



Wednesday August 6, 2014

Greetings!

Stress is part of life. Do not think of all stress as being counterproductive. Read Monty's Question and Answer Column about an easily-stressed riding horse.



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<http://www.montyroberts.com/category/montys-question-and-answer-space/>



MONTY'S QUESTION AND ANSWER

Question:

I purchased a horse a little over a year ago. He was promised to know everything, but we quickly realized he knew pretty little. He would not back up or pick up his feet. He even bucked off of my uncle (his name is actually Bucky). Thanks to Join-Up, we are now riding and we have a great relationship. My question is because he does not take change well and will rear or bolt when scared. I would like to start trail riding this year and show him next year. What would be the least stressful way to make this transition? He also has not seen other horses in years.

Monty's Answer:

When people go to a gymnasium for a workout to increase muscle strength, they must stress the very muscles they intend to strengthen. There is very little in life that declines to answer a price for improvement. Young people go to school to study and work hard to get an education. There is a price to pay.

When you pose your question by stating that you want to know "the least stressful way to make this transition" this is a very simple answer to come up with. The answer would be to use no stress at all. It wouldn't be very effective, and one would end up with the same remedial tendencies that one started with. Many owners follow this course.

The proper answer is to apply stress but make it incremental. This is to say that you expose your horse to the scary objects (it's the same for introducing him to other horses), but you do it little by little. If the horse is frightened by plastic bags one should use a very tiny piece of one plastic bag. Increase the size of the bag until you can throw plastic bags all over the horse with a minimum of frightened response.

Once the plastic bags are no longer a problem, move to the next frightening object and repeat the incremental increase of the stimulus until that one is acceptable. These can be done in steps which include dozens of frightening objects until the horse is literally accepting of every imaginable stimulus that a horseman can find to work with.

We can get help these days with spooky sounds by using recordings of scary sounds which play on a loop in your horse's stable. We can also hang scary objects in the enclosure with the horse until they are no longer frightening. Fear of traffic can often be dealt with by placing the horse near agricultural equipment. Tractors, trailers and hydraulic lifts can help.

Please do not think of all stress as being counterproductive. Without stress in the life of animals or humans, we

Monty's Principles

Loose Horses Joining Up

Dear Mr Roberts,

Having just finished reading three of your truly amazing books I would just like to share with you what occurred at about midnight last night.

It was brought to our attention that 2 horses had escaped from their enclosure and were dangerously running in the road. My husband and I got into our car.

To see how we could help and so with our friends who had alerted us managed to get them back towards where we believed they came from.

Whilst we blocked the road with our cars my husband went ahead and discovered that they had veered off into a field beyond their enclosure.

I must just mention that Don [My Husband] is very wary of horses to say the least as the last time he had anything to do with them he was viciously lunged at and bitten by one from the other side of a fence. Don had only just finished reading your book "The Man Who Listens To Horses" and remembered the process of "Joining Up".

The frightened horses had gone into flight mode and so he spoke to them calmly encouraging them to follow him.

Please do not think of all stress as being counterproductive. Without stress in the life of animals or humans, we tend to produce 'vegetables' that are not strengthened by overcoming their natural fears. It is stress caused by pain produced by humans that should go on the list of 'unacceptables'. No flight animal should accept human-produced pain.

Don't turned his back on them and proceeded to walk back towards the enclosure from where they had escaped without looking back.

WOW was he blown away when he realized that they had followed him and were there right behind him when he was back in their paddock. You have taught us so much through what you had learned, you are amazing.

Thank you for your wisdom and inspiration and for just being you.

Don & Maryke Ball
Cape Town
South Africa

THIS WEEK IN MONTY'S EQUUS ONLINE UNI



In this week's video lesson on [Equus Online University](http://www.montyrobertsuniversity.com), Martin works with Monty to cue a horse to the mounting block.



Not a student yet? Click on: www.montyrobertsuniversity.com and Join-Up with thousands of horse lovers learning Monty's force-free and fun methods now.

Monty's Challenge



Test yourself each week as I challenge you to answer the question below. I mean this. Sit down and write an answer. Don't wait for my answer next week. If you have been reading my Weekly Questions and Answers for the last six months, you should be in a position to do this. Send your answer to my team at: askmonty@montyroberts.com

Why should you bother? Because it will help you focus. There is probably a comparable question in your life that needs answering - or will be. If you can gain insight into how to go about answering a practical question that is loosely related to your problem, this exercise will help you answer your nagging question. Then read my answer. I want all of my students to learn to be better trainers than me. That's good for you and good for horses!

~ Monty

Next Week's Question:

Monty, I hope you can help me stay safe. My horse rushes through narrow spaces and it's getting dangerous. He is bothered by passing through stall doors, narrow gates, trailer loading - things like that. Friends tell me this is not uncommon in horses but this is the first horse I've had that really panics. He recently rushed and stepped on me, pulling the sole off my boot. Time to address this problem please!

Now Playing: Lover of Peruvian Pisos Elizabeth Tierney and Lyndsey White's Summer Riding Tips



[The Horsemanship Radio Show](http://www.horsemanshipradio.com) is an online radio show (podcast) dedicated to the exploration of good horsemanship throughout the world. Hosted by Debbie Loucks (Monty Roberts' daughter), the show includes segments, tips and interviews exploring good horsemanship.

Lifelong horsewoman Elizabeth Tierney has ridden most every breed of horse and pairs her passion for the outdoors with her Peruvian Pisos for an ideal fit. Lyndsey White is a well known spokesperson for the health of horses and people too. Plus, Susan Raymond has a tip for emergency preparedness.

Listen in...

<http://www.horsemanshipradio.com/2014/07/30/horsemanship-radio-episode-21-by-index-fund-advisors-ifa-com-lover-of-peruvian-pisos-elizabeth-tierney-and-lyndsey-whites-summer-riding-tips/>

GLOBE GALLOPING WITH MONTY ROBERTS

Have some fun with Monty! Go to: www.facebook.com/MontyRoberts

August 4-8, 2014	Monty's Special Training Clinic at Flag Is Up Farms, California Click here for more info or call (805) 688-6288 to register	USA
August 22-24, 2014	Keynote Speaker at Providing with Purpose: Serving Veterans to the Best of our Abilities	USA
September 20, 2014	Night of Inspiration at Flag Is Up Farms, email admin@montyroberts.com or call (805) 688-6288 to register	USA
September 21, 2014	Life Lessons workshop: email admin@montyroberts.com or call (805) 688-6288 to register	
October 5, 2014	Merrist Wood College , Guildford, Surrey, GU3 3PE	UK
October 10, 2014	Easton College , Norwich, Norfolk, NR9 5DX	UK
October 16, 2014	Arena UK , Allington, Lincolnshire, NG32 2EF	UK
October 18, 2014	Myerscough College , Preston, Lancashire, PR3 0RY	UK
October 22, 2014	The Grange , Okehampton, Devon, EX20 3DA	UK
October 24, 2014	Hartpury College , Gloucester, GL19 3BE	UK
October 30, 2014	Greenlands EC , Wreay, Carlisle, Cumbria CA4 0RR	UK
November 1, 2014	Gleneagles , Auchterarder, Perthshire, PH3 1NF	UK



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/

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Monty's Life Lessons



Ask Monty readers' special:

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CANADA'S RURAL TV



In Canada, Monty's Backstage Pass show airs Thursday & Saturday-10:30 AM, 4:30 PM, 11 PM (all times are EST) on television on The Rural Channel. More info as to where

The Rural Channel is available:

<http://theruralchannel.com/gallery/monty-roberts-backstage-pass/>

If you have questions or need more info go to info@theruralchannel.com or reach out on any of their Social Media platforms: @TheRuralChannel www.facebook.com/theruralchannel

Monty on HRTV



Watch Monty on HRTV Tuesdays at 6:00 PM ET.

Special Offer for Monty Roberts' Fans! **First month FREE** of HRTV.com when you subscribe now! Just use the **promo code MR13** when you sign up!

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

www.hrtv.com/MontyRobertsShow/

Please note that Dish TV has moved the HRTV channel position to 398.

Horse & Country, UK



Watch Monty Roberts on Horse & Country TV in the UK (Sky channel 280), Ireland, The Netherlands, Sweden and Malta. See: www.horseandcountry.tv/monty for more info.

Photo Credits

Christopher Dydyk

A DECADE OF MONTY'S SPECIAL TRAINING SUMMER CLINICS

This year, we celebrate Monty's 10th Special Training Clinic at Flag Is Up Farms and it feels like a 'horsey Christmas' in August. What an amazing group of students from all over the world: Brazil, Canada, Hong Kong, United States, Guatemala, England, and more!

On Day 1 of his five-day clinic, Monty started a gorgeous young Oldenberg, Querino. Monty has all week to work with Querino, so he takes his time to achieve first saddle, bridle and rider in 40 minutes with professional rider Gilbert in the saddle. The colt really appreciated the TLC he got from interns Caitriona and Joan after he left the round pen. Here are some snapshots of Querino's first day in training under saddle:



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I also believe there is something you can do to care for your horse's digestive system. I've been using a product called SUCCEED® on my performance horses for many years now, with tremendous results." ~ Monty

See more
<http://www.montyroberts.com/succeed/>

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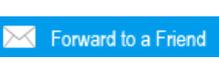
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Sincerely,
Monty Roberts

