



UNION INTERNATIONALE  
DE PENTATHLON MODERNE

# UIPM RIDING TRAINING TECHNICAL GUIDELINES

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# INTRODUCTION

Pentathletes competing in the Riding discipline are expected to display correct horsemanship and necessary Riding skills and abilities required for each relevant competition level from grassroots to elite.

The **UIPM Riding Training Technical Guidelines** is a publication that highlights the permanent commitment of UIPM to inform and educate the pentathlon community about high-performance standards. The document you are about to read presents guidelines to support coaches, clubs and national federations to create, develop and keep increasing the level of their Riding programmes befitting the highest pentathlon standards.

It is the hope of UIPM that these guidelines encourage even more people to dedicate the important training time necessary to have athletes well performing in the Riding discipline of Pentathlon.

# TABLE OF CONTENTS

|   |    |
|---|----|
| <b>1. DEFINITION</b>  | 4  |
| <b>2. COACHING</b>  | 4  |
| <b>3. THE BASIC STAGE #1</b>  | 5  |
| 3.1. LUNGING  |    |
| 3.2. LUNGING TRAINING METHOD STEP BY STEP   |    |
| 3.3. ADJUSTING THE SIDE-REINS   |    |
| <b>4. THE BASIC STAGE #2</b>  | 6  |
| 4.1. RIDING POSITION  |    |
| 4.2. THE CONTACTS   |    |
| 4.3. RIDING AIDS  |    |
| 4.4. THE LEG  |    |
| 4.5. THE HANDS  |    |
| 4.6. THE SEAT   |    |
| 4.7. VOICE  |    |
| 4.8. ARTIFICIAL AIDS  |    |
| <b>5. BASIC SKILLS AND COMPETENCIES IN RIDING</b>   | 12 |
| 5.1. SUMMARY OF THE FUNDAMENTAL ATHLETE COMPETENCIES                                      |    |
| <b>6. OBJECTIVES, METHODS AND MEASURABLE TARGETS OF THE TRAINING IN RIDING STAGE NO.1</b> | 12 |
| <b>7. OBJECTIVES, METHODS AND MEASURABLE TARGETS OF THE TRAINING IN RIDING STAGE NO.2</b> | 13 |
| <b>8. EXAMPLE OF THE TRAINING UNIT IN RIDING STAGE NO.1</b>                               | 14 |
| <b>9. EXAMPLE OF THE TRAINING UNIT IN RIDING STAGE NO.2</b>                               | 14 |
| <b>10. EXAMPLE OF RIDING PROGRESSION LEVELS</b>   | 15 |
| 10.1 NOVICE RIDER (BASIC)   |    |
| 10.2 JUNIOR RIDER (INTERMEDIATE)  |    |
| 10.3 INTERNATIONAL RIDER (ADVANCED)   |    |

## 1. DEFINITION

Riding Discipline (RD) in Modern Pentathlon (MP) is a **test of the athlete's ability to complete the course of specific characteristics on unknown horse with limited time for familiarisation**. RD has unique place in MP because athlete's success depends not just on quality of his/her performance but also on the ability of drawn horse. Course in MP has similar characteristics as the Show Jumping levels 'Newcomer' and Foxhunter' (British Equestrian) enhanced of double and triple combinations with maximum height of obstacles limited to 120 cm (3.75 foot). Certain differences which exist between specialist riding and RD in MP need to be considered by coaches in planning and implementation of the training programmes:

- Variety of types and temperaments of horses
- Seat techniques and application of rider's aids
- Time constraints resulting from balancing training in five disciplines

RD has unique place in MP competition demanding specific skills in horse management, flexible using of aids and no compromised emotional control. Poor performance in RD has potential to 'lose or win' the MP competition, therefore psychological impact on the athlete can be severe.

## 2. COACHING

Successful preparation in RD requires application of the most progressive training methods, forms and means. Likely realistic time frames, training infrastructure, individual athlete profile and costs must be considered in the assessment, planning and implementation stages of the training programmes in RD. Cooperation with established riding schools or stables providing entry level and advanced forms of training are highly recommended.

**It is absolutely essential for anyone working with the MP athletes in the riding discipline to accept presumption that athlete does not necessarily aspire to become a top class rider. It is acquisition of fundamental riding skills but most importantly their application in the MP competition format, what matters.**

Identification of experienced specialist riding instructor willing to work with athletes of strong physical potential but often limited talent for riding could be a daunting assignment. Teach thoroughly the core riding mechanics, simplified, effective approaches to aids application, proper understanding of balance and tempo determine the future of majority of MP athletes joining the sport with none or very limited experience in riding.

80-100 hours annual training programme in the riding discipline is an elementary requirement for any athlete in MP.



### 2.1. OBJECTIVES OF THE TRAINING PROGRAMMES IN THE RD

Intention of the script is to summarise only essential – relevant skills and abilities among number of general and specific once which could be discussed outside of its scope. Although assumption has been made that athlete in MP would unlikely fulfil the profile of a specialist rider, athlete will need to mastermind important skills which will enable respectable performance in unpredictable circumstances:

- Ability to assess elementary characteristics of the horse prior to the start
- Skills to adapt individual riding style to the particular horse to facilitate him uncompromised movement in optimal pace as close as possible to his natural rhythm
- Ability to identify ideal line around the corners leading to the obstacles and skills to execute it effectively

- **Feel for perfectly balanced body position in harmony with cantering horse in various conditions**

Prioritisation in learning of necessary skills and abilities needs careful assessment of the athlete's talent, background and training status. For instance athlete in full-time training situation would be on different

progress scale compare to an amateur athlete training only occasionally. Frequency of the sessions in RD is equally important. We need to accept that development of specific muscle groups essential for leading the horse is a long-term process requiring many hours of consistent training.

### 3. THE BASIC STAGE #1

Development Process of Athlete in Modern Pentathlon (see General Aspects for details). Induction to the RD requires exposition of substantial theoretic information Horse anatomy, principles of horse treatment, history of equestrian sport and specifics of riding in MP.

Thorough understanding of the safety guidelines and potential risks involved in working with the horses must be achieved before active riding training takes place.

Infield practise focuses on grooming assistance, supervised work in stables and tacking. Laser-run theory and practice should be Laser-Run seamlessly in comprehensive training session(s) enabling easier application of acquired knowledge. Training can be organised in a group of up to 8 athletes. Coach – instructor must bear in mind not just safety of the athletes but be also prepared to deal with anxiety that may result from exposure to large unknown animal.

#### 3.1. LUNGING

Once the theory and practise phase of elementary understanding and handling of the horse has been completed, the athlete can be introduced to actual riding using the **Lunge Method**. This method offers some essential advantages. Practise without saddle, supporting riding position just by holding the belt, allows for direct contact with the horse in motion which helps to offset psychological barriers and stimulates self-confidence. Most importantly, athlete is basically forced to assume balanced position in the centre of gravity of the horse, learning so vital lessons about the correct riding technique.

Application of the **Lunge Method** needs some consideration:

- Identification of suitable horse – easy going character, regular-soft mechanics
- Proper tack allowing better controlled ride



#### 3.2. LUNGING TRAINING METHOD STEP BY STEP

Almost every green rider started his/her training on the lunge. The goal at this stage is to get used to horse movement in walk and trot. Remember to make sure that the horse has been properly stretched and free of any stiffness before mounting up. Ideally the teaching process should integrate 4 stages:

- Explanation – reason and justification given for a plan and objective of the session
- Exhibit – quality display manifesting clearly the perfect move or technique

- Implementation – process of putting a plan into effect
- Evaluation – making of a judgment about the delivery, success or shortcomings of the session

Athlete need to be fully briefed about the purpose of the lunging training and potential questions answered before mounting up. Offset some of obvious anxiety is critical for successful fulfilment of the training session content. Therefore we encourage athlete to physically touch the horse, walk around and under the belly.

The next step is introduction to basic vaulting. The components of an entry level vaulting routine may include mounts and dismounts, kneeling and standing and aerial moves such jumps and tumbling skills. Consider that many of these skills can be challenging for a novice rider. A typical routine for a beginner will more likely contain variations on simple kneels and planks.

**Remember that implementation, teaching of new skills must be gradual respecting the athlete's ability to perform the simple moves with confidence before introducing more complex techniques.**

Lunging and vaulting stage of a novice rider training need to be successfully followed through in preparation for the first proper riding lesson.

### 3.3. ADJUSTING THE SIDE-REINS

It is vital to adjust the side-reins correctly. Attach the side-reins to the bit and allow enough length to form a straight line from its base at the girth straps to the horse's mouth. The horse should be carrying himself in a natural outline, his head and neck positioned just as he wanted them to be when he halted. Failing to do so could jeopardize the training session as horse may lean on the bit falling on his forehead or it may cause stiffness in his neck, or he will either run away from the restraint, or will be unable to move freely forward.



## 4. THE BASIC STAGE #2

### 4.1. RIDING POSITION

Description of the correct **riding position** from head, shoulders, waist, hips to knees and heels is fundamental to further advancement in implementation of the training programme. Demonstration of the correct riding position and other elements of the training session by experienced rider would be highly recommended. Visual learning can be very effective and also tests the athlete's ability to transfer the visual experience in to applied movement.

- Having mounted, athlete need to look in the direction in which he/she is going
- Should sit in the lowest part of the saddle, hips square with the horse's hips, should feel the weight of body being carried square on both seat bones
- Sit upright, shoulders squared, body supple and without tension. It is particularly important for the seat, thighs and knees to lie relaxed on the saddle, as this allows the part of the leg just below the knee to rest against the horse's side.



A rider should at all times remain in balance with the movement of the horse. Suppleness at the hips, and flexibility of the spine and shoulders, will allow this. The ball of the foot should rest on the bar of the stirrup iron, exerting just enough pressure to keep the iron in place. The foot should not tilt to one side or the other. The lie of the foot from heel to toe should point almost directly forwards. The ankle should remain supple, and the heel should be slightly lower than the toe.

### 4.2. THE CONTACTS

It is vitally important to be able to move hands **independently of the body**. Hands should move in harmony with the horse's mouth. When the horse moves his head and neck, hands should follow that movement. The hand movement is made possible by the suppleness

and mobility of shoulders and elbows. Wrists should remain supple, but they should not bend. When athlete takes up the reins, should feel some weight in hands. Ideally, athlete should have the same feel in hands at all times and at all paces. This is known as 'the contact'.

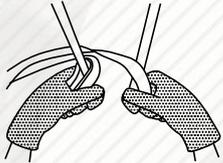
Seen from the side a straight line should pass from the rider's elbow through to his hand and along the rein to the horse's mouth.

The horse should accept this contact happily and feel no pain or discomfort. He will do so only if the athlete is able to follow all the movements of the horse's head and neck. This will be achieved when the athlete attains an independent seat, i.e. **athlete does not rely on the reins to keep his balance**. The contact should give the horse a comfortably sure and confident feeling, being neither too light nor too heavy.

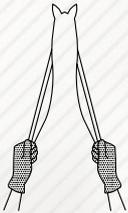
The athlete should also make alterations to the height of the hands as the horse moves his head up and down, thus maintaining the line – 'elbow, hand, horse's mouth.' Hands and legs should always blend with the movements of the horse. Hands should be carried with the thumbs uppermost and the back of the hands facing outwards.



The wrist should be held so that there is a straight line down the forearm and the back of the hand. The wrist should not allow stiffening, as this will only tend to make elbows and shoulders tense and rigid.



✘ INCORRECT



✔ CORRECT

*If the rider has to curl the wrists, holding the hands near and into the body, then the reins are too long. The action of the arms will be compromised.*

### 4.3. RIDING AIDS

Riding aids are the cues a rider gives to a horse to communicate what they want the animal to do. Riding aids can be broken into the natural aids and the artificial aids. Natural aids rider possesses on their body, and should be used for the majority of the cues to the horse.

**Remember overuse of any aid can be detrimental to the training of both the rider and the horse.** The natural aids include:

- Leg
- Hand
- Seat
- Voice

It is important to understand that the aids need to be applied in a range, from very light to very powerful, depending on the response desired. A very sensitive horse may readily jump forward from light touch of the leg, while a dull horse may require a kick to get the same response. For example, an aid from walk to canter will use slightly more aggressive aid on a particular horse than that horse would need going from trot to canter.

Positioning of the legs, seat, and hands are also used in a spectrum according to the individual horse and the response desired. For example, the aid for the canter departs may require the leg to be in a slightly different place than when it asks the horse to bend, or when it

corrects hindquarters that are falling to the outside. In all cases, the training programme aims for the athlete to apply adequate aids on any horse to be responsive at the slightest cue, rather than requiring harsh aids to get the animal to respond.

**It is well known paradox of riding in MP that the better-trained animals can be sometimes harder to ride, as they will respond to the slightest movement or shift in weight made by the athlete.**

Sensitive horse will react to any mistake made by the athlete as a cue to do something such as a slight pinching of the legs as a cue to run forward, or a slight imbalance in the rider's seat as the cue to step sideways or speed up. Athletes must therefore be sure that any perceived 'disobediences' are not actually caused by their own doing.

Properly implemented training programme of the athlete will aim to produce a rider with an independent seat, i.e. athlete able to apply the aids separately of each other whenever necessary. For example not leaning forward while adding leg. Athlete's fundamental aim in this stage of development is to **learn to ride the horse without interfering:**

- Keeping a steady contact with the bit.
- Sitting in a balanced, relaxed position that allows for absorption the horse's movement.
- Keeping a steady, quiet leg that does not pinch, bounce, or push forward or back.

Only correct application of the riding aids enable to rider maximise potential of the horse.

#### 4.4. THE LEG

The leg along with the seat is the main aid for the horse. It has a great deal of control over the horse's hindquarters, and is used to cue the horse to go forward, increase impulsion, step sideways, and correctly bend. It is the primary 'driving aid' and cue to ask the horse to increase forwardness or power.

**Both legs in a neutral position, neither forward nor back, applying equal pressure against the horse's sides, generally asks for an increase in speed or an upward transition such as walk to trot.**

Depending on the level of restraining aids which are seat and hands, the leg can also ask for an increase in impulsion, for collection, or even for the rein back. To ask a horse to back up, a rider simultaneously uses soft rein aids to keep the horse from stepping forward, but uses the legs to ask for movement, so the horse moves backwards. **It is incorrect to ask for a rein back by pulling or jerking on the reins.**

One leg in a neutral position, or slightly back from neutral, when applied more than the other leg, will ask the horse to step sideways from its pressure. Depending on the amount of restraining aids, seat and hands, this can cue various lateral movements, ranging from a leg-yield or half-pass, to a side pass, to a turn on the haunches or turn on the forehand.

One leg further back, in a supporting passive role, and the other leg in a neutral position, but active role, will ask the horse to bend toward the direction of the neutral leg. For example, on a circle going to the right, the rider will put his or her outside leg slightly further back, and use the inside leg at the neutral position to ask the horse to bend correctly through his body. This is also important when cueing for movements that require bend, such as the half-pass.

One leg farther back, with the other leg in a neutral position, both actively encouraging the horse forward, will usually aid the horse to canter. The horse will pick up the lead opposite the leg that is further back.



#### 4.5. THE HANDS

The hands communicate to the horse through the reins to the bit. They have the most control over the horse's head and shoulders, and relatively little control over the animal's hindquarters. Generally, the legs and, in some cases, the seat should be more prevalent in giving cues to the horse. Many beginners over-use the hands, before they begin to learn the more sophisticated methods of using seat and leg to ask the horse to turn or slow down. The best riders on very well-trained horses can sometimes ride bridle-less, using only their seat and legs to communicate with the horse.

The hands are used for two main purposes: as a restraining aid, an aid that blocks or contains the forward energy of the horse or as a guiding aid, encouraging the horse to go in a certain direction.

Both hands, pulling backwards and used together,

act as a restraining aid. Depending on the amount of restraint the rider uses, this may ask the horse to halt, perform a downward transition, rein-back, or bring his hind legs further under his body, increasing impulsion or collection.

**As a restraining aid, the hands should be used in conjunction with the legs. If the rider tends to reduce the tempo with all in the hands approach without any use of leg, it creates an unbalanced transition, with the horse on the forehand. Majority of beginners would try to slow down or stop the horse simply by pulling unreservedly backwards on the reins. That is one of the most serious common mistakes that have to be challenged and rectified before moving on to another development stage. The proper balance of leg and hand is something that must be learned by the athlete in MP without compromising.**

One rein used more than the other can create a guiding effect. There are three main turning aids using the hands, in which the inside rein directs the horse in the direction of the turn. However, **all should be used with an outside supporting rein**, to keep the horse's shoulders straight, and to contain the energy.

- **Direct-rein:** one rein pulls straight back, encouraging the horse to turn in the direction of pressure.
- **Indirect-rein or a bearing rein:** pulls back inward in the direction of the horse's outside the bend hip without crossing over the neck, though the rein may touch the inside of the neck. This technique is usually used to correct straightness problems in the horse's neck and shoulders, as well as for lateral movements such as haunches-in.
- **Opening-rein:** does not pull back, but rather the rider moves his or her hands away from the horse's neck in inside the turn direction. This advanced technique is especially useful if the rider wants to turn in the air when jumping a fence however has no correlation to the RD basics (just for completeness).
- **Neck-rein:** laying the outside the turn rein against the neck of the horse, usually to support an inside rein cue when both hands are used.

Beware that raising the hands causes the pressure of the bit to act more on the horse's lips as opposed to bars of his mouth. Although this is not the usual position, it can be used occasionally as a training tool.

A harsh jerk upward with one hand with the other firmly planted on the neck is used in a technique called the one-rein stop. This is an emergency technique, when the horse is running away with the rider and no other method would stop him.

Similar to the leg aids, the severity of the hands can communicate to the horse different things. So a slight resistance backed up with the leg can act as a half stop, whereas a larger resistance will communicate to the horse to stop.

**Remember harsh or rough hands are considered the worst violation a rider can commit using the natural aids.**



## 4.6. THE SEAT

The definition of the seat focuses on the rider's hip region, including the seat bones and the pelvis, the thighs, all of which must be supple and balanced able to correctly absorb the horse movement. The seat is difficult aid to develop, because the athlete must first learn to relax and sit the horse without bouncing or interfering and then learn how to apply the seat as an aid. **Human body centre of gravity which is found just above the pelvis plays essential role in a proper seat aid use:**

- By tilting the pelvis very slightly backward squaring the shoulders up the point of gravity would shift and as a result the horse will slow down or even stop.
- By pushing the pelvis an inch or so forward upper body gently leaning in the shift of the point of gravity would encourage the horse to move faster.

Ideally the seat remains in a neutral, centre of gravity position in the saddle, neither restraining nor encouraging forward movement, simply following and absorbing the horse's motion. In general, the rider's hips should be placed so that they mimic the position of the horse's hips, and the rider's shoulders mirroring the position of the horse's shoulders. This allows the rider:

- To follow the movement correctly
- To keep the rider balanced in the saddle
- To guide the horse with minimal effort.



The seat can be also applied as a restraining aid, by temporarily stopping its following movement with the horse. That is usually used in conjunction with the hands and with coordinated support from the legs.

**Weighting the left or right seat bone is an essential technique to learn before a rider is fully capable to bend and ride optimal lines around the corners.** Weighting

shall always be used with the inside leg asking for the horse to bend around it, and the outside leg providing impulsion for the bend. At the same time direct and indirect reins ask the horse to bend in conjunction with the weighting and leg application.

For example, a more advanced form of this set of aids is seen in the half-pass, where the outside leg asks the

horse to step over, the inside opening rein encourages that movement, and the inside seat bone and leg maintain the bend in the direction of travel.

One seat bone may also actively push forward and sideways into the horse, to encourage the canter depart. This is used in conjunction with the legs and hands in their appropriate places.

## 4.7. VOICE

The voice should be used very little under saddle as a cue, although depending on the horse being ridden it may be an excellent aid in communicating with the horse if it is well utilized. It is sometimes used as a reprimand, or more commonly as a way to praise the animal. Certain verbal noises, such as 'clucks', can be used as cues to encourage the horse to move forward, or soothing noises can calm an upset or nervous animal. Despite the limited use of voice aids under saddle, spoken commands are very common when lunging.

The actual words usually do not matter, as long as they are consistent, though the tone of voice and the accenting of the word have an influence. A calming tone helps accentuate commands to slow down an upbeat

voice may emphasize commands to move forward. A kind voice tone may be helpful when praising a horse, and a harsh or growling tone when reprimanding. However, overuse of the voice, like overuse of any aid, can dull the horse to its effects. In general, it is best to rely on the leg, seat, and hands over the voice when riding.

Riding school horses, who hear instructors telling the pupils what to do, are known to obey spoken commands, which sometimes gives the false impression that the horse is obeying the rider. Likewise, experienced show horses will sometimes respond to the commands for changes of gait given by the announcer over the public address system rather than listening to their riders.

## 4.8. ARTIFICIAL AIDS

These are implements the rider wears or carries to back up the natural aids, or to discipline the horse. They should not be overused, as they will cause the horse to become dull to the natural aids, and may cause some sensitive horses to panic and distrust the rider. Extreme use of the artificial aids can constitute abuse, and many equestrian organizations have strict rules regarding style and use. Always check the UIPM Competition Rules before applying the artificial aids and keep in mind the wellbeing of the animal.

### 4.8.1. BITS OR HACKAMORES

The most common artificial aid is the bit or hackamore used in conjunction with a bridle and reins to allow the rider's hands to communicate with the horse's mouth. Depending on design and the ability of the rider, application of these tools can range from very gentle to very harsh. Never attempt the bridle less riding, particularly in the open. It can be dangerous should the horse be spooked or attempt to run away, as even a horse trained in such a technique is still a prey animal and has natural 'fight-or-flight' responses that can override its training in a crisis situation.

### 4.8.2. SPUR

The spur is attached to the rider's boot, and is used to back up the rider's leg aids. Spurs are not designed to be used as a form of punishment. Application of the spurs may range from a brief, light touch encouraging more

impulsion, to a sharp jab on a horse that refuses to go forward. The spur should only be used by experienced riders on a horse that does tolerate its use.

Though what degree of force constitutes abusive use of the spur may vary between horsemen. Spurs should not be used to the point that they draw blood. Additionally, many equestrian organizations have strict rules regarding the type of the spur. General requirement for the shape and length of the spur is integral part of the UIPM Competition Rules paragraph 4.8.5.

### 4.8.3. WHIP

The whip is used to back up the rider's leg aids. Additionally, it may be used as a training tool, using light taps, when teaching the horse to collect their gaits or perform movements. All about whip shape and use can be found in the UIPM Competition Rules paragraphs 4.8.2, 4.8.3 and 4.8.4.

Most equestrian organizations including the UIPM have strict rules regarding use of the whip in competitions.

This includes regulations on the maximum length, the maximum numbers of times the horse may be hit typically no more than three hard strokes are allowed. Use of the whip held up right or above the shoulders, cruelty and reasonable degree of force are carefully observed. Refer to the UIPM Competition Rules paragraph 4.8.4 for details.

**CONTROL QUESTIONS:**

- Describe two elementary riding skills in MP
- Describe two fundamental mistakes in athlete induction process to training in the RD
- Explain purpose of the lunging method
- Describe correct riding position
- Name elementary riding aids
- Name penalties in the RD as per the UIPM Competition Rules

**NOTES:**

## 5. BASIC SKILLS AND COMPETENCIES IN RIDING

Coaches and athletes should use understandable, transparent set of basic skills and competencies to benefit from regular benchmarking of the training

programmes (see paragraph 5. and 5.1 for further details). Levels of horsemanship skills and competencies are structured as the Basic, Intermediate and Advanced.

### 5.1. SUMMARY OF THE FUNDAMENTAL ATHLETE COMPETENCIES

- Awareness of different type and character of the horses
- Demonstration of balance and confidence on the horse
- Ability to use proper rider's aids to steer horse onto desired direction
- Ride small 7.5m radius and large 10m radius circles
- Turn the horse on the forehand and haunches
- Riding shoulder in – haunches in at walk
- Reverse up three stride and halt
- Transitions and combination of transitions between stop, walk, trot and canter
- Entry level dressage test
- Rising and sitting trot without stirrups for at least 10 minutes
- Control the horse in the open field conditions

## 6. OBJECTIVES, METHODS AND MEASURABLE TARGETS OF THE TRAINING IN RIDING

### STAGE NO.1

| Objective  | Methods  | Hours | Measurable targets   |
|--|--|-------|--|
| <ul style="list-style-type: none"> <li>• Principles of riding</li> <li>• Safety (theory)</li> <li>• Horse anatomy</li> <li>• Equipment (theory)</li> <li>• Horse treatment</li> </ul>  | Exposition–exhibit<br>Grooming assistance during competitions supervised work in stables | 12    | Thorough understanding of safety regulations and potential dangers involved in working with horses.<br>Good knowledge of the horse anatomy and principles of horse treatment |
| Elementary riding skills:<br>Position/balance  | Exposition – exhibit<br>Practise without saddle / with saddle                            | 18    | Principle of rider's position and body weight function in conjunction with the horse movement. Identification of the centre of gravity of the horse.                         |
| Mechanics:<br>walk, trot, canter   | Training on the lunge  | 20    | Identification and differentiation between basic mechanics.<br>Correct position of trunk and legs in variable conditions.  |
| Control of the horse using basic natural aids: seat, legs, hands   | Training on the lunge  | 20    | Understanding of the elementary rider's aids and their prioritisation.<br>Principle of action – reaction when applying natural aids.   |
| Transitions: <ul style="list-style-type: none"> <li>• Walk – stop – walk</li> <li>• Walk – trot / trot – walk</li> <li>• Trot – canter / canter – trot</li> <li>• Walk – canter / canter – walk</li> <li>• Stop – canter – stop</li> </ul> | Training on the lunge<br>Group training  | 20-30 | Practical understanding of application of the natural aids.<br>Adopt ability to direct smooth transitions without focus on the horse direction.                              |

Note: The recommended output between 90 – 100 hours of training for this stage of preparation may vary depending on the number and frequency of the training sessions, horse availability and individual athlete ability.

## 7. OBJECTIVES, METHODS AND MEASURABLE TARGETS OF THE TRAINING IN RIDING STAGE NO.2

| Objective  | Methods   | Hours | Measurable targets  |
|--|---|-------|---|
| <ul style="list-style-type: none"> <li>Using of reins</li> <li>Passive leading of the horse</li> <li>Transition to walk</li> </ul>   | Exhibit – exposition<br>Riding in line<br>Using aids              | 4-6   | Correct holding of reins– positioning of thumbs and elbows. Understanding the safe distance. Co-ordination of aids in transition to walk.   |
| <ul style="list-style-type: none"> <li>Stretching and collection of the horse</li> <li>Applying of aids to stretch and collect the horse</li> <li>Simultaneous using of reins</li> <li>Separate using of the left / right reins</li> </ul> | Exhibit – exposition<br>Practise riding in line                   | 6-8   | Understanding of the principle of the stretched / collected horse. Application of correct aids. Co-ordination of the reins, hands, legs and body. Understanding the effect of the rein. |
| <ul style="list-style-type: none"> <li>Transition from walk to stop</li> <li>Riding in circle – walk</li> <li>Riding in walk – changing of direction</li> </ul>  | Exhibit - exposition<br>Individual practice                       | 6-8   | Identification and differentiation between basic mechanics.<br>Correct position of trunk and legs in variable conditions.   |
| Transitions:<br>stop – walk – trot<br>Stretch and collect the horse in trot  | Exposition<br>Individual practice                                 | 10    | Application of correct aids.<br>Correct aids on command   |
| <ul style="list-style-type: none"> <li>Simultaneous using of reins in trot</li> <li>Riding in circle, changing directions in tro</li> </ul>  | Exhibit – exposition – practice                                   | 6-8   | Shoulders position inside the circle-head is leading. Application of correct aids. Low heels, knee position, squared and relaxed shoulders.   |
| <ul style="list-style-type: none"> <li>Transition from trot to canter</li> <li>Rider’s basic position in canter</li> <li>Stretch and collect the horse in canter</li> </ul>  |   | 6-8   | Improving of correct aids.<br>Balanced position, steady contact with the horse during transitions   |
| <ul style="list-style-type: none"> <li>Developing aids in canter: corners, circles, changes in tempo</li> <li>Rider’s seat in canter</li> <li>Transition from stop to canter / from canter to stop</li> </ul>                              | Individual riding practices<br>On command<br>Hunting/jumping seat | 12-16 | Using legs to bend the horse.<br>Automatic rotation of shoulders.<br>Upright upper body position.<br>Hands relaxed and steady position. Improving overall –control and co-ordination.   |
| Basics of dressage: mandatory transitions, lengthening-shortening of the stride, circles management, and leg change.   | Exhibit – practice<br>Combine group – individual riding           | 12-16 | Satisfactory performance of the Dressage Test   |
| Cross country riding: balance management, horse in the field conditions, gallop  | Training in field   | 8-10  | Ability to safely manage the horse in open field conditions. Effective balance management under variable circumstances  |

Note: The recommended training output for the Stage no.2 is around 70 – 90 hours. Training set up, access to coaching, frequency of training sessions and individual riding ability may increase or reduce the volume of work needed to meet outlined parameters. It is advisable that Pentathlon Coach regularly assesses in collaboration with the Riding Coach measurable milestones at agreed time.

The total recommended times of training in RD is estimated between 170 – 190 hours.

## 8. EXAMPLE OF THE TRAINING UNIT IN RIDING STAGE NO.1

**Time:** 90 minutes

**Goal:** Improve the seat at walk and learn basic vaulting routine

20 minutes - At the stables:

- Safety briefing, preparation of the horse for the training session; brushing, picking up the hoofs, tacking up

40 minutes - Riding:

- Horse warm up in walk, neck muscles relaxation

- Exhibit and explanation of the correct seat and riding position
- Vaulting routine including mounts and dismounts, kneeling and standing in walk

20 minutes - At the stables:

- De-tacking and tack care / Cleaning and drying the horse, picking up the hoofs

10 minutes - Training Unit evaluation and feedback to the athletes

## 9. EXAMPLE OF THE TRAINING UNIT IN RIDING STAGE NO.2

**Time:** 90 minutes

**Goal:** Transitions and riding in circle

15 minutes - At the stables:

- Preparation of the horse for the training session; brushing, picking up the hoofs, tacking up

45 minutes - Riding:

- Horse warm up in walk and trot neck muscles relaxation, stretching using extended gaits
- Exhibit and explanation of the correct use of rider's aids in transitions

- Transitions from walk to stop and back to walk (same in trot)
- Application of correct aids to bend the horse and sustain riding in circle
- Transitions from trot to canter and back to trot
- Transition from trot and canter to stop

15 minutes - At the stables:

- De-tacking and tack care / Cleaning and drying the horse, picking up the hoofs

15 minutes - Training Unit evaluation and feedback to the athletes

### CONTROL QUESTIONS:

- Describe correct hands position
- What is meaning of 'collected horse' in relation to 'stretched horse'
- Priorities elementary rider's aids
- Name coaching commands necessary at the entry-level training unit
- Describe leg function riding the right bend
- Name core training-teaching methods
- Name four Basic skills and competencies

### NOTES:

## 10. EXAMPLE OF RIDING PROGRESSION LEVELS

It is envisaged that riding progress needs important benchmarks in a long term athlete development by applying gradually increased difficulty of testing and specific riding skill requirements. It should respect the age of an athlete, safety and his/her level of riding skills from basic to intermediate and advanced.

Below you can find a 3-steps progress structure that is logically linked to the long term athlete development:

- Novice Rider (basic)
- Junior Competition Rider (intermediate)
- International Competition Rider (advanced)

### 10.1 NOVICE RIDER (BASIC)

Applicable to newcomer athletes who completed annual 80 – 100 hours basic riding training. Rider is eligible to compete in entry level National competitions before advancing to junior level certificate.

Novice Riders must be able to:

- Lead a horse in-hand, walking, trotting and turning.
- Tack up a pony/horse with saddle and snaffle bridle.
- Check tack for safety before mounting.
- Mount and dismount correctly.
- Hold the reins & whip correctly.
- Alter stirrups when mounted.
- Tighten and loosen girth when mounted.
- Demonstrate correct position at walk, trot and canter.

- Use legs and hands as aids to increase and decrease pace.
- Perform simple turns and circles at walk, trot and canter.
- Use correct aids for canter on a named leg on a circle.
- Understand the rules and the etiquette of the warm up arena.
- Walk a show jumping course correctly.
- Salute the judge and understand the rules and the penalties of the collecting ring and the competition arena.
- Demonstrate competence when riding over a show jumping course of 9 obstacles including a double at the heights of 0.7m – 0.85m on at least 2 horses of different type and temperament.

### 10.2 JUNIOR RIDER (INTERMEDIATE)

Applicable to athletes who achieved intermediate level of riding skills eligible to enter the junior level of Modern Pentathlon competitions sanctioned by the UIPM.

Junior Riders must be able to:

- Lead a horse in-hand, walking, trotting and turning.
- Tack up a pony/horse with saddle and snaffle bridle.
- Check tack before mounting for soundness.
- Mount and dismount correctly.
- Hold the reins & whip correctly.
- Alter stirrups when mounted.
- Tighten and loosen girth when mounted.
- Demonstrate correct position at walk, trot and canter.
- Use seat, legs and hands as aids to increase and decrease pace.
- Demonstrate progressive transitions from walk to trot to canter.

- Demonstrate a figure of eight at walk and trot across the diagonal.
- Perform a figure of eight in canter showing a simple change of leg.
- Demonstrate correct aids for canter on a named leg on a circle.
- Work independently in the open.
- Salute the judge & understand the rules & penalties of the collecting ring & competition arena.
- Walk a course correctly, understanding the importance of riding a correct line to each obstacle.
- Control the horse, both in the approach to and get away from an obstacle.
- Demonstrate competence when riding over a show jumping course of between 10 and 12 obstacles, including a double & a treble, to a height of 1.10m on at least 2 horses of different type and temperament.

### 10.3 INTERNATIONAL RIDER (ADVANCED)

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Applicable to the athletes eligible to enter the UIPM Modern Pentathlon Competitions category A.

International Riders must be able to:

- Lead a horse in-hand, walking, trotting and turning.
- Tack up a pony/horse with saddle and snaffle bridle.
- Check tack before mounting for soundness.
- Mount and dismount correctly.
- Hold the reins & whip correctly.
- Alter stirrups when mounted.
- Tighten and loosen girth when mounted.
- Demonstrate correct position at walk, trot and canter.
- Use seat, legs and hands as aids to increase and decrease pace.
- Demonstrate progressive transitions from walk to trot to canter.
- Demonstrate a figure of eight at walk and trot across the diagonal.
- Perform a figure of eight in canter showing a simple change of leg.
- Demonstrate correct aids for canter on a named leg on a circle.
- Work independently in the open.
- Salute the judge & understand the rules & penalties of the collecting ring & competition arena
- Walk a course correctly, understanding the importance of riding a correct line to each obstacle.
- Control the pony/horse, both in the approach to and get away from an obstacle.
- Demonstrate competence when riding over a show jumping course of between 10 and 12 obstacles, including a double & a treble, to a height of 1.20m on at least 2 unknown horses of different type and temperament.



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