

NATIONALS

PRE-RIDE TESTS



LABYRINTH

SPECIFICATIONS:

*A Rectangle 9 meters in length and 6 meters in width.

* 5 poles 3 meters in length and 1.5 meters apart placed evenly in the rectangle.

METHOD:

*Rider is to enter the labyrinth at a walk, keeping an even rhythm with as little as possible aids.

*Rider is to move from one end of the rectangle to the other while negotiating around the bends.
5 second immobility after exiting the labyrinth.

PURPOSE: SUPPLENESS AND BALANCE

- Chosen to assess your horse's range of motion and agility. It also helps a horse focus and pay attention to the rider. Furthermore it improves balance and coordination.

Focus:

- Focus on control, balance, and rhythm

FIGURE 8

SPECIFICATIONS:

*2 Circles of 20 meters each.

* markers placed down the middle line at the top, centre and bottom of the figure 8.

METHOD:

*Rider is to complete test at a trot.

* Rider is to complete the test while doing a rising trot and to change diagonal at the centre.

* 5 second immobility after completing the test.

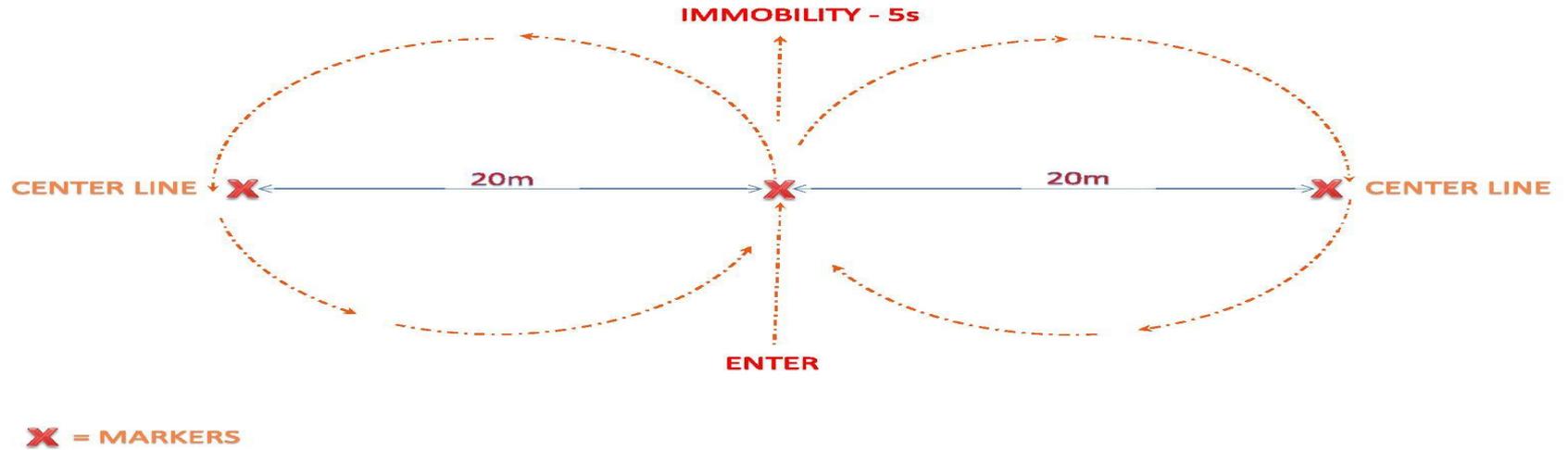
PURPOSE: CONTROL AND BALANCE.

- **to develop the horse's suppleness to the bend**, to make him straighter, and to improve his balance. To judge rider's accuracy and to allow the judge to assess the effectiveness and correctness of the rider's outside aids.

Focus:

- Focus on control, balance, and rhythm
- Rising trot and correct diagonal.
- Effectivity of aids.

FIGURE 8 - DIAGRAM



BOX

SPECIFICATIONS:

*A square of 4 equal sides - 4 meter in length each.

METHOD:

*Rider is to enter the box at a walk, and 5 second immobility test.

*Full Turn (360 degrees), keeping an even rhythm with as little as possible aids.

* Proper turn on forehand or haunches.

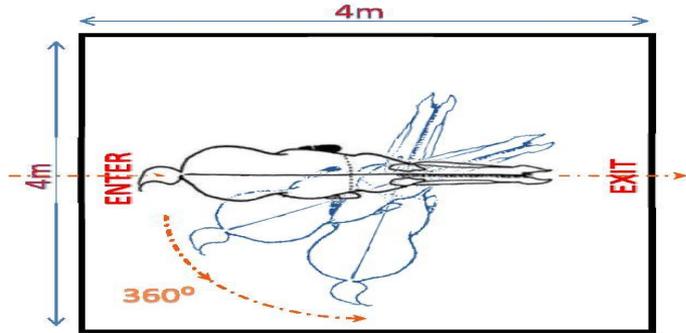
PURPOSE: SUPPLENESS AND CONTROL

- increases your horse's core strength.
- An important part of any training is the ability to put your horse's body parts, like the haunches or forehand, where you want them. it's a skill that's applicable to any discipline, even trail riding (for instance, pushing the horse closer to a gate to open or close it).

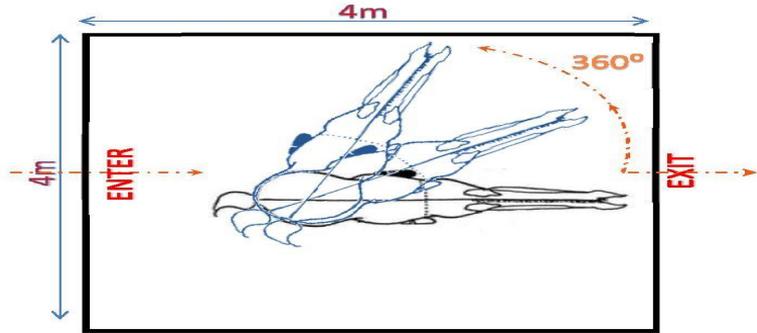
Focus:

- Focus on control, balance, and rhythm

BOX - DIAGRAM



Turn on the forehand



Turn on the haunches

POLE BENDING

SPECIFICATIONS:

*6 uprights spaced 6,4 meter apart, and the first pole is to be 21 feet (6.4 meters) from the starting line.

*A clearly visible starting line must be provided.

METHOD:

*Rider and horse are to navigate between 6 uprights at a trot, entering and exiting from opposite sides.

*5 second immobility after completion.

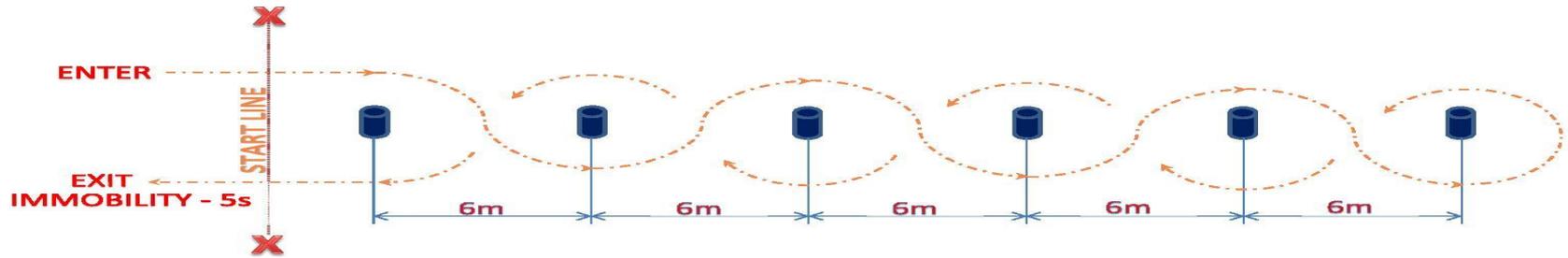
PURPOSE: BALANCE AND RESPONSIVENESS

- Good horsemanship and team work is required to succeed.
- **Poles** will improve suppleness, balance and rhythm, as well as encouraging him to flex his joints and engage his core.

Focus:

- Focus on control, responsiveness, balance, and rhythm

POLE BENDING - DIAGRAM



BACK YIELD - L SHAPE

SPECIFICATIONS:

*6 meter in length and 4 in width marked out with poles or markers. Placed in an L shape, with the parallel poles/markers 2m meter apart.

*elevated poles may be considered

METHOD:

*Rider is to walk into the “L” shape, stand for 5 seconds (immobility test) and on rider’s cue move backwards while keeping an even rhythm with as little as possible aids.

PURPOSE: SUPPLENESS AND BALANCE

Well performed & regular backing up exercise will lead to:

- Improvement in overall muscle coordination and proprioception
- Strengthening of the core muscles and flexion of the thoracolumbar spine, therefore preventing back issues & pain (of both horse and rider), etc

Focus:

- Focus on control and balance.

L SHAPE - DIAGRAM

