

## 4-H Equine Series

# Where to Locate Information Required for the Dismounted Level Assessment Skills

Levels 1- 6

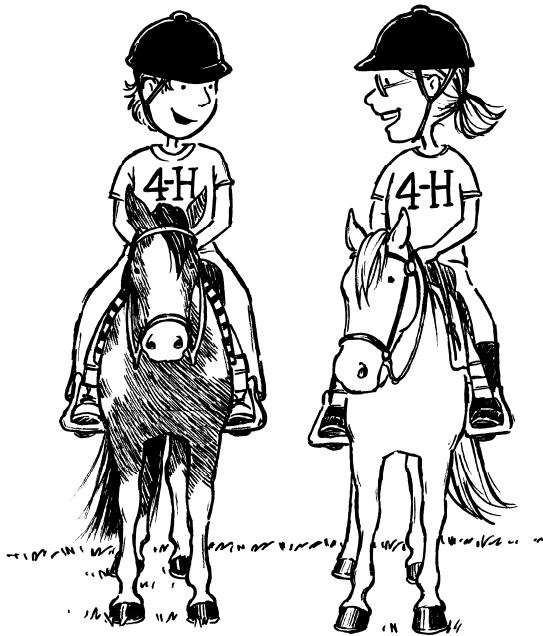


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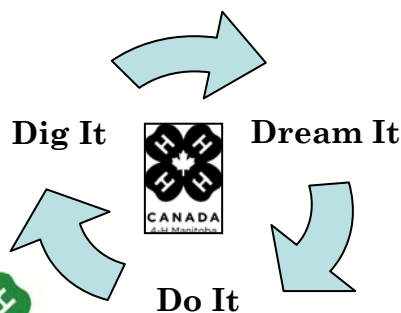
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- Revised 2017 -

### Meet Equus!

Equus is a smart, safe horse that will appear throughout your manual to give you useful facts and safety tips on working with your horse.

Equus is the Latin word for horse. Equus is also the scientific name for the group of animals that includes horses, donkeys and zebras.



This symbol will appear throughout the manual. Check out the website ideas wherever you see it. These links will lead you to online content to help with your 4-H horse project.



Learning is 3D!

To help you get the most out of your learning, each project meeting has the following parts:

- Dream it!** Plan for success
- Do it!** Hands on learning
- Dig it!** What did you learn?

# What Skills Will You Learn?

Each section or Skill Builder (or Builder) in this project series has activities that will help your project group learn to do by doing while learning new skills and having fun!

## To complete the projects in the series, members must:

- Complete the activities in each Builder **OR** a similar activity that focuses on the same skills, as you as a leader may plan other activities.
- Plan and complete the Showcase Challenge.
- Complete the Portfolio Page.
- Participate in your club's Achievement (See the inside back cover for more information about 4-H Achievements).

## How to use your Checklists

- Keep the up-to-date. An instructor or leader should initial the grey area once the member has completed a skill.
- Review each level with the members to determine which skills they have already mastered and highlight the ones they will be working on.
- Keep going back and reviewing the lists. Members may work on more than one level at a time and each level builds upon the previous level, but remember: members must complete Level 3 in "Exploring Horses" before moving on to Discovering Horses. This may be accomplished by completing the manuals or demonstrating a mastery of the skills listed in each skill builder.
- Members who take Discovering Equine - Time to Specialize will have two sets of skills to complete. One set is included in the project manual and relates to planning their project. The second set will be in the resource manual for their specialization and will include both mounted and dismounted skills.
- Members who take Mastering Equine - Pick Your Specialization will complete the skills checklists related to planning their project plus any special goals that they have set for themselves.
- Members who enroll in the YHDP in either year one or year two do not have skills checklists but must complete the project requirements as outlined in the rules and regulations and the project manual.



## 4-H MANITOBA DISMOUNTED SKILLS LEVELS 1

All page numbers refer to the Exploring Horses - Levels 1- 3 Reference Manual

Skill	Required Skill Description	page
<b>Safety &amp; Stable Management</b>		
L1	Give 3 safety rules to remember while riding your horse.	2-5
L1	Give 3 safety rules to remember when working with your horse on the ground.	2-5
All	Describe 2 dress rules to follow for safe riding.	2, 3
L1	Explain where a horse's blind spots are and why it is important to know this.	2
All	Identify 3 loading/hauling safety rules	7, 8
<b>Groundwork</b>		
L1	Catch and halter your horse safely.	10
L1	Explain how a halter should fit and why.	11
L1	Lead your horse safely at a walk, turn right, stop and back up.	12
L1	Lead around in a large circle (20 m) using at least 4 markers.	12
L1	Lead your horse across 2 diagonal lines of the riding area.	12
L1	Demonstrate and explain how and where to tie your horse using a quick release knot.	13, 14
L1	Demonstrate how your horse moves sideways away from pressure by cueing with your hand while the horse is tied.	14
<b>Grooming</b>		
L1	Identify 5 grooming tools and explain their use.	18, 19
L1	Demonstrate how to use a hoof pick correctly by cleaning one of your horse's feet (someone else may hold the foot).	20, 21
L1	Name the parts of the hoof	22

## 4-H MANITOBA DISMOUNTED SKILLS LEVELS 1

All page numbers refer to the Exploring Horses - Levels 1- 3 Reference Manual

Skill	Required Skill Description	Page
<b>Psychology</b>		
L1	Describe your horse's first reaction when he is frightened. Describe what might happen if it is tied and what should you do.	27
L1	Describe 4 signs that your horse might misbehave.	27, 28, 29
L1	Explain what you would do if your horse ran away while you were riding.	30-31
L1	Explain what you would do if someone else's horse ran away while you were riding.	31
<b>Health</b>		
L1	Describe where you keep your horse.	Own info
L1	Describe what your horse regularly eats.	Own info
L1	Describe 3 signs that show a horse is healthy.	32
<b>Identification</b>		
L1	Describe your horse's breed, colour and markings.	42-43 45-46 Own info
<b>Riding</b>		
L1	Demonstrate with your own hands and feet the footfall sequence of a horse at the walk and jog/trot.	52
L1	Unsaddle and unbridle your horse. (Smaller members should be able to explain correct methods even if they are not able to do it entirely.)	61-63
L1	Demonstrate how to correctly put your tack away after riding.	63

## 4-H MANITOBA DISMOUNTED SKILLS LEVELS 2

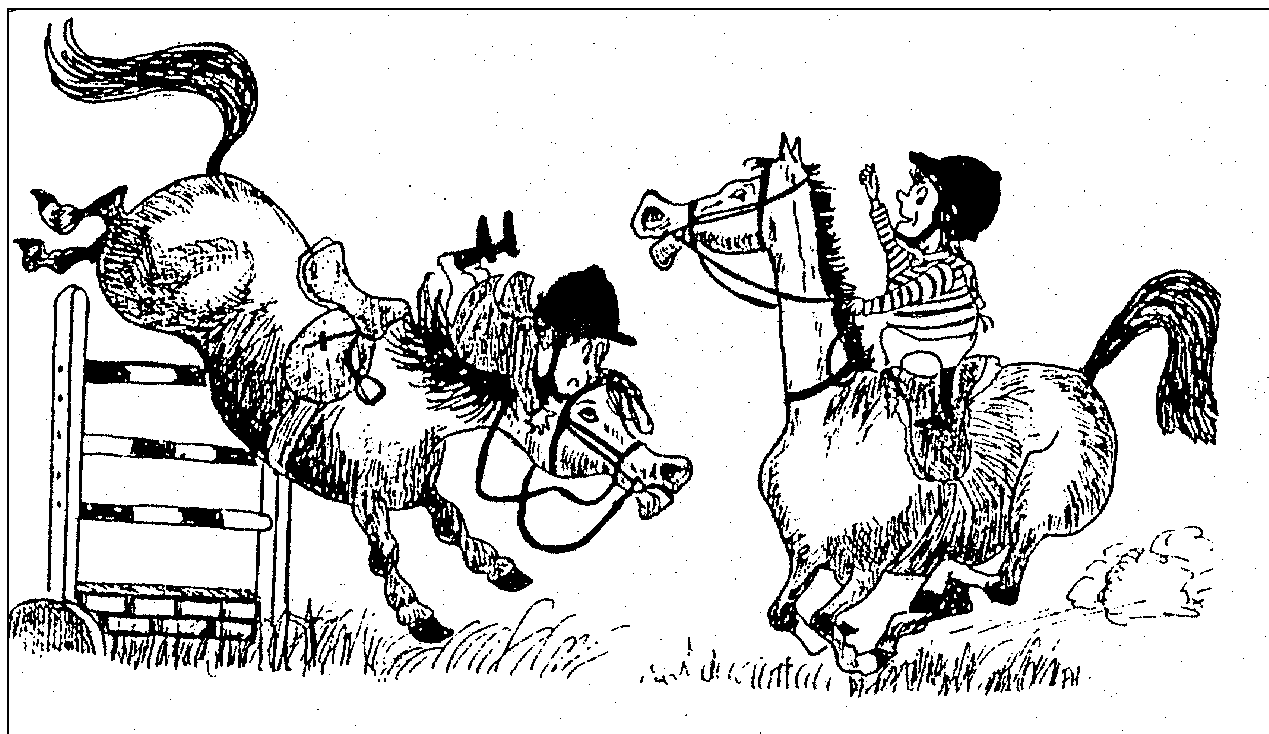
All page numbers refer to the Exploring Horses - Levels 1- 3 Reference Manual

Skill	Required Skill Description	Page
<b>Safety &amp; Stable Management</b>		
All	Describe 2 dress rules to follow for safe riding.	2-5
L2	List three ways to keep your barn or pasture safe.	2-5
All	Identify 3 loading/hauling safety rules	7-8
<b>Groundwork</b>		
L2	Demonstrate leading at the walk, trot, right turn, emergency left turn, halt, and fluid backup.	12-13
L2	Demonstrate and explain how to properly cross tie your horse.	14
L2	Demonstrate how your horse moves sideways away from pressure by cueing him with your hand while you are holding him.	14
<b>Grooming</b>		
L2	Demonstrate how to thoroughly groom your horse including cleaning at least two feet (Someone else may hold the feet).	18-21
<b>Psychology</b>		
L2	Explain how a horse would use his body language to show that he is happy, angry, nervous and curious. Give two clues for each emotion.	27-30
L2	Explain why your horse wants to return to the group.	27, 31
<b>Health</b>		
L2	Demonstrate how to measure the height and weight of your horse.	34
L2	Describe three signs that indicate a horse is unhealthy.	32-33
L2	Explain how much and how often you feed your horse each day.	35-36
L2	Explain four feeding rules	35

## 4-H MANITOBA DISMOUNTED SKILLS LEVELS 2

All page numbers refer to the Exploring Horses - Levels 1- 3 Reference Manual

Skill	Required Skill Description	Page
<b>Identification</b>		
L2	Identify at least six external parts of the horse.	43-45
L2	Identify any 5 colours and 5 markings that a horse may have.	43, 45,46
<b>Riding</b>		
L2	Demonstrate with your own hands and feet the footfall sequence of the walk, jog/trot, lope/CANTER and back.	52-53
L2	Saddle and Bridle your horse. (Smaller members should be able to explain correct methods even if they are not able to do it entirely and may need some help).	57-63
L2	Identify five parts of the saddle and three parts of the bridle.	54-56
L2	While watching a horse being trotted, identify which diagonal the rider is on.	68
L2	While watching a horse being ridden at a lope/CANTER, recognize which lead the horse is on.	68



## 4-H MANITOBA DISMOUNTED SKILLS LEVELS 3

All page numbers refer to the Exploring Horses - Levels 1- 3 Reference Manual

Skill	Required Skill Description	Page
<b>Safety &amp; Stable Management</b>		
All	Describe 2 dress rules to follow for safe riding.	2-5
L3	Name five things that would make your barn or pasture unsafe.	2-5
L3	List 3 safety rules to keep in mind on a trail ride	8
All	Identify 3 loading/hauling safety rules	7-8
<b>Groundwork</b>		
L3	Demonstrate where to stand when holding your horse when someone else is working with it (de worming, hoof trim etc) Explain why this is important for the safety of yourself as well as the other person.	15-16
L3	Demonstrate how to trot out, square and pose for CONFORMATION analysis or vet inspection.	15-16
<b>Grooming</b>		
L3	Demonstrate how to pick up and clean all four feet of your horse (smaller members may have some assistance).	20-22
L3	Explain and demonstrate extra safety precautions you take while cleaning your horse's hind feet.	20-22
L3	Describe three signs that your horse needs his hooves trimmed.	22
L3	Explain how to clip a bridle path on a quiet horse.	24-25
<b>Psychology</b>		
L3	Explain how horses work out the pecking order and how you can tell which one is the boss in the group.	27

## 4-H MANITOBA DISMOUNTED SKILLS LEVELS 3

All page numbers refer to the Exploring Horses - Levels 1- 3 Reference Manual

Skill	Required Skill Description	Page
<b>Health</b>		
L3	Explain what you do to prevent and control parasites in your horse.	39-41
L3	Describe three signs of a wormy horse.	40
L3	Name three things that determine what your horse needs to eat (feed by need).	35-37
L3	Describe three feeding problems that could make your horse sick.	35, 36, 38
L3	If a pasture-kept horse must be stalled, name three things you could do to make it comfortable and safe.	37-39
L3	Describe and demonstrate how to clean (muck) a stall.	34
<b>Identification</b>		
L3	Identify the breed, color and markings of three different horses in your group.	42, 43, 45, 46
L3	Identify all the parts of the horse's body and feet.	43-45, 22
<b>Riding</b>		
L3	Describe the cues you would give your horse to ask him to lope. Also describe the cues you would give to ask for the correct lead.	67-68
L3	Demonstrate with your own hands and feet the footfall sequence of the walk, jog/trot, lope/CANTER, gallop and back.	52-53
L3	Identify all the parts of a saddle and bridle.	54-56
L3	Explain and demonstrate the proper cleaning and care of tack.	63- 64
L3	Describe a SNAFFLE bit and how it works and when to use it. Describe a leverage bit, how it works and when to use it.	55



## 4-H MANITOBA DISCOVERING EQUINE LEVEL 4 DISMOUNTED SKILLS

All page numbers refer to the Discovering Equine - Levels 4 & 5 Reference Manual

GROUND WORK AND PSYCHOLOGY		Page
4-1D	Explain three safety rules to remember while lunging	3
4-2D	Describe a horse that is paying attention to you	DVD 1
4-3D	Describe the signs you might see while lunging if your horse was going to disobediently stop, turn in or bolt	DVD 1
4-4D	Explain and demonstrate how to safely lunge your horse at the <i>walk, jog/ trot, halt and reverse (go both directions)</i>	4
4-5D	Explain the purpose of lunging and where you would do it	2,3
4-6D	Demonstrate, at the halter, a turn on the haunch in both directions	9
4-7D	Identify blind spots on a horse, along with where the horse can see the best.	12-13
4-8D	Identify and explain 3 horse habits	10-14
GROOMING		
4-9D	Explain why people would band a horse's mane.	19,21
4-10D	Explain why some horses have their mane's braided.	19
4-11D	Demonstrate how to band or braid properly, depending upon your main discipline.	19-22
4-12D	Name the visible portions of the hoof and foot. Describe the purpose of at least 3 of these parts.	25-27
4-13D	Explain why a horse would need shoes and how you would recognize that it is time for a reset.	31-32
4-14D	Identify different hairstyles for horses and describe what event or breed is associated with the hairstyle	18-22
4-15D	Explain why the appearance of a horse is important	18-22

**NOTE:**

You and your members may find it useful to refer to the information provided in the Exploring Horses Resource Manual for review or for additional information.

## 4-H MANITOBA DISCOVERING EQUINE LEVEL 4 DISMOUNTED SKILLS

All page numbers refer to the Discovering Equine - Levels 4 & 5 Reference Manual

### IDENTIFICATION AND CONFORMATION

4-16D	Explain why it is important to understand the basics of <i>conformation</i> .	34
4-17D	Point out the center of gravity on a horse.	36
4-18D	Using a stick, whip, or other item, demonstrate 4 methods of determining <i>balance</i> on your horse.	36-38
4-19D	Identify three desirable <i>conformation</i> features of your horse.	34-46
4-20D	Name five important factors to take into account when purchasing a horse.	34-46
4-21D	List 5 undesirable <i>conformation</i> features.	39-46
4-22D	Identify at least 10 different parts of a horse (refer to EXPLORE resource)	
4-23D	Identify key muscle areas on a horse	34-35

### SAFETY AND STABLE MANAGEMENT

4-24D	List 3 things any good stall should have.	47-48
4-25D	Explain 3 types of leg protection and their purpose.	56-59
4-26D	Explain 3 safety rules you will apply when bandaging your horse's leg.	56-57
4-27D	Explain why bandaging could be important.	56-59
4-28D	Describe 3 stable booby traps.	52-53
4-29D	Describe how to properly introduce a new horse to a herd.	51-52
4-30D	Give 2 reasons why a horse might not want to go into a trailer.	61-63
4-31D	List 3 things that you would check on your horse trailer to see that it meets safety standards.	62
4-32D	Recognize the importance of fire safety. Identify practices that will make your stable safer.	63
4-33D	Explain the shelter you have for your horse.	47-48
4-34D	Recognize the difference between the types of beddings that can be used.	Lders Guide 33-34

## 4-H MANITOBA DISCOVERING EQUINE LEVEL 4 DISMOUNTED SKILLS

All page numbers refer to the Discovering Equine - Levels 4 & 5 Reference Manual

### HEALTH

4-35D	Name and describe the use of all the items in a basic <i>equine first aid</i> kit	79
4-36D	Explain your spring immunization program and what diseases it guards against.	Self & 78
4-37D	Identify the five basic nutrients required by horse and how they get them.	84-87
4-38D	Explain at least two forms that dewormers come in and how to give them.	75-77
4-39D	Identify common foot and hoof problems.	64-72
4-40D	Identify 2 different foot diseases.	64-72
4-41D	Identify nutrients needed by horses and explain why they need to be properly fed.	84-87
4-42D	Identify medical checks performed by CTR and explain why these checks take place.	72-74

### RIDING

4-43D	Briefly describe a good spring riding program for you and your horse after taking the winter off.	91
4-44D	Watch a ridden horse doing a shoulder in from a rear point of view - explain when the horse's legs are in the correct positions.	DVD 4-Rider 5
4-45D	Identify 3 parts of the bridle that should be checked to assure proper fit.	DVD 1-Ground Work
4-46D	Identify 3 parts of the saddle that should be checked to assure proper fit.	113-114
4-47D	Explain how and when you would advance your horse from a <i>snaffle</i> to a leverage bit.	104
4-48D	Identify the different parts of a hackamore and recognize pressure points from it.	106
4-49D	Recognize proper fitting of a bosal.	107
4-50D	Identify 4 different riding and <i>tack</i> equipment.	115
4-51M	Mounted Skills	DVD4 Rider 4

## 4-H MANITOBA DISCOVERING EQUINE LEVEL 5 DISMOUNTED SKILLS

All page numbers refer to the Discovering Equine - Levels 4 & 5 Reference Manual

	GROUNDWORK AND PSYCHOLOGY	Page
5-1D	Explain how a horse's vision differs from ours.	12-13
5-2D	Demonstrate safe lunging at all three <i>gaits</i> in both directions.	2-9, DVD
5-3D	Explain three safety rules to remember while lunging.	3
5-4D	Demonstrate, at the halter, a turn on the haunch in both directions.	9, DVD
5-5D	Identify and explain 3 horse habits	10-17
5-6D	Be able to identify 6 horse communication terms	10-17; Dig It p 7 of manual
5-7D	Describe a lunge space	3, DVD
5-8D	Explain what happens when a new horse is introduced to a herd.	11
5-9D	Make and demonstrate a horse-handling pattern (showmanship) - <i>walk trot</i> , turn right, squaring and posing and backing up (left turn is not usually required in showmanship).	
GROOMING AND HOOF CARE		
5-10D	Explain how to <i>pull</i> a horse's mane and why you would do this.	18
5-11D	Demonstrate how to band or braid properly, depending upon your main discipline.	19-22
5-12D	Name the visible portions of the <i>hoof</i> and foot. Describe the purpose of at least 3 of these parts.	25-27
5-13D	Use a ruler or stick to demonstrate a correctly balanced foot.	28-29
5-14D	Identify tools used by a <i>farrier</i> .	28
5-15D	Identify 3 foot problems by their description.	32-33
5-16D	Explain in detail one common foot problem.	32-33

**NOTE:**

You and your members may find it useful to refer to the information provided in the Exploring Horses Resource Manual for review or for additional information.

## 4-H MANITOBA DISCOVERING EQUINE LEVEL 5 DISMOUNTED SKILLS

All page numbers refer to the Discovering Equine - Levels 4 & 5 Reference Manual

BASIC CONFORMATION		Page
5-17D	Explain a difference in muscling between 2 <i>equine</i> body types, such as Sport and Stock horses.	35-36
5-18D	Using a stick or string, describe ideal side view leg <i>conformation</i> .	44-45
5-19D	Explain and locate the sites of three blemishes, and three unsoundness when buying a horse.	36-46
5-20D	Evaluate the <i>conformation</i> of a horse.	36-46
5-21D	Name five important factors to take into account when purchasing a horse.	34-46
5-22D	Define unsoundness, blemishes and faulty <i>conformation</i> . Identify one or two of these your horse may have.	36-46
5-23D	Describe 5 undesirable <i>conformation</i> features	36-46
STABLE MANAGEMENT		Page
5-24D	Give 2 advantages of a tie stall.	48
5-25D	Describe a good box stall including size and doors.	48
5-26D	Demonstrate how to correctly apply leg bandages for <i>first aid</i> .	56-59
5-27D	Name three pieces of protective equipment and their purpose that you could use on your horse when he is riding in a trailer.	56-60
5-28D	Explain and demonstrate one safe loading and unloading technique with your horse.	61-63
5-29D	Instruct an older member or adult how to safely load and unload a quiet horse into a trailer.	DVD Disc 1
5-30D	Identify 3 safe and 3 unsafe stable management practices.	50-53
5-31D	Identify 4 different types of beddings and recognize the differences between them.	47-48 & leader guide
5-32D	Describe an ideal shelter for your horse.	Member manual

## 4-H MANITOBA 4-H DISCOVERING EQUINE LEVEL 5 DISMOUNTED SKILLS

All page numbers refer to the Discovering Equine - Levels 4 & 5 Reference Manual

HEALTH		Page
5-33D	Explain how to treat an open bleeding wound.	79-80
5-34D	Identify three diseases common to your area and their symptoms, treatment or prevention.	81-83
5-35D	Give three reasons and symptoms why your horse may need to visit the horse dentist.	75
5-36D	Describe three supplements and explain why a horse might need them.	84-86
5-37D	Watch a lame horse move and identify four reasons where and why he may be lame. Explain indicators which lead you to your conclusion.	64-71
5-38D	Identify different types of <i>lameness</i> according to their symptoms	65
5-39D	Identify proper feeding practices	87-90
5-40D	Evaluate the difference between hay from different bales and fields	88
5-41D	Recognize the importance of dewormer	75-77
RIDING AND EQUIPMENT		Page
5-42D	Briefly describe a good spring riding program for you and your horse after taking the winter off.	91
5-43D	Watch a horse doing a haunches-in from a rear point of view - explain when the horse's legs are in the correct positions.	DVD
5-44D	Identify 3 proper riding practices.	91-100
5-45D	Recognize the proper sitting position when riding a horse.	91-94
5-46D	Explain different solutions for problems caused by bits.	104-105
5-47D	Explain proper fitting of a saddle for you and your horse.	113-114
5-48D	Describe how to properly clean <i>tack</i> .	116
5-49M	Mounted Skills	DVD

## 4-H MANITOBA MASTERING EQUINE DISMOUNTED SKILLS

All page numbers refer to the Mastering - Advanced Horsemanship Manual

GROUNDWORK AND PSYCHOLOGY		Page
1-1D	Explain how your horse's four senses other than sight may affect his behaviour.	9-11
1-2D	What are factors that affect the horses learning?	6-7
1-3D	Identify what a restraint is and list two examples.	8-9
1-4D	Assist younger members in reading their horse's body language.	6-12
1-5D	Identify six different stable misbehaviours and why the horse behaves like this.	12-15
GROOMING AND HOOF CARE		Page
1-6D	Explain and demonstrate coat, mane, and tail care for your area of interest (English or Western). For example pulling manes, clipping, banding and braiding.	Prev. levels 4 & 5
1-7D	Assist younger members with grooming and hoof care knowledge.	Expl Horse
1-8D	Identify advantages and disadvantages of shoeing.	22
1-9D	List three points that the horse shoe fits properly	26-27
1-10D	Identify two seasonal grooming techniques and explain why the grooming needs are affected by the change in seasons	28-29
1-11D	Explain and demonstrate how to braid the tail.	21
IDENTIFICATION AND CONFORMATION		Page
1-12D	Judge and place one conformation classes of four horses and present written reasons for one and oral reasons for the other.	36-54
1-13D	Assist in teaching younger members about horse identification, colours, markings, breed conformations and evaluation.	Expl Horse
1-14D	Help younger members see correctly shoulders in, haunches in, and lameness.	DVD
1-15D	Identify four different walking problems.	45-46
1-16D	Identify and explain how to properly fill out a judging card.	54
1-17D	Explain how the skeleton affects conformation.	33

## 4-H MANITOBA MASTERING EQUINE DISMOUNTED SKILLS

All page numbers refer to the Mastering - Advanced Horsemanship Manual

SAFETY AND STABLE MANAGEMENT		Page
1-18D	Explain safe driving practises when pulling a loaded trailer.	62-63
1-19D	List three things to take into consideration on a long haul.	63
1-20D	Assist younger members with management of their facility.	
1-21D	Explain and demonstrate to a non horse person, how to properly load and unload a horse.	62-63
1-22D	Identify three types of flooring for a stall. List two disadvantages and two advantages of each type of flooring.	58
HEALTH		Page
1-23D	Create a rough sketch of the digestive system and briefly explain how each organ plays a part in the digestive system.	79-80
1-24D	Explain the causes, symptoms, and treatment of colic.	86-88
1-25D	Explain and demonstrate how to safely give a horse an oral medication.	82-84
1-26D	Describe the life cycle of two internal parasites.	86
1-27D	Show where to give your horse an injection and explain safety precautions.	Info fr leader
1-28D	Assist younger members in finding assistance dealing with horse health problems.	
1-29D	Assist younger members to identify good and bad feed.	
1-30D	Explain how to identify the age of a horse and then demonstrate this procedure.	75-78
1-31D	Review how to take pulse and capillary refill. Assist a younger member in both procedures.	71-72
1-32D	Explain why a balanced ration is important to your horse's health.	88-91
1-33D	Identify the cost of ration for horses per month.	67 & 95
1-34D	Keep up to date feed and health records.	



## 4-H MANITOBA MASTERING EQUINE DISMOUNTED SKILLS

All page numbers refer to the Mastering - Advanced Horsemanship Manual

RIDING AND EQUIPMENT		
1-35D	Assist younger members with their tack.	
1-36D	Describe one obstacle in a trail class and demonstrate how to do it.	115-119
1-37D	Ride a trail pattern.	118-125
1-38D	Judge a trail class.	118-125
1-39D	Name and describe three types of Western or English saddles and explain how they differ to suit their purpose.	105 & 107
1-40D	Name any pieces of tack that you use for your special area of riding interest. What is its purpose and how should it fit.	varies
1-41D	Identify two types of riding blankets. List two similarities and two differences between the blankets.	102-103
1-42D	Demonstrate at least three warm up exercises.	109-110
1-43D	Assist younger members in identifying common faults while riding.	114-116
1-44M	Mounted Skills	DVD

**NOTE:**

You and your members may find it useful to refer to the information provided in the Exploring Horses Resource Manual for review or for additional information.

The 4-H Horsemanship DVD collection is referred to as well. Each club with equine members should have received a copy of this DVD collection. It may also be available at your local MBAg office or can be borrowed from 4-H Publications.

## 4-H Horsemanship DVD Table of Contents

Each 4-H club in the province received a copy for their use. A copy can also be borrowed from your local MAFRD GO office. There are 4 DVDs in the set. The first deals with groundwork while the remaining three are devoted to the mounted skills for levels 1 through 6.

### Disc One

#### Ground Work:

- Catching
- Haltering
- Holding the shank
- Leaving the stall/paddock
- Leading
- Turning
- Emergency left turn or regaining attention
- Leading at the jog/trot
- Standing still
- Backing
- Safe halter position
- Using a chain shank correctly
- Tying your horse
- Grooming
- Saddling-Western
- Bridling
- Unsaddling
- Saddling- English
- Lunging
- Ground Driving
- Trailer loading/unloading
- Blanketing

### Disc 2:

#### Etiquette

- Mounting
- Safe passing
- Emergency stop of spiral down
- Passing head on

#### Rider 1

- Warm up flexion dismounted
- Mounting
- Holding the reins
- Basic position
- Rhythm and suppleness
- Basics on the lead line
- Bit Contact
- Open Rein
- Emergency Stop
- Riding a circle
- Jog or sitting trot
- Posting or rising trot
- Stopping
- Backing up or rein back
- Dismounting: Sliding down

### Disc 2

#### Rider 2

- Non-mounted flexion
- Mounted flexion
- Rider warm up
- Emergency stop or spiral down
- Down progression
- Direct rein
- Diagonal line
- Log or sit trot progression
- Circle progression
- Rising trot or posting progression
- Rider 2 expectations
- Lope or canter
- Lope/canter leads
- Transitions
- Dismounting: Stepping down

### Disc 3

#### Rider 3

- Warm Up
- Circles and Straight lines
- Changing diagonals in a straight line
- Stride and size variations
- 2 beat gait in a circle-transitions
- Spiral down to introduce bend and collection
- Introduction to bend
- Support Rein
- Rein of opposition
- Introduction to leg yield
- Figure 8
- Indirect rein
- Introduction to neck reining
- Using romal reins
- Back up or rein back progression
- Introduction to turn on the forehand
- Putting the pieces together

#### Rider 4

- Warm Up
- Sit trot to rise trot transition
- Serpentine
- Rein of opposition progression
- Walk to lope/canter to walk transition
- Back up or Rein back progression
- Introduction to collection
- English half halt/Western check

- Turn on the forehand with a straight spine
- Leg yield with a straight spine
- Introduction to sidepass
- Introduction to advanced turn on the forehand
- Introduction to turn on the haunches
- Introduction to simple lead change on a figure 8
- Neck reining at the lope

### Disc 4

#### Rider 5

- Review of rein effects
- Lateral to vertical flexion progression
- Introduction to shoulder in
- Collection at the jog/trot
- Half halt or momentary check
- Straight spine leg yield progression
- Sidepass progression
- Figure 8 with speed variation
- Simple lead change on a straight line
- Simple lead change on a serpentine
- Advanced turn on the forehand
- Introduction to haunches in
- Introduction to haunches out
- Haunches in to lope/canter transition
- Lope/canter to halt transition
- Turn on the haunches progression

#### Rider 6

- Warm up flexion at the 2 & 3 beat gaits
- Progression of haunches in and out
- Haunches in to lope/canter progression
- Turn on the haunches progression
- Walk Pirouette
- Turn on the haunches using a neck rein
- Side pass progression
- Introduction to 2 track
- 2 Track or half pass at the sitting trot
- Introduction to counter canter
- Introduction to controlled gallop
- Lateral exercises to a lope/canter transition
- Introduction to flying lead changes



## 4-H Achievement

4-H Achievement is... a 4-H club celebration when members have completed their projects. Achievements are planned by the club to give recognition to members and leaders for their accomplishments in their 4-H projects and club activities.



A 4-H Achievement can take many different formats: from choosing a theme, to member project displays, to members using their new skills for the event (entertainment, food, decorating, photographer, etc.), to members presenting their project to the whole group, the options are endless and open to the creativity of the members and leaders in each club!

Clubs may also plan their Achievement to promote 4-H to the community or to recognize sponsors and others who have helped the club.

Members and leaders - be sure to check your project books for the project completion requirements, so you will be ready for your club's Achievement celebration!

If you have any questions, comments or suggestions for this or other 4-H projects contact:

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CANADA

This manual is for educational use only and is not intended as professional advice.

For more information about 4-H and the many 4-H opportunities available please visit

<http://www.gov.mb.ca/agriculture/4-h/>



## What is 4-H?

4-H is an international youth organization involving more than 7 million members in 80 countries around the world.

In Canada, 4-H began in 1913 in Roland, Manitoba as a community-based organization dedicated to growth and development of rural youth. Today's 4-H program reaches both farm and non-farm youth across Canada. The motto of "Learn to Do by Doing" is embodied in the program, as 4-H focuses on skill development as well as personal development of life skills such as communications, leadership and citizenship.

### 4-H Motto

"Learn To Do by Doing"

### 4-H Pledge

I pledge,  
My HEAD to clearer thinking,  
My HEART to greater loyalty,  
My HANDS to larger service,  
My HEALTH to better living,  
For my club, my community, and my country.



Manitoba 4-H project material is developed by  
Manitoba Agriculture