



# ESNZ Performance Riding

## Program Outline

NB: Candidates choose one or more disciplines according to their preference.

### MODULE 1 - Core Dressage

- The training scale
- Paces and transitions of Third-Level dressage
- Movements and tracks of Third-Level dressage
- Warm-up and cool-down
- Self-analysis

### MODULE 2 - Dressage

- Principles of Training
- Paces and transitions of Fourth- and Fifth-Level dressage
- Movements and tracks of Fourth- and Fifth-Level dressage
- Cross-training
- Self-analysis

### MODULE 3 - Jumping

- Exercises using poles
- Jumping training
- Walking and riding courses
- Warm-up and cool-down
- Self-analysis

### MODULE 4 - Cross-Country

- Cross-country training
- Walking and riding courses
- Warm-up and cool-down
- Self-analysis

### MODULE 5 - Endurance

- Technical considerations
- Tactical considerations
- Self-analysis

**Exercise 1 - Lengthening or shortening strides**

Venue and Equipment Requirements:	Warm-Up
Exercise	
Purpose -	
Description -	
Benefits of the exercise -	
Challenges of the exercise -	
Progression (how the exercise can be developed/made more challenging) -	
Arena Plan Template, Notes, "Don't Forget's"	

### Practical Activity 2 Dressage

**Individual Skills**

Present with correctly-fitted tack, helmet and footwear	Competent	<input type="checkbox"/>
Half pass to the right from the long side to the centre line in collected trot	Competent	<input type="checkbox"/>
Half pass to the left from the long side to the centre line in collected trot	Competent	<input type="checkbox"/>
Collected trot, change rein on a diagonal in extended trot, return to collected trot	Competent	<input type="checkbox"/>
Collected walk, half-pirouette left, collected walk, half pirouette right, collected walk	Competent	<input type="checkbox"/>
Collected walk, change rein on a short diagonal (eg: F-S) in extended walk, at S collected walk	Competent	<input type="checkbox"/>
Collected walk, transition to collected canter	Competent	<input type="checkbox"/>
Medium canter on long side, giving both reins for 3-4 strides then retaking	Competent	<input type="checkbox"/>
Two-loop serpentine A-X in collected canter with flying change over the centreline	Competent	<input type="checkbox"/>
Collected canter, change rein on a long diagonal in extended canter, return to collected canter	Competent	<input type="checkbox"/>
Half pass to the right from the long side to the centre line in collected canter	Competent	<input type="checkbox"/>
Half pass to the left from the long side to the centre line in collected canter	Competent	<input type="checkbox"/>
Collected trot, halt, rein-back 4 steps, proceed collected canter	Competent	<input type="checkbox"/>
8m circle left in collected canter, change rein, 8m circle right in collected canter	Competent	<input type="checkbox"/>
Three-loop serpentine in collected canter with no change of lead (ie one loop in counter canter)	Competent	<input type="checkbox"/>
Collected canter, quarter pirouette left, change rein, collected canter, quarter pirouette right	Competent	<input type="checkbox"/>

