



Which Phase of Riding Are You in?

Take the quiz to find out:

Keep in mind that we can move in and out of these phases as we progress into more difficult riding. For example, you may be a Phase 2 at the walk and trot, but a Phase 1 at the canter.

You can complete this quiz for your overall riding, or you can choose one gait to focus on.

Number each statement on a scale of 1-5, with one being not true for you and 5 being very true for you.

The section with the highest number is your current phase of riding!

Phase 1:	1	2	3	4	5
I focus a lot on just staying balanced.					
Transitions between gaits are difficult – they feel rough and bouncy.					
When my horse goes faster, even in the same gait, I feel as though I want to hold onto something or grip with my legs.					
TOTAL					
Phase 2:	1	2	3	4	5
My balance is good, but I find myself needing to think about how to use my legs and hands to give cues.					
It is difficult for me to do more than one thing at a time, for example, asking for a turn while also asking for more forward movement.					
I am confident in my ability to slow or stop my horse if he or she speeds up or spooks.					
TOTAL					
Phase 3:	1	2	3	4	5
I can feel subtle shifts from my horse as they change their focus or direction of movement.					
I am able to move my legs and hands independently in response to these shifts, for example lifting a rein and applying inside leg.					
Basic steering and maintaining my horse's pace through half halts or asking for more forward movement comes instinctively for me.					
TOTAL					

