



General Equitation Optional Focus Area Skills Checklist

Member's Name: _____

Mastering these General Equitation skills will provide a solid foundation upon which the member may build. To achieve success in many of the other Optional Focus Areas, it is essential that youth can perform these Equitation skills smoothly.

	Date completed	Approved by
Level 1		
1. Name at least 6 safety precautions everyone should use when working around horses, in the arena or on the trail.	_____	_____
2. Demonstrate these basic groundwork skills:		
a. Safely halter and tie your horse, using a quick-release knot.	_____	_____
b. Maintain proper position while leading your horse at a walk & trot; plus when turning and backing your horse.	_____	_____
c. Groom your horse, explaining proper use of various grooming tools.	_____	_____
d. Proper technique for safely picking up and cleaning a front hoof.	_____	_____
e. Safely saddle and bridle your horse (<i>smaller members should be able to describe the processes, even if they are physically unable to do them</i>).	_____	_____
3. Demonstrate these basic riding skills:		
a. Properly mount and dismount (<i>smaller members should be able to describe the processes, even if they are physically unable to do them correctly</i>).	_____	_____
b. Maintain a proper seat and balance while mounted.	_____	_____
c. Appropriate use of reins for direct reining and neck reining.	_____	_____
d. Safe, basic control of your horse at the walk, trot, slow lope and stop. Be able to identify which lead your horse is on.	_____	_____

Level 2 - Complete Level 1 before proceeding to Level 2

1. Study types of bits and hackamores; identify at least 3 different types and explain their differences.	_____	_____
2. Demonstrate these groundwork skills:		

	Date completed	Approved by
a. Properly/safely pick up and clean the front and hind feet.	_____	_____
b. Know their use and tie these common horseman's knots: bowline, clove hitch, and honda.	_____	_____
3. Demonstrate these riding skills: <i>(strive for perfection)</i>		
a. Know and properly use the basic aids at the walk, trot and lope.	_____	_____
b. Consistently pick-up and maintain the correct lead while circling both directions at the lope <i>{simple change (trot) permitted when changing leads and the direction of circle}</i> .	_____	_____
c. Balanced stop from the walk, trot and lope.	_____	_____
d. Calmly back your horse 8 steps in a straight line, without resistance.	_____	_____
3. Explain and demonstrate what to do when "gathering" your horse.	_____	_____

Level 3 - Complete Level 1 & 2 before proceeding to Level 3

1. For each of the movements listed below (2.a-f), explain how the aids used influence the horse's actions.	_____	_____
2. Demonstrate these riding skills: <i>(strive for consistency & perfection)</i>		
a. Forehand turn, one-half turn in both directions.	_____	_____
b. Pivot on hindquarters, one-half turn in both directions.	_____	_____
c. Side pass, at least 8 steps in both directions.	_____	_____
d. Correct, balanced stop from walk, trot and lope on straight-a- way.	_____	_____
e. Correct, balanced stop from a trot and lope in a circle.	_____	_____
c. Flying change of leads (both directions) in a Figure 8.	_____	_____
d. Flying change of leads (both directions) on the straight-a-way.	_____	_____
e. From a standstill, instantly pick up a walk, trot and lope.	_____	_____
f. Calmly back your horse without resistance 10 steps in a straight line, and also in a circle (either direction).	_____	_____
3. Explain and demonstrate what to do when "collecting" your horse.	_____	_____