



### Trot Test 4: Leg Yield in Trot, Shoulder-In in Walk, Rein-Back.

1.	A	Enter at rising trot and proceed down the centre line. Track left	Straightness of rider			
	C		Rhythm and tempo			
2.	H	Transition rising trot to walk	Rising trot-walk trans			
3.	HD	Leg yield from track to centreline Proceed along centreline Track right	Leg yield			
	D		Synchronisation (x2)			
	A		Straightness of rider			
4.	KE	Shoulder-in right	Shoulder-in			
			Aids			
			Rhythm and tempo			
5.	H	Rising trot	Walk - trot trans.			
6.	C	Turn up centreline Leg yield to F in rising trot.	Leg Yield			
			Rhythm and tempo			
			Aids			
7.	Between F and A	Rising trot-walk transition	Position (x2)			
			Aids			
8.	A	Halt, immobility. Rein back 3-5 steps then walk forward,	Halt transition			
			Rein-back			
			Aids for rein-back			
			Contact			
9.	KG G C	Leg yield from track to centreline Proceed along centreline Track left	Leg yield			
			Rhythm and tempo			
			Aids			
10.	HE	Shoulder-in left	Shoulder-in			
			Synchronisation (x2)			
			Straightness of rider			
11.	K	Rising trot	Position (x2)			
12.	A	Turn up centreline Leg yield to M in rising trot.	Leg yield			
			Synchronisation (x2)			
			Straightness of rider			
13.	HXF	Change the rein in rising trot Allow the horse to stretch neck taking the contact forward and down.	Rhythm and tempo			
			Relaxation of horse			
			Stretching down			
14.	A D X	Turn down centreline Rising trot to walk transition Halt, immobility, salute	Straightness of rider			
			Accuracy			
			Halt transition			
Total						Maximum 120



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This test introduces lateral work in trot. Lateral work is introduced in trot as soon as the horse is strong, fit and balanced enough to maintain trot through circles and turns. The horse should already be established in shoulder-in and leg yield in the walk.

In this test, we practice some lateral work in walk, then introduce leg yield in the trot, from the centreline to the track. Leg yield is initially introduced in rising trot, as the horse is not yet strong enough to carry the rider in sitting trot. We advise that you change to the “incorrect” diagonal before leg yielding from the centreline or quarterline to the track. This means that you will be sitting as the outside hind and inside fore touch the ground, and as the inside hind reaches forward, which enables you to use the inside leg with the correct timing in the sit phase of rising trot. The leg yield should be ridden with the horse’s head and neck bent slightly away from the direction of movement, with the body more or less straight and moving parallel to the long side. The hind legs and front legs should cross as the horse moves diagonally forward. It is permissible for the tempo to be slightly slower when performing the leg yield, but rhythm and tempo must remain consistent within the movement. The rider should take care to keep their body straight and upright, not leaning to one side or the other.

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.

In walk, we prefer to see lateral work performed at a slow, cadenced walk. The slower tempo of the walk improves core strength and balance. It is permissible for the horse to slow his tempo slightly when performing shoulder-in or leg yield. This slowing of tempo will not be penalised provided the rhythm and tempo are consistent within the movement.

In the shoulder-in, the horse should travel on three tracks – the outside hind on the outer track, the inside hind and outside fore on the middle track, and the inside fore on the inner track. The inside hind stepping under the horse’s centre of mass begins to teach collection. The horse should have uniform lateral bend in his body, neck and head. The rider asks for shoulder-in by turning their shoulders to the inside. The inside leg remains on the girth maintaining bend and preventing the horse from stepping in. The outside leg behind the girth prevents the hindquarters from falling out. The inside rein must be very light, asking for bend as needed, and the outside rein can be used to help bring the shoulders off the track, but the hands must remain equal on either side of the neck, and must not cross over. Care must be taken to sit centrally on the horse, with equal weight on both seatbones, and not leaning to one side or the other.

Rein back must be calm and measured. The legs move in diagonal pairs, slow and unrushed. To ask for rein-back, lighten the seat by leaning forward slightly, move the legs back slightly, create energy with a light leg aid, into lightly restraining hands.