



Wednesday May 17, 2017

Greetings! ,

Question

Dear Monty, when riding a racehorse, why is so much pressure/force put onto the reins by the jockeys when the horses are racing? I once rode a friend's retired racehorse in a field near my home, trying it out. After cantering round the five-acre field I wanted to return to my friend at the start and as usual gently put pressure on the reins and knees into the saddle to slow down and walk but instead as I put the usual pressure on the reins the horse went faster. I forget how I finally managed the horse to know I wanted it to walk and stop, but it finally did. I see pictures of ridden racehorses with the bit pulling the whole mouth right up to their eyes (almost) and jockeys standing in their stirrups to do this. What is the purpose for this?

With best wishes,
Jean Grant

Answer

The description you provide makes several assumptions I view differently from your take on the situation regarding racehorses. It is essential that any successful jockey learns how to cause the horse to use the bit and reins as part of their balance when moving forward at a high rate of speed. Loose reins on a racehorse cause balance to be very difficult.

Pulling the reins as tight as you have suggested is bad horsemanship and may be conducted by a less than perfect jockey. In visiting with jockeys, I often advise fairly loose reins during the center portion of the race involved. The winner of any race will generally be a horse who relaxes for a significant portion of the race involved.

Close observation will show that when the horses have passed the finish line jockeys will ask them to "pull up" by standing in the stirrups, relaxing their entire body and allowing the reins to become relatively loose. When we transition the racehorse to become a riding horse, it is essential we take time to train them to come off the pressure of the bit.

It is my recommendation that we do this in a confined area in the name of safety for both horse and rider. Use [a surcingle and the biting up process](#) to soften your horse's attitude to the bit. Use a bit with some leverage as the snaffle suggests racing and a bit with leverage suggests relaxation and flexing off the bit pressure.

A further recommendation is to create as many cues as possible for coming off the bit instead of pushing into the bit. I use a lot of forward position for forward motion and then a sitting down relaxing and feet slightly ahead to achieve relaxation and flexing off the bit. Simply humming with low tones or using the word whoa will help the cueing.

Sincerely,



MONTY'S EQUUS ONLINE UNIVERSITY THIS WEEK'S EPISODE

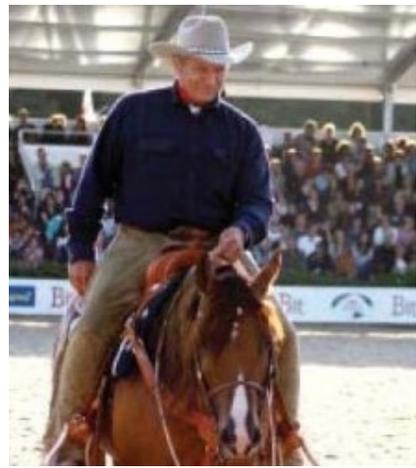


In this online video series, you'll see Monty working with a horse called Badger who is afraid of going over jump poles. Not a student yet? Click on the buttons below to Join-Up with thousands of horse lovers learning Monty's force-free and fun methods now.



UPCOMING EVENTS

- USA** May 19 to 21: [Horse Sense and Healing](#) in California
- UK** June 20: [First Global Edition of Sunset Polo](#) at Cowdray House, in West Sussex
- USA** July 10 to 21: [Gentling Wild Horses](#) California
- USA** July 28 to 30: [Horse Sense and Healing](#) in California
- USA** July 31 to August 4: [Monty's Special Training](#)
- USA** September 8 to 10: [Horse Sense and Healing](#) in California
- USA** December 8 to 10: [Horse Sense and Healing](#) in California



[FULL SCHEDULE HERE](#)

THE MONTY ROBERTS INTERNATIONAL LEARNING CENTER

May 19 to 21, 2017	Horse Sense and Healing
May 22 to June 2, 2017	Advanced Exam
June 3 to 4, 2017	Kids' Course
June 24 to 25, 2017	Kids' Course

[MORE COURSE INFO HERE](#)



ONLINE REVIEW: LONG LINES

"I've bought these long lines before, which is why I bought them again. It's always nice to have fresh lines. Anyway they're strong, durable, stay clean and clean up easily. They're easy to untangle, they're gentle and non-threatening, quiet, soft, and when they start to fray they maintain their strength and don't intimidate with a new fear. I've done a lot with them and I've gotten a lot from them. I also have the longest, the black length which has proved to be as sturdy as the rest. Great prices for all also at least for me here in the Midwest. Simple things like these can be awful expensive, but to me these were a great price."

Julie P.
Verified Buyer



MONTY'S PRINCIPLES HORSE SENSE FOR PEOPLE



"Had to tell you that after reading your book about learning the language of horses, it prompted me to learn the "language" of Black Angus cattle, the closest thing I had to a horse! My observations led to Temple Grandin's research and teaching on humane livestock management and the changes implemented on a small family farm showed

just how well - and how immediately - the cattle responded to those changes. No 90 degree angles in the paddock, no rocks in the chute, no yelling, no lengthy waits of lots of cattle in a holding pen. Still have yet to try anything with cattle - but did a bit with two rather unsocialized donkeys, with success. Thank you!" ~ Sandra Sweeney

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

Dear Monty,

I am your student from Croatia. I attended your demo in Hungary two years ago. Also, I did my Intro exam three years ago with your instructor Kata Pataky. Since then, I have worked with several horses and trained them using your principles and have been riding dressage and showjumping for the last seven years.

I have a question for you: where is the fine line between extremely remedial horse that can be retrained and have a normal life in spite of his past and a horse that is prone to injure somebody in future and should be put down? What are the red flags?

Thank you for your answer,
Best regards,
Mirna

HORSEMANSHIP RADIO



Volunteer riders are needed to ride the hills and beaches of Malibu. This is a different kind of Baywatch! And veterinarian Geoff Tucker built his practice on hand floating

horses' teeth, 92 percent without giving drugs, no mouth jack or other immobilization with a combined 65,000 horses floated this way since 1983.

[EPISODE 88 | LISTEN HERE](#)



FOR OUR VETERANS AND FIRST RESPONDERS

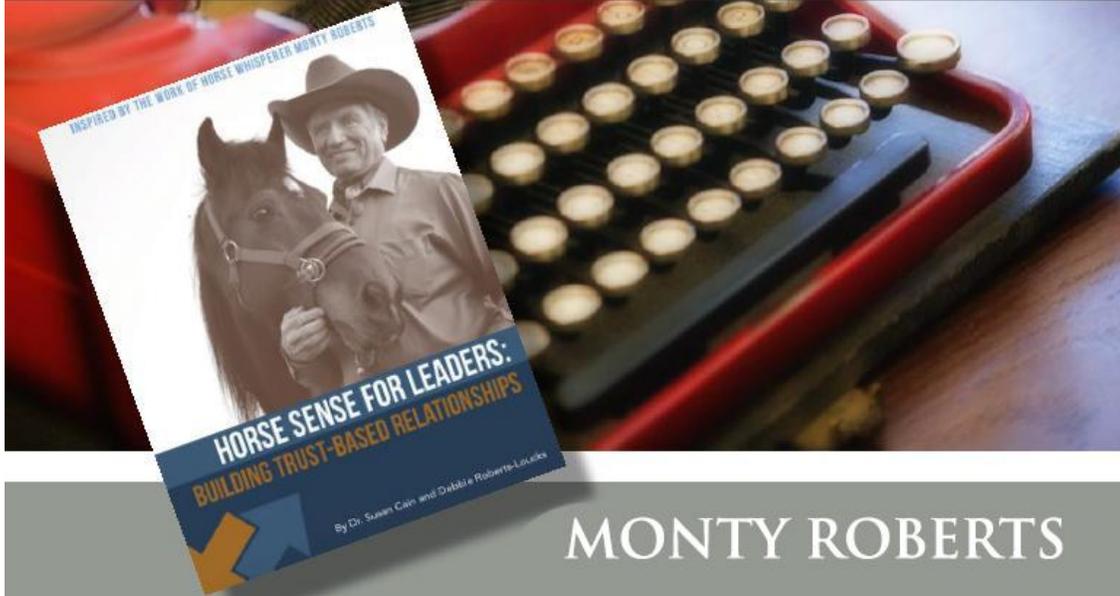


Monty Roberts is running free, resilience-building workshops for veterans, police, fire, first responders and their families. Horse Sense and Healing is a three-day program and it involves working closely with horses. The individuals and horses develop a special bond built upon mutual trust and respect. Join-Up offers everyone an effective tool to rediscover themselves through the eyes of the horse. This self-awareness exercise deals effectively with emotional trauma, anti-social behavior and withdrawal, anger, stress, combat stress and even Post Traumatic Stress Injury (PTSI). [READ MORE](#)



May 19 to 21 is Monty's next Horse Sense and Healing workshop. For more information, go to: <http://www.join-up.org/horse-sense-and-healing/>

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**.

Paperback \$9.99 <http://amzn.to/1jqmgBc>

Color Version \$19.99 <http://amzn.to/1h31Psj>

"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



REDUCING VIOLENCE THROUGH WORKSHOPS WITH HORSES IN ANTIGUA GUATEMALA

Lead-Up International (Affiliate of Join-Up International) is a program based on 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](#)



FIND A MONTY ROBERTS CERTIFIED INSTRUCTOR

Find [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/>



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

 Forward to a Friend

