



Time Your Movements



One method to help develop choreography is to time all of your movements. Use a video to help you determine the approximate time it takes you, in seconds, to complete each movement for your level. Create your choreography, add up the movements to determine if it fits under the time limit, and match it to your music before you even ride your horse!

Basic Movements:

Short Side (H to C to M)

Walk _____

Trot _____

Canter _____

Long Side (K to E to M)

Walk _____

Trot _____

Canter _____

Corner (H to C)

Walk _____

Trot _____

Canter _____

Free Walk:

Full Diagonal _____

Short Diagonal _____

Half 20 Meter Circle _____

Full 20 Meter Circle _____

Medium Walk:

Full Diagonal _____

Short Diagonal _____

Half 20 Meter Circle _____

Full 20 Meter Circle _____

Lengthened/Medium/Extended Trot:

Full Diagonal _____

Short Diagonal _____

Bending Line _____

Half 20 Meter Circle _____

Full 20 Meter Circle _____

Full Centerline _____

Required Movements (fill in the movements from your level)

Movement: _____ Time: _____

Movement: _____ Time: _____

Movement: _____ Time: _____

Movement: _____ Time: _____

Movement: _____ Time: _____

Movement: _____ Time: _____

Movement: _____ Time: _____

Movement: _____ Time: _____

Movement: _____ Time: _____