

FRIENDS OF SOUND HORSES CATALOG

Resources to Help You Train and Ride Your Gaited Horse

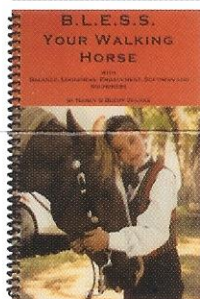
1. Poetry in Motion: FOSH DVD



Learn to recognize a variety of gaits, and understand the natural way of going that FOSH promotes for gaited horses.

\$15

2. Bless Your Walking Horse by Bucky and Nancy Sparks



Written by FOSH lifetime members and supporters, this is a great "how to" book about using classic dressage techniques to soften and supple your horse in a snaffle bit, and get the best running walk and gait development possible. The ten chapters, with photos, graphics, and room for training notes, will help you track your progress.

\$20

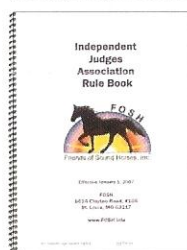
3. Collection of Training Articles



A compilation of 23 articles with tips, exercises and natural horsemanship philosophies tailored to aid your gaited horse's progress. Collected and reprinted with permission of authors Anita Howe, Diane Sept and Nancy Sparks, *The Walking Horse News* and FOSH's *Sound Advocate*.

\$20

4. FOSH Rule Book



Be prepared to show at any FOSH sanctioned or affiliated show by studying our annual rule book. Very complete with details on way-of-going for each type of class, permitted equipment and attire, and of course, our FOSH sound principals.

\$10

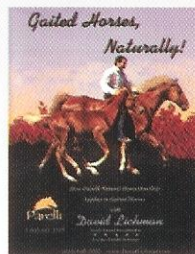
5. Rhythm Beads



Use these creative and fun rhythm beads, created just for FOSH, in our rainbow colors. They provide a soft rhythm that frequently helps the horse move into a more even and consistent gait. When sported on your horse's neck for a training ride, they help you hear the marvelous four-beat gait. Plus, they are a beautiful accessory! (Always take time to desensitize your horse on the ground when first using rhythm beads, and never leave on your horse unless training or riding.)

\$42

6. Gaiting Naturally by David Lichman



Over four hours of instruction on DVD, plus a 50-page book, by David Lichman, one of only three Parelli Five-Star Instructors in the world. Learn to recognize the variety of gaits and methods to help both trotty and pacey horses find a smooth gait to ride on a loose rein. There is a section on true collection and how to be in harmony with the horse when using it to influence gait. Another section shows how to help your horse find a clean, consistent, three-beat canter. Included are slow-motion examples of all the variations, so you can once and for all learn to identify what those legs are doing! The principles of the Parelli Program – On Line, Liberty, Freestyle and Finesse – provide the basis for the techniques that David uses.



Gaiting Naturally Part 1 DVDs, Canter Gaited Horses Part II DVDs, & 50-page book Set

\$99

To Support FOSH's Mission

7. FOSH Poster



This handsome poster will look great in your stable, tack room, family room or horse-loving child's room. It features a variety of gaited horses trail riding, jumping, barrel racing, dancing in costume, and just being horses. All are natural, happy, sound and gaited, as the descriptive words framing the poster will remind you.

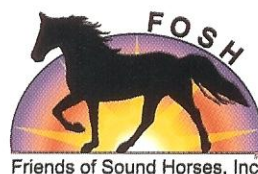
\$10

8. FOSH Membership

Be an active supporter of the good work that FOSH is doing to protect gaited horses. Members enjoy the *Sound Advocate* newsletter mailed to their home every two months, which is loaded with schedules of events, training tips, news from shows and FOSH members, and an update on what your organization is doing. Members can also join an on-line Friends of FOSH chat group, post a link for their farm on our web site, and get other special offers. Your donation is tax deductible.

Annual Membership: \$30

Lifetime Membership: \$600



Friends of Sound Horses, Inc.

Friends of Sound Horses

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All dollar amounts shown are suggested donation amounts.