

HORSEMANSHIP CURRICULUM:

YELLOW LEVEL

The **Yellow Horsemanship Level** is a beginner level, designed to build upon skills introduced in **Red Level** and give students the ability to ride safely and securely at the trot or jog.

Our goal for this Level is for students to ride with reasonable accuracy and harmony with the horse, while developing a **balanced seat** and **confidence** in their own ability.

WHO IS YELLOW LEVEL FOR?

-  **Students in regular group or private lessons** who have completed the introductory **Red Horsemanship** Level. *(We recommend requiring a **minimum** of one lesson a week!)*
-  **Riding lesson students** who have the maturity and physical capability to tack up and untack independently.
-  **Riders** who are eager to develop the foundational skills - and physical fitness! - necessary for learning higher-risk activities, such as riding at speed, trail riding and/or jumping.
-  **Students** interested in competing in beginner horse show classes or Introductory Level dressage.

WHAT DOES YELLOW LEVEL TEACH?

-  **How to prepare for a ride efficiently** and care for the horse afterward.
-  **Safe methods of adjusting stirrups** and the girth/cinch.
-  **Posting diagonals** and **changes of rein** at the trot/jog.
-  **Riding without stirrups** at the walk and trot/jog, to include posting and no-hand work on the longe line.
-  **Riding in a balanced two-point position** at the trot/jog and over a grid of poles.
-  **How to plan and ride a flowing course** of ground poles or similar obstacles.
-  **Basic dressage terminology** and ring figures, in preparation for riding an Intro Level test.

Developing a balanced, following seat takes time.

This Level emphasizes the importance of patient, persistent practice, challenging students to master basic skills at slow gaits before advancing. **Yellow Level is designed to prepare students to canter or lope**; we require our students earn a Yellow ribbon before learning faster gaits as we have found that doing so allows them to canter/lope with ease.

An average student can expect to spend six to twelve months working through these objectives. Lessons should reinforce basic skills through a variety of fun challenges such as patterns, obstacle courses and games.

