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| USPC FLOW CHART A | Name: |
| Riding on the Flat | <p>Demonstrate the following:</p> <ul style="list-style-type: none"> ___ firm independent seat with and without stirrups. ___ Relaxation and confidence ___ Style and polish ___ Well developed sense of rhythm and pace ___ Efficient, tactful application of aids. ___ Methods for obtaining free forward movement, balance, suppleness, acceptance of bit <p>Demonstrate the following (level appropriate to horse)</p> <ul style="list-style-type: none"> ___ Leg yield ___ Shoulder in ___ Change of rein across the diagonal ___ 10 meter canter circle ___ Turn on haunches ___ Canter change of lead through walk ___ Canter from walk ___ Lengthening of stride, at walk, trot and canter ___ Ability to discuss any of the above |
| Training on the flat | <ul style="list-style-type: none"> ___ Ride different horses appropriately for level of training ___ Evaluate performance, strong and weak points. Suggest training techniques to benefit each horse. |

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| <p>Riding over Fences</p> | <p>Demonstrate the following:</p> <p>___ Warm up for gymnastics, showing organization and relaxation appropriate to horses level</p> <p>___ Strong firm effective position and understanding of rhythm and pace, over</p> <p>Cavaletti, gymnastics with and without stirrups, gymnastic exercises beneficial to horse.</p> <p>___ Warm-up for jumping, showing organization and relaxation appropriate to horses level</p> <p>___ Strong firm effective position and understanding of rhythm and pace, over</p> <p>a stadium course.</p> |
| <p>Riding in the Open</p> | <p>Demonstrate the following</p> <p>___ Strong firm effective position and independent aids when developing a gallop and riding over a series of appropriate fences.</p> <p>___ Evaluate ride in the open</p> |
| <p>Training over fences</p> | <p>Demonstrate the following:</p> <p>___ Ability to handle unfamiliar, difficult, green and or refusing horse.</p> <p>___ Discuss gymnastic exercises beneficial to horses</p> <p>___ Evaluate performance of horse, level of schooling and techniques beneficial to improving horse.</p> |