



Wednesday September 28, 2016

Greetings! ,

This week, Monty answers a question about directing and exercising your horse.



Pictured above: Monty and some of the students from his recent Riding with Respect clinic held at the spectacular Flag Is Up Farms.

Question

My 12 year old ex-race horse Standardbred has a lot of energy now in the springtime. She gets a little to excited during a ride although I have been riding her during the winter. I want to exercise her before I ride and on days that I don't ride. I have tried double long lines to lunge her knowing that one long line is extremely harmful to their body. (I have read all of your books and am in full support of those methods). But with long lining she still does Join-Up with me although I make no signals for it and no eye contact, she does the signs and starts dragging her nose on the ground and therefore I can't exercise her. She always thinks I want her to do Join-Up again when I just want to exercise her. I don't know how to get her energy out without it being too dangerous for me to ride. How can I exercise my horse and ride safely again?

Answer

Please understand that when I long line a horse, I am in charge of the amount of exercise the horse is doing and I require that horse to follow the requests from the long lines so that Join-Up is not an option. Perhaps you should take a hard look at your procedures to accomplish the long lining exercise. The behavior that you have outlined should simply not be a factor during the long lining process.

If your horse starts to come in toward you, use your outside line to keep the horse out on the fence, and you can maintain forward motion with a flick from the inside line. Please review the lessons on my [Equus Online University](#) and the relevant chapters in my textbook, [From My Hands to Yours](#), for further clarification.

Sincerely,

A handwritten signature in black ink that reads "Monty". The signature is stylized with a large, sweeping loop at the end.

MONTY'S EQUUS ONLINE UNIVERSITY
THIS WEEK'S EPISODE



This online video lesson shows how a horse called Gabriel has learned to stand for the clippers. Not a student yet? Click on the buttons below to Join-Up with thousands of horse lovers learning Monty's force-free and fun methods now.



Reminder: In the UK, Equus Online students get free early entry with their paid tickets and student IDs, which can be found inside their Equus Online profiles. For tour dates, go here:

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



NEW! FIND A MONTY ROBERTS CERTIFIED INSTRUCTOR

Check out our new [online tool to locate a Monty Roberts Certified Instructor](#) near you! All courses offered by certified instructors give students effective tools to communicate using the horse's own natural language, forming a partnership based on trust and communication rather than dominance. Visit the certified instructor web page here: <http://www.montyroberts.com/certified-instructors-page/>

UPCOMING EVENTS

Gallop the Globe with Monty Roberts. Monty is preparing to leave for his next tour of the UK.

UK

October 15: Myerscough College
October 21: Hartpury College
October 26: Merrist Wood College
October 29: The Grange E.C.
November 3: Bishop Burton College
November 5: Arena UK
November 12: Your Horse Live

[FULL SCHEDULE HERE](#)



MONTY'S PRINCIPLES HORSE SENSE FOR PEOPLE



Monty, because of your hard work, dedication and the sharing of your knowledge, you had already proven that the world of the Horse was NOT flat. You just had to wait for the skeptics to catch up to your psychological insight of communication with the majestic Horse. Congratulations.

Thank you very much, I love every minute of the videos, watched some a number of times. I am grateful for Monty's generous sharing, I have been able to share a lot of what I have learned and it is all beautifully accepted.

Thank you From South Africa
Kind regards Wendy (Equus Online University student)

Science Confirms It: Join-Up® is Gentle on Horses,
click here to read the scientific report: <http://www.mdpi.com/2076-2615/6/9/55/htm>



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

Question about Join-Up. I'd like to do it with Lucus, but as it's a pretty busy barn and I'm just leasing, I don't want to announce it. Meaning, I'd like to tack him up at least with saddle and take him to the round pen before my free ride. Is still effective if he's already saddled?

HORSEMANSHIP RADIO

Dr. Veronica Fowler's study reveals Monty's Join-Up is better than traditional methods for the welfare of the horse, in particular the first saddle and rider. Anthrozoös published a comparison of the Monty Roberts technique and a conventional UK technique for initial training of riding horses. The study was presented at the International Society of Equitation Science (ISES) and presented at the Centre for

Animal Welfare & Anthrozoology and the Department of Veterinary Medicine University of Cambridge. Jamie Jennings reads Monty's answer: My Western horse's gait is rough.

[EPISODE 72 | LISTEN HERE](#)



REDUCING VIOLENCE THROUGH WORKSHOPS WITH HORSES IN ANTIGUA GUATEMALA

Lead-Up International (Affiliate of Join-Up International) is a program based around workshops with horses in which youth at risk are introduced to calm and humane ways of interacting with horses. Participants discover non-violence for themselves and develop a new sense of peaceful leadership.

[READ MORE](#)

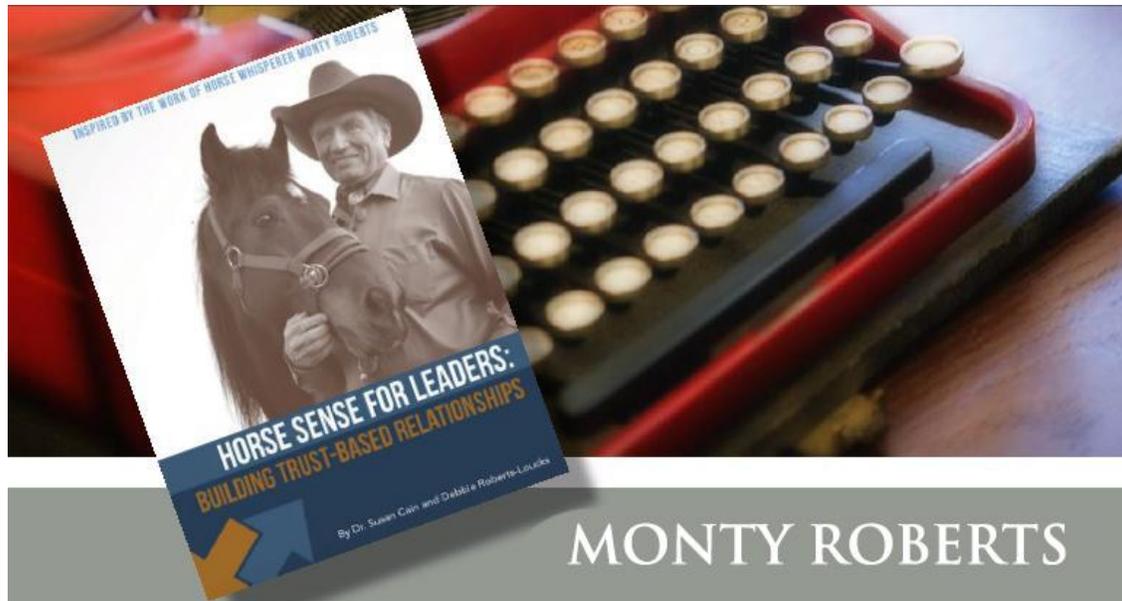
GIVING BACK TO VETERANS



Help support our war veterans and first responders by using [Our Link](#) to shop on

Amazon Smile. Amazon will donate 0.5 percent of your purchase price to Monty's non-profit, Join-Up International. Through Join-Up International Monty is able to provide free clinics for war veterans, rescues horse, and more. You can also make a donation directly to Join-Up International [Here](#).

HORSE SENSE FOR LEADERS



Buying Monty's book, [Horse Sense for Leaders: Building Trust-Based Relationships](#), is another great way to support Monty in his efforts. We have a [Paperback Version](#) and a [Color Version](#).

"Are leaders born or made? Follow the life of New York Times Best Selling Author and Horse Whisperer, Monty Roberts in the book Horse Sense for Leaders. Discover how Monty's life events shape his leadership style. Then, take our Trust Based Leadership Assessment to find out your own leadership style, and how to capitalize on your own unique leadership style." ~ Dr. Susan Cain, Corporate Learning Institute



Join-Up International | AskMonty@montyroberts.com | MontyRoberts.com

 Forward to a Friend

