



**1 CANADIAN PONY CLUB
BCLM REGION
VANCOUVER PONY CLUB RIDING LESSON LOG
C1 LEVEL**



Loyalty

Character

Sportsmanship

NAME _____ LEVEL (current): _____ (working towards): _____

DATE:	DESCRIPTION OF ACTIVITY	Instructor
	Alter stirrups, girth mounted. Warm up exercises without stirrups at walk and trot. Review position, aids at all paces. Turns, 20 m circles at trot, canter. Review posting diagonals on serpentine.	
	Work on stronger trot-forward movement. Introduce turn-on-forehand, aids purpose. Canter across diagonal, change leg through trot. Canter, without stirrups, 20 m circles. Work on transitions from working to lengthened trot to working. Develop sense of rhythm, quality of pace.	
	Introduce leg yielding at walk from quarter line to track (AIDS: Eyes, hands, seat and legs: inside leg, outside leg or right leg or left leg). Work on transitions, all paces. Increase and decrease of paces (working-lengthening-working). Sitting trot, canter without stirrups.	
	Review turn-on-forehand, leg yielding at walk. Transitions on centre line-sitting trot to halt to sitting trot. Lengthening trot rising-emphasis rhythm, quality. Riding down centre line. Halt and salute. Riding forward on long rein and on contact-walk and trot. Review sequence of legs, all paces.	
	Variety of small fences maintaining even pace between fences. Jumping on a bending line (circle). Attention to presentation, pace and authority. Riding at related distance	
	Gymnastics and grids to 2'6" Position, authority, control.	
	Warm up and stadium course with verticals, spreads & simple combinations to 3' max (Simulate actual test)	
	Flat ride from test	
	Cross country lesson: track work 350 m/m Jumps to max 2'9"	
	Review lesson	

PHOTOCOPIES TO BE PROVIDED TO BRANCH DC:

JAN 30TH

DC signature

Date

One month prior to written test

DC signature

Date

****ORIGINAL DOCUMENTS TO BE RETAINED BY CPC MEMBER****