



DEMI DRESSAGE - "SUMMER ICE CREAMS"



These tests are all about demi voltes! In dressage, a volte is a small circle (typically 6m, 8m or 10m) A 'Demi Volte' therefore is half a circle (demi means half), and the correct dressage description of the 'Ice Cream' shape (more commonly known as 'teardrops') we are using in these tests is a 'half circle (Demi Volte) and incline to the track'. For ponies, they are a useful suppling exercise if ridden with the correct changes of bend and straightness, and can be a great introduction to lateral work for more advanced riders.

At Demi Dressage, we have geared the movement more towards our novice young riders, simply as a fun way to get them moving around the school in different patterns!

We've included some sitting trot movements to help develop a deeper seat and use of core muscles!

The GREEN 'Ice Cream' Test (Green level test - walk only. May be ridden on or off Lead Rein, or Assisted)

1. Enter at A in walk, and proceed down the centre line.
2. At C track right. C-M-B-F walk. If you wish, you may show some sitting trot between M and F - there will be no penalty for staying in walk!
3. At F, ride a 10m half circle right onto the centre line at D.
4. D-M incline back to the track. M-C-H-E walk. If you wish, you may show some sitting trot between C and E - there will be no penalty for staying in walk!
5. At E, ride a 10m half circle left onto the centre line at X.
6. X-H incline back to the track. H-C-M-B walk.
7. At B, ride a 10m half circle right to X and proceed on the centre line in walk.
8. At G, halt and salute. Pat your pony and walk off on a long rein!

Collectives: Rider's Position (security and correctness)
 Rider's Effectiveness (showing independent use of aids)
 Pony's Rhythm and Paces
 Pony's Willingness and Harmony with Rider

The YELLOW 'Ice Cream' Test (Yellow level test - walk and simple trot. May be ridden on or off Lead Rein, or Assisted)

1. Enter at A in walk, and proceed down the centre line. At C track right. C-M-B-F walk.
2. At F, ride a 10m half circle right onto the centre line at D and incline back to the track at M.
3. Between M and C transition to trot (rising). C-H-E trot (rising).
4. Between E and K show some strides of sitting trot. K-A trot (rising).
5. At A transition to walk. A-F-B-M walk.
6. At M, ride a 10m half circle left onto the centre line at G and incline back to the track at B. B-F walk.
7. Between F and A transition to trot (rising). A-K-E trot (rising).
8. Between E and H show some strides of sitting trot. H-C trot (rising).
9. At C transition to walk. C-M-B walk.
10. At B, ride a 10m half circle right to X and proceed on the centre line in walk.
11. At G, halt and salute. Pat your pony and walk off on a long rein!

Collectives: Rider's Position and Effectiveness (security of seat, correct and effective use of aids)

Rider's Use of the Arena and Accuracy (use of corners, correctly executed movements)

Pony's Rhythm and Paces

Pony's Willingness and Harmony with Rider

The YELLOW-PLUS 'Ice Cream' Test (Yellow-Plus level test - extended walk and trot)

1. Enter at A in trot, and proceed down the centre line. At C track right. C-M-B-F trot.
2. At F, ride a 10m half circle right onto the centre line at D and incline back to the track at M.
3. M-C-H show some strides of sitting trot. H-E-K trot.
4. At K, ride a 10m half circle left onto the centre line at D and incline back to the track at E. E-H trot.
5. At H, transition to walk. H-C-M walk.
6. At M, change the rein to K, allowing your pony to take a longer rein. At K re-take your reins. K-A-F walk.
7. At F, transition to trot. F-B-M trot.
8. At M, ride a 10m half circle left onto the centre line at G and incline back to the track at F.
9. F-A-K show some strides of sitting trot. K-E-H-C-M-B trot.
10. At B, ride a 10m half circle right onto the centre line at X and incline back to the track at M. M-C-H-E trot.
11. At E, ride a 10m half circle left onto the centre line at X and proceed in trot.
12. At G, halt and salute. Pat your pony and walk off on a long rein!

Collectives: Rider's Position and Effectiveness (security of seat, correct and effective use of aids)

Rider's Use of the Arena and Accuracy (use of corners, correctly executed movements)

Pony's Rhythm and Paces

Pony's Willingness and Harmony with Rider

The BLUE 'Ice Cream' Test (Blue level test – walk, trot and simple canter)

1. Enter at A in trot, and proceed down the centre line. At C track right. C-M trot.
2. M-B-F show some strides of sitting trot, returning to rising trot before F.
3. At F, ride a 10m half circle right onto the centre line at D and incline back to the track at M. M-C trot.
4. Between C and H transition to canter left. H-E-K-A canter.
5. Between A and F transition to trot.
6. F-B-M show some strides of sitting trot, returning to rising trot before M.
7. At M, ride a 10m half circle left onto the centre line at G and incline back to the track at F. F-A trot
8. Between A and K transition to canter right. K-E-H-C canter.
9. Between C and M transition to trot. M-B trot.
10. Between B and F transition to walk. F-A-K walk.
11. At K, change the rein to M, allowing your pony to take a longer rein. At M re-take your reins. M-C-H walk.
12. At H, transition to trot. H-E-K trot.
13. At K, ride a 10m half circle left onto the centre line at D and incline back to the track at E. E-H-C-M-B trot.
14. At B, ride a 10m half circle right onto the centre line at X and proceed in trot.
15. At G, halt and salute. Pat your pony and walk off on a long rein!

Collectives: *Rider's Position and Effectiveness (security of seat, correct and effective use of aids)*
 Rider's Use of the Arena and Accuracy (use of corners, correctly executed movements)
 Pony's Rhythm and Paces
 Pony's Willingness and Harmony with Rider

The RED 'Ice Cream' Test (Red level test - walk, trot and canter)

1. Enter at A in trot, and proceed down the centre line. At C track right. C-M trot.
2. M-B-F show some strides of sitting trot, returning to rising trot before F.
3. At F, ride a 10m half circle right onto the centre line at D and incline back to the track at M.
4. Between M and C, transition to canter left. C-H-E-K-A-F canter.
5. At F, ride a change of rein F-X-H, with a transition to trot at X. X-H-C-M-B-F trot.
6. Between F and A, transition to canter right. A-K-E-H-C-M canter.
7. At M, ride a change of rein M-X-K, with a transition to trot at X. X-K-A-F trot.
8. F-B-M show some strides of sitting trot, returning to rising trot before M.
9. At M, ride a 10m half circle right onto the centre line at G and incline back to the track at F.
10. At A transition to walk. A-K walk.
11. At K, change the rein to M, allowing your pony to take a longer rein. At M re-take your reins. M-C medium walk.
12. At C, transition to trot. C-H-E trot.
13. At K, ride a 10m half circle left onto the centre line at D and incline back to the track at E. E-H-C-M-B trot
14. At B, ride a 10m half circle right onto the centre line at X and incline back to the track at M. M-C-H-E trot
15. At E, ride a 10m half circle right onto the centre line at X and proceed in trot.
16. At G, halt and salute. Pat your pony and walk off on a long rein!

Collectives: *Pony's Rhythm and Paces*
 Pony's Relaxation and Suppleness
 Pony's Willingness and Harmony with Rider
 Rider's Position and Seat (balance, straightness and correctness)
 Rider's Results (correct and effective use of the aids, accuracy of movements)