

freestyle



SELF-ASSESSMENT CHECKLIST

	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4
Areas	50 – 60' pen, round corral.	100' round corral.	Large Arena.	Open Area, event.
Tools	Hackamore.	Casual Rein (Hackamore/Snaffle), 1 Carrot Stick as support.	Casual Rein and 2 Carrot Sticks, Snaffle or Hackamore.	Neck String (minimal or no use), 1 or 2 Carrot Sticks.
Saddling	No need to tie, rope over arm. Saddle with a 'hug'. Saddle is in appropriate position (not on top of shoulders). No negative reactions to cinch.	Rope on the ground. Saddle with a 'hug'. No negative reactions to cinch.	At Liberty. Saddle with a 'hug'. No negative reactions to cinch.	At Liberty. Saddle with a 'hug'. No negative reactions to cinch.
Bridling	Bridle from knees / chair.	Bridle from knees / chair.	Horse seeks bit.	Horse seeks bit.
Phases 1. <i>Minimum, subtle.</i> 2. <i>Soft but more pronounced.</i> 3. <i>Firmer.</i> 4. <i>Firmest/Effective.</i> <i>Timing: Long phase 1; Hands that close slowly and open quickly.</i>	Phase 1 – 4 as needed. Attitude of Justice. Hands that close slowly and open quickly. Timing of release to appropriate response. Steady use of phases, not too quick. PROMISE.	Phase 1 – 3. Long phase 1, quick 2, 3. Phase 4 should rarely be necessary. Use of expression, body language. Good feel. TELL.	Phase 1 – 2. Subtle communication and direction. Great feel. ASK.	Phase 1 – 2. Elegant, subtle communication and direction. Excellent feel. SUGGEST.
Rein Positions	Neutral Control Rein. Indirect Rein. Direct Rein. Casual Rein.	Casual Rein. Supporting Stick.	Casual Rein. Butterfly Rein.	Bridleless.

Freestyle PATTERNS	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4
Follow the Rail	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Figure-8	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Weave		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Million Transitions		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Question Box		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Obstacles		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bullseye			<input type="checkbox"/>	<input type="checkbox"/>
Corners Game			<input type="checkbox"/>	<input type="checkbox"/>
Sideways Box			<input type="checkbox"/>	<input type="checkbox"/>
180s			<input type="checkbox"/>	<input type="checkbox"/>
Clover Leaf			<input type="checkbox"/>	<input type="checkbox"/>

**Freestyle SKILLS
SEVEN GAMES**

Friendly

Horse is confident and relaxed. No tension.

LEVEL 1

(Casual Rein)

- Preflight Check.
- Rub horse all over.
- Lateral flexion, rub face.
- Passenger Lesson at walk.
- Stop with 1 rein and get off.
- Trombone.
- Mount horse from both sides.

LEVEL 2

(Casual Rein + Carrot Stick)

- Swing legs.
- Rub horse with raincoat (put on and take off).
- Toss rein over horse's head.
- Swing Carrot Stick.
- Rub horse's legs with Carrot Stick.
- Passenger Lesson at trot.
- Mount from fence.

LEVEL 3

(Casual Rein + 2 Carrot Sticks)

- Passenger Lesson at canter.
- Bridle and unbridle from your horse's back.
- Trail ride.
- Canter, stop and get off.

LEVEL 4

(No Rein, 1 Stick + Neck String)

- Hold tail over shoulder.
- Swing Carrot Stick or rope.
- Drag something.
- Carry a bucket.

Porcupine

Appropriate response to feel or pressure, no fear, no resistance/opposition reflex.

- Lateral flexion, hold until relaxed.
- Squeeze to go (life up), lift rein to stop.
- Relax and bend to slow or whoa.
- Direct Zone 1 to turn 45° (Direct Rein).

- Back up 10 steps using 9 Step Back Up technique.
- Indirect Rein to disengage hindquarters (360°), then Direct Rein (90°).

- Savvy String around neck, keep bridle on.
- Back up and turn right and left with neck string.
- Refined Direct and Indirect Rein.

- Use fingertips to guide horse (walk).
- Seat to back up (no legs or stick).

Driving

Appropriate response to suggestion without touching.

Not required.

- Lateral Flexion, 1 Stick.
- Bounce the rein to back up.
- Turn with Carrot Stick, walk and trot.
- Disengage with Carrot Stick as support (360°).
- Back up using your legs.

- Lateral Flexion, 2 Sticks.
- Disengage with two Carrot Sticks.
- Full turn.

- "Spin" two 360° revolutions, medium speed.
- Canter and back up with 2 Carrot Sticks.

YoYo

Forwards and backwards are equalized, transitions between gaits, and building to 'collection'.

Not required.

- Lift rein and hold to stop and back up.
- Transitions: walk, trot.

- Transitions: halt, walk, trot, canter (2 Sticks).

- Transitions: walk, trot, canter, halt, back up.

Circling

Demonstrates responsibility of maintain gait, maintain direction, and look where you are going.

- Figure-8s at walk with a Casual Rein.

- Circle with Casual Rein, 4 laps at walk and trot (right and left).
- Change direction at walk.

- Carrot Sticks on your shoulders, canter 4 laps, with less than 4 corrections total (1 per lap).
- Simple change, Bowtie.
- With Casual Reins: canter 4 laps with less than 2 corrections per lap.

- Arms folded, canter for two laps.
- Simple changes.
- Flying changes.
- Figure-8 (with 1 Stick).
- Fast canter.
- Slow canter.

Sideways

Moving the horse laterally, sideways has many forms: sidepass, isolations (haunches in, shoulder in), and flexions (half pass).

Not required.

- Sideways 20' (facing the fence).
- Open a gate.

- With 2 Carrot Sticks.
- 20' Sideways without fence.
- Over an obstacle.
- Open and close a gate without losing contact with the gate.

- Lateral maneuvers.
- 20' bridless.

Squeeze

Teach horses to overcome claustrophobic nature, gain confidence in small spaces. Learn Squeeze Pattern.

Not required.

- Ride through narrow space (gate).
- Walk, trot over a small log (12"-18").
- Turn, face and wait. Repeat.

- Over a log (18"-24").
- Turn, face and wait.
- 2 sticks.

- Jump double barrels laying down (min. 3 feet).
- Butterfly.
- Jump 24" and above.