

# Barrel Racing Foundation Checklist



## The "BASIC BASICS"

### *Your Starting Point*

1. Respectfully move forward to lead when asked by the handler on the ground
2. Be tied and stand quietly when tied
3. Pick up all four feet well enough to be trimmed without resistance
4. Willingly load and unload from a horse trailer
5. Laterally flex the neck and yield hindquarters on the ground
6. Vertical flexion and backing on the ground
7. Lunge in both directions with impulsion at all gaits with smooth transitions
8. Accept the saddle and bridle without avoidance
9. Stand quietly for mounting
10. Laterally flex the neck and yield hindquarters under saddle
11. Vertical flexion and backing under saddle
12. Carry rider in both directions at all gaits with fairly smooth transitions
13. A beginner understanding of yielding to leg pressure

## The "PRE-BARREL 13"

### *For FAST Progress on the Pattern*

1. Uphold the responsibility to maintain gait on a straight line or circle
2. Stop smoothly when the rider relaxes and sits deep in the saddle
3. Transition easily up and down between gaits in response to subtle body language
4. Uphold the responsibility to maintain direction on a straight line or circle
5. Remain focused and responsive to rider in differing environments and circumstances
6. Move rib cage laterally to leg pressure from a standstill and at the walk, trot and lope
7. Move shoulder to leg pressure from a standstill and at the walk, trot and lope
8. Move hip laterally to leg pressure from a standstill and at the walk, trot and lope
9. Pick up the right or left lead on a straight line when cued by the rider
10. Be willing guided in circles of different size and speed
11. Laterally and vertically flex and yield the body parts (neck, shoulder, rib and hip) in various directions and at various gaits in isolation or combination
12. Travel in a collected manner and have a beginner ability to maintain self-carriage
13. Maintain emotional control and mental focus when traveling at moderate speed

Courtesy of BarrelRacingTips.com