



## ***LITTLE HORSESHOE 1***

### ***Theory***

#### **A. BASIC KNOWLEDGE OF THE HORSE AND TACK**

- Colour of the Horse (Basic)
- Basic Body Parts
- Basic Tack (Halter, bridle, saddle Numnah, Crop)

#### **B. HANDLING A HORSE**

##### **1. Grooming and Grooming Kit**

Know the names and how to use the basic grooming items like hoof pick, curry comb, body brush, sponge, mane and tail bush

##### **2. Approaching a horse and behavior around a horse**

How a horse sees its environment

“Horse Body Language”

DO’S and DONT’S around a horse

##### **3. Use of Halter, and Leading of a horse**

#### **C. BASIC RIDING GEAR-RIDER**

Helmet (compulsory)

Correct shoes

Jodphurs or breeches

Chaps

Gloves(optional)

Body Protector (Optional)

**Practical**

**D. Basic Riding**

**1. Mounting and Dismounting**

Correct Use of Stirrups-Place the foot in the Stirrup Correctly  
Tightening of girth from the horse and from below

**2.)Basics of riding**

Holding the reins

Position of rider

Basic aids (walk, trot and canter)

**3.)Rules of the riding arena**

Distance to the horse in front of and next to you

**E. Riding**

1.) Walk and rising trot and halt

2.) Basic dressage figures

2.) Intro Test A

Does not need to be done at a show. Horse and Rider do not need be registered with NAMEF.

Coach Level 1 can take the exam, needs to be a different coach than the coach of the rider.

Coach of rider needs to be registered with the NECA.

