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## **Certified Horsemanship Association Offers New Educational DVDs for Sale in CHA's Online Store**

(February 2016) – The Certified Horsemanship Association is excited to offer several new educational DVDs in its online store at [www.CHAINstructors.com/store](http://www.CHAINstructors.com/store). Each DVD was produced by CHA and are a continuation of the CHA Effective Horsemanship Series, which is broken into four categories: riding instruction, horse and rider psychology, herd management, and horsemanship specialties. Each DVD features two live clinic presentations from CHA and equine industry experts on topics within a category. Professional riding instructors and trainers, riding students, recreational riders, and other equine enthusiasts have loved the series. The DVDs also make a great gift idea for horse enthusiasts.

*The Riding Instruction series* covers a variety of topics designed to improve riders' equitation and communication with their horse. Riding instructors will find many gold nuggets to improve their instruction and teaching techniques, while riders will find many new ideas to apply to their own riding. There are three new DVDs in this series.

**“Arena Equipment and Rider Fitness”** runs 1 hour and 35 minutes and teaches how to teach a solid group lesson, especially if you have a variety of teaching levels. Using Arena Equipment to Challenge All Levels features CHA Clinician Teresa Kackert teaching a group lesson and discussing specific exercises and use of a variety of obstacles to challenge your students. The second topic is for both Western and English riders who want to improve their body position while remaining balanced, soft, and relaxed. Building Rider Strength and Fitness Through Exercise features CHA Instructor Sue Robinson, who presents a set of exercises that work on these skills and that improve the riders' suppleness and strength.

**“Simple Changes and Counter Canter”** runs for 2 hours and 4 minutes and features two topics. Simple Changes of Lead, taught by CHA Master Instructor Amanda Love, helps riders create a step-by-step process for changing leads through the walk, jog, and stop through body control maneuvers and rider positioning. The Counter Canter, taught by CHA Master Instructor Val McCloskey, explores the steps and preparation leading up to the counter canter, including how to position the horse's haunches and control the shoulder. The theory behind the exercise and execution is also presented.

**“Sidepass, Pivot and Bending Exercises for Lateral Control”** runs for 1 hour and 45 minutes. Sideways—Teaching the Side Pass and Pivot features CHA Clinician Cheryl Rohnke-Kronsberg teaching how to use effective aids for lateral movements, first on the ground and then moving to mounted exercises. Learning to perform lateral movements safely, smoothly, and efficiently can help all aspects of horsemanship. Bending Exercises for Lateral Control, taught by CHA Master Instructor Anne Brzezicki, features bending exercises so that riders understand how to move the horse's body parts, improve flexibility, and how to use their aids to improve the horse's response. By the end, viewers have learned how to make turns on the forehand and circles turn into lateral movements.

*The Herd Management series* is geared toward the care and use of horses. Each DVD specifically addresses the needs of managing a herd that is used for lesson programs, teaching topics that can make horses lives more comfortable. Part of the Herd Management Series, **“Saddle Fit Individual Riders - English”** runs for almost two hours and features saddle fit expert Jochen Schleese of Schleese Saddlery in the first session. Saddle Fit for Horse and Rider discusses how ill-fitting saddles affect horses in their skeletal structure, pressure points, and muscles. Schleese share insights and solutions so viewers can achieve optimal saddle fit in all riding disciplines. English Saddle Fit, presented by saddle expert Katie Gussenhofen, reviews saddle fit and how saddle design affects rider position and impacts instructor effectiveness.

*The Horsemanship Specialties series* address specialties within the equine industry. **“Jumping 202: Gymnastics and Grid Work”** runs for 84 minutes. Jumping Basics features CHA Master Instructors Jody Taylor and Teresa Kackert teaching a beginner's jumping session covering two-point and half seat positions, jumping exercises, trot pole exercises, and introduction to grid work. Jumping Gymnastics presents Jill Paxton, the University of Findlay’s Director of Equestrian Studies and Equine Management, teaching how to strengthen student's foundation skills and position leading up to jumping. A variety of exercises are introduced utilizing bounce lines and grid work to help develop the student's eye and timing.

*CHA also offers the Horse and Rider Psychology series*, which delves into how horses think and react and the interactive relationship between horse and rider. This series encourages critical thinking in the way the human/horse relationship is developed.

CHA is dedicated to providing quality continuing education for the horse industry. For questions about the Certified Horsemanship Association or the educational materials created by CHA, please contact CHA's headquarters in Lexington, KY, at 859-259-3399 or [office@CHA-ahse.org](mailto:office@CHA-ahse.org)

*CHA Instructors Change Lives Through Safe Experiences with Horses. The purpose of CHA is to promote excellence in safety and education for the benefit of the horse industry. CHA certifies instructors and trail guides, accredits equestrian facilities, publishes educational manuals, produces educational horsemanship DVDs and YouTube Safety shorts, and hosts regional and international conferences. For more information on the largest certifying body of riding instructors and barn managers in North America, the Certified Horsemanship Association, please visit [www.CHA-ahse.org](http://www.CHA-ahse.org) or call 859-259-3399. To find a certified horseback riding instructor or accredited equine facility near you, visit [www.CHAINstructors.com](http://www.CHAINstructors.com).*

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