USEF/USDF Dressage Seat Equitation Individual Workouts



Dressage Seat Equitation Classes Patterns

(offered at USEF-licensed/USDF-recognized dressage competitions)

EASY - Approximate Ride Time: 0:45.

All trot work may be ridden sitting or rising, unless stated by the judge.

Judging begins at A in working trot, tracking right.		
A	Working trot. Serpentine 3 equal loops width of the arena, with 3-6 steps of walk upon crossing the centerlines.	
С	Pattern ends. Exit arena in walk.	



<mark>Green = Walk</mark> Yellow = Trot

Effective 12/1/2022 - 11/30/2026

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MEDIUM - Approximate Ride Time: 0:42.

All trot work may be ridden sitting or rising, unless stated by the judge.

Judging begins at C in medium walk, tracking left.		
С	Track left	
Н	Working trot.	
E	Turn left.	
X	Left lead canter. Canter 20m circle left	
Crossing over X	Change of lead through trot. Canter 20m circle right.	
Crossing over X	Working trot.	
В	Turn right.	
Ρ	Walk. Leave arena in walk.	



Green = Walk	
<mark>Yellow = Trot</mark>	
Red = Canter	

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HARD - Approximate Ride Time: 1:08.

All trot work to be ridden sitting.

Judging begins at E in working trot, tracking left.		
E	Working trot, tracking left.	
Between K and A	Transition to left lead canter.	
F to S	Change rein, lengthened canter.	
Before S	Transition to working canter.	
S	Working trot.	
Н	Working trot sitting.	
С	Working canter right lead.	
M - V	Change rein, lengthened canter.	
Before V	Transition to working canter.	
V	Working trot.	
К	Working trot sitting.	
Α	Working canter left lead.	
Ρ	Working trot.	
R	Medium walk. Pattern ends. Exit arena at walk.	





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