

NOW IN PRODUCTION
Equine training and exercises



for the Modern Pentathlete.

A “DVD” designed to teach, develop and expand the Pentathlete Rider’s skills.

Produced by Equestrian Centers International
Rancho Mirage, CA 92270, USA
Training Camp for the UIPM and the USA Pentathletes 2009

Instruction by

Michael D. Cintas, Chef d’Equipe, USA Olympic Pentathlon
TEAM, BEIJING 2008, Equine disciplines.

This DVD encompasses a revision of riding techniques, from basic to advanced and with exercises in support, including:

1. Position, leg, hand and hip. The contact positions and their relevance.
2. Artificial aids, equipment and how and when to use them
3. Horses and how to ‘read’ them, including physical attributes and behavior.
4. Preparation, prior to entering the ring and evaluation of courses.
5. Jumping preparation, physical, mental and course evaluation.
6. Reading the course, the round, the horse, the ride, & overall performance.
7. Evaluating your performance, how and where to improve.
8. LANGUAGES, translations available (over-dubbed sound track).
9. Send **YOUR** video, for a personal evaluation of any competition round in 2010.

This is a unique opportunity, an encyclopedia of knowledge, which will allow you to practice and train at home, yet have Michael’s input on tap. This is a very limited edition and through December 2009, you may submit requests for specific items and areas of activity to be included in the presentation.

The DVD will be available by mid January 2010.

Please submit your order, via E mail to:

jumpoff17@yahoo.com

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