

# Bareback Level 1 Requirements

Modified August 30, 2008 (9:51am)

- **Have satisfied all requirements for Groundwork Level 1 and Riding Level 1**
- **View Anatomy in Motion 1 - The Visible Horse by Susan Harris and Peggy Brown**
- **All riding is done without a saddle or a bareback pad.**
- **Drop reins and close eyes and allow horse to go where it wants for at least 10 minutes - not directing the horse, just keeping forward momentum with lightness - too much leg here will make us start the time over.**
  - ▶ To be done in the roundpen or large arena - depending upon comfort or skill of rider.
  - ▶ Learn to enjoy the feel of your horse moving.
  - ▶ The lightness from you will help your horse move more naturally.
- **Walk around arena - at the edge - 3 times in one direction, change direction across a diagonal, then keep horse at a walk 3 times in opposite direction.**
  - ▶ Rider uses inside leg aide and release as well as outside rein aide and release effectively.
  - ▶ Rider plans well for change of direction. (See Ex. 32 in *101 Arena Exercises*)
  - ▶ Rider understands how to accomplish the change of direction across the diagonal
  - ▶ Rider begins to be able to call out a hoof when it is ready for flight.
  - ▶ Rider must keep horse on the track.
- **Walk down centerline through 5 cones with drag and drop rein.**
  - ▶ Rider uses seat aides effectively and notices if horse is not responding allowing for early enough drag and drop to keep horse very neatly on course.
  - ▶ Timing with the feet in the seat aids will help this go smoothly.
- **Do a shallow serpentine on both long sides of arena at the walk.**
  - ▶ shallow serpentine must be accurately ridden. (See Ex. 44 in *101 Arena Exercises*)
  - ▶ Timing with the feet and seat aids to do this.
- **Do a serpentine at the walk.**
  - ▶ accurately
  - ▶ effectively planning ahead and using seat aids
  - ▶ timing with the feet will help with this.
  - ▶ See picture in Exercise 54 of *101 Arena Exercises*
- **Trot the length of the arena, twice.**
  - ▶ This may be accomplished by keeping the horse on the edge of the arena, and trotting the long side, then walking the short side, then trotting the other long side.
  - ▶ OR - by trotting the center line, walking back to the start of the center line and trotting it again.
  - ▶ OR - by trotting across the diagonal, walking to the other diagonal, then trotting the diagonal again.
  - ▶ OR by just trotting around the entire arena once - along the edge.
  - ▶ Posting is not necessary here, but movement with the horse is required whether posting or sitting.

- **Do 4 one-rein stops as they are called out.**
  - ▶ 2 one direction and 2 the opposite direction.
  - ▶ rein on opposite side of which you are adding the feel needs to be totally loose.
  - ▶ Feel in rein that you are asking horse to follow needs to be smooth and gentle.
  - ▶ Be sure the hindquarters have disengaged.
  
- **Walk along the edge of the arena halting at letters as they are called out.**
  - ▶ A part (any part) of the horses body must be AT the letter.
  - ▶ Must hit 7 out of 10 letters.
  - ▶ starting and stopping aides must be used effectively.
  
- **Identify some colors:**
  - ▶ liver chestnut
  - ▶ chestnut
  - ▶ blood bays or just bay
  - ▶ golden bay
  - ▶ Most white horses are actually gray
  - ▶ Palomino
  - ▶ Paint
  - ▶ Sorrel
  - ▶ Dapple Gray
  - ▶ Flea bitten Gray
  
- **Some Safety Rules**
  - ▶ Always keep all grooming supplies either in your hand or in the supply bucket
  - ▶ Grooming supply bucket should be placed where the horse will not step in it. For example: directly next to the post on the opposite side of the hitching rail.
  - ▶ When finished with fly repellent or mane and tail detangler, immediately put them back in your grooming supply bucket
  - ▶ The horse needs to be tied securely but be allowed to drop their poll below their withers. Do not allow horse to drop head to the ground.
  - ▶ Treat your horse like you would treat a 2 year old child. Think that they are always likely to pick something up with their mouth or step on something that could cause them a lot of trouble, or even death. They are also likely to get tangled in loose ropes and gear.

Note: Any required videos are available to borrow from Robin. Any recommended reading is the responsibility of the student to acquire. Many of these books are available at the local library.