

Freestyle Horsemanship Level 1 Goals

Stable Management:

- Haltering
 - Catch horse in paddock and put on halter

- Tying
 - Quick release knot
 - Know where and what to tie to (and what not to tie to!)

- Grooming
 - Name each grooming tool
 - Demonstrate correct and considerate use of each tool (may have assistance picking hooves)

- Tacking up
 - Tack up with minimal assistance in the style you normally ride (English -Or- Western)
 - Name each item of tack that you use (I.e. saddle, rope halter, saddle pad, stirrups, etc)

- Body language
 - Demonstrate understanding of basic horse body language (pinned ears, tail swishing etc)

Groundwork:

- Friendly game
 - With horsemanship stick
 - With string

- Neutral Sweet Spot
 - At a standstill: Ground tying under supervision
 - In movement: Leading
 - Understand use of sweet spot as a reward/motivator

Riding:

- Mounting
 - From left side using mounting block (with assistance)
 - Demonstrate good balance and consideration for the horse
 - Explain why mounting without proper balance is bad for the horse
 - Stand calmly once mounted (with assistance)
 - Dismount
- Position & Balance
 - Comfortable and relaxed at the walk
 - Following seat at the walk
 - Heels down, soft lower leg
 - Have ridden the sitting trot
- Steering & Aids
 - Opening direct rein
 - Halt
 - One-rein halt at the standstill
- Neutral sweet spot
 - At the mounting block
 - At the halt
 - Understand and be able to explain the concept of the sweet spot

- Consideration for the horse
 - Soft hands
 - Release of pressure
 - Reward often

Showing frustration towards, or lack of empathy for the horse will result in immediate failure to pass any level.