



INTRODUCTION TO EQUESTRIAN VAULTING

OC Vaulting

What is Vaulting?

- Vaulting is gymnastics on a moving horse.
- The horse is moving at walk, trot, or canter gaits depending upon the vaulter's level of experience.
- Originally, vaulting was a team sport. Individuals were added 18+ years ago.

What is the Barrel for?

- Barrel is support instrument used to prepare for the horse.
- Barrel builds the foundation for vaulting.
- Vaulting has inherent risks, so participants need to know exactly how to move to avoid injuries.
- Vaulters need to be sensitive to the horse as their vaulting partner....Therefore all exercises/moves are learned first on the barrel before attempting them on the horse.
- Every new element and every perfection work belongs on the barrel.
- Barrel competitions are now a part of vaulting.

Different Levels of Vaulting:

- Barrel only
- Walk
- Trot
- Copper (Canter)
- Bronze (Canter)
- Silver (Canter)
- Gold (Canter)

Regular Practice Involves:

- Warm-up
- Stretching, Strengthening, Conditioning
- Trust-building
- Barrel
- Compulsories
- Freestyle (Kuer) elements
- Horse practice

How can I advance in Vaulting?

Cross-Training in these skills/sports is helpful:

- Dance/Ballet
- Gymnastics
- Acrobatics
- Conditioning/Cardio
- Music Interpretation

A competition usually includes:

- Compulsories (that vary on level of vaulter)
- Freestyle routines (also known as Kuer)
- Trained Judges who give feedback via scores
- Different levels of vaulters
- Fees for each competition

Compulsories

- There are 3 Levels of Compulsories: 1 Star, 2 Star, 3 Star
- 1 Star Compulsories contains 7 exercises: Mount, Basic Seat, Flag, Stand, Front-Click, Half-Mill, Back-Click
- 1 Star Compulsories are performed at Walk, Trot, and Copper Canter levels.
- Compulsories are foundational in Vaulting.

Freestyle

- Freestyle depends on the level and ability of the vaulter and includes different elements.
- There are time limits depending on # of vaulters (individual, pairs, team...)
- There are different difficulties depending on elements.
- Choice of music is important. Commonly multiple titles are cut together; vocals are allowed in the music.

How to Prepare to Compete

- Compulsories or compulsory drills belong in every practice.
- Develop a Freestyle with selected music.
- Have Coach give feedback and approve!

Horses

- Not every horse can be "transformed" into a vaulting horse.
- It takes time and lots of patience.
- Vaulters and horses need to be together as much as possible to build connection and team relationship.
- Vaulters need to develop good Horsemanship to continue building trust and a healthy equine relationship!

