

# Rider Skills

## Intermediate 1

### Riding

*"A great horse will change your life. The truly special ones define it."  
author unknown*

In this level, we add more movement to your riding, with patterns, poles, and more two-point practice.

#### Training Journals Examples

##### Ride Patterns at Posting Trot

\*see the Weekly Show video below

##### Show Ability to Maintain Two-Point at Trot

Lessons with Wendy Murdoch: How Posture Affects Both Horse and Rider

##### Ride back up

Lesson with Patrick King: Incorporating Reinback

##### Walk and Trot Ground Poles

Carly: Strengthening in the Outdoor

Gemini: Using Poles for Forward Movement

#### Short Courses or Q&As

Wendy Murdoch - Anatomy of the Effective Rider

Wendy Murdoch - Identify the Habits Holding You Back In Your Riding

#### Videos from the Weekly Show

Do You Do This? (practicing jump position)

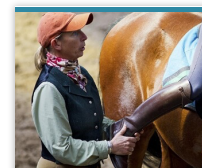
3 Easy Cavaletti Exercises

Improve Your Stability in the Saddle by Riding On Your Thigh

#### Related Premium Courses



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