



Beginner Checklist

Are you ready to take a COR exam? Find out using this handy checklist.

Beginner: Level 1

	Student safely interacts with horses. This INCLUDES: Placing his/her hand on horse's rear when passing behind a horse Making quiet, calm, & slow movements while around horse This EXCLUDES Making sudden and fast movements while around horse Yelling, running, or any forms of "horse-play" on and around a horse
	Student demonstrates good, basic body positioning: Good foot placement in stirrup irons Ear, shoulder, seat, & heel form a straight line Heels down, shoulders back, & eyes looking forward
	Student demonstrates good hand position when holding the reins: Thumbs are up Hands are closed firmly around the reins
	Student demonstrates good balance while performing lunge line exercises at the walk
	Student can independently steer a horse around several cones using the reins Gently pulling the appropriate rein while giving with the opposite rein
	Student can independently perform halt-walk/ walk-halt transitions
	Student can independently walk around the arena without being on a lunge line
	Student demonstrates good mounting & dismounting technique
	Student can perform "Around-the-World" (a game) on a stopped horse
	Student is introduced to trotting (posting & sitting) on a lunge line
	Student can distinguish between a Western and English saddle
	Student can identify specific horse grooming tools

Beginner: Level 2

	Student can groom their horse in the proper order and using the proper grooming tools during each step
	Student can halter horse and lead it safely & confidently through a series of obstacles
	Student can identify and recall the name of the saddle they commonly use
	Student can tack their horse, placing the saddle pad and saddle in the correct order
	Student demonstrates improved body position, requiring fewer reminders: Student's hands are noticeably quieter (even at the trot) Student's legs are quieter and more stable Student's heels are down
	Student demonstrates good balance while performing lunge line exercises at the trot: Can prevent an egg from falling from a wooden spoon (2 laps)

	Student can place his/her feet back into the stirrup irons while at a walk (no assistance or use of student's hands is permitted)
	Student can ride over a series of ground poles while at a walk
	Student is introduced to several, basic schooling figures
	Student is introduced to riding in a 2-point position
	Student is introduced to the concept of a "trot diagonal"
	Student consistently remembers to run up the stirrup irons after dismounting
	Student can identify several, specific horse expressions/ forms of communication
	Student can identify several, basic parts of a bridle
	Student can identify several, basic parts of a saddle

Beginner: Level 3

	Student demonstrates confidence while interacting safely around a horse
	Student demonstrates improved leg position: Can prevent money from falling from between their legs while at the trot (2 laps)
	Student can demonstrate an emergency dismount and explain when it would be used
	Student demonstrates smooth walk-trot transitions
	Student can perform a posting and sitting trot (1 lap each direction) while off the lunge line
	Student demonstrates confidence & precision while performing schooling figures at a walk
	Student can 2-point around the arena (1 lap each direction) while at a walk
	Student trots more consistently on the correct diagonal
	Student can ride over a series of trot poles with confidence Can also ride over trot poles in 2-point position
	Student can identify horse blind spots
	Student can explain the function of a saddle cashel pad
	Student can identify additional parts of a saddle
	Student is introduced to good arena etiquette practices