

<p>1(a). Take care of, groom, lead and transport horses.</p>	<p>Feeding, watering, cleaning, leading and other daily care</p> <p>At the end of this training section, the trainee will know and be able to carry out the daily care other requirements of horses.</p>	
<p>1(b). Anatomy, life and behavior of the horses</p>	<p>Knowledge of conformation, organs and their functions</p> <p>Identify by color and markings, determine age</p>	<p>Knowledge of the behavior and lifestyle of the horse as well as its environmental demands</p> <p>Behavioral characteristics, light, air and movement needs</p>
<p>1(c). Health and hygiene</p>	<p>Knowledge of animal health. Characteristics of healthy horse, identification of typical diseases (colic, saddle sores) Be able to check body temperature, heart and breathing rate.</p>	<p>Knowledge of the most important diseases of the horse, with special consideration of notable epidemic diseases. To be able to clean, disinfect, and protect against pests</p>
<p>2. Working of the horses under saddle and exercising on the lunge line</p>	<p>Bridling, saddling and riding</p> <p>Daily intensive riding of at least 6 horses up to 10.</p> <p>At the forefront of the training is the consolidation of the seat. This can be supported by schooling the rider and horse on the lunge line. In order to ensure an improvement of the fundamentals, the riding is done on appropriate horses. (Horses that are calm on the lunge line and are easy to sit.) the apprentice should first lunge older and then later younger horses daily if possible under supervision.</p> <p>With a correspondingly solid seat and the associated principles of the riding theory begins the refinement of the dressage seat. At the end of the first year of training, the person to be trained should be able to master a balanced position and be able to sit smoothly in the different movements of the horse. The trainee should also be experienced with using the double bridle as well as the snaffle. The coordination of the aids and the understanding of the riding theory should be so advanced that the trainee is in a position to use the right basic techniques of gymnasticising on a schoolmaster.</p>	

3. Mental training

to be continued...

Tables below are from the principles of riding

1. Care for the horse, stable management

2. The basic training of the rider

The first stages of riding consist of training the riders seat on the lunge. The rider must acquire a feel for sitting in balance and without tension in the walk, trot and canter. On the lunge the rider can concentrate fully on himself and not have to worry about controlling the horse. The main emphasis will be on training the dressage seat, although some attention may be paid to the light seat. The majority of the work will be in sitting trot but some of the training, especially on the younger horses, will be done in rising. Once the seat is established, the focus will move onto the application of the aids. The aids consist of weight, driving (leg), and restraining (rein) aids. The rider shall become familiar with the use of auxiliary reins, such as side reins and draw reins. The use of spurs will be taught around this time period. Once the rider has achieved a balanced and supple seat, and is able to use his hands independently, the rider will be introduced to the double bridle. The development of the riders feel will become very important at this point, which is essential for a harmonious, confident and effective relationship between the horse and rider. This all contributes to increased coordination and effect of the riders aids.

3. Basic dressage exercises

This phase will familiarize the rider with basic exercises that are ridden on the horse, and the order of their execution during the riding sessions. The loosening phase, which prepares the horse both mentally and physically. Then the rider will learn schooling exercises, such as different riding patterns and transitions from one gait to another. Simple dressage movements will be introduced such as leg yielding.

4. Advanced dressage exercises

When the rider is confident riding the more basic exercises, they can begin the advanced exercises. These will require a higher degree of understanding and skill, and demand a greater level of precision from the rider. The exercises will involve transitions within the gaits, pirouettes, lateral movements, flying changes, tempi changes, piaffe and passage. A horse familiar with these movements is vital for the rider to be able to learn the aids correctly, in order that bad habits are not developed.

5. Advanced training of the horse

At this point the rider will have the ability to use his aids from seat, leg and hand, and combine them with his knowledge of the dressage exercises to benefit the way of going of the horse.

6. Tips for competition riding