



Trot Test 2: Rein-back, Leg Yield, Walk-Trot Transitions and Rising Trot.

1.	A	Enter at walk and proceed down the centre line. Halt, immobility, salute	Straightness of rider			
	X		Rhythm and tempo			
			Halt transition			
2.	C	Track left. 20m circle. Halt, immobility 3-5 seconds on centreline. Rein back straight 2-5 strides then walk forward and complete the circle.	Position (X2)			
	C		Rein-back			
			Contact			
3.	C	Turn down ¼ line and leg yield to track at V.	Leg Yield			
			Straightness of rider			
			Rhythm and tempo			
4	VKAFP	2 - 3 x transitions walk - slow trot -walk (3-5 strides of trot per transition), finishing in walk before P.	Walk-trot transitions			
			Aids			
			Synchronisation (X2)			
5.	PE	Change the rein, showing some stretch forward and down on a long rein.	Rhythm and Tempo			
			Relaxation of horse			
			Stretching down			
6.	C	20m circle. Halt, immobility 3-5 seconds on centreline. Rein back straight 2-5 strides then walk forward and complete the circle.	Walk-Halt Transition			
			Accuracy (circle)			
			Aids (rein-back)			
7.	C	Turn down ¼ line and leg yield to track at P.	Leg Yield			
			Aids			
8.	PFAKV	2 - 3 x transitions walk - slow trot -walk (3-5 strides of trot per transition), finishing in walk before V.	Position (X2)			
			Trot-walk transitions			
			Trot Diagonal			
9.	E	Rising trot Change the rein in rising trot.	Synchronisation (X2)			
	BLK		Rhythm and Tempo			
10.	A	Turn down centreline Rising trot – walk transition Halt, immobility salute.	Accuracy of centreline			
	L		Rising trot-walk trans			
	X		Walk-halt transition			
Total						Maximum 96



Trot Test 2: Rein-back, Leg Yield, Walk-Trot Transitions and Rising Trot.

This test is for horses who are beginning trot work in the arena. The horse could be confidently trotting in straight lines when riding in open spaces, with the rider in rising trot, and should be established in leg yield and rein-back in walk.

In Sentient Riding, we aim to introduce and practice the trot transition before trot work becomes established in the arena. The quality of the transition determines the quality of the trot, so to begin with we focus on the transition and spend only a few strides in trot. However, some horses find this too difficult and prefer to trot for longer periods first: these horses should begin with Trot Test 3. The leg yield is used beforehand to create balance and suppleness, setting up the horse for a good first transition.

We are looking for the horse to respond quickly to light aids into trot, and to maintain his balance and lightness throughout the upward and downward transitions.

It is recommended that the rider remains in sitting trot so as not to disrupt the rhythm for such a short period of trot. However, if the horse has a very big stride, it is permissible to ride in rising trot.

A slow trot, which is maintained for only a few steps, is essential. At this stage of training, the horse does not have enough strength to correctly carry the rider in sitting trot for any more than a few strides. The short, slow trot also enables the horse to maintain excellent balance, enabling a smooth transition to walk.

In this test, we include a longer stretch of rising trot to begin to build consistency. This is slightly faster than the sitting trot in the transition work, but a slow tempo and consistent rhythm are still essential. 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 rein-back should be straight and not rushed. In the leg yield, the horse bends his neck only, only slightly away from the direction of movement. The body remains straight and parallel to the long side.