

Here is a simple ground work dressage test you can do leading your horse.

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Enter at A in medium walk

At D, halt for three seconds. Step the horse back (2 front steps). Continue in walk

At L walk a 10m circle to the right and then a 10m circle to the left. Continue up centre line

At X track right, at B turn right

At P turn right and lengthen the strides at walk. Just before V return to medium walk

At V Turn left

At A turn up centre line

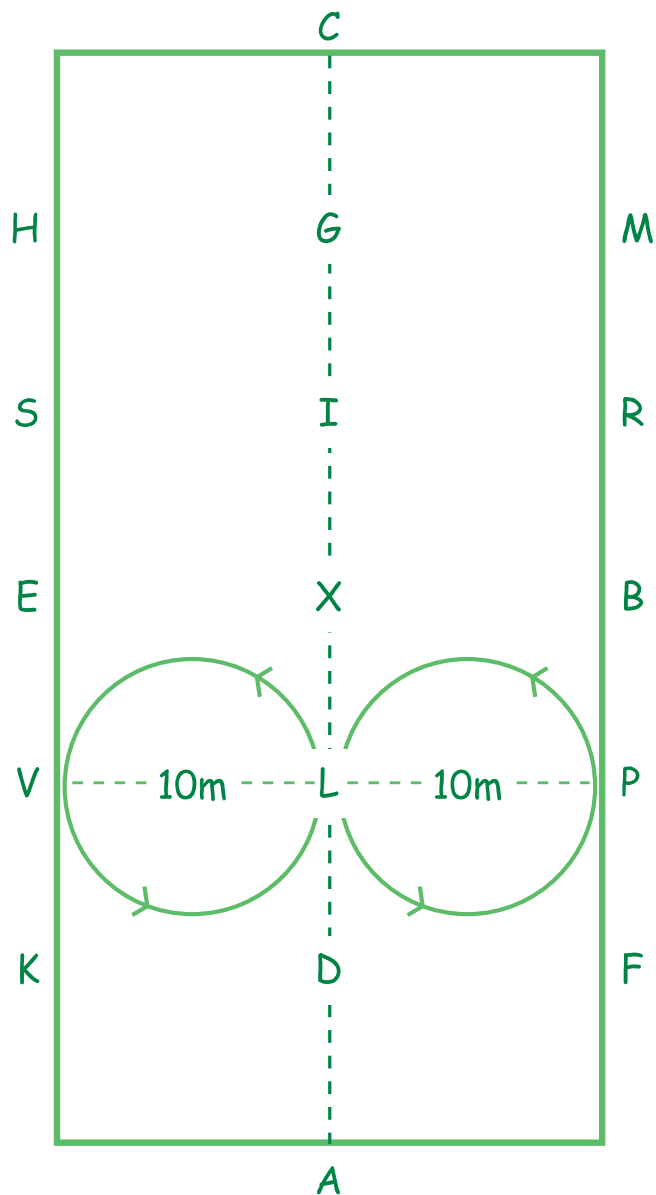
Between D and L show slow strides. Return to medium walk

At X halt. Show park for 15 – 20 seconds

Give your horse a scratch as a reward

Turn left and leave the arena at A

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*Dressage arena.*

Give yourself good marks if you were able to keep your horse straight on the centre line and were able to halt and step back from light signals. If you struggled to turn or stop your horse, go back and practise the exercises in the stop and turn section of this manual. If you forgot your dressage test – don't worry, even the best riders forget their tests sometimes!