

## HUNT SEAT FLAT

## SILVER MEDAL

## PATTERN # 1

Start pattern at rail

1. Canter a serpentine with two simple lead changes.
2. Continue canter around end of arena and increase speed to hand gallop.
3. Pull up and halt (4-6 seconds)
4. Pick up trot and trot down center of arena.
5. Trot a figure eight with one change of diagonal.
6. Trot out of eight. Half way up center, pick up a canter on the right lead.
7. Canter a figure eight with one simple or flying change of lead.
8. Stop. Drop stirrups. Pick up trot and track right.
9. Stop. Pick up stirrups and back four steps. Return to line

