



MARCH 13, 2013

Greetings!,

Is anyone ever too old to learn gentle and effective horsemanship? Monty thinks not. Read Part 1 of his advice for novice riders who would like to embrace a progressive approach to horses later in life in Monty's Question and Answer column below.



By Jean Abernethy. More laughter with Jean and Fergus at <http://www.fergusthehorse.com/>

QUESTION AND ANSWER

This Week's Question:

Do you think with age come limitations in being able to become a better rider/ handler? I ask this because **I am 46 years old and up until I bought Honey 5 years ago I hadn't ridden or handled a horse in more than 20 years.** I always think there is so much more to learn about horses but **I wonder if I have left it all too late.** I came to see Monty at a demo recently and it made me realize that it has taken him a lifetime to get where he is today and you too have had a wealth of experience.

Monty's Answer:

Thank you for sending through this question inquiring as to the potential for becoming a good horse person at the age of 46. Given recent experiences I've had, I'm very pleased to answer this question, as I believe that it has the potential to help many ladies and gentlemen too. To give you my feelings on this subject I would like to eliminate myself, as much as possible, from the scenario. My life on a horse's back began well before I could speak and it has been seven decades now of intense riding and the studying of horsemanship and equine behavior involving many disciplines and virtually all breeds. It is my students and acquaintances that I would like to report on.

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Monty's Principles

**Meeting Monty at Clevedon
2 March 2013**

"Ordinary" people like us do not meet celebrities often. Monty Roberts in our eyes is a celebrity. Driving to the venue my daughter started crying, so nervous she was. I was not sure whether we would get an opportunity to say hello and get a one to one moment. When we got inside, there he was wearing his outfit we knew from the open university videos. The atmosphere was easy and kind. It took seconds for my daughter and me to realize it would be fine. Anna calmed down and we came closer to Monty. **We got a very warm welcome from Monty.** He wanted to know why we came. Anna is studying the **Introduction course in Hungary with Kata Pataky** with exams scheduled for June this year.

First let me say that I appreciate your concern and **I hear within your question an attention to safety and what you can physically expect to accomplish.** This is a good attitude and we should always respect the potential for moving forward only when we're as safe as possible and as comfortable as we can be with the activity that we're pursuing. Having said that, let me state categorically that **I consider 46 to be a child.** It is important that if there are years of reduced physical activity then **it is a good idea to get one's body in the best shape possible.** Pilates and other forms of **core stability fitness** can be a tremendous advantage in the area of safety and even enjoyment.

Getting fit is great for one to enjoy their middle years and riding horses is simply a bonus in terms of increasing the potential for pleasure in those years. Do not lose sight of the fact that the choice of a safe horse is critical. Furthermore, **the assistance of knowledgeable coaching is a major factor.** The right coach will see to it that you are equipped appropriately which is another factor that definitely needs to be attended to if you are to enjoy your activity and remain safe while conducting it. One should do strong diligence on the individual chosen to assist in this effort and they should have significant experience with horses and the coaching of riders as well.

If you desire to take up riding again, then with the above-mentioned factors in place, you should charge into the project with great excitement. It can be a wonderful experience, as I will point out using two of my acquaintances as examples. Charlotte Bredahl was born in Denmark, rode as a child and came to the United States in 1979. She had been studying dressage and was considered a potential for high-level performance in her chosen discipline. Charlotte went to work in her 20s and made the US Olympic Team. She was the recipient of the bronze medal in dressage in the 1992 Barcelona Olympics. After returning to the US, Charlotte put riding on the back burner...

[To be continued next week!]

 Forward to a Friend

THIS WEEK IN MONTY'S EQUUS ONLINE UNI



This week on [Equus Online University](http://www.montyrobersonline.com) Monty illustrates step-by-step instructions on how to make a Foal Handler from a piece of rope. This tool will help the foal immensely as it learns to come off pressure and 'listen' to the handler's cues.

Current students log in here: www.montyrobersonline.com

Not a student yet? Click on: <http://www.montyrobersonline.com/sessions/new>



Anna and her 'moose'!

Our main question was what Monty would suggest Anna does in the future to become one of Monty's trainers. After a few more questions about what languages Anna spoke and how old she was Monty suggested she joins the Flag Is Up farm for three months. "We will look after her," he said. I had no reason to believe otherwise. Monty also suggested Anna spends some time with Kelly Mark's people before she comes to California. I took a photo of both and it was done. Anna was as happy as she could ever be. **I knew I met a kind man** who means what he says.

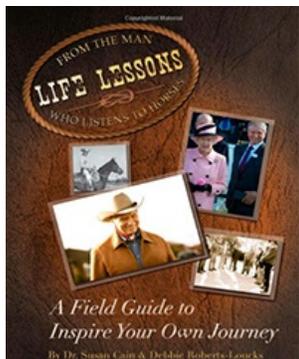
We were allowed to sit close to Monty and horse owners to witness the entire process of horse selection. Listening to Monty I realized two things. First that he has done this numerous times and is absolutely professional about it. Firm yet kind. Second that **every time he runs a demonstration, it is for real, it is not rehearsed.** In Czech we say that he carries his skin to the market. How many people run shows this way these days? It requires courage even if one is excellent at what one does.

When the demonstration started Anna knew most of the steps as she spends hours watching Monty's videos. For me it was the first time. Progress Monty achieved with every horse was impressive. Yet not understanding horses I could not really appreciate what I was seeing. Not having the right 'horse' frame of mind, I focused on what dawned at me watching Monty. In front of me, there was **a man with a mission, with clear life purpose.** Maybe tired by all his hard life yet going ahead trying to make this

Join-Up Now!

Or go to www.montyrobertsuniversity.com/about-the-uni

LIFE LESSONS FROM MONTY



[Life Lessons from The Man Who Listens to Horses](#) is a fascinating journey through the life lessons of New York Times best selling author Monty Roberts. It is a companion field guide to the book, [The Man Who Listens to Horses](#), The Story of a Real-Life Horse Whisperer, that spent 58 weeks on the New York Times Bestsellers list. Monty Roberts has written a foreword that will draw readers into his life's work, and send them on a journey to reflect on their own life lessons.

This book retraces the path that Roberts took from the rodeo circuit to training thoroughbred racehorses for Queen Elizabeth II of England. It **offers keen insights about the value of rebounding from setbacks**, why your personal vision matters,

and **how to persist beyond life's challenges**. Coauthors Susan Cain and Debbie Roberts-Loucks present six learning tools to apply learning concepts to real life. **The book will help you find your best way forward**, in an interesting field guide format. Many readers buy both books, *The Man Who Listens to Horses* and [Life Lessons from The Man Who Listens to Horses](#), together. You will walk away from the book amazed at Monty's life lessons, and energized to develop the next chapter in your life.

Hear an **interview with Sue Cain and Debbie Roberts-Loucks about Life Lessons on Horses in the Morning Talkshow**: <http://www.horsesinthemorning.com/hitm-for-03-04-2013-by-omega-alpha-equine-uspc-e-members-the-man-who-listens-and-scary-horse-robots/>

Monty Roberts Featured in Upcoming Radio Interview

Airs on: Thursday, 3/14/13 at 11:00 am CST Link to listen to the show:

<http://www.blogtalkradio.com/corplearning/2013/03/14/catching-up-with-the-horse-whisperer-monty-roberts>

Susan Cain, Ed. D., LCSW, is a business consultant and coach, mother and life-long equestrian. Susan is a partner at the Corporate Learning Institute, an established consultancy based in Chicago, Illinois. She serves as adjunct faculty at several Chicago area business schools. Susan's practice includes an international base of clientele. Susan helps clients clarify and create custom-coaching and training solutions that provide maximum benefit to contributors as well as their organizations. www.corplearning.com

MONTY RECEIVES CHARLES C. GATES AWARD



In 2012, Monty was honored with the Charles C. Gates Award for innovation, dedication and excellence.

It is the highest form of recognition at Gates Corporation. <http://www.gatesfamilyfoundation.org/about>

It reads:

"To honor your passion to communicate, inspire and create everlasting change for horses and people"

 [Forward to a Friend](#)

world a better place for horses as well as people.

For me it was the strongest impression from the entire trip. Now a week later I feel it is going to be an everlasting one. To summarize the trip. We did not know what to expect, we just tried. Thanks to Debbie, Monty, Kelly and all people around we got a very warm welcome. We were not refused, quite the opposite. **Anna's dream came true**. I was lucky to meet a man I can admire for what he has achieved despite all difficulties. **A man with charisma, stamina and vigor**. I hope Anna will pass her exams well and will soon get the opportunity to learn more about horses and a great man from the great man himself. These are the moments we can thank God for.

Jan Fiala

Be a Leader

Creating...

1. an environment based on Mutual Respect
2. Followership
3. Shared Goals (given the horse is truly, in the eyes of the horse and not the human, enjoying what he/she is doing)

Mary Ann Forster June 2013 student, Introductory Course

Please share your thoughts on leadership by emailing us: askmonty@montyroberts.com

Clinic at Monty's Horse Ranch



At this clinic, Monty Roberts and Charlotte Bredahl will share with you how they stay true to their concepts of training

FREE CLINIC FOR WAR HEROES

Horse Sense and Soldiers: **Monty invites veterans with stress injuries to his next complimentary clinic** on March 22-24 at Flag Is Up Farms. [Click here to download the flyer](#) for more details.

[Join-Up® with Veterans](#)

Join-Up® with Veterans

WHERE IN THE WORLD IS MONTY?



March 16-17: [Monty Roberts and Charlotte Bredahl Clinic](#) at Flag Is Up Farms, California. Classic Dressage and Western Riding in Harmony with Your Horse. Call 805-688-6288 for details.

March 22-24, 2013: Another FREE 3-day clinic for war veterans with Monty at Flag Is Up Farms! Contact: maya@join-up.org or admin@montyroberts.com for info.

April 6, 2013: [Monty Roberts Jubileums Show](#), Flyinge Equestrian Center, Sweden

May 3, 2013: [Tour Date in Germany](#), Neustadt/Dosse

May 11, 2013: Possible Tour Date in Holland

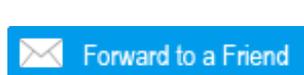
For information about Monty's worldwide demos and the courses held at Monty's farm in California go to:

http://www.montyroberts.com/ab_about_monty_calendar/see-monty/

KEEP IN TOUCH

Let us know what you are looking for in content from these emails. Send your comments and requests to askmonty@montyroberts.com.

Never miss an e-mail from Monty: To ensure you receive this email in the future, add askmonty@montyroberts.com to your list of approved senders or select the Add/Save to Address Book function in your email browser and follow the appropriate instructions.



Sincerely,

Monty Roberts



championship horses. Attend this inspirational event at Monty's spectacular home.

Saturday March 16 * \$300

Saturday March 16 and Sunday March 17 * \$450

Lunch is included at the Roberts' hilltop home.

Call 805-688-6288 to reserve your spot

[Click here](#) to download flyer and pass it around!

Monty on HRTV in the USA



Watch Monty on HRTV Tuesdays at 6:00 PM Eastern / 6:00 PM Pacific.

Please check local TV directories for your time and channel or the HRTV website where times are in Eastern Standard Time:

<http://www.hrtv.com/pros/monty-roberts/>

with re-airs on the weekend.

Horse & Country in the UK



Watch Monty Roberts on Horse & Country TV (Sky channel 280) in the UK and

Ireland. See:

<http://www.horseandcountry.tv/monty>

for more info.

Photo Credits

Christopher Dydyk