



## WHITE LESSON LEVEL — FOUNDATION

**Training Emphasis: Control, Communication & Calm Introduction**

### Purpose of This Level

White Level establishes the communication system that everything else depends on. The goal is not speed or exposure, but clarity. Horses and riders must understand pressure, release, and basic cues without tension.

### Teaching Focus (Instructor Guidance)

Instructors should prioritize:

- Clear, consistent cues
- Immediate and complete release
- Calm repetition over variety
- Resetting quickly after mistakes or sound exposure

At this level, instructors should slow things down deliberately. Progress is measured by the horse's willingness and understanding, not how much material is covered.

### Instructor Evaluation Checklist

An instructor should feel confident moving a rider beyond White Level when:

- Consistent steering and stopping at the walk and trot
- Ability to maintain rhythm without rushing
- Understanding of pressure and release timing
- Calm exposure to equipment and noise
- Ability to regain focus after small mistakes or sound exposure
- Horse remains relaxed and willing throughout sessions

White Level should prove Horse and rider can work calmly and predictably in a structured environment.

#### **Instructor note:**

If the horse shows tension, confusion, or shutdown, remain at White Level and simplify.