

PROGRESS FORM

HORSE

RIDER

Logging all your horse’s training and progress will enable you to track and assess his advancement, helping to build a consistent structure to your training programme. With this form you will be able to keep a record of every exercise used, whether an exercise needs to be repeated, together with notes and comments. **It will be useful to include dates.** This form will also be useful to track the progress of a novice rider on an experienced horse.

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Practised **Vertical**
Oxer
Square
Ascending
St Andrews Cross
Triple Bar
Liverpool
Water Jump

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Video/photos and Study Notes
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Related Distances Notes

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Related Distances Notes

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Combinations Notes

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Page 13 Related Distances and Combinations

Types of Fence Notes

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Page 14 Related Distances and Combinations

The approach Notes

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Page 15 Practise Riding Standard Distances - Combinations

Exercise 1 1 STRIDE V/V O/V V/O O/O
V/V/V V/V/O V/O/V V/O/O O/V/V O/O/V O/O/O

Notes

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Exercise 1 2 STRIDES V/V O/V V/O O/O
V/V/V V/V/O V/O/V V/O/O O/V/V O/O/V O/O/O

Notes

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Exercises 2 Notes

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Progression 1 Notes

Progression 2 Notes

Page 16 Practise Riding Standard Distances - Combinations

Exercise 3 Practise riding a small course Notes

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Page 17 Practise Riding Standard Distances – Related Distances

Exercise 4 Practise 3, 4 & 5 stride distances

Distances used 3 strides 4 strides 5 strides

Notes

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Exercise 5 Practise riding 4 stride related distances

Distances used Short Standard Long

Notes

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Page 18 More Ideas to Practise Riding Standard Distances

Exercise 6 Distances/Strides used

Notes

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Page 18 Handy Layouts

1. Notes

2. Notes

3. Notes

4. Notes

5. Notes

Page 19 Landing on the correct lead

Page 20 gives rider signals to land on the correct lead

Exercise 1 Number of strides used between fences 2 & 3

Notes trot/canter approach

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Page 20 More Exercises to Practise Landing on the Correct Lead

- 1. Notes
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The Flying Change Notes

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The Simple Change Notes

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Introducing Flying Change

- 1. Ground/Raised Notes
- 2. Ground/Raised Notes
- 3. Ground/Raised Notes
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Page 21 The Dog Leg – A Related Distance built on a Curved Line

Exercise 1	Jumps used	Fence 1	Fence 2	Fence 3a	Fence 3b
Measured strides between	Fences	1 / 2	2 / 3a	2 / 3b	
No. of comfortable strides ridden		1 / 2	2 / 3a	2 / 3b	
Jumping Fences 3a to 3b				
Progression – Adding extra fences around arena				
Notes				
				
Landing on the correct lead				

Page 22 The Dog Leg – Further exercise to practise riding curved lines

Exercise 2 Distances used A - B A - F
A - E B - C B - D

How did the straight lines ride ? A - B E - D F - C

How did the curved lines ride ? B - C B - D A - F
A - E E - C F - D

How did the straight lines ride
jumping fences on an angle ? E - C F - D

Notes
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Page 23 Riding Corners and Turns

Exercise 1 No of fences used Poles on the ground/jumps

A.

B.

C.

Page 24 Riding Corners and Turns

Exercise 2

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Exercise 3

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Exercise 4

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Page 25 Improve Jump Off Times

Jumping on An angle	Exercise 1
	Exercise 2
	Exercise 3
Turns	Exercise 4
Treble/angles	Exercise 5

Angles/turns	Exercise 6

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Page 26 Improve Jump Off Times

Steering/turns	Exercise 7

Notes for riding a Jump off course	
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Page 27 A Figure of 8 Exercise

Exercise 1	3 strides between fences

Progression 1	4 strides between fences

Progression 2	5 strides between fences

Page 28 A Figure of 8 Exercise

Exercise 2 Adding extra fences to Exercise 1

Notes

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Page 29 Judging Distances and Take-Off Points

Exercise 1 Exercise A (Medium length of stride)

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Progression Exercise B ('Standard' length strides)

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Progression Exercise C (Shorter Strides)

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Variation on Exercise 1

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Page 30 Judging Distances and Take-Off Points

Exercise 2 A more difficult exercise than Exercise 1

Notes

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Quality Canter

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Exercise 4 4 standard strides / 5 shortened strides between two fences

1. Standard Strides
2. Shortened Strides
3. Circling away and halting
4. Practise jump-off turns
5. Create a dogleg

Notes

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Page 33 The Importance of Straightness

Notes

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Narrow fences 1) 2) 3) 4)

Progression Number of narrow fences on a straight line

Notes

Progression Number of narrow fences on a curved line

Notes

Experienced Horse Cross-poles progressively becoming steeper and narrower

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Page 34 Improving a Show-Jumping Round

Practice Riding with Less Hand

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Progression 1

Progression 2

Practice Waiting

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Practice Riding Standard Distances

Exercise 1

Exercise 2

Exercise 3

Page 35 **Working on a Particular Theme in a Schooling Session**

Working with oxer fences

Exercise 1

Exercise 2

Exercise 3

Maintaining a shortened canter stride

Exercise 1

Exercise 2

Exercise 3

Increasing width / height of fences

Increased width to

Increased height to

Fillers Types of filler used

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Page 36 Useful School Layouts – Courses

- 1. j/o
- 2. j/o
- 3 j/o
- 4. j/o
- 5. j/o
- 6. j/o
- 7. j/o
- 8. j/o

Page 37 Troubleshooter

Comments

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Problems

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Progress

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Page 39 Problem Solvers

Exercises used

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Page 40 Useful Exercises

Exercises used

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Page 45 Useful Arena Layouts

1.

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3.

4.

5.

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7.

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9.

General Notes

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