

Vaulting

1. Give a short description and history of the sport of equestrian vaulting.
2. How is vaulting similar to other equestrian sports and how is it different? What is the difference between vaulting and trick riding?
How does vaulting help your other riding?
3. List the equipment used in the sport of vaulting and explain the functions of each.
4. On a real surcingle or on a diagram, identify the following parts on a vaulting surcingle:
5. What is a lunger, and what role do they play in vaulting?
6. Why is vaulting considered the safest equestrian sport? Demonstrate safe vaulting attire.
7. What are the most common vaulting injuries, and how can they be avoided? Demonstrate a proper warmup and cool down routine.
8. What role does a vaulting barrel play in the sport of vaulting?
9. Know the three gaits used in vaulting and the differences in movement between each.
10. Name the governing body that oversees the sport of vaulting? List the vaulting levels from beginner to professional.
11. How can a vaulter practice good horsemanship?
12. Do the following:
 - a. Demonstrate the six compulsory moves required at the beginner levels of vaulting
 - b. Demonstrate at least three freestyle vaulting moves.
 - c. Create an exercise schedule specifically for vaulting, exercising at least five days a week for a month.
13. How can vaulting be used for a ministry? Create a plan to use the skills and lessons you've learned in this honor to witness to someone else.