

Tape-1

Disciplines of Riding Handout

Western:

Western riding is broken down into many different disciplines. Some of the basic ones are as follows:

1. **Reining**-a discipline which is a judged event to show the athletic ability of a ranch type horse within the confines of a show arena.
2. **Roping**- a discipline in which a rider ropes a cow or steer.
3. **Cutting**- a discipline in which a rider and his horse separate a cow from the herd.
4. **Barrel Racing**- a discipline in which a rider races her horse around three barrels in a specific pattern while being timed .
5. **Western Pleasure**- a discipline in which the horse and rider enjoy flat work at the walk, jog (very slow trot) and the lope (very slow canter).

English:

English riding is also broken down into many different disciplines, which we will discuss in more detail.

1. **Dressage**- This is classical riding that works the horse and rider on the flat. Specific movements are taught to the horse and the rider. The rider is expected to perform these movements at specific areas in the arena called dressage letters. Dressage is also referred to as the ballet of the horse world.
2. **Saddle Seat**- Originated from plantation type riding and is very comfortable for the rider. Saddle seat horses can be 3-gaited or 5-gaited.
3. **Hunt Seat**- Combines flat work at the walk, trot, canter, and jumping, usually over a course of 8 natural-looking fences. The Hunt Seat horse is expected to be smooth, consistent and correct in its way of going.
4. **Open Jumpers**- Similar to Hunt Seat in that both disciplines jump over fences. However, Jumpers jump much higher and are timed to see who can go the fastest without knocking down any jumps.
5. **3 Day Eventing**- Combines Dressage, Stadium Jumping, and Cross Country (jumping in an open field) into one discipline. A score is given in all three areas and then combined to determine a winner.
6. **Fox Hunting**- One of the oldest sports on horseback. Originated to hunt foxes who were killing farmers' chickens. Now, foxes are no longer killed and the hunt is for sport only.
7. **Polo**- Teams of 4 riders on "Polo Ponies" use a mallet to knock a ball into a goal. The game is divided into seven and a half minute sections called chukkas with three and a half minute intervals in between.
8. **Driving**- Originated in the horse and wagon days and is now a competitive sport. You can drive a single horse or a team of horses.
9. **Racing**- Broken down into two categories:
 1. Flat Racing- galloping on a flat track.
 2. Harness Racing- pulling a sulky at the trot or the pace.
10. **Trail Riding**- Broken down into three categories:
 1. Endurance- going for long distances for a long period of time.
 2. Pleasure- going for fun.
 3. Competitive- going for time.

***There are three main categories of horses.**

1. **Draft**- Very large work horses, who are usually seen pulling carriages.
2. **Ponies**- Measure 58 inches or less from the withers to the ground when full-grown.
3. **Saddle**- Encompasses all other breeds that are used for most all disciplines.