



TASKS

- ☐ Ask your horse to stop standing Square 3 times (**ground or ridden**).
- ☐ Ride a simple change in canter (**ridden**).
- ☐ Ask your horse to stop with one foot left behind when going over a pole (**ground or ridden**).
- ☐ Ask your horse to trot draw into you online or at Liberty (**ground**).
- ☐ Ask your horse for sideways away from you on the ground (**ground**).
- ☐ Ask your horse for haunches in (**ground or ridden**).
- ☐ Have your horse walk a circle around you on the ground at liberty (**ground**).
- ☐ Ask your horse to lower thier head from 1 finger of pressure or a word (**ground**).
- ☐ Have your horse stand still either ground tied or at liberty whilst you walk around them once in either direction (**ground**).
- ☐ Ask your horse to canter three circles without breaking gait (**ground or ridden**).
- ☐ Back around a 90° corner (**ground or ridden**).
- ☐ Ride your horse on a figure 8 pattern without the use of the reins (**ridden**).
- ☐ Ride your horse a half pirouette at walk (**ridden**).
- ☐ Open and close a gate from your horse (**ridden**).
- ☐ Ride or lead your horse over a bridge - can be make-shift or a real bridge (**ground or ridden**).
- ☐ Jump a small fence or log (**ground or ridden**).
- ☐ Take your horse over water or a blue tarp (**ground or ridden**).
- ☐ Mount from a natural or unusual object - not mounting block (**ridden**).
- ☐ Ride your horse with one hand for five minutes, including transitions. Aim to remain accurate (**ridden**).
- ☐ Ask your horse for six transitions on a 20m circle (**ground or ridden**).
- ☐ Ask your horse to rein back six steps whilst maintaining a good and consistent contact (**ridden**).
- ☐ Use a flag/plastic bag with your horse for a groundwork session. Make sure you understand the correct use of the equipment and how to help your horse's confidence with it beforehand (**ground**).
- ☐ Snake over poles (**ground or ridden**).
- ☐ Place your horse's foot on an item or platform (**ground or ridden**).
- ☐ Go under something natural or man-made (**ground or ridden**).
- ☐ Ride a zig zag, with optional poles (six poles) (**ridden**).
- ☐ Use a trot pole fan (**ground or ridden**).
- ☐ Lift the hind legs from a tap (**ground**).
- ☐ Halt twice on a downhill incline (**ridden**).
- ☐ Using two poles or markers, count your horse's normal walk, trot or canter strides. Then try to add a stride or take away a stride (**ground or ridden**).
- ☐ Ride a 20m circle rising trot with no stirrups (**ridden**).
- ☐ Ask your horse to move the FQ 180° (**ground or ridden**).
- ☐ Ride in a two point position on your horse during a session (**ridden**).
- ☐ Long line your horse for a session, incorporating at least four transitions (**ground**).
- ☐ Back your horse up over a pole, being sure it is slow and correct (**ground**).