

USEF/USDF Dressage Seat Equitation Individual Workouts



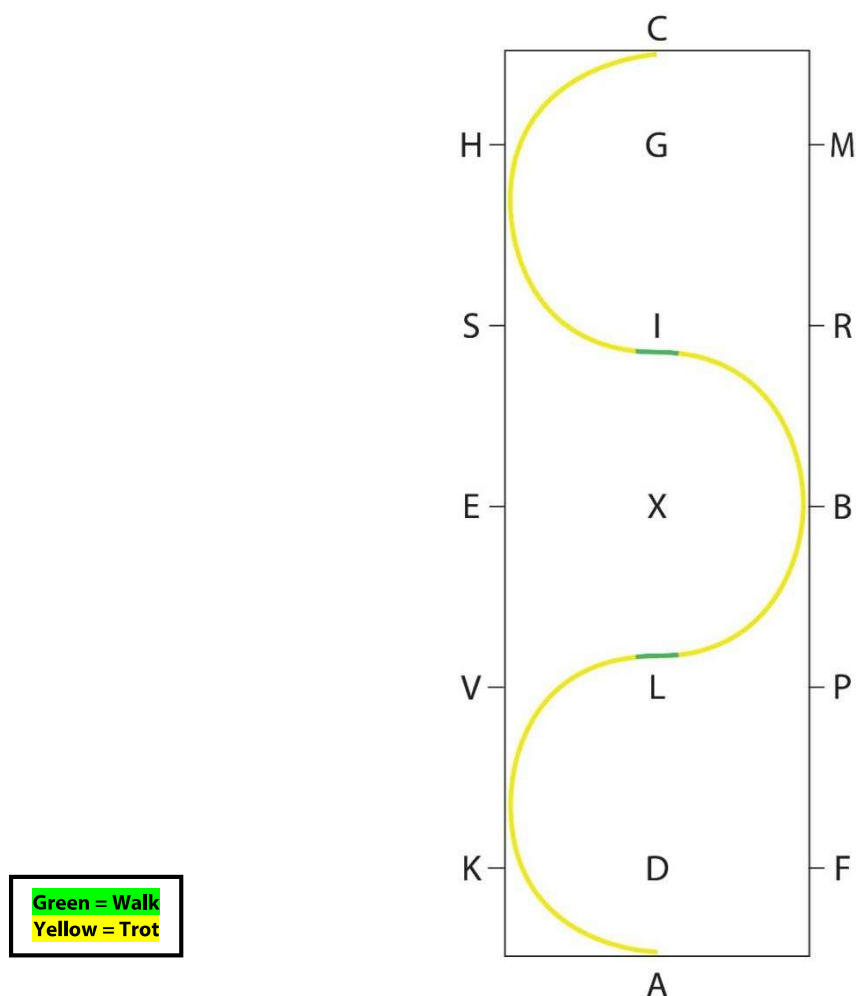
Dressage Seat Equitation Classes Patterns

(offered at USEF-licensed/USDF-recognized dressage competitions)

EASY - Approximate Ride Time: 0:45.

All trot work may be ridden sitting or rising, unless stated by the judge.

Judging begins at A in working trot, tracking right.	
A	Working trot. Serpentine 3 equal loops width of the arena, with 3-6 steps of walk upon crossing the centerlines.
C	Pattern ends. Exit arena in walk.



Effective 12/1/2022 – 11/30/2026