X	X	X	X	X	X
42	Develop a sense of teamwork, duty and responsibility leading to leadership	X	X	X	X	X	X
43	Develop communication skills	X	X	X	X	X	X
44	Develop organizational skills and time management skills	X	X	X	X	X	X
45	Learning how to verbalize ideas, present yourself and horse at stations, develop public speaking skills		X	X	X	X	X
46	Learn Equine science knowledge (Anatomy, psychology, nutrition, biomechanics, etc		X	X	X	X	X
47	Learn about safety concerns		X	X	X	X	X
48	Develop conflict resolution and negotiation skills			X	X	X	X
49	Learn how to keep records with the requirements of the Standards of Proficiency			X	X	X	X
50	Develop critical thinking. How to analysis and problem solve (evaluation and discussion of outcomes, planned next steps				X	X	X
51	Develop polish dealing with both mounted and unmounted presentation				X	X	X
52	Business and Management skills				X	X	X
53	Develop planning skills (trip, competition, etc) related to their Standards of Proficiency				X	X	X
54	Develop mentoring, teaching and coaching skills within the Standards of Proficiency					X	
55	First aid knowledge / basic medical knowledge						X