

1 STAR COMPULSORIES

Equestrian Vaulting

Compulsories-the foundation of vaulting

- There are 7 exercises in the 1 Star Compulsories.
- These compulsories are performed by everyone vaulting at Walk, Trot, and Copper Canter levels.
- These are the foundational exercises which carry on all throughout all levels of vaulting.

Mount



The 1st exercise is the Mount. The essence of this exercise is:

- Harmony with the Horse
- Height and Position of Center of Gravity

Basic Seat



The 2nd exercise is Basic Seat. The essence of this exercise is:

- Harmony with the Horse
- Seat, Balance and Posture

Flag



The 3rd exercise is the Flag. The essence of this exercise is:

- Harmony with the Horse
- Balance and Suppleness (particularly in the shoulder and hip)

Note: This is much harder than it looks!

Stand



The 4th exercise is Stand. The essence of this exercise is:

- Harmony with the Horse
- Balance and Posture
- The ability to maintain balance in an unstable equilibrium on the horse.

Front Click



The 5th exercise is the Front Click. The essence of this exercise is:

- Harmony with the Horse
- Coordination of the click movement and height

Half Mill



The 6th exercise is the Half Mill. The essence of this exercise is:

- Harmony with the Horse
- Seat, Posture, Suppleness, Scope, and Timing

Back Click



The 7th and final exercise is the Back Click. The essence of this exercise is:

- Harmony with the Horse
- Coordination of the click movement and height

These seven Compulsory exercises are the first things you will learn.

The 1 Star Compulsories are performed in the order shown.

Know these compulsories and their essence, practice them, and you will have a solid foundation for all other aspects of Equestrian Vaulting!

