

DEFINITIONS

BALANCED SEAT: Basis for specialized seats. Is the foundation for development of an independent seat and coordinated use of aids. Begins at the D1 with suppling exercises for the rider.

INDEPENDENT SEAT: Seat is independent from action of hands and legs.

COORDINATED USE OF AIDS: Seat, leg, and hand are not only independent, but are working in coordination with each other and with the movement of the horse. An independent seat is the foundation for the coordinated use of aids.

FREE FORWARD MOVEMENT: Free, relaxed in the back, unencumbered by resistance caused by the rider's lack of independence or coordination. The horse is moving forward purposefully – tracking up.

DEMONSTRATE AIDS: Rider applies aids but they may not be coordinated or strong enough to effect the desired response in the horse.

DEFINITION OF TERMS

RELAXATION

An unruffled mental state. Calmness, without anxiety or nervousness. Absence of muscular tension other than that needed for optimal carriage, strength, and range and fluency of movement.

RHYTHM and REGULARITY

The characteristic sequence of footfalls and phases of a given gait. Correctness of gait to include purity, evenness, and levelness.

TEMPO

The rate of repetition of the rhythm.

SUBMISSION

The yielding of the horse's will as shown by a constant attention, willingness, and confidence in the attitude of the horse. The horse's movements display harmony, lightness, and ease of execution including correct bend, acceptance of and obedience to the rider's aids, and a balance appropriate to the task at hand.

CONTACT

The horse submits to the energy coming from behind, i.e. stretches into the hands, flexes at the poll and softly chews the bit, producing saliva.

IMPULSION

Hocks pushing energetically in a forward direction, Swinging back allows the rider to sit comfortably. Nice amount of suspension in trot and canter.

STRAIGHTNESS

Hind feet must follow exactly the same track as the front feet, whether on a straight line or on curved lines. Align the forehead with the haunches. (Shoulder-in and other lateral work.)

DEFINITION OF TERMS

THROUGHNESS

Permeability in both longitudinal and lateral flexion and bend. Half-halts being accepted without resistance through any part of the horse's body.

COLLECTION

Transference of carrying power to the haunches. To achieve this the horse needs to be straightened and "through." The horse gives an impression of moving uphill.

RIDER'S POSITION AND SEAT

All the movements of the horse should be obtained without apparent effort of the rider. The rider should be well balanced with legs framing the horse. The upper body is easy, free, and erect; the hands low and close together with the thumbs as the highest point. The elbows and arms are close to the body enabling the rider to follow the movements of the horse smoothly and freely and to apply the aids imperceptibly. The aids of the seat are applied by contracting and relaxing the loin muscles at the right moment to correctly influence the horse.

GAITS

WALK - regular, free and unconstrained.

TROT - free, supple, regular, sustained and active.

CANTER - united, light and cadenced. The horse's quarters are never inactive or sluggish. They respond to the slightest indication of the rider and give life and spirit to the rest of the body.

TERMINOLOGY

Term or Phrase	Description
Forward	Not fast – covering ground within a consistent rhythm
Free Forward Movement	Covering ground in a relaxed stride with a consistent stride that is fairly slow where joints moving as if they are well lubricated, without resistance, without tension, and without stiffness.
Hand Gallop	A gallop in hand – more forward than a dressage canter, but not a cross-country gallop. A gallop that is from the leg and up into the bridle, that might be used in a stadium jumping course.
Warm-up	Various styles used depending on the horse and their training. Riding a warm-up with a loose rein or on contact is fine as long as it is effective for the horse.
Releases	Numerous kinds (i.e., following, crest, high, low, etc.) – all are allowed as long as it is effective and does not take away from independence of rider or horse over the jump
Styles	Many styles of riding out there in the jumping and dressage world. All are considered by USPC – bottom line – they must be effective
Standards	USPC's written / documented natural progression of riding education and skills. The standards are written in a progressive way (i.e., from explain to demonstrate to maintain to understanding). The standards are the syllabus or outline for the PC teaching program.
Increase of speed	Increase the rhythm with the same stride length.
Lengthening	Maintain the same rhythm with a longer stride.
Energy	Leg creates the energy. The seat organizes the energy. The hand maintains the contact with the front end, so that the energy is contained further.
Basic Balanced Position	Lining up body parts: Side view: Ear, shoulder, hip, heel Front View: shoulders level and parallel to level pelvis and hips Shoulders and hips in line with horses' shoulders and hips when riding on a straight line Sitting on all three seat bones