

STRAIGHTNESS TRAINING EVALUATION – TOUCHSTONE OVERVIEW

	GROUNDWORK	LONGEING	WORK IN HAND	RIDING	LIBERTY
	<i>Cavesson & single line & whip</i>	<i>Cavesson & longe line & whip</i>	<i>Cavesson & reins & whip Curb recommended in grade 2,3,4,5</i>	<i>Cavesson & reins & whip Curb recommended in grade 2,3,4,5</i>	<i>Grade 1: Halter, single line, whip Grade 2,3,4,5: Whip</i>
5°	<ul style="list-style-type: none"> • Transitions walk – piaffe - walk • Transitions trot – piaffe – trot • Transitions canter – piaffe – canter • Groundwork sequence* in canter with full pirouette 	<ul style="list-style-type: none"> • Traversal movement on the longe line • Collection on the longe line 	<ul style="list-style-type: none"> • Transitions walk – piaffe - walk • Transitions trot – piaffe – trot • Transition canter – piaffe – canter • Work in hand sequence** in canter with full pirouette and flying change 	<ul style="list-style-type: none"> • Transitions walk – piaffe – walk • Transitions trot – piaffe - trot • Transition canter – piaffe – canter • Riding sequence*** in canter with full pirouette and flying change 	<ul style="list-style-type: none"> • Liberty sequence**** in trot • Circle in canter • Personal improvisation (whatever you are capable of doing at liberty with ST quality, e.g. half steps, or piaffe, or haunches-in in canter, or pirouette, or flying change)
4°	<ul style="list-style-type: none"> • Groundwork sequence* in trot with collection • Half steps • Groundwork sequence* in canter 	<ul style="list-style-type: none"> • LFS on a big circle in walk, trot and canter • Transitions trot – canter - trot 	<ul style="list-style-type: none"> • Work in hand sequence** in trot with collection • Half steps • Work in hand sequence** in canter with simple change 	<ul style="list-style-type: none"> • Riding sequence*** in trot with collection • Half steps • Riding sequence*** in canter with ½ pirouette and simple change 	Trot: <ul style="list-style-type: none"> • Circle close to you • LFS on a straight line • Shoulder-in on a straight line • Haunches-in on a straight line • Circle more away from you • S-change in trot
3°	<ul style="list-style-type: none"> • Groundwork sequence* in walk with collection • Groundwork sequence* in trot 	<ul style="list-style-type: none"> • LFS on a big circle in walk & trot • Transitions trot – halt - trot • S-change in trot 	<ul style="list-style-type: none"> • Work in hand sequence** in walk with collection • Work in hand sequence** in trot 	<ul style="list-style-type: none"> • Riding sequence*** in walk with collection • Riding sequence*** in trot • Circle in canter 	<ul style="list-style-type: none"> • Liberty sequence**** in walk
2°	<ul style="list-style-type: none"> • Groundwork sequence* in walk 	<ul style="list-style-type: none"> • LFS on a big circle in walk & trot • Transitions walk – halt - walk • Transitions walk – trot - walk • S-change in walk 	<ul style="list-style-type: none"> • Work in hand sequence** in walk 	<ul style="list-style-type: none"> • Riding sequence*** in walk • Circle in trot 	<ul style="list-style-type: none"> • Circle close to you • LFS on a straight line • Shoulder-in on a straight line • Haunches-in on a straight line • Circle more away from you • S-change in walk
1°	<ul style="list-style-type: none"> • Halt • Backup • Forward down at a standstill • Lateral bending at a standstill • LFS on a circle • LFS on a straight line • A few steps haunches-in 	<ul style="list-style-type: none"> • Forward down at a standstill • Lateral bending at a standstill • LFS in hand • Setting the horse gradually up on a bigger circle • LFS on a big circle in walk • Halt on the circle 	<ul style="list-style-type: none"> • Forward down at a standstill • Lateral bending at a standstill • LFS on a circle • Shoulder-fore • Haunches-in 	<ul style="list-style-type: none"> • Standing still while mounting • LFS on a circle • Shoulder-fore on a straight line • Haunches-in on a straight line 	Preparation on-line: <ul style="list-style-type: none"> • Moving forward, backward • Moving frontlegs, hindlegs • Stop • Moving shoulder-to-shoulder on a straight line and on a circle • LFS on a circle <p>Take off the halter and the horse stays with you and doesn't leave.</p> <p>Same exercises at liberty.</p>

SEQUENCES

*GROUNDWORK SEQUENCE	LONGEING	**WORK IN HAND SEQUENCE	*** RIDING SEQUENCE	**** LIBERY SEQUENCE
<ol style="list-style-type: none"> 1. Standstill exercises 2. Circle 3. Haunches-in 4. LFS on the short side 5. Haunches-in turn through the corner 6. Half pass 7. Pirouette at the center line 8. Half pass 9. Renvers turn through the corner 	<ol style="list-style-type: none"> 1. Standstill exercises 2. Circle in hand 3. Gradual process 4. Big circles 5. Progressive transitions 6. Non-progressive transitions 	<ol style="list-style-type: none"> 1. Standstill exercises 2. Circle 3. Shoulder-in 4. LFS on the short side 5. Haunches-in 6. LFS on the short side 7. Renvers 8. Turn through the corner 9. Half pass 10. Pirouette 11. Half pass 	<ol style="list-style-type: none"> 1. Standstill exercises 2. Circle 3. Shoulder-in 4. LFS on the short side 5. Haunches-in 6. LFS on the short side 7. Few steps shoulder-in, then half pass 8. Pirouette 9. Half pass 10. Renvers through the corner 	<ol style="list-style-type: none"> 1. Circle 2. Shoulder-in 3. LFS on the short side 4. Haunches-in 5. LFS on the short side 6. Haunches-in turn through the corner 7. Half pass 8. Pirouette 9. Half pass 10. Renvers through the corner

REQUIREMENTS

During the exercises you strive for balance in body, mind, heart, and soul.

Check for yourself if the following ingredients are present while performing the exercises:

PHYSICAL BALANCE	MENTAL, EMOTIONAL & SPIRITUAL BALANCE
<ul style="list-style-type: none"> • Correct balance & center of mass • Correct shape & posture • Suppleness & yielding • Appropriate tempo & rhythm • Flow & fluency in the movement • Equal movement to the right and to the left • Equal coordination to the right and to the left 	<ul style="list-style-type: none"> • Calmness • Trust • Respect • Openness • Presence • Attentiveness • Willingness • Togetherness

You will also demonstrate your overall training skills, were you strive for doing the right things (being effective) and doing things right (being efficient):

TRAINING SKILLS
<ul style="list-style-type: none"> • Your “horse training 101” skills • Your ability to select the right tools • Your tool handling – effective position, movement, and coordination • Your aids: <ul style="list-style-type: none"> ○ Your calmness and assertiveness ○ Efficient timing & dosing of the aids ○ The dominant use of your inner picture and inner feeling ○ Effective use of pressure & release ○ Effective moments of release, reward, relax ○ Your feel & sensitivity for the horse