

# USPC ACHIEVEMENT BADGE PROGRAM FOR RIDING



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# USPC ACHIEVEMENT BADGE PROGRAM

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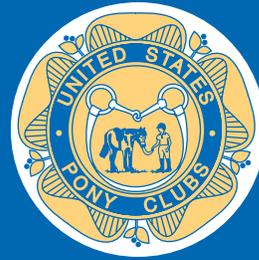
This program was designed to develop a sense of achievement in between ratings for members working at the D-Levels. It also gives instructors another tool to teach basic knowledge of horse care and sets a foundation for ratings.

Currently this program is in the testing phase and twenty badges are available – ten in horsemanship (introduced January 2006, separate Member's Workbook available) and ten in riding skills with this workbook. Your feedback is appreciated and will help shape the program into a constructive tool to be used throughout USPC.

Badges should be awarded in an enjoyable arrangement for both members and instructors, allowing the members to confidently demonstrate the knowledge they have gained. It is up to the individual clubs and centers to devise a system for the awarding of badges. The aim of this program is to steer away from a “formal” atmosphere of testing and allow members to express as much of their knowledge as possible in a practical manner.

This workbook outlines the objective for each badge and provides guidance on what knowledge will be needed to achieve the badge. Information for each badge may be found in *The United States Pony Club Manual of Horsemanship, D Level*.

Items on which badges may be displayed (e.g., sweat-shirts, bags, caps, etc.) are available from the USPC Bookstore. Orders may be placed at [www.ponyclub.org](http://www.ponyclub.org) or by calling 859/422-5522.



# USPC ACHIEVEMENT BADGE PROGRAM



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### BADGES TO EARN:

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# USPC ACHIEVEMENT BADGE PROGRAM

## MOUNT/DISMOUNT

**OBJECTIVE:** To be able to safely mount and dismount while maintaining control of mount.

### SAFETY CHECK *(fill in the blanks)*

Put the \_\_\_\_\_ over the mount's head. Starting on the \_\_\_\_\_ side, check that the \_\_\_\_\_ is straight and that the \_\_\_\_\_ is buckled correctly. Pull down the \_\_\_\_\_. Check the right side of the \_\_\_\_\_. All \_\_\_\_\_ should be fastened properly, with nothing \_\_\_\_\_. Go to the \_\_\_\_\_ side, checking the \_\_\_\_\_ side of the \_\_\_\_\_. Check to be sure that the \_\_\_\_\_ is tight enough and that the \_\_\_\_\_ is straight. Pull down the \_\_\_\_\_.

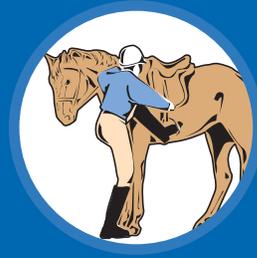
### MOUNTING SAFELY *(match the statement with the reason)*

- \_\_\_\_\_ Left foot goes all the way in the stirrup, with the toe down.
- \_\_\_\_\_ Never put your hand on the cantle (the back of the saddle).
- \_\_\_\_\_ Swing, don't drag, your right leg over the mount's rump.
- \_\_\_\_\_ Sink gently into the saddle.
- \_\_\_\_\_ Never mount from a fence or an unstable object.

- A) Or you might kick the mount.
- B) So you don't poke the mount in the belly.
- C) Or you might fall or the object could tip over.
- D) So you don't hurt your mount's back.
- E) Or you could pull the saddle over.

### DESCRIBE HOW TO MOUNT

### DESCRIBE HOW TO DISMOUNT



**Badge achieved on:**

\_\_\_\_\_

**Awarded by:**

\_\_\_\_\_



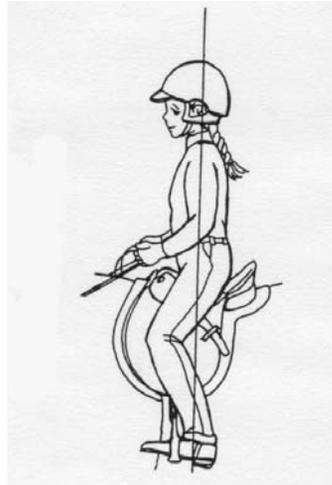
# USPC ACHIEVEMENT BADGE PROGRAM



## BALANCED SEAT/ GOOD HANDS

**OBJECTIVE:** To have and maintain a balanced seat while riding and to be able to hold the reins properly while keeping them at the correct length to maintain control of mount without pulling at mount's mouth.

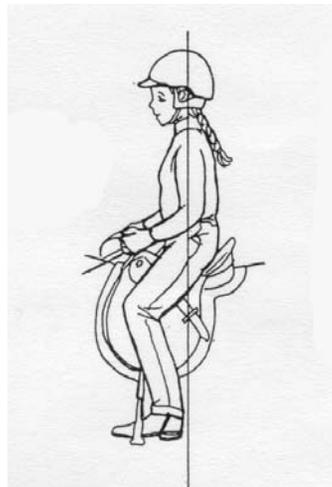
**SEAT POSITION** (match the picture to the description on the next page)



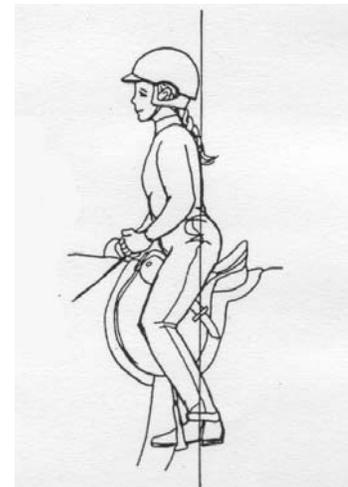
**A**



**B**



**C**



**D**



# USPC ACHIEVEMENT BADGE PROGRAM

## **WRONG POSITION:**

“Perching”

- Too far forward
- Stiff, hollow back
- Sitting on front of seat (crotch)
- Knees tight
- Legs too far back
- Heels level or up

## **WRONG POSITION:**

“Chair Seat”

- Back straight, but feet and legs ahead
- Rider out of balance backward
- Knees tight
- Heels level

## **GOOD BALANCED POSITION:**

- Eyes up
- Arms hang beside ribs
- Knees and ankles relaxed
- Head balanced
- Back straight
- Balanced on seat bones
- Feet and legs under body
- Heels down

## **WRONG POSITION:**

“Slumping”

- Head and eyes down
- Round back
- Sitting on buttocks
- Rider out of balance
- Arms out ahead of body
- Knees pinching
- Heels up, toes down

## **DESCRIBE HOW TO SHORTEN AND LENGTHEN THE REINS**



**GO TO THE NEXT PAGE FOR  
MORE ABOUT POSITION**



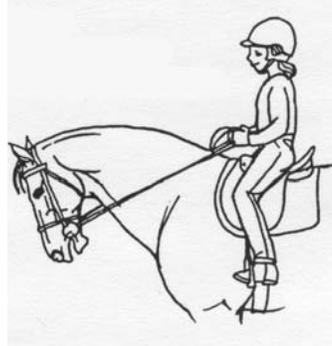
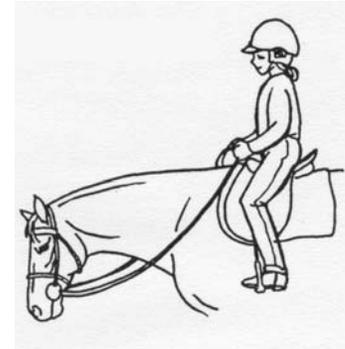
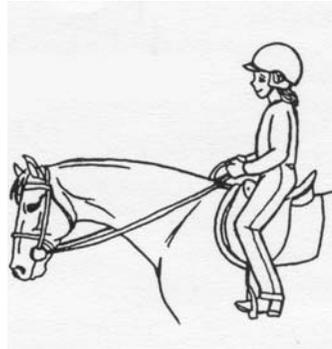
# USPC ACHIEVEMENT BADGE PROGRAM



## BALANCED SEAT/ GOOD HANDS, CONTINUED

### REIN HANDLING

Describe what is right or wrong about the rein handling for each picture.



**Badge achieved on:**

\_\_\_\_\_

**Awarded by:**

\_\_\_\_\_



# USPC ACHIEVEMENT BADGE PROGRAM

## WALK

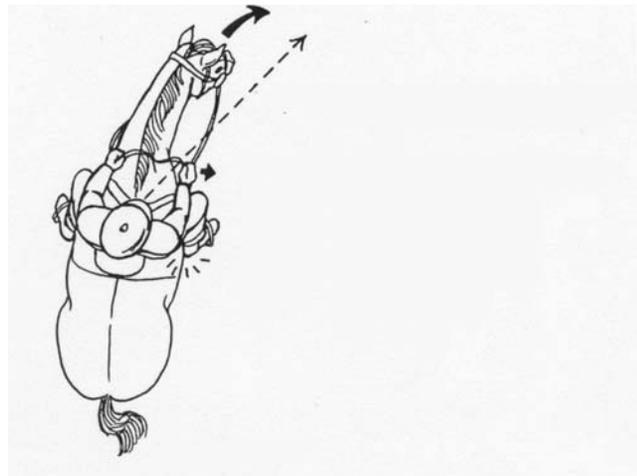
**OBJECTIVE:** To be able to maintain control of mount at the walk performing halts, turns, and changes in direction.

**HOW TO ASK FOR A WALK** (*circle True or False*)

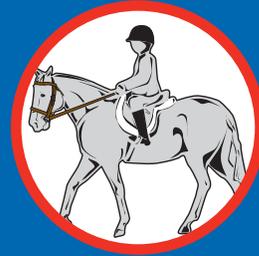
1. Look down at your hands. T or F
2. Your reins should be super tight, so the mount doesn't run off. T or F
3. Your reins should be short enough, so that you can just feel your mount's mouth. T or F
4. Your reins should be long, so that the mount can graze and walk at the same time. T or F
5. Squeeze your legs against your mount's side to make him listen, then give him two short nudges with your legs to tell him to walk on. T or F
6. Keep your hands perfectly still as the mount begins to walk. T or F
7. Let your hands go forward a little to "follow" the mount as he starts to walk. T or F

## DESCRIBE HOW TO HALT FROM A WALK

**HOW TO TURN** (*fill in the description*)



## DESCRIBE HOW TO CHANGE DIRECTIONS



**Badge achieved on:**

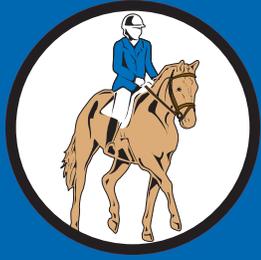
\_\_\_\_\_

**Awarded by:**

\_\_\_\_\_



# USPC ACHIEVEMENT BADGE PROGRAM



## TROT

**OBJECTIVE:** To be able to maintain control of mount at the trot (posting or sitting) and perform halts, turns, changes in direction, and transitions to and from the walk.

**DESCRIBE A TROT** *(circle correct one)*

The trot is a (two-beat/three-beat/four-beat) gait.

The trot is (faster/slower) than a walk.

**HOW TO ASK FOR A TROT**

- 1.
- 2.
- 3.

**DO'S AND DON'TS** *(write do or don't in the blank)*

- \_\_\_\_\_ pull back on the reins.
- \_\_\_\_\_ let your hands bounce.
- \_\_\_\_\_ breathe, relax and sit up tall.
- \_\_\_\_\_ hunch your shoulders and bring up your legs.
- \_\_\_\_\_ keep your hands low against the mount's neck.
- \_\_\_\_\_ let your knees, hips and ankles be soft and springy to take up the bounces.

**DESCRIBE HOW TO MAKE A  
TRANSITION FROM A TROT TO A WALK**

**Badge achieved on:**

\_\_\_\_\_

**Awarded by:**

\_\_\_\_\_



# USPC ACHIEVEMENT BADGE PROGRAM

## DIAGONALS

**OBJECTIVE:** To be able to maintain control of mount at the posting trot picking up the correct diagonal, show change in diagonal, performing halts, turns, changes in direction, and transitions to and from the walk.

### DESCRIBE POSTING DIAGONALS

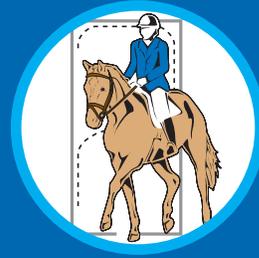
**“DIAGONAL” MEANS** \_\_\_\_\_.

**WHEN YOU POST YOU SHOULD BE:** (*circle True or False*)

1. Sitting when the outside front leg is down. T or F
2. Sitting when the outside front leg is up. T or F
3. Out of the saddle when the inside front leg is down. T or F
4. Out of the saddle when the inside front leg is up. T or F

**WHY POST ON OUTSIDE (CORRECT) DIAGONAL?**

**CHANGE DIAGONALS WHEN YOU CHANGE** \_\_\_\_\_.



**Badge achieved on:**

\_\_\_\_\_

**Awarded by:**

\_\_\_\_\_



# USPC ACHIEVEMENT BADGE PROGRAM

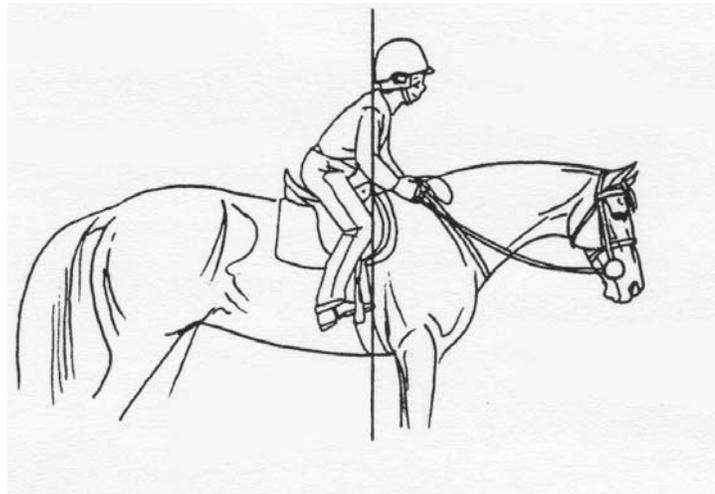


## HALF-SEAT/ JUMPING POSITION

**OBJECTIVE:** To be able to maintain control of mount while positioning oneself in and out of a half-seat and maintaining a jumping position.

**HALF-SEAT IS ALSO CALLED** \_\_\_\_\_.

### DESCRIBE THE HALF-SEAT/JUMPING POSITION



### HALF-SEAT IS USED FOR:

- 1.
- 2.
- 3.

### HALF-SEAT TEACHES YOU:

- 1.
- 2.

### HALF-SEAT/JUMPING POSITION *(fill in the blanks)*

Balance close to the \_\_\_\_\_, not \_\_\_\_\_.

\_\_\_\_\_ down and knees \_\_\_\_\_.

Head and eyes \_\_\_\_\_ and \_\_\_\_\_.

Hands on \_\_\_\_\_.

**Badge achieved on:**

\_\_\_\_\_

**Awarded by:**

\_\_\_\_\_



# USPC ACHIEVEMENT BADGE PROGRAM

## CANTER

**OBJECTIVE:** To be able to maintain control of mount at the canter performing transitions to and from the trot, walk, and halt.

**DESCRIBE THE CANTER** (*circle correct one*)

The canter is a (two-beat/three-beat/four-beat) gait.

The canter has a (rocking/up-down) motion.

**HOW TO ASK FOR A CANTER** (*fill in the blanks*)

\_\_\_\_\_ deep and tall. Have your \_\_\_\_\_ short enough to control your pony, but not tight or \_\_\_\_\_. Wake up your mount with \_\_\_\_\_. Put your \_\_\_\_\_ leg back a couple of inches and \_\_\_\_\_ or \_\_\_\_\_ your mount's side. You may also need to \_\_\_\_\_ or say \_\_\_\_\_. \_\_\_\_\_ your hands.

**HOW TO ASK FOR A WALK FROM A CANTER**

- 1.
- 2.
- 3.

**DO'S AND DON'TS** (*write do or don't in the blank*)

- \_\_\_\_\_ sit down.
- \_\_\_\_\_ stand up.
- \_\_\_\_\_ bounce.
- \_\_\_\_\_ relax.
- \_\_\_\_\_ lean forward.
- \_\_\_\_\_ let your seat rock with the mount.



**Badge achieved on:**

\_\_\_\_\_

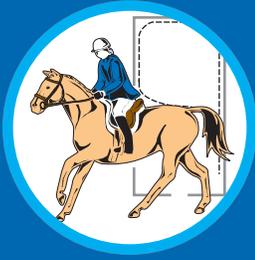
**Awarded by:**

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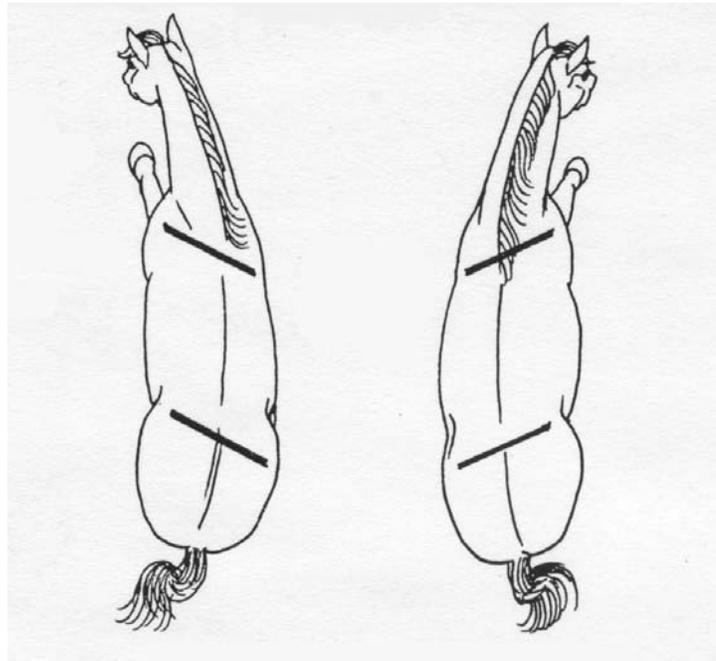
# USPC ACHIEVEMENT BADGE PROGRAM

## CANTER LEADS



**OBJECTIVE:** To be able to maintain control of mount at the canter performing changes of leads, changes in direction, transitions to and from the trot, walk, and halt.

### DESCRIBE A "LEAD"



**WHY BE ON THE CORRECT LEAD?**

**Badge achieved on:**

\_\_\_\_\_

**Awarded by:**

\_\_\_\_\_



# USPC ACHIEVEMENT BADGE PROGRAM

## JUMPING

**OBJECTIVE:** To be able to demonstrate a thorough understanding of safe jumping equipment, simple jump set-up, and jumping position and be able to maintain correct position and control of mount while jumping.

### SAFE JUMPING RULES

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.

### JUMPING BASICS *(describe each)*

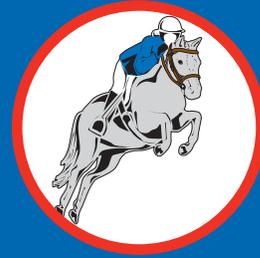
Balance:

Eyes:

Sink:

Release:

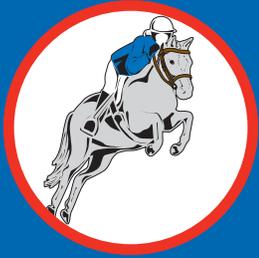
Finish:



**GO TO THE NEXT PAGE FOR  
MORE ABOUT JUMPING**



# USPC ACHIEVEMENT BADGE PROGRAM



## JUMPING, CONTINUED

### JUMP SET UP *(circle True or False)*

1. Poles should be set up so they fall if they are hit hard. T or F
2. Ground lines are used on the take off side of a jump. T or F
3. Ground lines may be used on either side of a jump. T or F
4. Ground lines may be placed on the landing side of a jump. T or F
5. It is okay to stack up fixed cavaletti to make a bigger jump. T or F
6. All jumps should be set with enough space for a good approach. T or F
7. Setting a jump that does not allow room after it to turn easily or stop is okay. T or F
8. Ground poles may be loose on the ground. T or F

**Badge achieved on:**

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**Awarded by:**

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# USPC ACHIEVEMENT BADGE PROGRAM

## RIDING IN THE OPEN

**OBJECTIVE:** To be able to ride with confidence outside the ring in an open space while maintaining control of mount and showing good manners when riding in a group.

**DO'S AND DON'TS** (*write do or don't in the blank*)

If your mount gets nervous or is startled:

- \_\_\_\_\_ sit deep and tall.
- \_\_\_\_\_ tense up and lean forward.
- \_\_\_\_\_ talk quietly to him.
- \_\_\_\_\_ yell at him.
- \_\_\_\_\_ squeeze and relax the reins to slow him down.

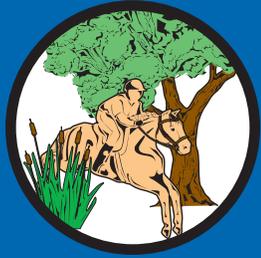
### RULES FOR RIDING IN A GROUP

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

**GO TO THE NEXT PAGE FOR MORE  
ABOUT RIDING IN THE OPEN**



# USPC ACHIEVEMENT BADGE PROGRAM



## RIDING IN THE OPEN, CONTINUED

### RULES FOR RIDING ON PUBLIC OR PRIVATELY OWNED LAND

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.

### DESCRIBE HOW AND WHEN TO USE THE PULLEY REIN AID:

### DESCRIBE HOW AND WHEN TO CIRCLE MOUNT FOR CONTROL:

**Badge achieved on:**

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**Awarded by:**

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