

Jump Course - Red Level #3 - Down Centerline

#3 DOWN CENTERLINE

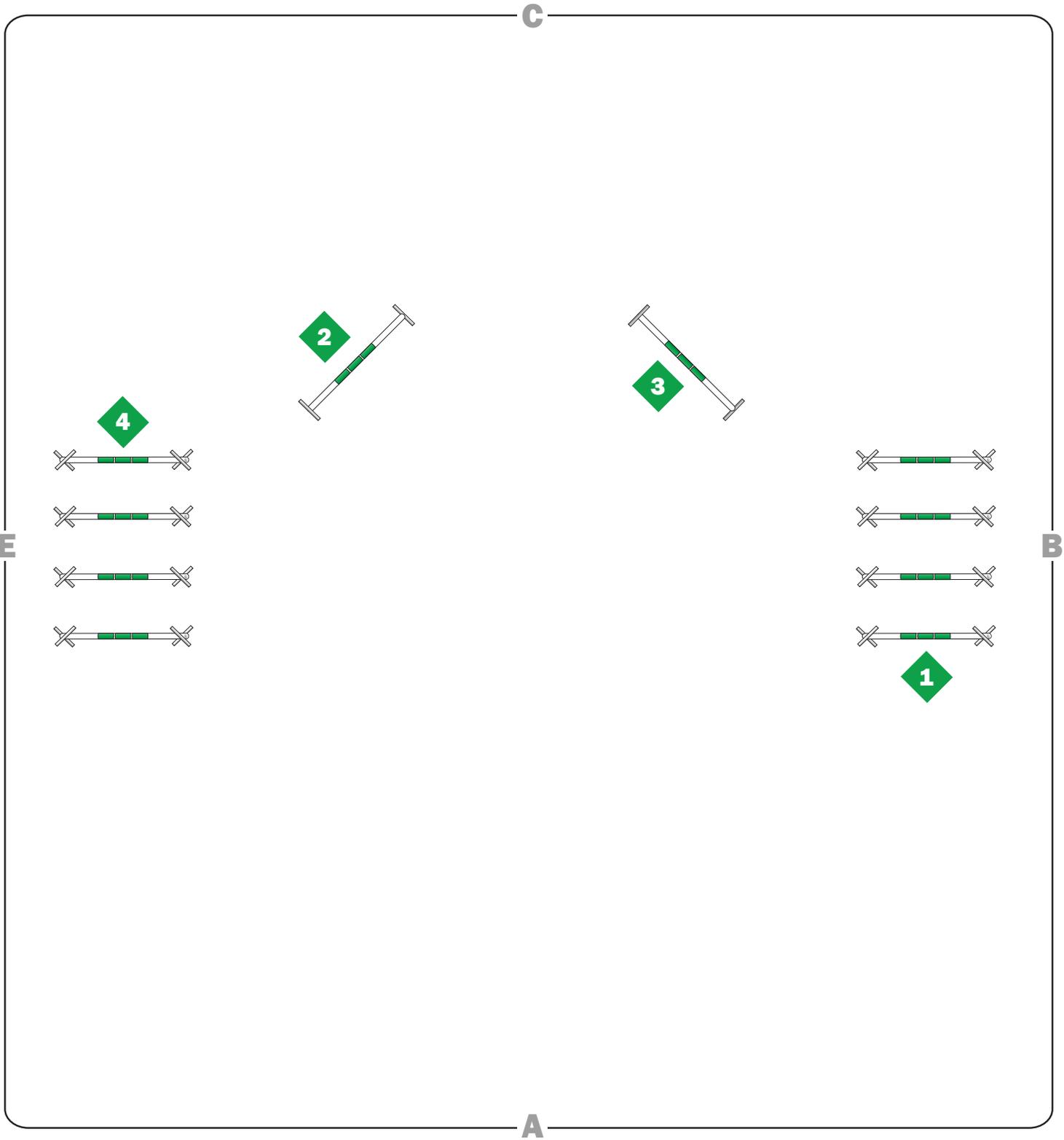
OBJECTIVE: For students to **learn how to hold a straight line** by approaching a **grid of ground poles** at the **walk**, turning both left and right.

EQUIPMENT: 6 GROUND POLES, SECURED WITH JUMP STANDARDS OR CONES

NOTES: There are a lot of different ways you can set up this exercise but we recommend using **at least four poles** on the centerline to emphasize the need to **ride straight at a target**. Once students have the flow of the course down, you can use the centerline grid to include balance exercises such as riding with one arm outstretched or stepping over the poles with eyes closed.

The **distance between the poles on centerline** should be set to allow horses to negotiate them comfortably in **walk** without changing stride. **Make sure to adjust the distances** before allowing any student to ride over the grid in **trot**!

- VARIATIONS:**
-  **Ride an outside fence first** so students jump the grid facing A. This is a great opportunity to discuss how horses sometimes ride differently heading toward the herd or the gate.
 -  **Ride a closing circle** in place of the straight-line halt.
 -  **Add a straight-line halt** after any of the other fences on the course. If you really want to **increase the difficulty**, ask students to ride a **halt in the gap between the second and third poles of the grid**. This requires quick thinking and communication, especially if they are riding over the poles in two-point position!
 -  **Play Traffic Conductor** and stand at the end of the arena. Use nonverbal arm signals to tell students to turn left, right, or halt after the grid, encouraging them to keep their eyes up. For students who persist in looking down, you can also use the age-old trick of holding up one hand and asking students to tell you **how many fingers you are holding up**. Change the number of fingers frequently.
 -  **Increase the difficulty** by substituting any of the poles with **skinny poles**.
 -  **Slightly more advanced students** can walk over the centerline grid and **trot the outside fences**.



Jump Course - Green Level #2 - On the Grid

#2 ON THE GRID

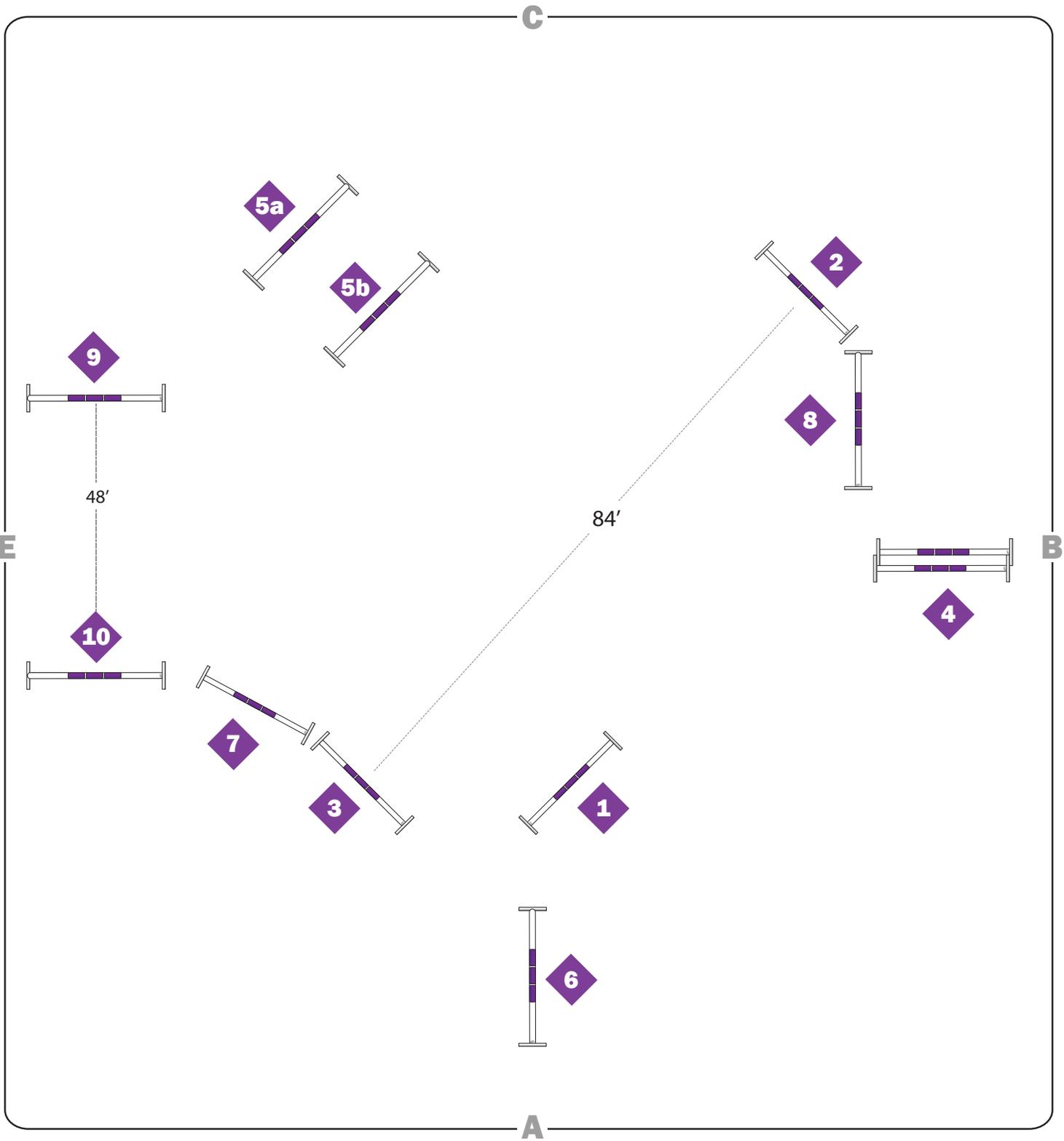
OBJECTIVE: For students to develop a secure position over trot poles and the ability to ride a straight approach, linking **trot pole grids** with **single fences on the diagonal**.

EQUIPMENT: 8-10 GROUND POLES, SECURED SO THEY CANNOT ROLL.

NOTES: **Before our students start jumping real fences, we like to use trot poles to develop a strong, secure two-point position.** This course combines trot pole grids with simple coursework, challenging students to ride careful approaches and departures.

The **distances** you use between the trot poles will depend entirely on the size of the horses, ranging anywhere from **3'6"** to **5'**, with **4'** to **4'6"** being the average. Ensure that horses can negotiate the poles in a natural and comfortable working trot. If you have horses and ponies in the same group lesson, you may wish to set two sets of poles side by side for each grid.

- VARIATIONS:**
-  **Ride the course with invisible jumps first**, allowing students to test drive each approach and departure before riding over poles. You may also wish to begin with a single pole at **#1** and **#4**, adding poles to the grid after each successful trip.
 -  **Use gateway cones** to set students up for a successful approach and departure on each line.
 -  Replace the ground poles at **#2** and **#3** with **pole stacks, baby crossrails, or 18" crossrails**.
 -  **Use cavaletti or raised poles** to create extra suspension in the horse's trot, further testing the security of the rider's position. This is recommended for more advanced Green Level students who have demonstrated a consistently strong position and steady rhythm in the trot.
 -  Use this course when teaching **Lesson #4 Trot Poles** or **#5 Multitasking Poles** to test the rider's ability to keep track of posting diagonals and/or to perform balance exercises in two-point position. Remember to **safely knot reins** before performing one-hand or no-hand exercises over poles!
 -  **Add a straight-line halt** after any of the other fences on the course.



Jump Course - Purple Level #5 - Ready to Show

#5 READY TO SHOW

OBJECTIVE: For students to improve their **coursework technique**, gain **confidence**, and test their **readiness for the show ring** by riding a fairly **technical stadium jumping course**.

- EQUIPMENT:**
- MINIMUM OF 12 POLES OR PLANKS WITH JUMP CUPS.
 - 12 PAIRS OF STANDARDS.
 - FILLERS, APPROPRIATE TO EXPERIENCE OF HORSES AND RIDERS.
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NOTES:

We believe in the rule that riders should school a level above the level they compete. That means that before we give students our blessing to compete in eventing, equitation or jumpers, we expect them to cheerfully tackle a variety of technical course questions, including bending lines, rollback turns and combinations.

This tricky setup is full of challenges that can be practiced individually or as part of a full, show-length course. The **distances** used in the lines and combination are flexible, depending on the size of your arena and any modifications you may have to make to the course. If you are working with **less experienced riders**, you may wish to **adapt distances to suit the horse's stride length** (especially if setting the combination as a one-stride in and out). For students **preparing to show**, however, **we recommend using standard distances** set off an 11' and 12' stride. They'll want to practice with these distances thoroughly at home before encountering them in the show ring!

VARIATIONS:

-  **Ride the course with invisible jumps or ground poles first**, allowing students to test drive each approach and departure before riding over fences. You may also wish to create a **Build-it-Up Course**, raising the fences gradually after each successful trip until set 3" higher than the student's intended show height.
-  If you have additional poles, **convert several verticals to oxers**, including an ascending and a small square oxe.
-  **Use this course for Take Your Own Line or Gambler's Choice.** Challenge students to find and implement the additional bending lines hidden within the course.
-  Test equitation skills by including a **trot fence** or a **no-stirrup workoff**. Keep fences low - 2' maximum - to emphasize technical ability over the height.