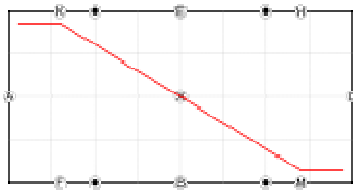


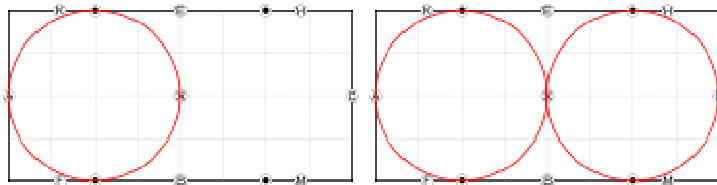
# White Certificate

Being able to ride all the mentioned figures

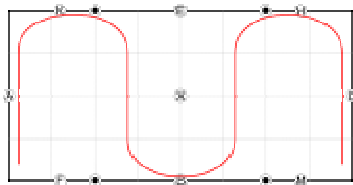
In all figures, the most important thing is riding correct corner passages. When riding a broken line or changing the rein, you have to ride really well into the corners to make sure you ride the figure properly.



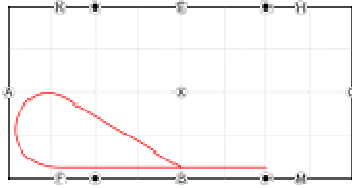
Riding a circle, you may not ride into the corners: the circle must be round! So, a big circle at A starts at A and also ends at A; you have to ride into the corner before you start at A and also ride into the corner after A when you have finished the circle.



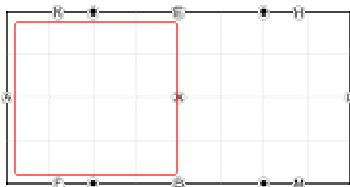
Serpentine through the whole school have to be ridden as shown in the picture below: at the center line you have to go straight and then you ride a proper loop to the next loop. Serpentine with four loops also exist, but is not shown here.



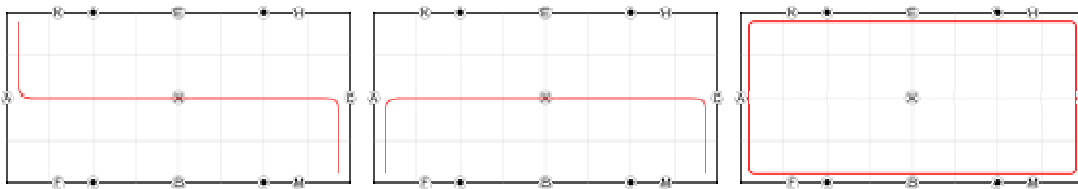
Half circle or half volte and return to the track can be performed at both reins. At the right rein it starts at F or H and ends at B or E.



When you turn at E or B, you also have to ride precisely: your figure may not look like a circle, you have to ride well into the "corners". At the picture below, you don't change the rein, but it's also possible that you have to change the rein at the other side. Try to ride a straight line as long as possible.



Don't forget the most important line in a contest: change the rein down the center line, from A to C and the other way around. When you're riding too slow, most horses don't walk on a straight line anymore. That's why you always have to keep the tempo!



## Trot without stirrups

When you ride in trot without stirrups, the most important thing is to keep your legs as relaxed as possible. Don't squeeze or lift your legs, just let them hang down and you will stay in balance. When you lift your legs, you're losing balance and risk falling off your horse. Your feet are kind of weights: when you keep them the same at both sides, you are able to sit straight on your horse.

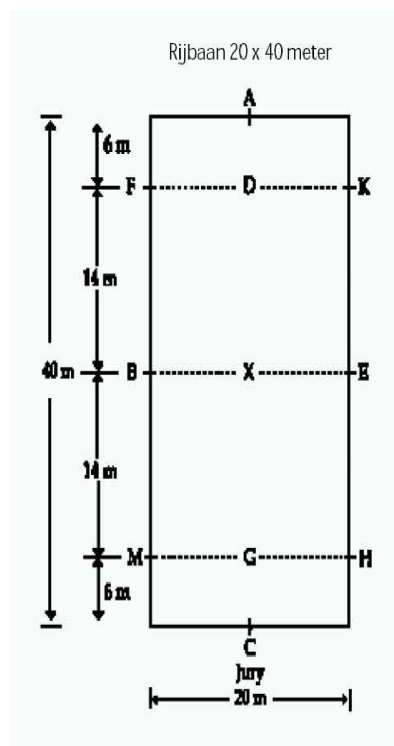
What's the importance of this exercise?

This is the best way to practice your balance on the horse. It's also possible that you lose one or maybe even both stirrups in trot or canter. Of course you cannot stop your horse because you want to find your stirrups. You have to be able to find your stirrups without looking down, both in trot and canter. Use your feeling and try to find your stirrups in walk, and then in trot and canter (without looking!!).

## Being able to control your horse

Your horse has to do whatever you want it to do: if you want to go into the trot, the horse has to go into trot; when you want to turn, the horse has to turn. When you really want something, you finally succeed. Don't give up too early and let your horse know that you are not afraid and that you are the boss. You don't need a whip for this, only being consistent, so never give up! When you are riding on the track and your horse wants to leave the track, lead the horse back to the track immediately. The best way to prevent things like this is by reacting immediately if you notice that your horse wants to leave the track: then the horse knows it is useless to try again.

## Knowing all the letters



The letters A and C mark the middle of the two short sides.

The letters B and E are found in the middle of the long sides.

The letters M, F, K and H are on the long sides, 6 m from the ends of the arena.

The letter X is in the middle of the center line.

The letter D is on the center line between F and K.

The letter G is on the center line between M and H.