

My first Pony Dressage Walk (MEP-S2)

20x40m Arena

**Points
max**

A C	Down centre line without halting Turn left	10
H	Turn left Halt on the centre line (helper needs to hold the pony's reins) Let go of the reins and stand up in the saddle 3x, just like you would ride your pony in a rising trot. Pick up your reins and continue in the walk.	10x2
M	Turn right	10
B X	Half 10 m circle right Half 10 m circle left	10
K	Turn right Halt on the centre line (helper needs to hold the pony's reins) Let go of the reins and lean backwards. You can use your arms for support, or (if you are brave) lie down on the pony's back for a moment. Sit up, pick up your reins and continue in the walk.	10x2
F	Turn right	10
A	Down centre line	10
X	Halt (helper needs to hold the pony) and hug your pony	10
Reitbahn im Schritt am langen Zügel verlassen		
Rhythm (correct footfall, regularity, suitable tempo)		10x2
Contact (active paces with a soft contact)		10x2
Rider's position (balance, straight and correct seat)		10x2
Effectiveness of aids		10x2