



Lesson Topics

CERTIFIED HORSEMANSHIP ASSOCIATION

LEVEL ONE

MOUNTED

- _____ Mounting/Dismounting
- _____ Basic Position (how to sit and hold the reins)
- _____ Very first ride (stop, start, steer)
- _____ Basic English position
- _____ Basic Western position
- _____ Basic control at walk
- _____ Use of four natural aids
- _____ Reverses and circles
- _____ Very first trot
- _____ Sitting trot/jog
- _____ Trotting turns, reverses and circles with control
- _____ Standing trot (two point position)
- _____ Posting trot Western/English
- _____ Exercises on horseback
- _____ Emergency vault off/dismount
- _____ First trail ride (or preparation for first trail ride)
- _____ Level 1 mounted games

HORSE MANAGEMENT LESSONS (UNMOUNTED)

- _____ Intro to stable, safety rules
- _____ Level 1 horse sense
- _____ Approaching/working around secured horse
- _____ Haltering
- _____ Leading and turning a horse
- _____ Tying a horse (quick release level 2)
- _____ Grooming
- _____ Saddling Western
- _____ Saddling English
- _____ Bridling Western
- _____ Bridling English
- _____ Level 1 Parts of horse
- _____ Parts of Western tack
- _____ Parts of English tack

LEVEL TWO

MOUNTED

- _____ Balance of horse and rider (moving with, ahead and behind motion)
- _____ Balance in turns (using weight aids)
- _____ Ask, tell, command
- _____ First canter/lope
- _____ Lateral aids for canter/lope
- _____ Diagonal aids for canter/lope
- _____ Riding and controlling canter/lope
- _____ Posting on correct diagonal
- _____ Simple trail obstacles
- _____ Jumping position (2 point and stirrup adjustment)
- _____ Ground poles and cavalettis
- _____ First jump-cross rail
- _____ Barrel pattern
- _____ Pole bending pattern
- _____ Level 2 trail ride
- _____ Level 2 mounted games

HORSE MANAGEMENT LESSONS (UNMOUNTED)

- _____ General horse information and terminology
- _____ Horse colors and markings
- _____ More parts of horse
- _____ Parts of hoof
- _____ Picking up foot
- _____ Cooling a hot horse
- _____ Catching and turning out
- _____ Stable chores
- _____ Horses & Ponies of America
- _____ Adjusting stirrups Western
- _____ Adjusting stirrups English
- _____ Gaits and footfalls

LEVEL THREE**MOUNTED**

_____ Direct rein and leading rein
 _____ Neck rein and bearing rein
 _____ Indirect rein (in front of and behind withers)
 _____ Pulley Rein
 _____ Leg Aids
 _____ Seat/weight aids
 _____ Riding on loose/light rein
 _____ Riding on contact
 _____ Backing
 _____ Transitions
 _____ Leads at canter/lope
 _____ Circles
 _____ Reverses and half circles
 _____ Figure eights or Serpentine
 _____ Changing rein on the diagonal
 _____ Western turnbacks on the rail
 _____ Jumping lines of fences
 _____ Canter fences
 _____ Turns to fences
 _____ Simple courses (up to 2')
 _____ Correcting jumping problems
 _____ Level 3 mounted games
 _____ Bareback riding
 _____ Level 3 trail riding

HORSE MANAGEMENT LESSONS (UNMOUNTED)

_____ Horse behavior, reading his moods
 _____ Horse's senses
 _____ Feeds and feeding
 _____ Bits and biting
 _____ Additional horse equipment, artificial aids
 _____ Care of tack
 _____ Kinds of jumps

LEVEL FOUR**MOUNTED**

_____ Level 4 aids, lightness and coordination
 _____ Suppling and rhythm
 _____ Working balance, collection and extension
 _____ Rein handling, head position and collection
 _____ Weight and leg aids
 _____ Bending and suppling exercises
 _____ Turn on the forehand
 _____ Side pass
 _____ Stops from lope
 _____ Simple change of lead
 _____ Flying lead change
 _____ Pivots on haunches
 _____ Rollbacks
 _____ Performance patterns (Western)
 _____ Lengthening and shortening strides (English)
 _____ Flexion and bending (direct/lateral)
 _____ Half halts
 _____ Leg yielding or two tracking
 _____ Jumping gymnastics
 _____ Combinations of fences
 _____ Rating over fences (take-off point)
 _____ Courses up to 3 feet
 _____ Cross-country jumping
 _____ Level 4 trail riding

HORSE MANAGEMENT LESSONS (UNMOUNTED)

_____ Horse behavior problems
 _____ Hoof care and foot problems
 _____ Signs of health and sickness, common health problems
 _____ Preventative health care
 _____ Parasites
 _____ First aid for horses
 _____ Selection and suitability of horses
 _____ Conformation
 _____ Unsoundness and blemishes