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

(April 2018) – As a producer of quality educational content revolving around horses and horsemanship, the Certified Horsemanship Association (CHA) is excited to offer its latest educational DVDs in the CHA online store at [www.CHAINstructors.com/store](http://www.CHAINstructors.com/store). Each DVD is part 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 delves into two related topics within a category and features live clinic presentations from equine industry experts chosen by CHA to present on the topic. Professional riding instructors and trainers, riding students, recreational riders, and other horse lovers have loved the lessons presented by this series.

The following seven DVDs are now offered for sale:

### **Good Jumping Form and Safety & Different Jumping Releases**

*Good Jumping Form and Safety:* Explore different flatwork exercises, ground pole drills, and jumping gymnastics and courses to help your riders succeed. Presented by Teresa Kackert

*Different Jumping Releases:* Develop the most effective, kind, and consistent way to place arms and hands over fences. Presented by Stephanie Cook

### **Long Lining and Double Lunging & Effective Groundwork**

*Long Lining & Double Lunging:* Step-by-step process of teaching horses these skills in a calm, relaxed manner, which can be invaluable in preparing a young horse for mounted work or developing suppleness and strength in any horse. Presented by Mitzi Summers

*Effective Groundwork:* Groundwork to “check in” makes for calmer, more productive time spent with your horse. See how a combination of easy-to-apply groundwork exercises builds horses’ confidence and handler’s trust. Presented by Tara Reimer

### **Transitions to Improve Lightness & Feeling and Correcting Balance**

*Transitions to Improve Lightness:* Learn how to use transitions to create a more responsive and lighter horse, ultimately creating a true harmonious working partnership between horse and rider. Presented by Tara Gamble

*Feeling and Correcting Balance:* Discover how to teach feel to riders through all three gaits to all levels and disciplines. Empower them to positively affect the balance of both themselves and their horse. Presented by Teresa Kackert

### **Western Stops & Western Horsemanship Exercises**

*Western Stops:* While encompassing various learning styles, this session goes through the steps for obtaining good stops by using aids effectively to achieve them.

Presented by Jill Paxton

*Western Horsemanship Exercises:* Excellent Western pattern work begins with a good warm-up. In this workshop, several exercises as well as effective body work to control steering are demonstrated. Presented by Carla Wennberg

### **ABCs of the Horse/Human Relationship & Riding Lesson From the Horse's Perspective**

*ABCs of the Horse/Human Relationship:* Learn how to communicate with a horse in his own language and how to adapt this knowledge in your ground handling techniques and bring about a true partnership. Presented by Darla Ryder

*Riding Lesson From the Horse's Perspective:* What the horse sees, hears, tastes, and smells during your riding lesson impacts how he learns and processes information. Presented by Lisa Wysocky

### **Connected Riding & Using Music to Find Rhythm**

*Connected Riding:* Learn to use biomechanics and connection to become more aware of our bodies, especially our riding core. Discover how we use specific muscles to create a specific response. Presented by Cheryl West

*Using Music to Find Rhythm:* Tap into the rhythmic nature of your horse by using music to explain the footfall and song to obtain the harmony—an elegant dance—between you and your horse. Presented by Dan McCarthy

### **Lateral Work Defined & Shoulder Control**

*Lateral Work Defined:* Lateral means sideways, or does it? Learn how to introduce the simplest lateral work to horse and rider and a step-by-step progression through various lateral skills. Presented by Joanne Young

*Shoulder Control:* Learn how to lift and square the horse's shoulders as part of softness and collection through the rider body position and putting the horse in the correct frame.

Presented by Terry Myers

The *CHA Effective Horsemanship Series* has previews on CHA's YouTube channel at [www.youtube.com/user/CHAIstructor](http://www.youtube.com/user/CHAIstructor). In addition, CHA has additional educational material on their YouTube channel for anyone to view, share, and use on their sites.

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.CHAIstructors.com](http://www.CHAIstructors.com).*

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