

# Progress Checklist: MODULE #8 - Agility

## "Ability to move quickly and easily"

A state of readiness: Are You Ready?



### GROUND & RIDING SKILLS

#### Self Evaluation

#### Back & Forth (Linear Agility) (L1)

Ground

- Back up - walk/trot
- Circle & back up & go

Riding

- Walk to back up
- Trot to back up
- Walk to stop
- Trot to stop

Advanced Linear & lateral

- Canter to stop
- Canter to back up
- Changes within gait
- 4D - forwards, backwards, right, left,, sideways right/left, up - jumping, hills, suspension
- Frequent and active transitions

#### The Shoulder Swoop (L2)

- Sideways agility, back and forth (like cutting horses)
- Keep your line, horse sits back and swoops the front.

#### Sideways facing a fence (L3)

- Neck & body straight

#### Advanced - Sideways Fast (L4)

- Neck & body straight, but on 45 degree angle
- Build speed
- Horse moves before you
- Lengthen rope as you advance

#### Compress The Transition (L5)

- Tighten your seat while increasing contact slightly
- All transitions!

#### Frequent Transitions & Counting Strides (L6)

- Simple: Walk-Trot-Walk
- Intermediate: Canter-Trot-Canter
- Advanced: Skip a Gait

Count strides, develop precision

- Simple: 7-10 strides (W-T, T-C)
- Intermediate: 5-7 strides (+W-C, W-H)
- Advanced: 3-5 strides (W/T/C-Backup)

#### Almost a Transition (L7)

- Compress and almost make the transition, and continue.
- Keep the same tempo
- Simple to Advanced
- Sit a few strides of the trot to learn to sit the trot

#### Understand Lateral Movements (L8)

- Leg Yield - No bend
- Shoulder In - Bend
- Haunches In (Quarters In or Travers)
- Half Pass - Bend
- Side Pass - No bend, only flexion

#### Preparation for Laterals (L9)

- Isolate the shoulders - shoulders in, shoulders out
- Isolate the hindquarters, in
- Try at the standstill and walk.
- Be playful, not perfect!
- Ride straight lines, to a target.
- A few steps then straight.

#### How to Ride Lateral Movements (L10)

- Headlights
- Bend happens in the body, not the neck.
- Leg Yield
- Shoulder In
- Haunches In (also known as Quarters In or Travers)
- Half Pass
- Side Pass

#### Agile Rider Position (L11)

- Be ready, engaged!
- Hover, don't sit.
- More weight in feet than seat.
- Vertical alignment
- Pull stirrups slightly back
- Heels towards the hocks
- Good wrinkles!
- Compact core
- Stretched spine / neck
- Find the right stirrup length
- Relaxed thighs and hips exercise

#### Patterns & Courses (L12)

- Precision Patterns
- Obstacles
- Synchronize with others - pairs and teams.
- Take breaks, manage pressure and emotions. Less is more.
- Longer lines on the ground

#### Canter Leads & Simple Changes (L13)

- A confident canter first.
- Direction of nose and your outside elbow
- Keep control of your body, speed, direction and emotions.
- Let your horse know when its right
- Patterns