

# INTERMEDIATE

## GROUNDWORK EXERCISES

1. Changing Sides
2. Run Up and Rub
3. Desensitizing to Plastic Bags
4. Slap and Tap
5. Changing Eyes
6. Touch and Rub
  - a. Nose
  - b. Poll
  - c. Forequarters
7. Outback Exercise
8. C-Pattern
9. Throw to a Stop
10. Sidepassing on the Fence
11. Leading Behind
12. Turn and Go
13. Circle Driving Transitions
14. Line Driving
15. Circle Driving Transitions on the Long Line
16. Bridle Bending
  - a. Forward and Around
  - b. Yield the Hindquarters
  - c. Yield the Shoulder
  - d. Back Up

## RIDING EXERCISES

1. Vertical Flexion at the Walk
2. Cloverleaf Exercise
3. Yield and Bend
4. Post 'N Circle
5. Yield the Hindquarters on the Fence
6. Yield the Hindquarters and Sidepass on the Fence
7. Rollbacks on the Fence Stage One
8. Vertical Flexion at the Trot
9. Shoulder In/Shoulder Out
10. Serpentine Exercise
11. Yield the Hindquarters and Bring the Front End Through
12. Down and Around
13. Bending with Vertical
14. Leads Exercise
15. Sidepass from a Standstill on the Fence
16. Stop on Whoa
17. Draw to a Walk Transitions