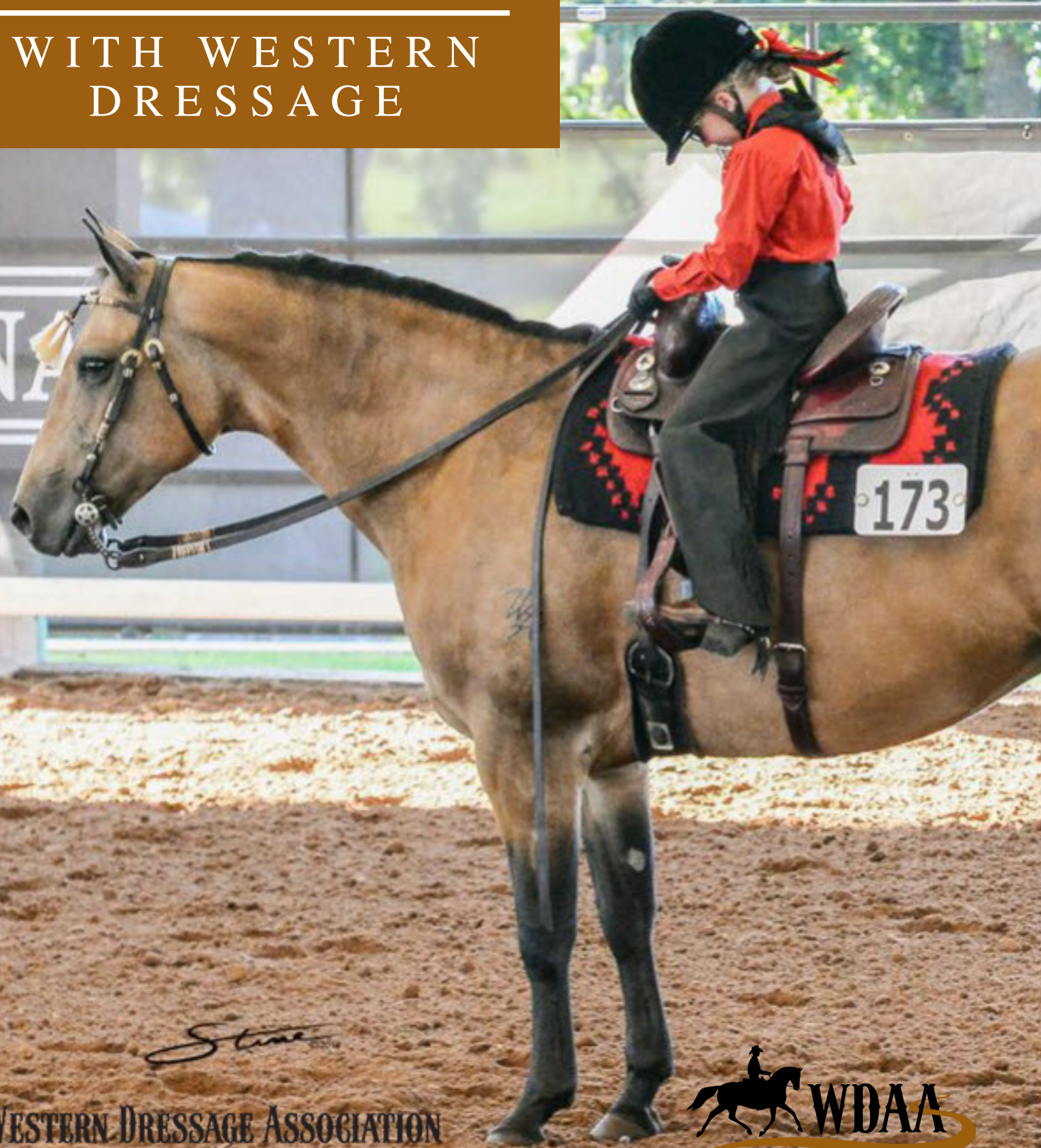


GETTING STARTED

WITH WESTERN
DRESSAGE



Stable

WESTERN DRESSAGE ASSOCIATION
OF AMERICA

 **WDAA**
It's about the journey

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IT'S ABOUT THE JOURNEY!

Welcome to the Western Dressage Association of America (WDAA). We are so excited you want to learn more about the sport of Western Dressage! This guide is full of information to help you get started on your western dressage journey and we hope you find it useful. Western Dressage is a wonderful way to connect with your horse and form a true partnership based on mutual trust. If you have any questions about this sport, come find us on the internet at www.westerndressageassociation.org.

Enjoy the journey!

WDAA Board of Directors

All About Western Dressage

So, you are interested in Western Dressage? You might have some questions such as:

- What exactly is Western Dressage?
- What are the benefits of Western Dressage?
- How do I become a Western Dressage rider?

If so, you are in the right place! This guide is meant to help answer these questions and help you determine if Western Dressage is right for you and your horse.

First off, what exactly IS Western Dressage?

The Western Dressage training discipline is the art of riding and training a horse in a manner that develops obedience, flexibility, and balance. These three things are the major benefits of Western Dressage and help you develop connection and partnership with your horse.

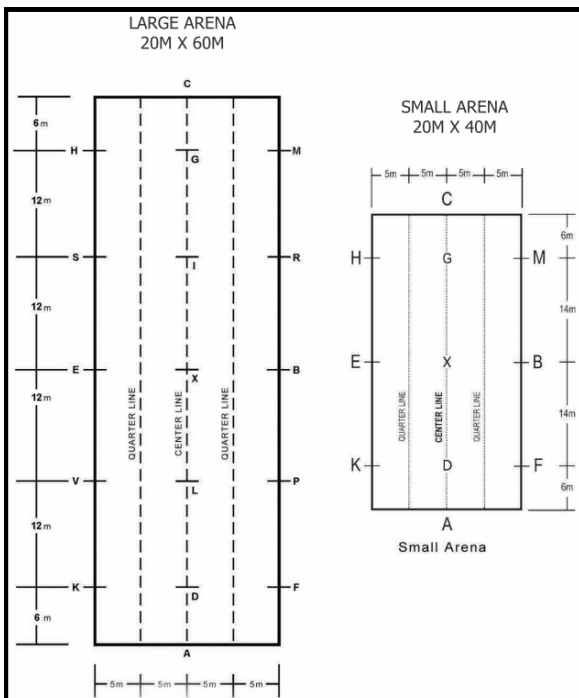
The WDAA provides guidance and resources on how to accomplish all of this. This guide will teach you the basics of Western Dressage, how to use the Western Dressage Training Wheel, and how to utilize WDAA Western Dressage tests and competitions to gauge your progress (and earn awards and recognition for your hard work!).

If this sounds like something you are interested in, the very first thing you will need to do is set up an arena for training and practice. Let's take a closer look at how to do this on the next page.

Setting Up an Arena

Western Dressage is performed in a rectangular arena with letters around the perimeter. In this space, you are able to learn and practice western dressage movements, such as performing a 20 meter circle at a working jog or performing a leg yield.

Your arena will need to be in a flat area with minimal distractions. Ideally, you can create a low fence around the perimeter, but it does not need to be fancy. In order to ensure the arena is the correct shape and the letters are spaced appropriately, you will need to use a little math to get started. Arenas can be either large (20m by 60m) or small (20m by 40m). Note that only Level 1 and above use the large arena and both arenas are measured in meters and not feet.



Use your creativity when creating the letters that will be placed around the perimeter of the arena. Traffic cones, buckets, and cinder blocks can all be used as markers with the letters painted on. The important part is to ensure that you place each letter in the appropriate location and space them according to the diagrams provided. To help you remember the letters around the arena, think of the following acronyms:

SMALL ARENA

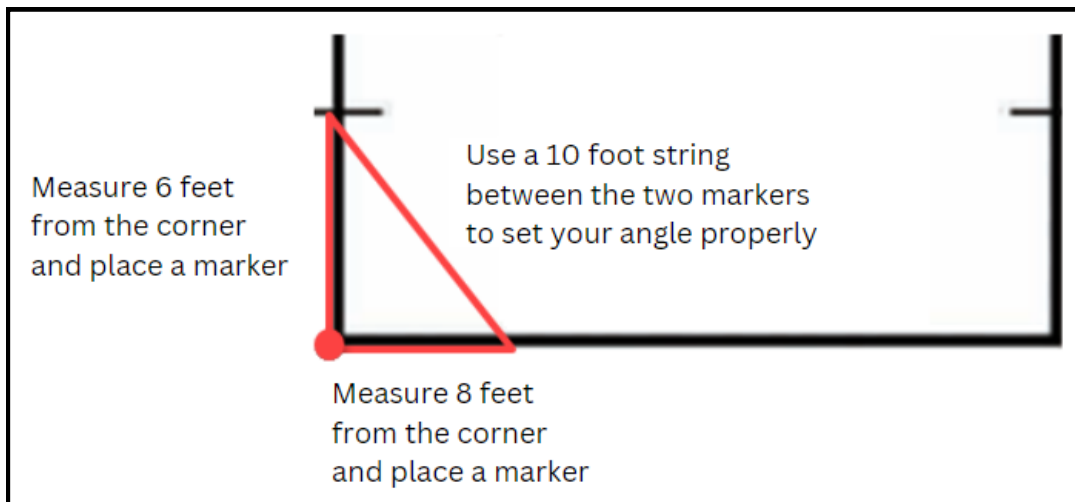
All King Edward's Horses Can Master Big Fences

LARGE ARENA

All King Von Edward's Small Horses Can Master Really Big Pink Fences

Have you heard of the Pythagorean theorem? If not, we will explain it briefly here. This mathematic theorem states that there is a direct relationship between all three sides of a triangle (ex. 6:8:10) that can be used to help you create perfect right angle corners for your arena. Here is how to accomplish this:

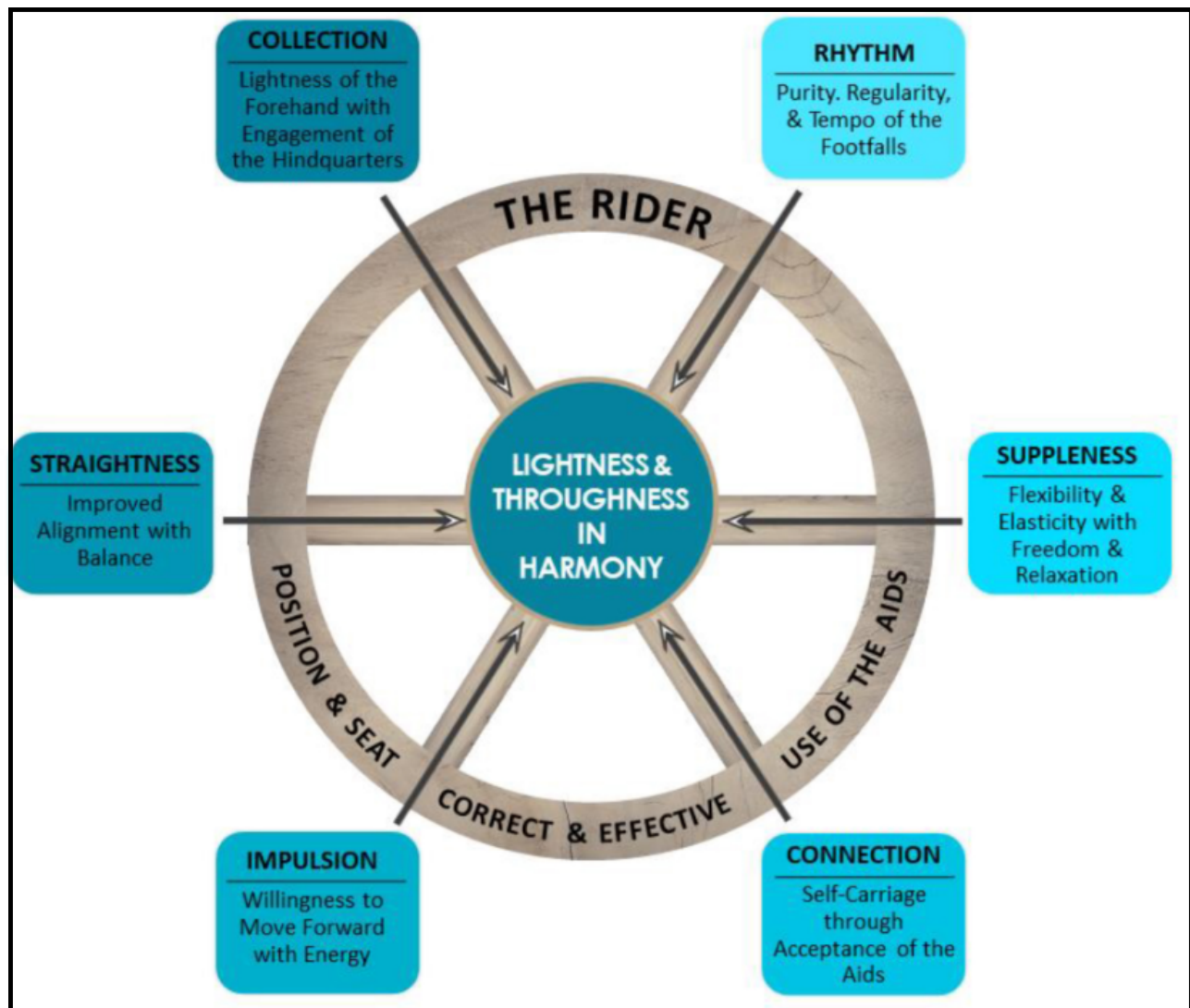
1. Gather the following materials: a tape measure, string, chalk, markers that you can drive into the ground, hammer, and something to outline the arena (this can just be poles laid on the ground).
2. Place a marker into the corner (indicated by the red circle below).
3. Use your measuring tape to measure 1.82 meters (6 feet) on one side and make a mark on your material used to outline the arena.
4. Use your measuring tape to measure 2.44 meters (8 feet) on the other side and make a mark on your material used to outline the arena.
5. Use your string to go from one mark on one side to the other mark on the other side of the triangle. This will help you form a perfect 90 degree angle to act as your corner.



After you have one corner set, work your way down one side and place your letters in the correct space (see arena diagrams on previous page). Then, set your next corner. Continue working this pattern until you have a perfect rectangular arena!

Training Your Horse with Western Dressage

A fun way to train your horse is to use the Western Dressage Training Wheel to inform your training and the WDAA dressage tests to assess your progress. The Training Wheel is a great visual representation of overall goal and elements of Western Dressage.



The hub (center) of the training wheel represents the overall goal of "Lightness and Throughness in Harmony". Each spoke in the wheel represents the basic elements of Western Dressage training that help you obtain this goal. Finally, the rim of the wheel holds everything together and represents a rider who is responsible for ensuring that all of the spokes are developed equally.

You may be wondering what "Lightness and Throughness in Harmony" actually looks like. Have you ever seen a rider who looks like they are sitting perfectly still and barely communicating with a horse - yet they are both in complete sync with each other as they perform movements? That is what it looks like!



WDAA tests are a great way to assess your training progress. These tests take the overall goal of Western Dressage and break it down into levels that build upon each other and reflect the development of skills and the abilities of the horse and rider.

The tests start at Introductory (Intro) level and go all the way up to Level 5. Each level has multiple tests that introduce movements, such as riding a 20 meter circle or performing a 4 second halt. In addition, Freestyle (create your own test with designated movements and music) and Equitation (focus is on the rider's position and aids) tests are available for those who are interested.

Here is an example: in the WDAA Intro Level Test 1, the highlighted Purpose box in the image below describes the goals for this test. In general, an Intro Level test is evaluating your position, your aids, and your understanding of figures. In addition, the horse's overall relaxation and harmony with the rider is assessed.



WDAA 2022 WESTERN DRESSAGE INTRODUCTORY LEVEL TEST 1
WESTERN DRESSAGE ASSOCIATION® OF AMERICA

PURPOSE	NEW REQUIREMENTS	ENTRY NO:
Tests provide an introduction to the discipline of Western Dressage; the horse performs only at the walk and jog. The rider should demonstrate correct basic position, use of basic aids, and understanding of the figures. The horse should show relaxation; harmony between horse and rider is important. The horse accepts the aids and influence of the rider. The jog should be a natural gait within the horse's scope and should demonstrate a swinging back.	20 meter half circle at the working jog; Halt 4 seconds.	<input type="text"/>
		ARENA SIZE: Small (40m x 20m) or Large (60m x 20m) AVERAGE RIDE TIME: 4:00 (Small) or 5:00 (Large)
		MAXIMUM PTS: 220

All jog work may be ridden sitting or rising.

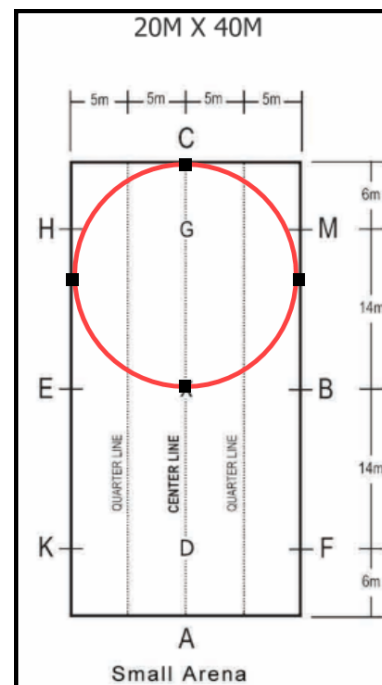
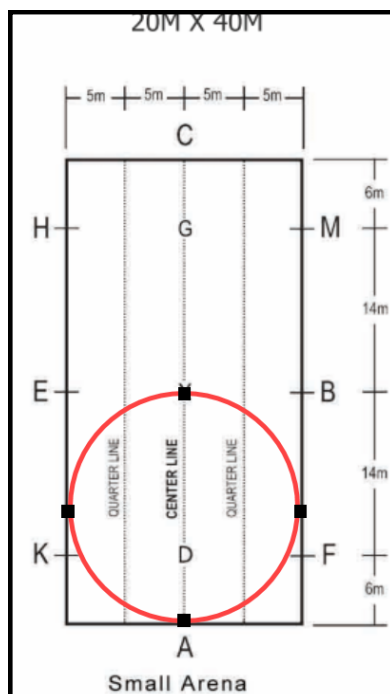
*COEFFICIENT

		TEST	DIRECTIVES	POINTS	*	TOTAL	REMARKS
1	A	Enter working jog, proceed down center line without halting	Straightness; regularity and quality of the jog; balance and bend in the turn.				
	C	Track left working jog					
2	E - B	Half circle left 20 meters, working jog	Balance and inside bend on the half circle; straightness; regularity and quality of the jog.				
	B	Proceed straight ahead, working jog					
3	Between M & C	Develop working walk	Willing, smooth transition; balance and bend in the corners; regularity and quality of the walk				

The purpose of each test and the movements required to complete each test steadily build upon each other as your training towards Lightness and Throughness in Harmony progresses. For example, in the upper level tests, you can expect to utilize all of the different elements of the Training Wheel in order to complete the movements.

If you are wondering how to get started with your training, we recommend practicing movements such as circles and half-circles with a horse that moves well in a walk, jog, and lope. For example, you can start with practicing a 20 meter circle in a small dressage arena.

The key to riding accurate circles is to locate four points of the circle and then gently bend the horse to these points. The four points are indicated by the black squares in the images below.



When you are practicing your circles, it is helpful to place markers in your arena at each of the four points. Make sure you measure these four points to ensure that they equal! Then, practice riding this circle, trying to make the outer ring of the circle as smooth as possible. After you and your horse are successful, you can then start practicing additional movements such as half circles or serpentines (S shapes), using the WDAA tests as a guide.

HELPFUL TIPS

When you are practicing and showing, you have the ability to have someone read the test out to you. This person is referred to as a "caller". In addition, feel free to talk to your horse during your test. After all, Western Dressage is all about communicating with your horse!

If you are interested in measuring your training progress, you can score yourself (or your friends!) using the following scale: 10 - Excellent, 9 - Very Good, 8 - Good, 7 - Fairly Good, 6 - Satisfactory, 5 - Marginal, 4 - Insufficient, 3 - Fairly Bad, 2 - Bad, 1 - Very Bad, and 0 - Not Performed.

These scores will help prepare you for judge's scoring in competitions.

Once you are ready for the next step, WDAA offers a FREE Video Ride a Test option for current Junior members. To participate, you need to become a WDAA Junior member and then submit a video of you and your horse riding a test.

These Video Ride a Tests are judged and commented on by USEF Western Dressage judges on a rotating basis. If you'd like to learn more about this option, head to <https://www.westerndressageassociation.org/WDAA-Ride-a-test>

In addition to Video Ride a Tests, WDAA also offers a program for exceptional riders. In this program, there are two divisions:

- **Physically Challenged Division:** These classes use standard WDAA tests and are open to individuals with a diagnosed significant physical disability. A WDAA Statement of Eligibility for Exceptional Rider Classes form is required to show in this class at any WDAA recognized shows.
- **Therapeutic Rider Division:** These classes use the WDAA Therapeutic Rider tests and are open to individuals with a diagnosed physical, social, or emotional disability. A WDAA Statement of Eligibility for Exceptional Rider Classes form is required to in this class at any WDAA recognized shows.

ADDITIONAL RESOURCES

We hope you have found this guide beneficial and inspiring for getting started with Western Dressage! If you are looking for more information or inspiration, we invite you to check out the following resources on our website:

Western Dressage Scoring and Showing -
<https://www.westerndressageassociation.org/western-dressage-scoring-and-showing>

Western Dressage Tests -
<https://www.westerndressageassociation.org/wdaa-tests>

Western Dressage Rules & Guidelines -
<https://www.westerndressageassociation.org/western-dressage-rules-guidelines>

Western Dressage Arena -
<https://www.westerndressageassociation.org/western-dressage-arena>

WDAA Training Wheel:
<https://www.westerndressageassociation.org/wdaa-training-wheel>

WDAA Shows and Clinics:
<https://www.westerndressageassociation.org/list-of-current-events>

To help get you started, we have included the WDAA Introductory Level tests 1 through 4 and blank diagrams that you can use for practice on the following pages. Note that each box on a test sheet contains one movement. Intro Test 1 has 12 movements, so the diagram page has 12 boxes.

We hope you enjoy the journey!

GLOSSARY

AIDS: Cues a rider gives to a horse to communicate what they want the animal to do.

ALIGNMENT:

- With regard to the horse - the lining up of his body parts from tail to poll.
- With regard to the rider - vertical alignment includes ear, shoulder, hip, heel being aligned.
- Lateral alignment refers to the even distribution of the rider's weight left and right.

BALANCE: Relative distribution of the weight of the horse and rider upon the fore and hind limbs (longitudinal balance) and the left and right limbs (lateral balance).

BASICS:

- The correct foundation of the progressive training of the horse, outlined by the Training Wheel (see Training Wheel Diagram).
- Training with the Basics in mind will improve: the purity and quality of the gaits and paces; the gymnastic ability and physique of the horse; the horse's attitude and rideability.

CHANGE OF REIN:

- A change of direction within the enclosure in which the horse/rider are traveling.
- The "inside rein" is toward the middle of the enclosure,
- The "outside rein" is toward the outside of the enclosure.

COLLECTION: Achieved by increased weight bearing of the horse's haunches, thereby lowering the croup and lightening the forehand to allow the shoulders more freedom. The horse's and steps become shorter with more uphill balance while

maintaining impulsion. At collected jog and lope the support phase of the hind legs is more pronounced than in the other paces of the gait.

CONNECTION: State at which there is no blockage, break, or slack in the circuit that joins the horse and rider into a single, harmonious, elastic unit. A prerequisite for thoroughness. The energy generated in the hindquarters by the driving aids must flow through the whole body of the horse and is received in the rider's hands.

ELASTICITY: The smooth stretch and contraction of muscles that give the steps spring and bounce, achieved by a horse moving with suppleness.

ENGAGEMENT: Increased flexion of the lumbosacral joint and the joints of the hind leg during the weight-bearing (stance) phase of the movement, thus lowering the croup relative to the forehand (lightening the forehand). Engagement is "carrying power" rather than "pushing power". A prerequisite for upward thrust/impulsion.

ENERGY: The willingness of the horse to give over to the rider the impulsion necessary to do a task.

FREEDOM: The reach, scope, and lack of constriction in the horse's movement. The horse appears to move unfettered through his whole frame.

FORWARD: To or toward the direction that is ahead or in front of the horse or moving or trending toward that direction. Forward indicates direction of travel, not how he gets there. Words like impulsion, energy, reach, length of stride and tempo more accurately express how the horse should proceed in a forward direction.

HARMONY: The horse accepts the aids and influence of the rider with attention, relaxation and confidence; willing partnership between horse and rider resulting in a free-flowing performance.

IMPULSION: The transmission of an eager and energetic, yet controlled positive forward energy generated from the hindquarters into the athletic movement of the horse. It is the desire to move forward with relaxation and swing of the back, elasticity of the steps, correct stepping through and under from behind. Impulsion describes the willingness of the horse to allow its forward energy to be used and shaped by the rider. Impulsion has a phase of suspension in the jog and lope, and therefore does not apply to the walk, which has no suspension.

IRREGULAR: Impure, uneven or un-level gait. Can be momentary or pervasive and may not be due to unsoundness. Should not be used to mean unsteadiness of tempo.

JOG: The jog is a two-beat gait of alternate diagonal legs (left fore and right hind leg and vice versa) separated by a moment of suspension. The jog should show free, active and regular steps. Excessive speed or slowness will be penalized.

LIGHTNESS:

- Refers to either the horse's lightness on its feet,
- A non-heavy connection with the reins.

LOPE: The lope has a typically slower tempo than a canter and must keep the three beat rhythm or the regularity is lost. Excessive speed or slowness must be penalized. The correct lope must be balanced, rhythmic, and with three beats with a clear time of

suspension; it must be straight, adjustable and supple, showing willingness to move forward in self-carriage with engaged hindquarters.

MOVEMENT:

- The manner in which the horse moves over the ground.
- Test movement: a section of a Western Dressage test to be evaluated with a score. Examples of Western Dressage Movements are: leg yield, rein-back, shoulder-in, haunches-in, haunches out, flying changes, simple changes, half pass (in jog and lope), turn on the forehand, turn on the haunches, pirouette at lope. A Western Dressage Movement is not a figure, pattern, transition, or combination of those.

REGULARITY: Purity of the gait, evenness of the length of and levelness of the height of the steps and equality of the time interval between the steps of the left and right forelimbs or hindlimbs. In collective remarks the evaluation of Gaits (freedom and regularity) regularity refers to the purity and soundness of the gaits, not the horse's tempo.

RHYTHM: The recurring characteristic sequence and timing of footfalls and phases of a gait, e.g. four-beat, three-beat, two-beat. For Western Dressage purposes, the only correct rhythms are those of pure walk, jog, lope and the back. Rhythm is sometimes mistakenly used to mean "tempo" (rate of repetition of rhythm).

SCOPE:

- Within the horse's natural ability or current level of athleticism, training and understanding.
- Also, largeness of range of motion, reach and freedom.

SELF-CARRIAGE: State in which the horse carries itself in balance without taking support or balancing on the rider's hand.

STEP: Referring to either the front or hind pair of legs, the movement that involves the transfer from one limb to the other. For counting purposes, the steps of only the front OR rear pair of limbs

are counted. The front limbs should each be counted in a rein back and the rear steps each counted for moving in the direction the horse is facing. Four steps of the back would be counted as right front, left front, right front, left front. Four steps forward: right hind, left hind, right hind, left hind.

STRAIGHTNESS:

- On straight lines, the horse's shoulders should be directly in front of the hind legs.
- On a curved line the horse should be correctly and evenly bent from poll to tail.

STRIDE: Cycle of movements that is completed when the horse's legs regain their initial position of the full count of the gait. Both diagonals of the jog would comprise one stride of the two-beat jog. A stride of the lope is the completion of the three-beat rhythm. (The left lead count is right hind, left hind, and right front together, left front followed by a moment of suspension before the count begins.)

SUPPLENESS: Range of motion of the joints and the ability to move the joints freely. Pliability, flexibility, the opposite of stiffness. A horse's suppleness is largely determined by conformation and genetics but may be improved or negatively impacted over time through training.

SWING:

- When the horse works from the hind legs through his back to the bit, he uses his whole body and is said to have a swinging back.
- Swinging out refers to the misalignment (or crookedness) in the horse's haunches

TEMPO: Rate of repetition of the footfalls. The tempo best for the gymnastic development is individual to the horse.

THROUGHNESS/THROUGH: The horse is said to be "through" when the rider's aids can connect the horse's back to his front, and visa versa, without any blocking resistance.

APPENDIX A - INTRO LEVEL TESTS



WDAA 2022 WESTERN DRESSAGE INTRODUCTORY LEVEL TEST 1 WESTERN DRESSAGE ASSOCIATION® OF AMERICA

PURPOSE Tests provide an introduction to the discipline of Western Dressage; the horse performs only at the walk and jog. The rider should demonstrate correct basic position, use of basic aids, and understanding of the figures. The horse should show relaxation; harmony between horse and rider is important. The horse accepts the aids and influence of the rider. The jog should be a natural gait within the horse's scope and should demonstrate a swinging back.	NEW REQUIREMENTS 20 meter half circle at the working jog; Halt 4 seconds.	ENTRY NO: _____ ARENA SIZE: Small (40m x 20m) or Large (60m x 20m) AVERAGE RIDE TIME: 4:00 (Small) or 5:00 (Large) MAXIMUM PTS: 220
--	--	--

All jog work may be ridden sitting or rising.

*COEFFICIENT

		TEST	DIRECTIVES	POINTS	*	TOTAL	REMARKS
1	A	Enter working jog, proceed down center line without halting	Straightness; regularity and quality of the jog; balance and bend in the turn.				
	C	Track left working jog					
2	E - B	Half circle left 20 meters, working jog	Balance and inside bend on the half circle; straightness; regularity and quality of the jog.				
	B	Proceed straight ahead, working jog					
3	Between M & C	Develop working walk	Willing, smooth transition; balance and bend in the corners; regularity and quality of the walk.				
4	H - B	Change rein, free walk	Horse willing to freely stretch the neck forward and down; relaxation; swing through the back; ground cover; straightness; willing, smooth transition; regularity and quality of the walks.		2		
	B	Working walk					
5	F	Halt 4 seconds Proceed working walk	Balance in transition to square, straight halt; immobility; willing, smooth transitions; regularity and quality of the walk; balance and bend in the corner.		2		
6	Between A & K	Develop working jog	Willing, smooth transition; straightness; regularity and quality of the jog.				
7	E - B	Half circle right 20 meters, working jog	Balance and inside bend on the half circle; straightness; regularity and quality of the jog.				
	B	Proceed straight ahead, working jog					
8	Between F & A	Develop working walk	Willing, smooth transition; balance and bend in the corners; regularity and quality of the walk.				
9	K - B	Change rein, free walk	Horse willing to freely stretch the neck forward and down; relaxation; swing through the back; ground cover; straightness; willing, smooth transition; regularity and quality of the walks.		2		
	B	Working walk					
10	M	Halt 4 seconds Proceed working walk	Balance in transition to square, straight halt; immobility; willing, smooth transitions; regularity and quality of the walk; balance and bend in the corner.		2		
11	Between C - H	Develop working jog	Willing, smooth transition; balance and bend in the corners; straightness; regularity and quality of the jog.				
	H - X - F	Change rein, working jog					
12	A	Down centerline	Balance and bend in the turn; straightness; regularity and quality of the jog; willing, smooth transition; regularity and quality of the walk; balance in downward transition to square, straight halt; immobility.				
	X	Working walk					
	G	Halt, salute					

Leave arena at A in a walk with looped or long reins.



WDAA 2022 WESTERN DRESSAGE INTRODUCTORY LEVEL TEST 1
WESTERN DRESSAGE ASSOCIATION® OF AMERICA

*COEFFICIENT

COLLECTIVE MARKS	POINTS	*	TOTAL	REMARKS
GAITS: freedom and regularity		1		
IMPULSION: desire to move forward with suppleness of the back and steady tempo		1		
RIDER'S POSITION, SEAT AND HANDS: well-balanced elastic seat demonstrating vertical, centered alignment, with light independent contact from hand(s)		1		
RIDER'S CORRECT AND EFFECTIVE USE OF THE AIDS: evidenced by the horse's responsiveness; steady elastic connection cultivating athletic expression. Accuracy - precise placement of the figures and transitions, the effectiveness of the rider's aids determines the accurate fulfillment of the required movements of the tests		1		
HARMONY: The horse accepts the aids and influence of the rider with attention, relaxation and confidence; willing partnership between horse and rider resulting in a free-flowing performance		2		
SUBTOTAL:			total of points and coefficients above	
ERRORS:			subtract from subtotal	
TOTAL POINTS:			subtotal minus any errors	
REMARKS:				

Attention competitors submitting points to WDAA for the Horse Lifetime Points & Awards Program: Only the bottom portion below needs to be submitted along with the Test/Rail Submission Form to verify your points. Please go to www.westerndressageassociation.org for more information.

WDAA 2022 INTRODUCTORY LEVEL TEST 1

Name of Competition

Date of Competition

Name and Number of Horse

Name of Rider

Final Score
Maximum Points: 220

Points / Percent

Name of Judge

Signature of Judge

The following diagrams correspond with the Intro Level 1 test and helps give you a visual of the movements performed in this test.

GENERAL INFORMATION

SMALL ARENA

JURY
C

A

SCORING

10 Excellent	4 Insufficient
9 Very Good	3 Fairly Bad
8 Good	2 Bad
7 Fairly Good	1 Very Bad
6 Satisfactory	0 Not Performed
5 Marginal	

PENALTIES - Consult USEF Rulebook Chapter WD

WDAA INTRODUCTORY LEVEL KEY

	Working Walk
	Free Walk
	Working Jog
	Halt 4 Seconds
	Coefficient Movements

LARGE ARENA

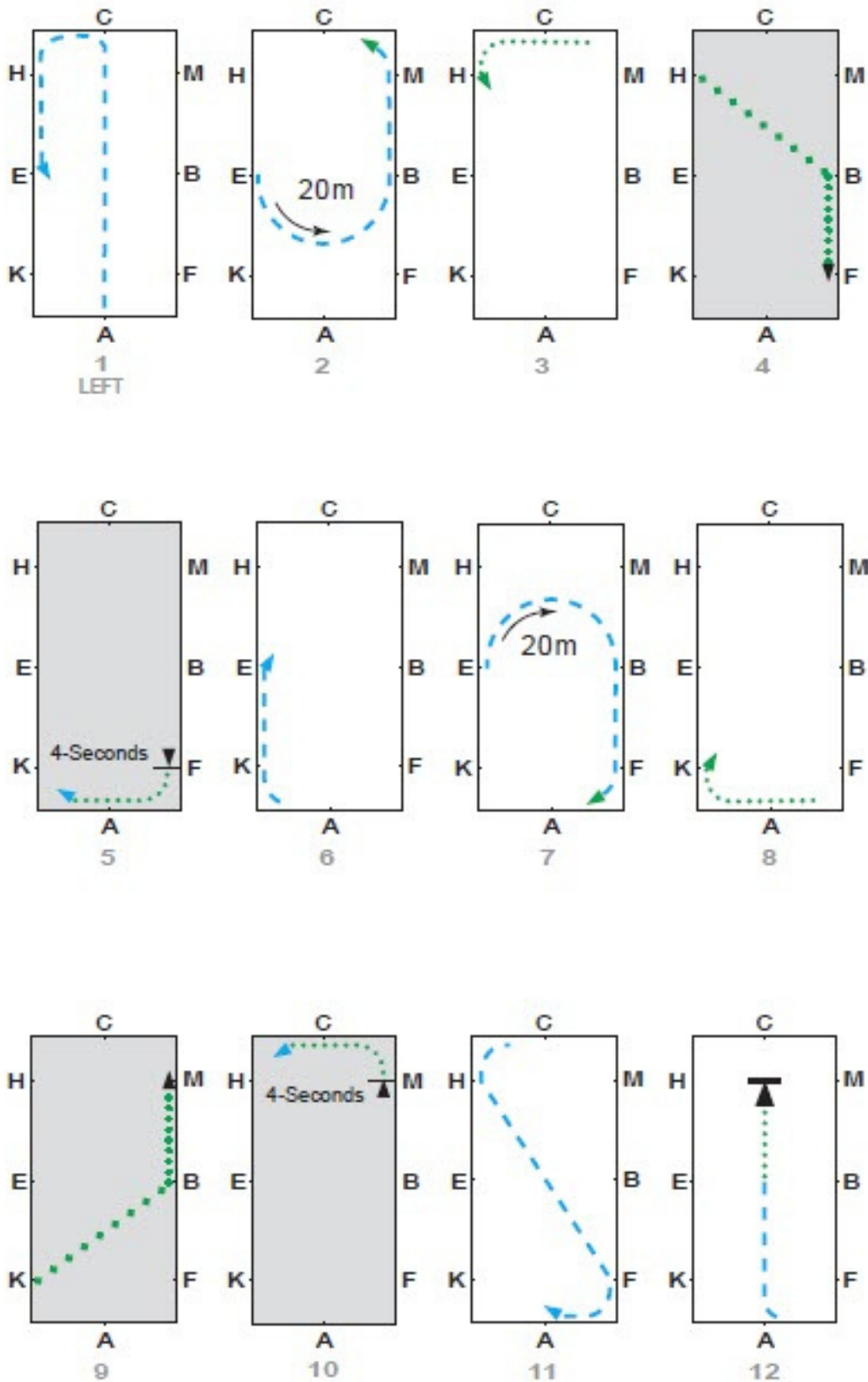
JURY
C

A

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WDAA INTRODUCTORY LEVEL TEST 1 DIAGRAM





WDAAs 2022 WESTERN DRESSAGE INTRODUCTORY LEVEL TEST 2
 WESTERN DRESSAGE ASSOCIATION® OF AMERICA

PURPOSE Tests provide an introduction to the discipline of Western Dressage; the horse performs only at the walk and jog. The rider should demonstrate correct basic position, use of basic aids, and understanding of the figures. The horse should show relaxation; harmony between horse and rider is important. The horse accepts the aids and influence of the rider. The jog should be a natural gait within the horse's scope and should demonstrate a swinging back.	NEW REQUIREMENTS 20 meter circle at the working jog	ENTRY NO.: _____ ARENA SIZE: Small (40m x 20m) or Large (60m x 20m) AVERAGE RIDE TIME: 4:00 (Small) or 5:00 (Large)
		MAXIMUM PTS: 180

All jog work may be ridden sitting or rising.

*COEFFICIENT

		TEST	DIRECTIVES	POINTS	* TOTAL	REMARKS
1	A X	Enter working walk Halt, salute Proceed working walk	Straightness; regularity and quality of the walk; straight, balanced, immobile halt with smooth transitions.			
2	Between X & G C	Develop working jog Track right, working jog	Willing, smooth transition; balance and bend in the corner; regularity and quality of the jog; straightness.			
3	B	Circle right 20 meters, working jog	Balance and bend; size and shape of circle with inside bend; regularity and quality of the jog; straightness.	2		
4	F A	Working walk Halt 4 seconds, proceed working walk	Straightness; balance in transition to square, straight halt; immobility; willing, smooth transitions; regularity and quality of the walk; balance and bend in the corner.			
5	K - X - M M	Change rein, free walk Working walk	Horse willing to freely stretch the neck forward and down; relaxation; swing through the back; ground cover; straightness: willing, smooth transition; balance and bend in corner; regularity and quality of the walks.	2		
6	C	Halt 4 seconds, proceed working walk	Straightness; balance in transition to square, straight halt; immobility; willing, smooth transitions; regularity and quality of the walk.			
7	Between C & H	Develop working jog	Willing, smooth transition; balance and bend in the corner; straightness; regularity and quality of the jog.			
8	E	Circle left 20 meters, working jog	Balance and bend; size and shape of circle with inside bend; regularity and quality of the jog; straightness.	2		
9	A X G	Down centerline Working walk Halt, salute	Balance and bend in the turn; straightness; regularity and quality of the jog; willing, smooth transition; regularity and quality of the walk; balance in downward transition to square, straight halt; immobility.			

Leave arena at A in a walk with looped or long reins.



WDAA 2022 WESTERN DRESSAGE INTRODUCTORY LEVEL TEST 2
 WESTERN DRESSAGE ASSOCIATION® OF AMERICA

*COEFFICIENT

COLLECTIVE MARKS	POINTS	*	TOTAL	REMARKS
GAITS: freedom and regularity		1		
IMPULSION: desire to move forward with suppleness of the back and steady tempo		1		
RIDER'S POSITION, SEAT AND HANDS: well-balanced elastic seat demonstrating vertical, centered alignment, with light independent contact from hand(s)		1		
RIDER'S CORRECT AND EFFECTIVE USE OF THE AIDS: evidenced by the horse's responsiveness; steady elastic connection cultivating athletic expression. Accuracy - precise placement of the figures and transitions, the effectiveness of the rider's aids determines the accurate fulfillment of the required movements of the tests		1		
HARMONY: The horse accepts the aids and influence of the rider with attention, relaxation and confidence; willing partnership between horse and rider resulting in a free-flowing performance		2		
SUBTOTAL:	total of points and coefficients above			
ERRORS:	subtract from subtotal			
TOTAL POINTS:	subtotal minus any errors			
REMARKS:				

Attention competitors submitting points to WDAA for the Horse Lifetime Points & Awards Program: Only the bottom portion below needs to be submitted along with the Test/Rail Submission Form to verify your points. Please go to www.westerndressageassociation.org for more information.

WDAA 2022 INTRODUCTORY LEVEL TEST 2

Name of Competition

Date of Competition

Name and Number of Horse

Name of Rider

Final Score
Maximum Points: 180

Points / Percent

Name of Judge

Signature of Judge



WDA 2022 WESTERN DRESSAGE INTRODUCTORY LEVEL TEST 3
WESTERN DRESSAGE ASSOCIATION® OF AMERICA

<p>PURPOSE</p> <p>Tests provide an introduction to the discipline of Western Dressage; the horse performs only at the walk and jog. The rider should demonstrate correct basic position, use of basic aids, and understanding of the figures. The horse should show relaxation, harmony between horse and rider is important. The horse accepts the aids and influence of the rider. The jog should be a natural gait within the horse's scope and should demonstrate a swinging back.</p>	<p>NEW REQUIREMENTS</p> <p>Change rein at working jog</p> <p>Free walk on 20 meter half circle</p>	<p>ENTRY NO: _____</p> <p>ARENA SIZE: Small (40m x 20m) or Large (60m x 20m)</p> <p>AVERAGE RIDE TIME: 4:00 (Small) or 5:00 (Large)</p> <p>MAXIMUM PTS: 200</p>
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All jog work may be ridden sitting or rising.

*COEFFICIENT

		TEST	DIRECTIVES	POINTS	* TOTAL	REMARKS
1	A X	Enter working jog Halt through working walk, salute Develop working jog through the walk Proceed working jog	Straightness, regularity and quality of the jog and walk; straight, balanced, immobile halt with smooth transitions.			
2	C H - X - F	Track left, working jog Change rein, working jog	Balance and bend in the turn and corners; straightness on the diagonal; regularity and quality of the jog.			
3	A	Circle right 20 meters, working jog	Size and shape of circle with inside bend; regularity and quality of the jog; straightness; balance and bend in the corner.			
4	K - X - M	Change rein, working jog	Straightness on diagonal, regularity and quality of the jog, balance and bend in corner.	2		
5	C	Circle left 20 meters, working jog	Size and shape of circle with inside bend; regularity and quality of the jog; straightness; balance and bend in the corner.			
6	Between C & H	Develop working walk	Willing, smooth transition; balance and bend in the corner; regularity and quality of the walk.			
7	E - B B	Half circle left 20m, free walk Working walk	Horse willing to freely stretch the neck forward and down; relaxation; swing through the back; ground cover; straightness; willing, smooth transition; regularity and quality of the walks.	2		
8	M	Halt 4 seconds, proceed working walk	Balance in transition to square; straight halt; immobility; willing, smooth transitions; regularity and quality of the walk; balance and bend in the corner.	2		
9	Between C & H	Develop working jog	Willing, smooth transition; balance and bend in the corner; straightness; regularity and quality of the jog.			
10	E - F	Change rein, working jog	Straightness on diagonal, balance and bend in the corner; regularity and quality of the jog.			
11	A X	Down centerline Halt through the walk, salute	Balance and bend in the turn; straightness; regularity and quality of the jog and walk; balance in downward transition to square; straight halt; immobility.			

Leave arena at A in a walk with looped or long reins.



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*COEFFICIENT

COLLECTIVE MARKS	POINTS	* COEFFICIENT	TOTAL	REMARKS
GAITS: freedom and regularity		1		
IMPULSION: desire to move forward with suppleness of the back and steady tempo		1		
RIDER'S POSITION, SEAT AND HANDS: well-balanced elastic seat demonstrating vertical, centered alignment, with light independent contact from hand(s)		1		
RIDER'S CORRECT AND EFFECTIVE USE OF THE AIDS: evidenced by the horse's responsiveness; steady elastic connection utilizing athletic expression. Accuracy - precise placement of the figures and transitions; the effectiveness of the rider's aids determines the accurate fulfillment of the required movements of the tests		1		
HARMONY: The horse accepts the aids and influence of the rider with attention, relaxation and confidence, willing partnership between horse and rider resulting in a free-flowing performance		2		
SUBTOTAL:	total of points and coefficients above			
ERRORS:	subtract from subtotal			
TOTAL POINTS:	subtotal minus any errors			
REMARKS:				

Attention competitors submitting points to WDAA for the Horse Lifetime Points & Awards Program: Only the bottom portion below needs to be submitted along with the Test/Rail Submission Form to verify your points. Please go to www.westerndressageassociation.org for more information.

WDAA 2022 INTRODUCTORY LEVEL TEST 3		

Name of Competition		

Date of Competition		

Name and Number of Horse		

Name of Rider		
Final Score		
Maximum Points: 200		

Points	/	Percent

Name of Judge		

Signature of Judge		



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PURPOSE Tests provide an introduction to the discipline of Western Dressage; the horse performs only at the walk and jog. The rider should demonstrate correct basic position, use of basic aids, and understanding of the figures. The horse should show relaxation; harmony between horse and rider is important. The horse accepts the aids and influence of the rider. The jog should be a natural gait within the horse's scope and should demonstrate a swinging back.	NEW REQUIREMENTS One loop 5 meters off the track	ENTRY NO: _____ ARENA SIZE: Small (40m x 20m) or Large (60m x 20m) AVERAGE RIDE TIME: 4:00 (Small) or 5:00 (Large)
		MAXIMUM PTS: 200

All jog work may be ridden sitting or rising.

*COEFFICIENT

		TEST	DIRECTIVES	POINTS *	TOTAL	REMARKS
1	A	Enter working jog	Straightness; regularity and quality of the jog and walk; straight, balanced, immobile halt with smooth transitions.			
	X	Halt through working walk, salute Develop working jog through the walk Proceed working jog				
2	C	Track right, working jog	Balance and bend in the turn and corners; balance and correct changes of bend on loop; regularity and quality of the jog.			
	M - F	One loop 5 meters off the track				
3	A	Circle right 20 meters, working jog	Size and shape of circle with inside bend; regularity and quality of the jog; straightness; balance and bend in the corner.			
4	E	Turn right, working jog	Balance and bend in the turns; straightness; regularity and quality of the jog.	2		
	B	Turn right, working jog				
5	F - A - K	Continue on the track, working jog	Balance and bend in the corners; regularity and quality of the jog.			
6	K	Working walk	Willing, smooth transition; straightness; regularity and quality of the walk.			
7	E - M	Free walk	Horse willing to freely stretch the neck forward and down; relaxation; swing through the back; ground cover; straightness; willing, smooth transition; regularity and quality of the walks; balance and bend in the corner.	2		
	M	Working walk				
8	Between C & H	Develop working jog	Willing, smooth transition; balance and correct changes of bend on loop; regularity and quality of the jog; balance and bend in the corners.			
	H - K	One loop 5 meters off the track				
9	A	Circle left 20 meters, working jog	Size and shape of circle with inside bend; regularity and quality of the jog; straightness; balance and bend in the corners.			
10	B	Turn left	Balance and bend in the turns; straightness; balance and bend in the corner; regularity and quality of the jog.	2		
	E	Turn left				
11	A	Down centerline	Balance and bend in the turn; straightness; regularity and quality of the jog and walk; balance in downward transition to square, straight halt, immobility.			
	X	Halt through the walk, salute				

Leave arena at A in a walk with looped or long reins.



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COLLECTIVE MARKS	POINTS	*	TOTAL	REMARKS
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IMPULSION: desire to move forward with suppleness of the back and steady tempo		1		
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RIDER'S CORRECT AND EFFECTIVE USE OF THE AIDS: evidenced by the horse's responsiveness, steady elastic connection cultivating athletic expression. Accuracy - precise placement of the figures and transitions, the effectiveness of the rider's aids determines the accurate fulfillment of the required movements of the tests		1		
HARMONY: The horse accepts the aids and influence of the rider with attention, relaxation and confidence; willing partnership between horse and rider resulting in a free-flowing performance		2		
SUBTOTAL:		total of points and coefficients above		
ERRORS:		subtract from subtotal		
TOTAL POINTS:		subtotal minus any errors		
REMARKS:				

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WDAA 2022 INTRODUCTORY LEVEL TEST 4

Name of Competition

Date of Competition

Name and Number of Horse

Name of Rider

Final Score
Maximum Points: 200

Points / Percent

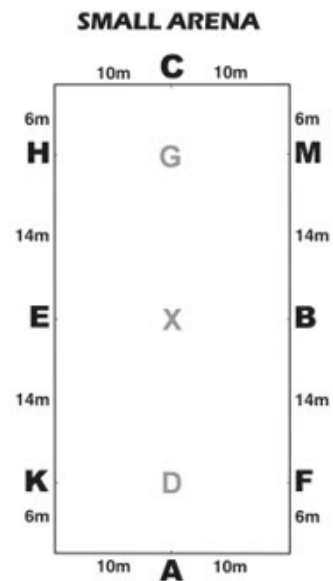
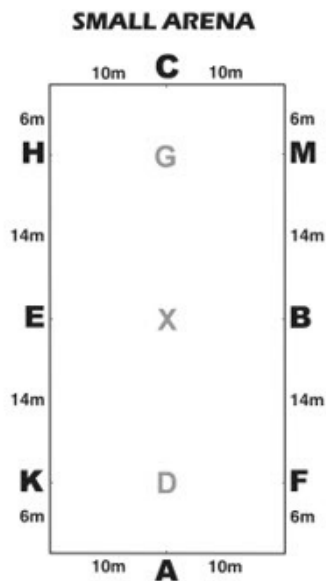
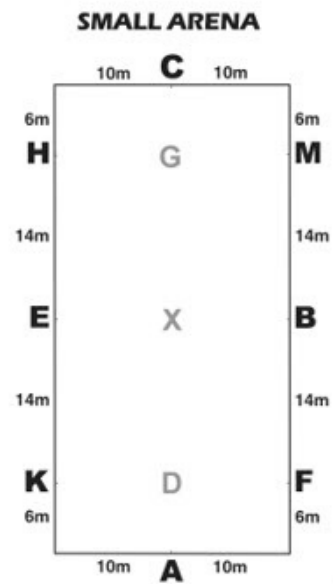
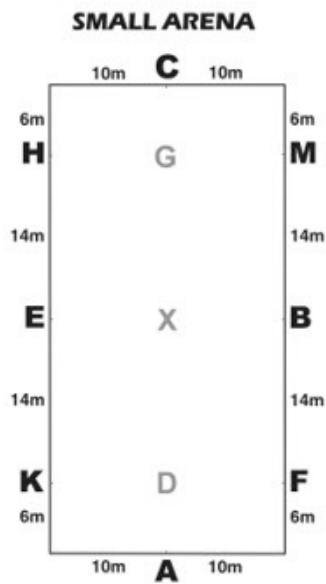
Name of Judge

Signature of Judge

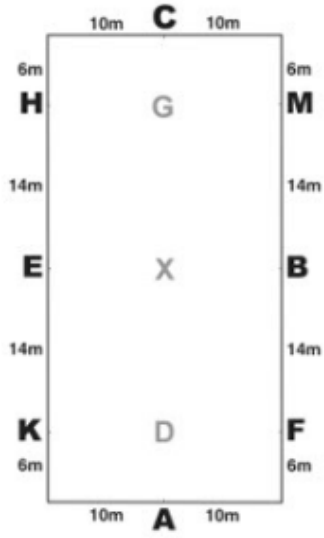
APPENDIX B - BLANK PRACTICE DIAGRAMS

Thank you to Dressage Illustrated for permitting the use of the test diagrams. You can purchase books with all the test diagrams from:

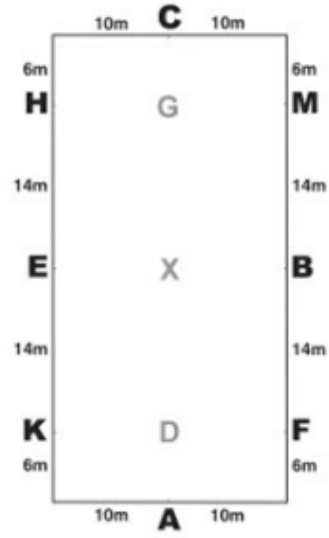
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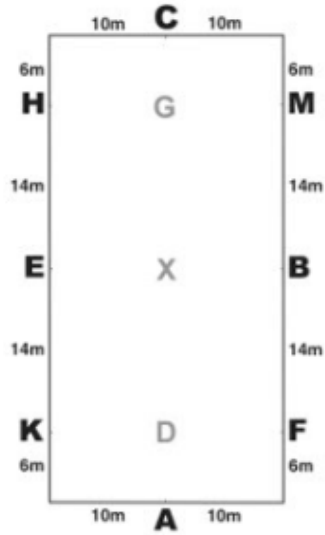
SMALL ARENA



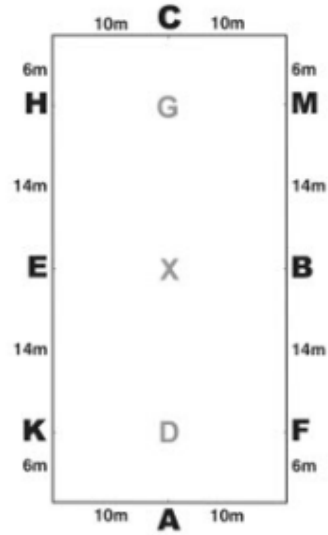
SMALL ARENA



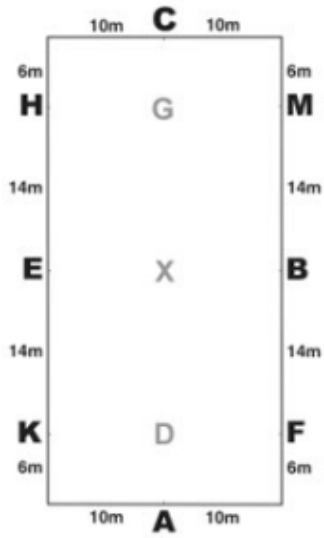
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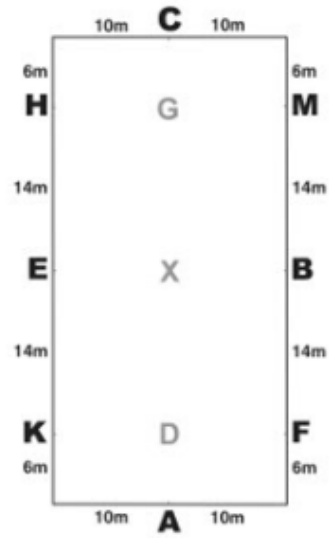
SMALL ARENA



SMALL ARENA



SMALL ARENA





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