

FREESTYLE TEST CARD



Name:..... Club:.....

Level 1, Perform 8 out of 10 moves at walk on either rein

Move	Date	Signed
Forward Prince seat		
Push up on rump		
Push up position holding handles		
Mount to knees with bunk		
Split legs off		
Plank across horse		
Star facing forwards		
Backward tailors seat		
Inverted bench 1 leg extended		
Arabesque holding handles		

Level 2, Perform 8 out of 10 moves in walk on either rein

Move	Date	Signed
Mount to flair leg with bunk		
Leap frog of the bum from knees or stand		
Backward prince seat on neck foot in handle		
Sideward half knees foot on back		
Backward bench on back		
Sideward prince seat on back		
Arabesque in stirrup holding on with both hands		
Sit on the bum hips facing forwards		
Back ward push up position		
Half knees with foot in stirrup		

Level 3, Perform 8 out 10 moves in walk on either rein

Move	Date	Signed
Mount to backwards with a bunk		
Roll off round handles		
Sideward half knees foot on neck		
Backward flair/leg on back		
Sideward stand on back with foot in handle		
Backward prince seat on neck foot on neck		
Backward needle or arabesque in handle		
Backward shoulder stand on back		
Forward stand on bum		
Y Stand in stirrup		

Level 4, Perform 8 out of 10 at canter on either rein

Move	Date	Signed
Push up position holding handles		
Prince seat forward		
Plank across horse		
Back ward tailors seat		
Inverted bench on leg extended		
Forward arabesque on back, holding on		
Backward Prince Seat on neck foot in handle.		
Split legs off		
Mount to knees, bunk allowed		
Push up on rump		



Level 5, Perform 8 out of 10 at canter on left rein

Move	Date	Signed
Backward prince seat on neck free, foot on neck	BLUE	
Mount to flair leg		
Ground jump to knees		
Forward roll over handles off		
Sideward stand on foot in handle		
Arabesque in stirrup holding on		
Sideward half knees foot on back		
Sideward flair leg on back		
Backward knees on back		
Half knees in stirrup		

Level 6, Perform 8 out of 10 moves at canter on left rein

Move	Date	Signed
Forward Prince seat on neck	BRONZE	
Sit on bum hips forwards		
Sideward stand on back		
Roll mount to lie on neck		
Cartwheel Off		
Roll Ground jump to neck, any finishing position?		
Backward stand in handles		
Needle backward in handles		
Backward Shoulders stand on back		
Backward roll from neck to back finishing in free knees		

Level 7, Perform 8 out of 10 moves at canter on left rein

Move	Date	Signed
Shoulder stand on neck	SILVER	
Elbow stand		
Free Cartwheel off		
Mount to shoulder hang		
Sideward stand on neck		
Any jump, must be above horses ears		
Free arabesque in stirrup		
Ground jump to outside to inside ladies seat.		
Forward Shoulder stand on back holding pad.		
Sideward stand on rump		

Level 8, Perform 8 out of 10 moves at canter on left rein

Move	Date	Signed
Handstand forward roll	GOLD	
Handstand in handles		
Death lift		
Bridge		
Splits along horse, forwards or box		
Neck stand		
Cartwheel ground jump to outside		
Mount to needle on rump		
Backward summersault off		
One legged stand in handles with two prongs on back if roller is square or has three prongs any leg position.		