

USEF/USDF Dressage Seat Equitation Individual Workouts



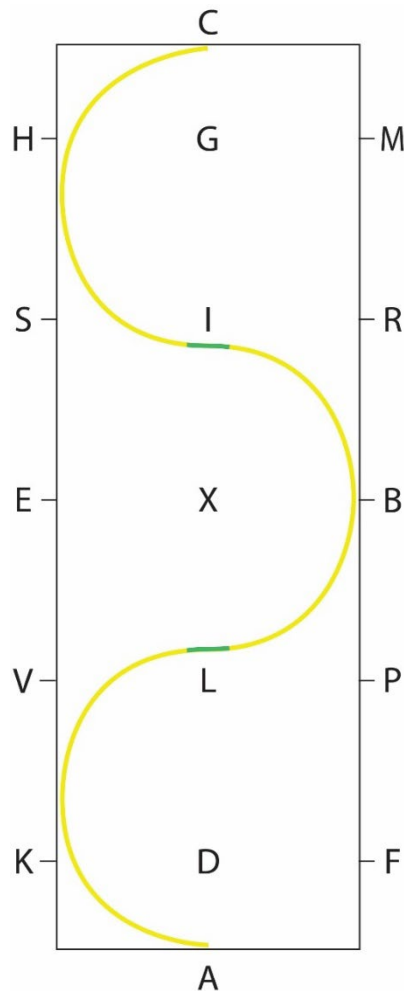
Dressage Seat Equitation Classes Patterns

(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.
C	Pattern ends. Exit arena in walk.



Green = Walk
Yellow = Trot

Effective 12/1/2022 – 11/30/2026

Dressage Seat Equitation Classes Patterns

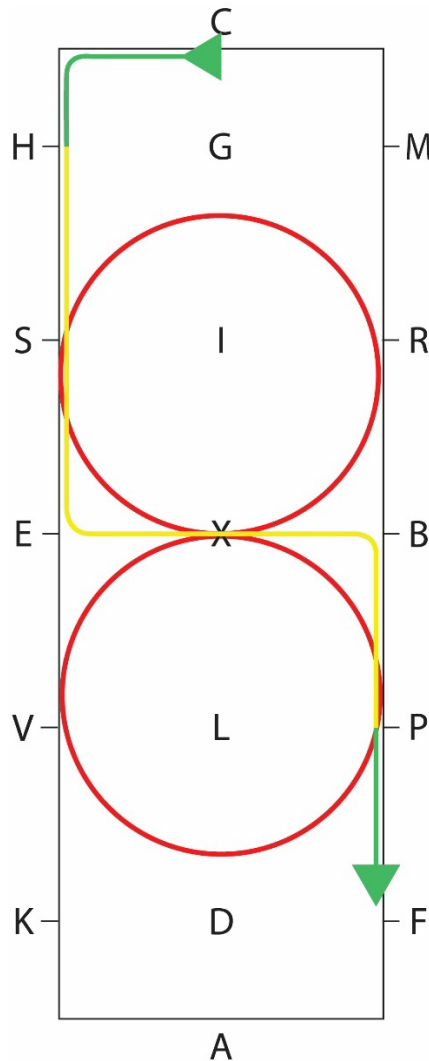
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MEDIUM - Approximate Ride Time: 0:42.

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

Judging begins at C in medium walk, tracking left.	
C	Track left
H	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.
B	Turn right.
P	Walk. Leave arena in walk.



Green = Walk
Yellow = Trot
Red = Canter

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Dressage Seat Equitation Classes Patterns

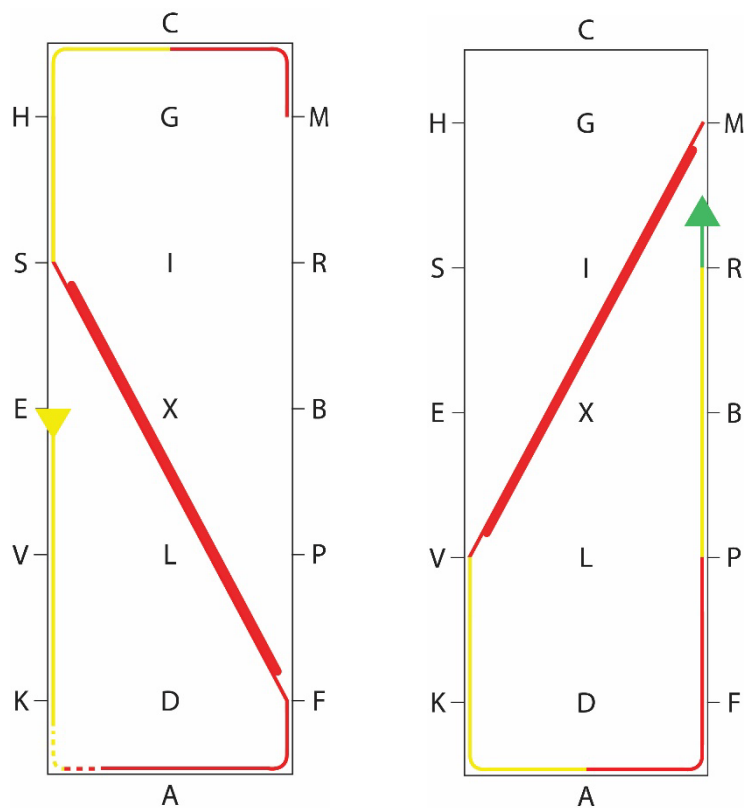
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HARD - Approximate Ride Time: 1:08.

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.
H	Working trot sitting.
C	Working canter right lead.
M - V	Change rein, lengthened canter.
Before V	Transition to working canter.
V	Working trot.
K	Working trot sitting.
A	Working canter left lead.
P	Working trot.
R	Medium walk. Pattern ends. Exit arena at walk.



Green = Walk
Yellow = Trot
Red = Canter

(image is divided into parts 1 and 2)

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