

Quantum Savvy Foundation Programme

Level Two Challenges

Date

Name

Horse

Instructor

Congratulations; you have successfully completed the following assignments!

Skills Check – At liberty

Card 1 - Short range yields

Card 2 – Spiral Challenge

Card 3 - Loading

Card 4 – Contact Challenge

Card 5 – No Contact

Card 6 – No Contact Riding

Card 7 – Mounting Challenge

Card 8 – Simple Lead Changes

Card 9 – No Contact Riding

Card 10 – Contact Riding

Card 11 – Imagination Challenge



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Level Two Challenges

Time

Date

Completed



Signed

Comments

SKILLS CHECK - AT LIBERTY

Tools – stick and string.

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

Show contact and no-contact yields in 6 directions, with full circles in forequarter and hindquarter yields. Show both sides. Forward, backwards and sideways should be over a distance of 4 metres.

Time – 10 minutes.



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ASSIGNMENT ONE – SHORT RANGE YIELDS

Tools – halter, lead, stick & plastic bag

Use rhythmic motion all over your horse with a stick and bag.

Show contact and no-contact yields in 6 directions, with full circles in forequarter and hindquarter yields. Show both sides. Forward, backwards and sideways should be over a distance of 4 metres.

Time – 10 minutes.



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ASSIGNMENT TWO – SPIRAL CHALLENGE

Tools– 22' rope, stick & string

Back your horse the full length of the 22' rope. Send them to the right at the trot for 2 laps, then spiral to bring them back in to you. Rub them on the head then show the same to the left.

Repeat this including a 2' jump in the circle

Show four changes of direction maintaining the trot, then bring your horse to you and rub him on the head.

Time – 6 minutes.



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ASSIGNMENT THREE - LOADING

Tools – 22' rope, stick & string

Send your horse off at a trot, then go sideways along a fence for 7 metres, to the left and right.

At the trot, send your horse in a circle showing 3 transitions from walk to trot to walk. Show both left and right.

Send your horse onto a horse float from the end of the 22' rope.

Time – 6 minutes



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ASSIGNMENT FOUR – CONTACT CHALLENGE

Using just your hands, back your horse in a 7metre square; going backwards, sideways, forwards, sideways. Show one lap to the left and one to the right.

Place a 22' rope around your horse's neck and send them backwards for the full length of the rope. Ask them to yield to the left and the right 3 times each side. Then bring them back in and rub them.

Time – 10 minutes.



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ASSIGNMENT FIVE - NO CONTACT

Tools – stick & string only

From behind the shoulder, drive your horse forward one full circle to the right. Yield the hindquarters and show one full circle to the left. Show this 3 times.

While standing in front and facing your horse, send your horse sideways around you for half a lap. Show 2 times to the left and the right.

At the trot, send your horse to the right for 4 laps, bring them back in to you then send them to the left for 4 laps. Bring your horse back in and rub him all over.

Time – 7 minutes.



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ASSIGNMENT SIX – NO CONTACT RIDING

Tools – 1 rein. May use bareback pad.

Mount your horse safely and check your lateral flexion left and right.

Show a full circle indirect rein then walk out on a direct rein. Remember, the direct rein should yield the front end. Show both sides.

At the trot, show 2 half circles with a direct rein to the right and the left.

Continue up to the canter for 1 minute, then bend your horse (lateral flexion) to the stop. Show both directions. Check your lateral flexion and back your horse for 2 metres.

Time – 6 minutes.



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ASSIGNMENT SEVEN – MOUNTING CHALLENGE

Tools – halter and 12' lead rope, saddle

Show the safe saddling procedure – include a jump showing left and right.

Holding the lead rope, use your stirrup to drive your horse in a full circle to the left and right. Repeat this 3 times showing walk to trot transitions.

Facing forward, place one foot in the stirrup and hop up and down to show your horse will not walk off. Politely mount your horse.

Time – 8 minutes.



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INTRODUCING THE SNAFFLE – CHECK LIST

Can you –

1. Put the string in your horse's mouth without him playing with it.
2. Hold your horse's tongue with no resistance
3. With a Cherokee bridle show indirect and direct reins to the left and right; back your horse up; trot half circles with a direct rein to the right and left; canter and bend to a stop – both sides.
4. Stand along side the stirrup and put the bridle on.
5. Do passenger lessons as per the homework notes, with the snaffle on your horse.
6. Do check number 3 with the snaffle bridle.

* this card is for homework only. While these tasks are not part of the Level 2 Challenges, they should all be done successfully before introducing the snaffle bit to your horse.



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ASSIGNMENT EIGHT – SIMPLE LEAD CHANGES

Tools – snaffle bridle, saddled

On a loose rein, ride along the arena fence showing one rein transitions from walk to trot to canter and back to a walk. Show this twice to the right and to the left. Try not to use the rein.

At the trot, ride a figure eight showing 2 changes of diagonal.

Show 5 simple lead changes on a loose rein. From the canter, come down to a halt and back-up by lifting the reins with finger and thumb only.

Ask your horse to go sideways 4 metres left and right holding reins with finger and thumb only.

Time – 10 minutes.



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ASSIGNMENT NINE – NO CONTACT RIDING

Canter a circle on a loose rein and show 2 simple lead changes through the middle.

Make the circle bigger and gallop for 30 seconds, then spiral down to a smaller fast canter circle and show 4 flying lead changes through the centre of the circle.

Come down to a halt and straight back-up by lifting the reins.

Time – 5 minutes.

Level Two Challenges

Time _____

Date _____

Completed Signed

Comments _____

ASSIGNMENT TEN – CONTACT RIDING

Tools – saddled and bridled

Pick up a contact rein position and obtain a soft feel. Show lateral flexion left and right.

Show a half circle indirect rein then full circle forequarter yield (turn on the hindquarters) in a flow. Show both right and left.

Trot a straight line on a loose rein. Ride your horse down into a contact rein (2 rein) back-up for 7 metres. Show 4 of these in a row.

On a contact rein, ride a 7 metre square – go sideways right, backwards, sideways left then ride forward on a loose rein. Show right and left.

Time – 7 minutes.



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ASSIGNMENT ELEVEN – 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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To pass the 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.

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