

Quantum Savvy Foundation Programme

Level One Challenge Cards

Date _____

Name _____

Horse _____

Instructor _____

Congratulations; you have successfully completed the following assignments!

Skills Check

Card 4 - Mounting

Card 1 – The Approach

Card 5 - No contact riding 1 rein

Card 2 – Short Range

Card 6 - Contact Riding

Card 3 – Trailer Loading

Card 7 – Imagination Challenge



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Doing your Assignments

Why – As a correspondence programme available to students wherever they live, the QS Foundation Programme was designed to provide you with information and tasks to do via the Lesson Packs and for you to receive regular feedback from one of our helpful Team of Instructors. Each Lesson Pack comes with its own assignment to complete for feedback on your progress, which is essential to help you stay on track and progressing. A little diverging can be a good thing however your coach will help to make sure you are heading in the best direction to reach your goals.

When – Once you have ticked all the boxes in your homework cards for that lesson, it's time to do your Assignment Card. The idea is to get as much feedback and coaching as you can so that you can keep progressing along your pathway to horsemanship and make the most of your coach's horsemanship experience. We recommend you do them sooner rather than later.....remember the important thing here is to get the feedback, not wait until you think you have it all perfect. If you leave it too long your horse will get bored and you may have diverged from your track a little.

How – **Live with an Instructor**; you will need to book a time with your Instructor to do your assignment. Most Instructors hold regular 'Take the Challenge' days which are days specifically set aside for assignments. You can check out the Instructor's websites to see when the next 'Challenge' day is scheduled or ring Head Office on 1800 156 111 for more information. Take your assignments (Challenge Cards) along with you.....you will get them with each Lesson Pack, or you can download them from the website.

By Video; send along your assignments to your Instructor or to Head Office along with your payment.

Video Upload; by far the quickest and easiest way to do your assignments. Simply plug your camera straight into your computer and save your footage into a computer file. Then visit the QS website and click on the video upload button, select your file and upload it. You can even pay for your assignments on-line. We can then view your assignments and get feedback to you asap, so no waiting for the mail! Ideal for students keen to get their feedback quickly, or those who live some distance from the nearest instructor.

Who can view my assignments?

Level One and Two assignments can be done by an Endorsed or higher Instructor.

Send your Level Three assignments along to a Senior or higher Instructor.

There is a small cost per card to have your assignment viewed. Please check the cost with your instructor as it varies from country to country. Please send your payment along with your assignments and include return postage if you would like your video mailed back to you. As you successfully complete each assignment showing you are proficient at that Level, your coach will sign off that card as completed. If your coach feels you would benefit from spending a little more time on the assignment card he or she will offer you valuable hints and tips to enable you to build your skills and complete the card. In this instance you will need to do a little more practise and then submit the assignment again. Remember....it's not about getting it right, it's about getting the feedback to improve your horsemanship.

When you have successfully completed all of your Levels assignments you will receive your FREE Achievers Pack!

Congratulations

****please note.....most students will require some feedback and to resubmit a few assignments before they can successfully complete them. This is the best way for you to utilise the programme and gain valuable coaching from your Instructor. It may take several submissions before you have successfully completed all of the assignments. This is perfectly natural and is to be expected.***

Level One Challenges

Time _____

Date _____

Completed Signed _____

Comments _____

SKILLS CHECK

Use rhythmic motion all over your horse with your hands, your stick and string.

Contact and no contact yield in six directions including forequarters and hindquarters.

Time – 10 minutes.



Level One Challenges

Time _____

Date _____

Completed



Signed

Comments

ASSIGNMENT ONE - APPROACH

Approach your horse's shoulder from 4 metres. Standing at or behind the shoulder, allowing your horse to sniff the back of your hand. Rub your horse and ask them to bend towards you as you put the halter on and tie knot correctly.

Rub and check them all over.

Pick up and check all 4 feet.

Time – 5 minutes.



Level One Challenges

Time _____

Date _____

Completed



Signed

Comments

ASSIGNMENT TWO - SHORT RANGE YIELDS

Drive your horse forward from behind the shoulder - 1 full circle to the right, yield the hindquarter to change directions and do 1 full circle to the left. Do this 4 times.

While holding the snap, no-contact yield your horse sideways half a lap to the left and right. Remember to start and finish with your horse straight in front of you. Do this 2 times.

Place a 2' jump (barrels) against a fence. Jump your horse over it to the right, yield their hindquarter and jump them back over the barrel to the left. Do this 3 times in a flow, half circles only.

Time – 5 minutes.



Level One Challenges

Time

Date

Completed



Signed

Comments

ASSIGNMENT THREE - LOADING

Walk along a fence beside your horse's shoulder. Stop and back up 1 metre. Do this 3 times in a flow.

Continue through a gateway stopping half way through and then back your horse back through the gate. Do this twice.

Drive them onto a horse trailer and close the gate.
Go and rub them on the head and then calmly unload them.

Time – 8 minutes



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Level One Challenges

Time _____

Date _____

Completed Signed

Comments _____

ASSIGNMENT FOUR - MOUNTING

Saddle your horse from the off side on a loose rope. Circle your horse and send them over a jump in both directions and tighten girth. Do this until saddle is secure. Jump up and down along side the stirrup for 10 seconds each side.

Step up in the stirrup facing forward. Rub the opposite shoulder and move the stirrup back and forth rubbing the barrel of the horse. Do this on both sides.

Mount and rub your horse on the shoulder and neck. Check your lateral flexion both sides.

Time – 8 minutes.



Level One Challenges

Time

Date

Completed



Signed

Comments

ASSIGNMENT FIVE - NO CONTACT RIDING; 1 REIN

Check lateral flexion left and right.

Do an indirect rein for a full circle then walk out on a direct rein to the right and left. Remember the direct rein should yield the front end.

Back your horse 2 metres.

At the trot show 2 half circles with a direct rein to the right and to the left. Continue up into a canter and bend (lateral flexion) to a stop. Show this both sides. Check lateral flexion and back horse 1 metre.

Time – 6 minutes.



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Level One Challenges

Time _____

Date _____

Completed Signed

Comments _____

ASSIGNMENT SIX - CONTACT RIDING 2 REINS

Make 2 reins with your lead rope.

Go sideways left and right along a fence for 4 metres.

On a loose rein, trot your horse forward in a straight line. Ride down into a 2-rein backup. Do this 3 times in a flow. (Use your phases to pick up contact and back up.)

Time – 5 minutes.



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Level One Challenges

Time

Date

Completed



Signed

Comments

ASSIGNMENT SEVEN – IMAGINATION CHALLENGE

Choose five (5) elements from your Level One homework or assignment cards and combine them in one unique and flowing task. Imagination Challenge should show all the principles of safety, respect, communication, release and rapport that you have learnt in the programme to date and be imaginative.

Time – 5 minutes.



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Date

Signed

Comments

To complete an assignment, there should be no opposition reflexes from horse or human and confusion should be minimal. There should be clear direction given to the horse. Horse and human should show an understanding for each other. There should be flow and rhythm shown throughout the task.

Find us at; enquiries@quantumsavvy.com or www.quantumsavvy.com or phone 1800 156 111 international 61 7 5543 0004