



GRADE 1 PROFICIENCY TEST (BLUE)



VAULTING:

1. Stand in line to get on the horse
2. Run to the horse in walk
3. Get away from the horse in walk
4. Run to the horse in trot
5. Get away from the horse in trot
6. Sit in basic seat hands on waist in walk
7. Bench in walk
8. Free kneel in walk
9. Leg over to inside in walk
10. Leg over to outside in walk
11. Simple dismount at walk
12. Thank the horse

HORSE CARE:

1. Identify the following points of the pony/horse:
EYES, EARS, MOUTH, NECK, MANE, TAIL, HOOF AND LEG
2. Identify the following parts of the Vaulting tack:
LUNGE REIN, BIT, WHIP, ROLLER, GIRTH, HANDLES AND BACK PAD.
3. Know how to approach a pony/horse correctly

PASS MARKS:

Vaulting 50%, Horse Care 50%.

Examinations by RDA approved examiner not working with the Group.

Candidates may take either Vaulting and/or Horse Care and will receive a RDA certificate and badge for each section passed.

Further information is available on our website www.rda.org.uk and is held by the Group Organiser, County and Regional Instructors.

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