

D3 Dressage Pre-Check 2024

Instructor should only sign when the candidate can consistently perform the “Riding Expectations” while performing the skills in each box.

RIDING EXPECTATIONS: Candidate should ride in a basic balanced position with control at the medium and free walk, working trot and working canter. Candidate should show beginning development of aids used to influence rhythm and relaxation in their mount (refer to Training Scale). These expectations are applied to each block of the test.

Topic	Sign and Date
<ul style="list-style-type: none">• Demonstrate correct mounting (using mounting block if necessary).• Adjust stirrups and girth with feet in the stirrups while mounted at the halt.	
<ul style="list-style-type: none">• Demonstrate and discuss mount’s warm-up routine for everyday work.• Perform and discuss balancing and suppling exercises for rider at medium walk and working trot.• Shorten and lengthen reins at the trot.	
<ul style="list-style-type: none">• Demonstrate 20-meter circle, trot to halt transitions on centerline, show application of bending aids in both directions at walk and working trot, sitting and rising with correct diagonals, and show working canter with correct leads.	
<ul style="list-style-type: none">• Demonstrate increase and decrease of speed in the trot.	
<ul style="list-style-type: none">• Ride without stirrups at the working trot sitting.	
<ul style="list-style-type: none">• Discuss performance to include rider’s basic balanced position, aids for bending, mount’s ease of bending comparing left to right, size, roundness of circles, and use of aids.	
<ul style="list-style-type: none">• Candidate shows a basic balanced position while maintaining a secure base of support and developing balance, rhythm, and relaxation with their mount.	
<ul style="list-style-type: none">• Discuss differences in position and stirrup length for riding on the flat, riding over fences, and riding in the open.	
<ul style="list-style-type: none">• Ride over 3-4 ground poles at the trot, maintaining a balanced position in rising trot and half-seat.• Ride over 3-4 ground poles at the trot followed by an elevated trot pole or raised cavaletti up to 6".	

<ul style="list-style-type: none"> • Discuss performance, reasons for any disobediences, and ways to improve ride and balance. 	
<ul style="list-style-type: none"> • Discuss your goals for riding your assigned dressage test at your examination 	
<ul style="list-style-type: none"> • Perform USEF Training Level Test 1 (readers allowed). 	
<ul style="list-style-type: none"> • Discuss the purpose of USEF Training Level (printed at the top of the USEF test sheet), name the 5 collective marks (printed at the bottom of the test sheet), and discuss your performance relative to these. 	
<ul style="list-style-type: none"> • Ride safely with confidence and control to show consideration for public or private property (open field or open space) at the walk and/or trot (Rider's option to ride alone or in a group.) 	
<ul style="list-style-type: none"> • Discuss performance and ways to control a mount in the open. 	