

**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.

**FROM GRIDWORK TO THE SHOW-JUMPING RING – BOOK 2**

Useful Notes .....

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**Page 2     Walking the Course**

Notes .....

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**Page 3     Schooling for Show-Jumping – Distances**

Notes .....

**Page 4     Types of Show Jump**

Practised **Vertical** .....

**Oxer** .....

Square .....

Ascending .....

St Andrews Cross .....

**Triple Bar** .....

**Liverpool** .....

**Water Jump** .....

**Page 6    Aims**

Notes .....  
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**Page 7    Improving a Show-Jumping Round**

Notes .....  
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Video and Study            Notes .....  
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**Page 7/8    Riders Position**

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Video/photos and Study    Notes .....  
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**Page 9    Related Distances and Combinations**

**Related Distances**    Notes .....

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**Page 10    Related Distances and Combinations**

**Related Distances**    Notes .....

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**Page 11    Related Distances and Combinations**

**Combinations**    Notes .....

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**Page 12    Related Distances and Combinations**

**Stepping out Distances**    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 .....
- 2. Notes .....
- 3. Notes .....

**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 .....
- 4. Bending Exercise 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 .....
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Angles/turns	Exercise 6 .....
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**Page 26   Improve Jump Off Times**

Steering/turns	Exercise 7 .....
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	.....
Notes for riding a Jump off course .....	
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**Page 27   A Figure of 8 Exercise**

Exercise 1	3 strides between fences .....
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Progression 1	4 strides between fences .....
	.....
Progression 2	5 strides between fences .....
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**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. ....

2. ....

3. ....

4. ....

5. ....

6. ....

7. ....

8. ....

9. ....

**General Notes**

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