**Equestrian Skills**

Beginner Ground Skills

* Horse Behavior & Safety
* Haltering – catching a horse
* Leading – halt, walk, turn, trot
* Tying
* Grooming
* Saddling
* Bridling
* Bathing

Beginner Riding Skills

* Mount & Dismount
* Posture (is this a skill?)
* Halt to Walk
* Walk to Halt
* Speed up & Slow down
* Direct rein steering
* Opening rein steering
* Neck/indirect rein steering
* Shorten/Lengthen reins
* Bending
* Back up/Rein back
* 2 point – at halt, walk, trot, steering
* Walk Trot Walk transitions
* Sitting trot
* Posting trot
* Posting trot on the correct diagonal
* No stirrups trot – sitting, posting
* Arena Etiquette

Intermediate Riding Skills

* Independent Warm Up
* Contact – connection, on the bit
* Straightness
* Half Halt
* Leg Yield
* Artificial Aids – crop, martingale, spurs
* Lengthen/Shorten – free walk, working walk, working trot, collected trot
* Trot Canter Trot transitions – correct leads
* Sitting Canter
* 2 point Canter
* No stirrups canter
* Simple lead change
* Flying lead change
* Hand gallop

Beginner/Intermediate Activities

* Obstacles
	+ Ground poles
	+ Weaving cones/poles
	+ Moving rings between T poles
	+ Moving objects between barrels
* Schooling figures
	+ Circle
	+ Reverse
	+ Change rein across diagonal
	+ Corners
	+ Figure 8
	+ Serpentine

Advanced Riding Skills

* Lateral Leg Aids & Pivots
	+ Leg yield
	+ Haunches in
	+ Shoulder in
	+ Side pass
	+ Turn on forehand
	+ Pivot on haunches
	+ Turnback on the rail
	+ Rollback
* Precise Transitions
	+ Trot to Halt
	+ Halt to Trot
	+ Walk to Canter
	+ Canter to Walk
	+ Halt to Canter
	+ Canter to Halt
	+ Transitions exactly at the letter
* Counter Flexion
* Refinement
	+ Rhythm – energy, tempo
	+ Relaxation – elasticity, suppleness
	+ Connection – acceptance of bit and aids
	+ Impulsion – increased energy
	+ Straightness – alignment, balance
	+ Collection – engagement, lightness, self carriage

Other Skills (can teach anytime)

* Showmanship
* Lunging
* Vaulting
* Jumping
* Showing
* Bareback Riding
* Round penning

Horse Knowledge

* Horse’s Senses, Behavior, Instincts, Communication
* Grooming tools
* Tack, Tack parts
* Horse parts
* Colors & Markings
* Gaits – walk, trot, canter, gallop, footfalls, lateral vs. diagonal gaits
* Feed
* Stabling – stalls, pastures, bedding, cleaning, safety
* Vital signs
* First aid
* Parasites & Deworming
* Disease & Prevention
* Teeth care – floating
* Hoof care – shoeing
* Tell a horse’s age
* Height and weight measuring
* Training concepts – pressure, release, reward, punishment, consistency
* Handling behavior problems – nipping, biting, kicking, bucking, spooking