

Cottonwood Riding Club

Lesson Levels

What exercises are you working on?

Level 1

- | | | | |
|---------------------------------------|---|---|--|
| <input type="checkbox"/> Haltering | <input type="checkbox"/> Flying dismount | <input type="checkbox"/> Two point at walk | <input type="checkbox"/> Walk reverse |
| <input type="checkbox"/> Grooming | <input type="checkbox"/> Heel click dismount | <input type="checkbox"/> Posting at walk | <input type="checkbox"/> Walk across the diagonal |
| <input type="checkbox"/> Picking feet | <input type="checkbox"/> Shortening reins | <input type="checkbox"/> Stand at walk | <input type="checkbox"/> Trot on the lunge |
| <input type="checkbox"/> Tacking up | <input type="checkbox"/> Walk on the rail | <input type="checkbox"/> Standing from halt to walk | <input type="checkbox"/> Posting trot on the lunge |
| <input type="checkbox"/> Bridling | <input type="checkbox"/> Around the world at halt | <input type="checkbox"/> Walk serpentines | |
| <input type="checkbox"/> Mounting | <input type="checkbox"/> Around the world at walk | <input type="checkbox"/> Walk circles | |

Level 2

- | | | | |
|---|--|---|--|
| <input type="checkbox"/> Trot on the rail | <input type="checkbox"/> Two point at trot | <input type="checkbox"/> Trot across the diagonal | <input type="checkbox"/> Trot serpentines |
| <input type="checkbox"/> Sitting trot | <input type="checkbox"/> Standing at trot | <input type="checkbox"/> Trot circles | <input type="checkbox"/> Trot w/out stirrups |
| <input type="checkbox"/> Posting trot | <input type="checkbox"/> Posting diagonals | <input type="checkbox"/> Trot cavaletti | On the lunge |

Level 3

- | | | |
|---|--|---|
| <input type="checkbox"/> Trot cavaletti w/out stirrups | <input type="checkbox"/> 10,15 & 20 meter circles | <input type="checkbox"/> Walk/trot/halt transitions |
| <input type="checkbox"/> Walk/trot on rail w/out stirrups | <input type="checkbox"/> Adjusting stirrups on the horse | <input type="checkbox"/> Drop/pick up stirrups |
| <input type="checkbox"/> Sitting trot w/out stirrups | <input type="checkbox"/> Adjusting girth on the horse | <input type="checkbox"/> Trot on the lunge no hands |

Level 4A

- | | |
|--|--|
| <input type="checkbox"/> Canter on lunge line | <input type="checkbox"/> Trot pole course in two point |
| <input type="checkbox"/> Intro dressage test A & B | |

Level 4B

- | | |
|--|--|
| <input type="checkbox"/> Canter on at a time on the rail | <input type="checkbox"/> Intro dressage test C |
|--|--|

Level 5

- | | |
|---|--|
| <input type="checkbox"/> Cantering w/out stirrups | <input type="checkbox"/> Canter pole course |
| <input type="checkbox"/> Simple changes | <input type="checkbox"/> Two point at canter |

Level 6

- | | |
|---|--|
| <input type="checkbox"/> Canter pole course in two point | <input type="checkbox"/> Trot cross rail with a canter pole 3 strides away |
| <input type="checkbox"/> Trot cross rail with trot pole 6 feet in front | <input type="checkbox"/> Trot in canter out line |