



DEMI DRESSAGE - "CHRISTMAS STOCKINGS"



These tests are all about the short diagonals (if you squint at the movements when drawn out, the shapes made look like Christmas stockings!)

The "Green Christmas Stocking" Test (GREEN test - walk only. May be ridden on or off Lead Rein)

1. Enter at A in walk, and proceed down the centre line. At C track left. C-H walk.
2. At H change the rein across the short diagonal to B. B-F-A walk.
3. At A turn down the centre line. A-X walk.
4. At X, halt, and take the reins in one hand to wave and shout out "Merry Christmas!" to the judge! *
5. Re-take reins, proceed in walk and at C track right. C-M walk.
6. At M change the rein across the short diagonal to E. E-K-A walk.
7. At A turn down centre line and proceed in walk.
8. At X, 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 Christmas Stocking" Test (YELLOW 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 left.
2. Between C and H transition to trot. H-E-K trot.
3. Between K and A walk. A-F walk.
4. At F change the rein across the short diagonal to E. E-H-C walk.
5. At C transition to Halt, remain in halt and shout "Merry Christmas!" to the judge (don't deafen them!)
6. Proceed in walk. C-M walk.
7. At M, take both reins in the outside (left) hand and walk down the long side of the arena with the inside (right) arm held out to the inside. At F retake the reins in both hands. F-A walk.
8. Between A and K transition to trot. K-E-H trot
9. Between H and C walk. C-M walk.
10. At M, change the rein across the short diagonal to E. E-K-A walk.
11. At A turn down the centre line and proceed in walk.
12. At X, 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 Christmas Stocking" Test (YELLOW-PLUS test - extended walk and trot)

1. Enter at A in trot, and proceed down the centre line. At C track left. C-H-E trot.
2. At E, change the rein across the short diagonal to F. F-A-K trot.
3. Between K and E ride a transition to walk for at least five pony lengths.
4. Between E and H transition to trot. H-C-M trot.
5. At M, take both reins in the outside (left) hand and trot down the long side of the arena with the inside (right) arm held out to the inside. At F retake the reins in both hands. F-A-K-E trot.
6. At E, change the rein across the short diagonal to M. M-C-H trot.
7. Between H and E ride a transition to walk for at least five pony lengths.
8. Between E and K transition to trot. K-A-F trot.
9. At F, take both reins in the outside (right) hand and trot down the long side of the arena with the inside (left) arm held out to the inside. At M retake the reins in both hands. M-C-H-E-K trot.
10. Between K and A transition to walk. A-F walk.
11. At F, change the rein to E, allowing your pony to take a longer rein. At E re-take your reins. E-H walk.
12. Between H and C, transition to trot. C-M-B-F-A trot.
13. At A turn down the centre line and proceed in trot.
14. At X, halt (can be progressive) 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 Christmas Stocking" Test (BLUE test – walk, trot and simple canter)

1. Enter at A in trot, and proceed down the centre line. At C track left. C-H-E trot.
2. At E change the rein across the short diagonal to F. F-A-K trot.
3. At K, take both reins in the outside (left) hand and trot down the long side of the arena with the inside (right) arm held out to the inside. At H retake the reins in both hands. H-C-M-B trot.
4. At B change the rein across the short diagonal to K. K-A-F trot.
5. At F, take both reins in the outside (right) hand and trot down the long side of the arena with the inside (left) arm held out to the inside. At M retake the reins in both hands. M-C trot.
6. Between C and H transition to canter (left). H-E-K canter.
7. Between K and A transition to trot. AF trot.
8. At F change the rein across the short diagonal to E. E-H-C trot.
9. Between C and M transition to canter (right). M-B-F canter.
10. Between F and A transition to trot. A-K-E trot.
11. Between E and H, transition to walk. H-C-M medium walk.
12. At M change the rein to E, allowing your pony to take a longer rein. At E re-take your reins. E-K medium walk.
13. At K transition to trot. K-A trot.
14. At A turn down the centre line and proceed in trot.
15. At X, halt (can be progressive) 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 Christmas Stocking" Test (RED test – walk, trot and canter)

1. Enter at A in trot, and proceed down the centre line. At C track left. C-H-E trot.
2. At E change the rein across the short diagonal to F. F-A-K-E-H trot.
3. Between H and C transition to canter (right). C-M-B-F-A-K-E canter.
4. Between E and H transition to trot. H-C-M trot.
5. At M, take both reins in the outside (left) hand and trot down the long side of the arena with the inside (right) arm held out to the inside. At F retake the reins in both hands. F-A-K-E trot.
6. At E change the rein across the short diagonal to M. M-C-H-E-K trot.
7. Between K and A transition to canter (left). A-F-B-M-C-H-E canter.
8. Between E and K transition to trot. K-A-F trot.
9. At F, change the rein across the short diagonal to E. E-H-C trot.
10. At C transition to medium walk.
11. At M change the rein to E, allowing your pony to take a longer rein. At E re-take your reins. E-K medium walk.
12. At K, transition to trot. K-A trot.
13. At A turn down centre line and proceed in trot.
14. At X, halt (can be progressive) 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)