D-3 Traditional On the Flat Check List

RIDING EXPECTATIONS: Candidate should ride in a basic balanced position with control at the walk, trot, and canter. Candidate should maintain a secure base of support while developing balance and a steady position.

	Sign Off Notes
Riding on the Flat • Ride on flat using Riding Expectations. • Demonstrate correct mounting (using mounting block if necessary). • Adjust stirrups and girth with feet in the stirrups while mounted at the halt. • Shorten and lengthen reins at the halt, walk, and trot.	
• Demonstrate mount's warm-up routine for everyday work under examiner supervision. • Perform balancing and suppling exercises for rider at walk and trot. • Ride mount on the flat at walk, rising trot with correct diagonals, sitting trot and at the canter with correct leads.	
• Demonstrate 20-meter circles showing correct riding position in both directions at all gaits. • Ride without stirrups at the sitting trot. • Demonstrate an increase and decrease of speed either alone or with others as appropriate.	
• Demonstrate passing others safely while riding in an arena or ring at the walk and trot. • Demonstrate a halt followed by a simple step back. • Demonstrate emergency dismount at the trot. • Discuss performance with examiner including rider's basic balanced position, and whether or not circles were round and natural aids correctly influenced the mount.	
Riding Over Cavelletti/Ground Poles • Ride through a series of 4-6 cavalletti/ground poles at the trot (distances set appropriately for gait and horse stride, 3'-4'6"; refer to "Grid and Jumping Exercises" chart in SOP for distances for trot poles). • Discuss performance.	
Riding in the Open • Ride safely with a group, at the walk and trot, over varied natural terrain. • Discuss performance with Examiner.	

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