



### Trot Test 3: Shallow loops and ½ circles in rising trot, halt to trot, half turn on the forehand.

1.	A	Enter at rising trot and proceed down the centre line.	Straightness of rider			
			Rhythm and tempo			
2.	C	Track left	Trot diagonal			
3.	E	Rising trot – walk transition	Rising trot – walk trans			
4.	V	Transition to rising trot	Walk – trot trans			
			Aids			
5.	VKA	Rising trot	Trot diagonal			
			Position(X2)			
			Rhythm and tempo			
6.	A	½ 20m circle left to L	Accuracy			
	L	½ 20m circle right to C	Aids			
7.	Between E and C	Walk before C and halt, immobility at C.	Walk to halt transition			
			Aids			
8.	C	Halt to trot transition	Halt to trot transition			
			Aids			
9.	BPF	Shallow loop, 5m in from track	Position (X2)			
			Straightness of rider			
			Accuracy			
10.	Between F and A	Rising trot to walk transition, halt, immobility at A.	Synchronisation (X2)			
			Walk-halt transition			
11.	A	Half turn on the forehand, head to wall, and walk forward on the left rein.	Straightness of rider			
			Contact			
			Aids			
12.	Before F	Trot transition, through walk.	Synchronisation (X2)			
	FPB	Shallow loop, 5m in from track	Aids			
			Accuracy			
14.	C	½ 20m circle left to L	Rhythm and tempo			
	L	½ 20m circle right to A	Contact			
15.	Between F and A	Walk transition.	Rising trot to walk transition.			
16.	KLB	Change the rein at free walk, show some stretching on a long rein.	Relaxation of horse			
			Rhythm and tempo			
			Stretching down			
17.	C	Half turn on the forehand, head to wall, and walk forward on the right rein. Proceed in walk.	Straightness of rider			
			Accuracy			
18.	BPF	Rising Trot	Walk -trot transition			
			Rhythm and tempo			
19.	A	Turn up the centreline.	Accuracy			
	L	Halt through walk, Immobility, Salute.	Walk-halt transition			
Total						Maximum: 126



## Establishing Trot Test 1: Shallow loops and ½ circles in rising trot, halt to trot, half turn on the forehand.

This test is for horses have begun trot work in the arena and are ready to develop this. The horse should be established at performing balanced walk-trot-walk transitions, and able to maintain rising trot for longer in open spaces. Fitness is important – and it is best to build up fitness by riding out before serious work is begun in the arena.

At this level, most of the trot work is carried out in rising trot. This enables the horse to build up the correct muscles gradually without interference from the rider's seat. When riding out, the rider should change diagonal every ten strides so that the horse and rider become used to riding on both diagonals. In the arena, the rider should sit as the inside hind and outside fore touch the ground. To pick up the correct diagonal in rising trot, focus on the outside seatbone moving in walk. As the outside seatbone moves forward, you will continue this movement to make a small rise. Pick up trot, continuing to focus on the outside seatbone. As the outside seatbone is moved forward, stand, swinging your hips forward. You then sit as the outside seatbone would be moving back. You should rise only as high as the horse's movement pushes you, swinging the hips forward, and sit gently in balance with the upper body still inclined forward. The hips must not thrust forward in front of the shoulders, but should remain below or slightly behind the shoulders even at the top of the rise.

In Sentient Riding, we make transitions from rising trot directly to walk, not through sitting trot. This enables the horse to maintain softness and correct movement of the back throughout the transition. The trot should be slowed smoothly by slowing the rising whilst remaining synchronised with the movement. The rider should sit no more than 3 steps before walking. Ideally, the sequence should be rise, sit, walk, but rise, sit, sit, walk is also acceptable. The horse should not make the transition to walk while the rider is in the rise phase. Developing the timing for this transition takes a bit of practice but improves synchronisation and accuracy as well as softness in the long run. In this test, all trot work is to be ridden in rising trot.

The turn on the forehand is executed stepwise. The front legs keep time stepping in sequence and turning on the spot, while the hind legs describe a semicircle. The front legs must not plant or swivel – the clear 4 beat walk must be maintained.

As with all Sentient Riding tests, we are looking for a slower tempo than would be expected in traditional dressage. A slower tempo leads to better balance, core strength and freedom of stride. A consistent rhythm and tempo are important.