

**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.**

**A MANUAL OF POLE AND GRIDWORK EXERCISES – BOOK 1**

Useful Notes .....  
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**Page 5      Poles on the Ground – Walk and Trot**

Notes .....  
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**Page 6      Poles on the Ground – Canter**

Exercise 1    Single pole .....  
Exercise 2    4 poles on a 20m circle .....  
Exercise 3    20m circle, 2 poles/2 cross-poles .....  
Exercise 4    2 x 20m circles with poles .....  
Exercise 5    Scattered poles at canter .....+ Exercise 1 or 2 .....  
Notes .....

**Page 7      Trotting Poles**

Exercise 1    Column 1 – distance used .....  
                  Column 2 – distance used .....  
Notes .....

**Page 8 Trotting Poles – Raised**

Exercise 2      1 ..... 2 ..... 3 .....

Notes .....

Exercise 3      1 ..... 2 ..... Notes .....

Exercise 4      Notes .....

Exercise 5      Notes ..... Experienced horse .....

Exercise 6      Notes ..... Progress – raised .....

Exercise 7      Notes ..... Progress – raised .....

**Page 9 Canter Poles**

Exercise 1      Distance used ..... Notes .....

Progression    1 ..... 2 ..... 3 .....

Notes .....

Exercise 2      Notes .....

Progression    Notes .....

**Page 10 Canter Poles**

Exercise 3      Notes .....

Exercise 4      1 stride ..... 2 strides ..... 3 strides .....

                    Raised ..... Raised ..... Raised .....

Notes .....

Exercise 5      2 strides/distance used..... 5 strides/distance used .....

Notes .....

Exercise 6      Notes .....

Progression    Notes .....

**Page 11 More uses of Canter Poles**

Exercise 1 Distance Used ..... Notes .....  
Blue Box Rider Balance – Notes .....

**Page 12 More uses of Canter Poles**

	Ex 1	Ex 2	Ex 3	Ex 4	Ex 5	Ex 6	Ex 7	Ex 8	Ex 9
Walk									
Trot									
Canter									

Notes .....

**Page 13 Introducing a Simple Grid from Trot**

Exercise 1 Notes .....

**Page 14 Introducing a Simple Grid from Trot**

Exercise 2 Notes .....

Exercise 3 Distances used .....

Notes .....

Exercise 4 Distances used ..... Heights .....

Notes .....

Progression Notes .....

**Page 15 Improving Jumping Technique**

Exercise 1 Introducing Ground Poles Notes .....

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**Page 16 Improving Jumping Technique**

Exercise 2 Notes .....

Progression Notes .....

Exercise 3 Notes .....

Progression Notes .....

**Page 17 Bounce Grids - Trot Approach**

Exercise 1 Distances used ..... No of Fences used .....  
Notes .....  
Progression Notes .....

**Page 18 Bounce Grids - Trot Approach**

Exercise 2 Notes .....  
Exercise 3 Notes .....  
Exercise 4 Experienced Horse Notes .....  
Exercise 5 Experienced Horse Notes .....

**Page 19 Mixing Bounces with One and Two Stride Distances**

Exercise 1 Notes .....  
Progression Notes .....

**Page 20 Mixing Bounces with One and Two Stride Distances**

Exercise 2 Notes .....  
Experienced Horse .....  
Experienced Horse .....  
Exercise 3 Notes .....

**Page 21 Trotting Poles leading into a Grid**

Exercise 1 Notes .....

**Page 22 Trotting Poles leading into a Grid**

Exercise 2 Notes .....  
Progression Notes .....  
Exercise 3 Notes .....  
Progression Notes .....

**Page 23    Improving Jumping Technique and Focus**

Exercise 1            Advanced Exercise    Notes .....

..... Widths .....    Heights .....

**Page 24    Improving Jumping Technique and Focus**

Exercise 2            Advanced Exercise    Notes .....

..... Widths .....    Heights .....

Exercise 3            Advanced Exercise    Notes .....

..... Widths .....    Heights .....

Progress              Notes .....

**Page 25    Introducing Grids from a Canter Approach**

Exercise 1            Notes .....

Exercise 2            Notes .....

Progression          Notes .....

**Page 26    Introducing Grids from a Canter Approach**

Read                  'Jumping from Canter'

Exercise 3            Notes .....

Exercise 4            Notes .....

**Page 27    Developing Rhythm and Balance**

Read                  Rhythm – Tempo – Balance – Pace

Exercise 1            Notes .....

Progression          .....

Exercise 2            Notes .....

Exercise 3            Notes .....

Progression          Notes .....

**Page 28    Developing Rhythm and Balance**

- Exercise 4        Notes .....
- Exercise 5        Notes .....
- Exercise 6        Notes .....
- Exercise 7        Notes .....
- Exercise 8        Notes .....

**Page 29    Bounce Grids – Canter Approach**

- Exercise 1        Distances used ..... No of Fences used .....
- Notes .....
- Option            Longer distance for placing pole .....
- Alteration 1      Notes .....
- Alteration 2      Notes .....
- Alteration 3      Notes .....

**Page 30    Mixing Bounces with Combinations**

- Exercise 2        Notes .....
- Exercise 3        Notes .....
- Good Idea:        Single bounce – varying distance .....

**Page 31    Lengthening and Shortening the Canter Stride**

- Exercises on the flat A) ..... B) ..... C) ..... D) .....
- Exercise 1        Distance built for ..... strides    Horse achieved ..... strides
- Shortened to ..... strides    Lengthened to ..... strides
- Notes .....
- .....
- .....

**Page 32    Lengthening and Shortening the Canter Stride**

Exercise 2            Developing a feel for different stride lengths

Ex.A ..... Ex.B ..... Ex.C .....

No of Strides used ..... Results .....

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Exercise 3            Using Canter Poles to encourage shortening and lengthening

Short canter poles set at.....distance. Longer canter poles set at .....distance

Notes .....

**Page 33    Mixing Short Strides and Longer Strides**

Exercise 1            Notes .....

Distances to fence 4 gradually lengthening. Distance achieved .....

Experienced Horse      Fence 4 as oxer .....

Variation            Jumping the grid in reverse .....

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**Page 34    Mixing Short Strides and Longer Strides**

Exercise 2            Only to be used with an experienced horse/rider .....

Notes .....

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**Page 35    Teaching a Long Striding Horse to Shorten his Stride**

Exercise            Notes .....

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**Page 36 Teaching a Short Striding Horse to Lengthen his Stride**

Exercise 1 Notes .....

Exercise 2 Gradually move fence 3 further away from fence 2

Notes ..... Final Distance .....

Back rail added behind fence 3 .....

Progression 1 Notes .....

Progression 1 Notes .....

**Page 37 A Horse which Rushes**

Exercise 1 A .....B .....

C .....D .....

**Page 38 A Horse which Rushes**

Exercise 2 As poles on the ground .....

As jumps .....

Notes .....

Exercise 3 As poles on the ground .....

As jumps .....

Notes .....

**Page 39 Creative Use of Grids**

1 .....

2 .....

3 .....

4 .....

5 .....



**Page 40 Useful School Layouts**

- 1 .....
- 2 .....
- 3 .....
- 4 .....

**Page 41 Rider's Position**

Notes .....

Improvements .....

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**Page 42 Straightness**

Notes .....

**Page 43 Troubleshooter**

Problems .....

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Progress .....

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**Page 44 Improving:**

The Canter .....

Impulsion .....

Engagement .....

Turns/Circles/Bend .....

Half-Halt .....  
Leg Yield .....  
Rein Back .....

**Page 50 More Use of Ground Poles**

Canter Placing Poles Distances which suit .....

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Balancing Poles Distances which suit .....

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**General Notes**

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