

**B. Demonstrate the principles and correct use of seat and balance.**

1. Soft, quiet seat in movement with the horse\_\_\_\_\_
2. Secure and balanced rider, staying in the middle of the horse\_\_\_\_\_

1. Soft, quiet seat in movement with the horse.
  - a. sit tall, balanced and relaxed
  - b. rider should flex his body and stay supple in rhythm with horse
2. Secure and balanced rider
  - a. line dropped, shoulder thru back of heel
  - b. rider's seat deep in saddle
  - c. shoulders back
  - d. arms close to body
  - e. reins should be held just above and in front of the saddle horn.
  - f. rider's feet turned slightly out, weight on balls of feet, heel lower than toe

**C. Demonstrate the proper use of hands and reins. (Note: Leader should demonstrate the effect of the bit on the horse's mouth)**

1. Correct hold of reins to direct rein (2 hands) and neck rein (1 hand)\_\_\_\_\_
2. Demonstrate correct use of reins while riding one-handed (Western riders) and/ or two-handed (English and Western riders).\_\_\_\_\_

1. Correct hold of reins to direct rein (two hands) and neck rein (one-handed).

**Direct rein....**

- a. arm should be straight, bend at the elbow..do not bend at the wrist.
- b. thumbs should be up
- c. rein should be held between thumb and first finger
- d. hands should be a "bit's width" apart

**Neck rein...**

- a. arm should be straight, bend at the elbow..do not bend at the wrist.
- b. thumb should be up
- c. rein should be held between thumb and first finger or can be held between first and second finger (one or none on the fingers!)
- d. hand should be in middle of the neck of the horse over the withers, in front of saddle horn at about the height of the horn (unless have a really tall or short horn!)

2. Demonstrate correct use of reins while riding one-handed (Western) and/or two- handed (English and Western riders).

**Western...**

- a. good hands are steady, light, soft and firm....
- b. turn the horse using a neck rein (indirect rein)

**English...**

- a. good hands are steady, light, soft and firm....
- b. turn the horse using a direct rein

1-2-3-4....We are looking for:

- a. sit tall, balanced and relaxed
- b. rider should flex his body and stay supple in rhythm with horse
- c. line dropped, shoulder thru back of heel
- d. rider's seat deep in saddle
- e. shoulders back
- f. arms close to body
- g. reins should be held just above and in front of the saddle horn.
- h. rider's feet turned slightly out, weight on balls of feet, heel lower than toe
- i. squeeze with your legs to get your horse to move forward.

1. Walk and jog-trot in a figure 8.

**Confidence of the rider and safety are the major things to look for.**

**At both a walk and trot the rider should achieve a pattern that looks somewhat like a figure 8.**

**The trot wouldn't need to be totally continuous...the horse can break gait..but it can't be a figure 8 that is mostly done at a walk either.**

**If horse breaks out of the figure eight and heads off in another direction...that is a no-pass. They can have a couple of tries....unless the horse is bolting!**

**D. Demonstrate basic control and correctness of position of upper body and legs when riding at several gaits.**

**(Note: Riders may use one or both hands on the reins at this level).**

1. Walk and jog/trot in a figure 8. \_\_\_\_\_
2. Lope/Canter in a circle and along the rail in the correct lead \_\_\_\_\_
3. Stop and back three steps. \_\_\_\_\_
4. Correct position of legs and upper body \_\_\_\_\_  
(line from ear, shoulder, hip and heel)

2. Lope/canter in a circle and along the rail in the correct lead. *(If there is a problem with leads, contact Marty at 402-441-7180 before the test)*

3. Stop and back three steps.

- a. settle the horse before starting the back
- b. light hand on the reins

4. Correct position of legs and upper body (line from ear, shoulder, hip and heel)

**E. Explain the proper and safe methods to pass other horses while riding in a group on the rail. \_\_\_\_\_**

Safety in a group:

- a. keep a horse length between horses. (Horse length is about 8 feet)
- b. try to pass on the inside of the arena, not between another rider and the fence.

P(pass)\_\_\_\_\_NP (no pass)\_\_\_\_\_

Based on this examination, the 4-H Member \_\_\_\_\_  
Beginning Horseman Level I.

Date\_\_\_\_\_Examiner\_\_\_\_\_

Comments and Suggestions for Improvement: