

C1 Hunt Seat Checklist 2023

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 with confidence and control on the flat and over fences, demonstrating a hunter seat equitation position and use of natural aids. The candidate should begin riding mount forward in balance and rhythm while developing a light contact. Fences 2’9”. These Expectations are applied to each block of the test.

On the Flat

Topic	Sign and Date
<ul style="list-style-type: none">• Demonstrate and discuss warm-up routine for everyday flat work for both rider and mount.• Work mount at walk, trot, and canter with smooth transitions, incorporating straight lines and circles, with correct bend and simple transitions at each gait. Include a canter figure 8 with a simple change of lead through the trot.	
<ul style="list-style-type: none">• Discuss and demonstrate indirect rein, direct rein, and leading rein (opening) rein.• Develop a hand gallop from a canter and return to canter smoothly.• Discuss aids for and demonstrate a rein back (2-3 simple steps back).	
<ul style="list-style-type: none">• Demonstrate half-turn on forehand from the halt.	
<ul style="list-style-type: none">• Ride without stirrups at the walk, sitting and rising trot, and canter.	
<ul style="list-style-type: none">• Discuss performance to include: rider’s position and light contact, and mount’s forward movement in a consistent rhythm.	

Over Fences

Topic	Sign and Date
<ul style="list-style-type: none">• Ride over small gymnastic grid of 3 fences finishing with an ascending oxer set at, but not exceeding, 2’9” and set at appropriate distances for mount’s stride (adjust for individual mounts).	
<ul style="list-style-type: none">• Discuss appropriate distances for grid and course.	
<ul style="list-style-type: none">• Discuss your plan for riding the course set by your examiner	

<ul style="list-style-type: none">• Ride a jumping course of 8 –10 obstacles to include 1 halt, 1 trot fence, related distances, verticals, ramped oxer and a combination (2 strides) with a majority of fences set at, but not exceeding, 2’9”, with appropriate distances for individual mounts. Course will contain 2 changes of direction.	
<ul style="list-style-type: none">• Discuss performance to include: consistency of pace, rhythm, tempo, relaxation, balance, and how ride could be improved.	
<ul style="list-style-type: none">• Ride safely with control in a group at the walk and trot outside of the ring.	
<ul style="list-style-type: none">• Discuss performance including reasons for any problems encountered.	