



## Intermediate Checklist

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

### Intermediate: Level 1

<input type="checkbox"/>	Student can groom their horse thoroughly and independently
<input type="checkbox"/>	Student can tack their horse independently
<input type="checkbox"/>	Student is introduced to good saddle care practices
<input type="checkbox"/>	Student demonstrates a strong body position: Hands are very quiet and forgiving to the horse's mouth Proper arm position while turning Seat position is solid yet relaxed, and in sync with the horse's movement Legs are strong, solid, and quiet Heels are down
<input type="checkbox"/>	Student can demonstrate a one-rein halt and explain when it should be used
<input type="checkbox"/>	Student can adjust his/her own stirrup irons while sitting in the saddle
<input type="checkbox"/>	Student can place his/her feet back into the stirrup irons while at a trot
<input type="checkbox"/>	Student can steer -- with and without stirrup irons -- around a series of cones at a posting & sitting trot using leg pressure only
<input type="checkbox"/>	Student can perform all schooling figures at a trot with confidence and precision
<input type="checkbox"/>	Student can 2-point around the arena (2 laps each direction) while at a trot
<input type="checkbox"/>	Student consistently trots on the proper diagonal
<input type="checkbox"/>	Student can ride through advanced trot poles (small cavallettis) demonstrating confidence and proper position (2-point)
<input type="checkbox"/>	Student consistently demonstrates good arena etiquette
<input type="checkbox"/>	Student is introduced to cantering on a lunge line
<input type="checkbox"/>	Student can identify additional bridle parts
<input type="checkbox"/>	Student can identify additional saddle parts
<input type="checkbox"/>	Student can identify specific horse colors & markings
<input type="checkbox"/>	Student can identify the four (4) gaits of a horse

### Intermediate: Level 2

<input type="checkbox"/>	Student can disassemble, clean, and correctly re-assemble a horse bridle
<input type="checkbox"/>	Student can effectively and intuitively use his/her natural aids (i.e. hands, seat, and/or legs) and any artificial aids (e.g. a riding crop)
<input type="checkbox"/>	Student demonstrates smooth trot-canter transitions
<input type="checkbox"/>	Student performs schooling figures at a trot with confidence, precision, and the correct amount of bend from the horse
<input type="checkbox"/>	Student demonstrates good balance during lunge line exercises at a canter

	Student demonstrates confidence cantering off a lunge line
	Student is introduced to cantering in a half-seat position
	Student is introduced to trailing riding
	Student is given a limited introduction to Dressage: Must be able to correctly label a Dressage arena
	Student demonstrates balance in a 2-point position without using the neck or mane
	Student is introduced to jumping: Can identify specific types of fences
	Student is introduced to half-halting
	Student can identify specific horse breeds
	Student can identify specific anatomical features of a horse

### **Intermediate: Level 3**

	Student can place feet back into stirrup irons while at a canter
	Student performs schooling figures at the canter with confidence and precision
	Student can 2-point around the arena (4 laps each direction)
	Student can canter in half-seat around the arena (2 laps each direction)
	Student can jump small cross poles and small verticals
	Student can demonstrate two (2) of several types of jumping releases
	Student can demonstrate a half-halt and explain why and when it should be used
	Student is introduced to galloping a horse
	Student is introduced to a flying lead change
	Student is introduced to working a horse on the bit and getting impulsion from behind
	Student is introduced to bending/ flexing a horse at the poll
	Student can identify specific horse bits
	Student can identify additional horse anatomical features
	Student can identify additional types of fences