



Wednesday January 3, 2018

Greetings! ,

Happy New Year! On January 6, 2018, don't miss the Master Series Demonstrations including Monty Roberts and Boyd Martin at Galway Downs, Temecula, California. For more information, go to: <https://us.westcoastdressagefestival.com/new-adequan-west-coast-dressage-festival-masterclass-series/>



Question

Dear Monty,

I'm a Portuguese woman aged 57 (only started to ride at the age of 54). I'm riding a Lusitano horse and love him very much. I fell off my horse when cantering, breaking four ribs. This was last June.

I've been riding my horse again since last September but I cannot canter anymore since my fall. I know my horse senses my fear and kind of does not respect me. On the other hand, I always feel the need of holding on to my reins creating a lot of tension, so I'm completely confused and stuck with this problem.

I'm would be happy again if I could feel the freedom of cantering again.

Can you help me ?

Anabela

p.s. Please forgive my English, I hope you understand my writing.

Answer

Dear Anabela,

Thank you so much for the question you sent through. It is often I hear of this problem but I can't remember answering it on my Question and Answer column. The first goal that must be accomplished is to get your confidence back. We will not solve this problem until you are relaxed and confident.

My first suggestion is for you to choose someone who is an excellent rider to assist you in getting back to normal. The second thing I would suggest is that your mentor locate an absolutely fool proof horse. This may or may not be a Lusitano, but it should be one that is easy to achieve the canter with.

My third suggestion is that your mentor leads your horse from the back of another horse. You should find a safe enclosure with good footing and allow your mentor to speak with you as he/she encourages your horse to canter.

The fourth item is to remove the lead rope but continue a close position with your mentor while you canter. Let your mentor know that you do not feel confident and that all of your teaching should be in the direction of raising your confidence, not pointing out your mistakes.

Finally I would say to you that there are many parts of life that I am not confident in. This is not a black mark on your character. It simply means you don't want another fall. Please continue to communicate with us with your goal to be comfortable at the canter.

Sincerely,

A handwritten signature in black ink, appearing to read "Monty". The signature is fluid and cursive, with a long horizontal stroke extending to the right and a loop at the bottom.

MONTY'S EQUUS ONLINE UNIVERSITY
THIS WEEK'S EPISODE



This online video series focuses on Pilates exercises for riders. Learn how to build your core strength and balance. Not a student yet? Click on the buttons below to Join-Up with thousands of horse lovers learning Monty's force-free, fun methods.



UPCOMING EVENTS

- USA** January 6, 2018: [Master Series Demonstrations](#) including Monty Roberts and Boyd Martin at Galway Downs, Temecula, California
- UK** March 3, 2018: Monty Roberts demonstration at [Myerscough College](#), Bilsborrow, Lancs, PR3 0RY
- UK** March 7, 2018: Monty Roberts demonstration at [Hadlow College](#), Hadlow, Kent, TN1 0AL
- UK** March 17, 2018: Monty Roberts demonstration at [The Grange - with Special Guest "Martin Clunes"](#), Okehampton, Devon EX20 3DA
- Ireland** March 24, 2018: Monty Roberts demonstration near Dublin, details to come soon!



- USA** April 21 to 22, 2018: West Coast Dressage Convention, Los Angeles, California, featuring Edward Gal, Hans Peter Minderhoud, and Monty Roberts. Tickets from: www.shproductions.ca
- USA** May 23 to 24, 2018: Moment of Join-Up Symposium and Festival (details to come)
- USA** July 23 to August 3, 2018: [Gentling Wild Horses course](#) at Flag Is Up Farms, California
- USA** August 6 to 10, 2018: [Monty's Special Training](#) at Flag Is Up Farms, California

[FULL SCHEDULE HERE](#)

THE MONTY ROBERTS INTERNATIONAL LEARNING CENTER

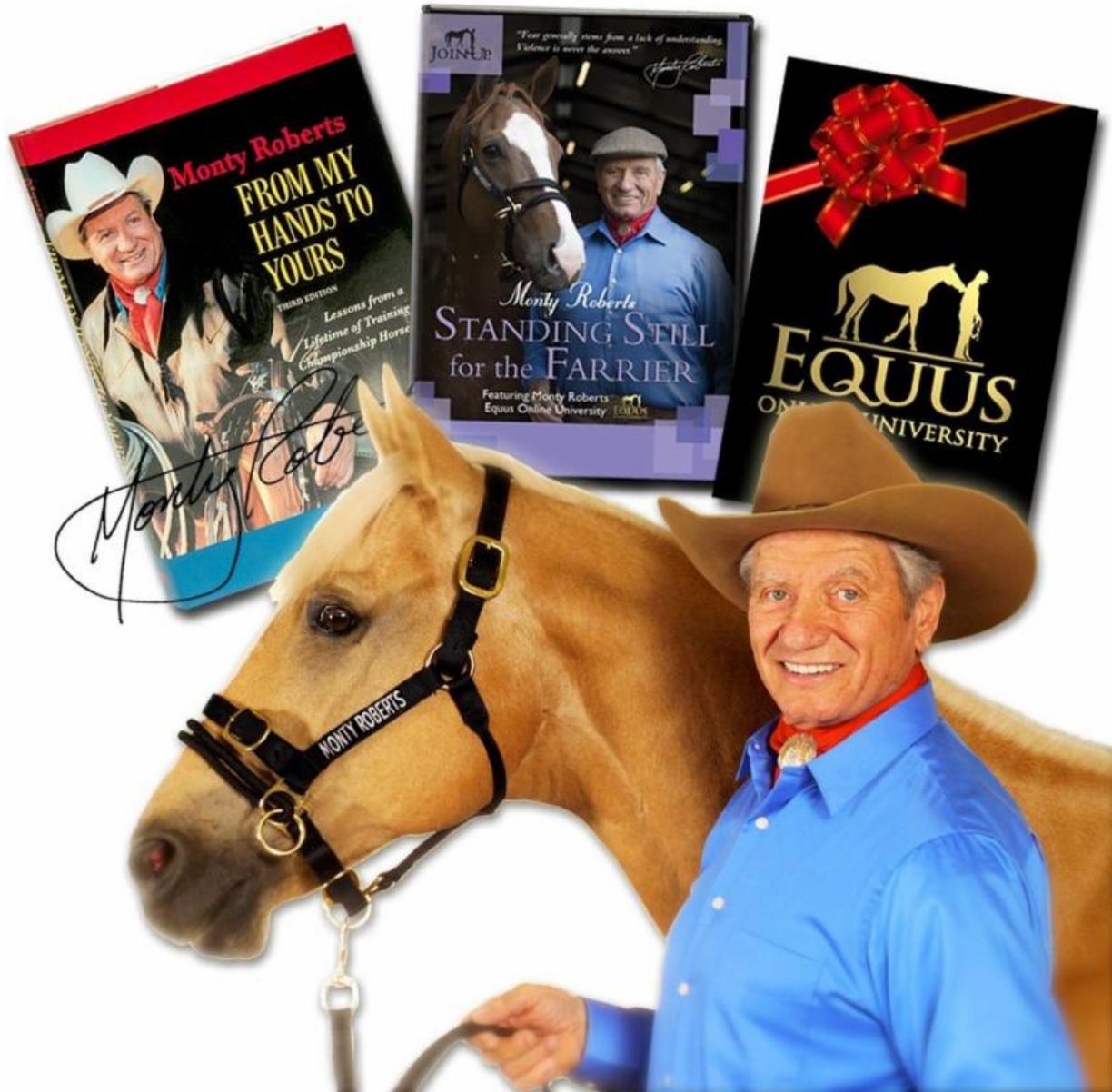
February 19 to 22, 2018

[Join-Up Course](#)

February 23 to 24, 2018

[Long Lining Course](#)

[MORE COURSE INFO HERE, CHECK OUT OUR 2018 COURSES!](#)



ONLINE PRODUCT REVIEW: MONTY'S JOIN-UP KIT

A Good Quality Kit!

"I received the [Medium Dually Training Halter Join Up Kit](#) and found the halter to be high-quality construction, the book and DVDs to be very clear and informative. While our horses (Haflingers) are pretty much broke (desensitized), we are hoping by the adoption and use of Monty's methods to greatly improve our relationship with them. Thank you for the timely shipment of this kit.

Kathleen H.
Verified Buyer

[VISIT MONTY'S ONLINE STORE](#)

MONTY'S PRINCIPLES
HORSE SENSE FOR PEOPLE



Dear Mister Monty Roberts,

I am a simple, French horse rider and I am contacting you because I am reading the book "Chicken Soup for the Soul". What was my surprise when Jack Canfield mentioned a little boy with a big dream rejected by his professor who invited him to abandon it. This child dreamed to have horses and a ranch with clear details.

Mister Monty Roberts, are you this little boy? Is this story true?

Thank you very much for your answer,
All my best wishes for 2018.

And as you learned since a long time ago, don't let anybody to break your dreams.
Morgane Gérout-Juban

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!

NEXT WEEK'S QUESTION

Dear Monty,

I've bought a traditional cob for my daughter after loosing our mare to cancer last March. We went and tried her, my friend also rode her, she ticked all the boxes so three weeks later I bought her.

I've now had her five months. She is safe on the roads, she has hunted her safely BUT she was very spoiled in her last home and her life from young was rubbish. If she doesn't want to do what you ask she will swing her head to move you. If she doesn't want to walk she will plant to the point of we could be there an hour.

My confidence has been lost and my daughter who had a bad fall last June breaking both her arms is struggling... we're not giving in but need expert advice ... we are not loaded with cash, so struggle to take her to a training facility but advice would be welcomed. Especially by yourself.

Many thanks,
Sharron and Becca

HORSEMANSHIP RADIO



Natalie Parrish credits horses for much of her success as they taught her compassion,

responsibility and to always have backup plans in case of a crisis. And Cavalia's Eric Paquette, Director of Public Relations and Publicity talks about his experiences.

[EPISODE 103 | LISTEN HERE](#)



FOR OUR VETERANS AND FIRST RESPONDERS

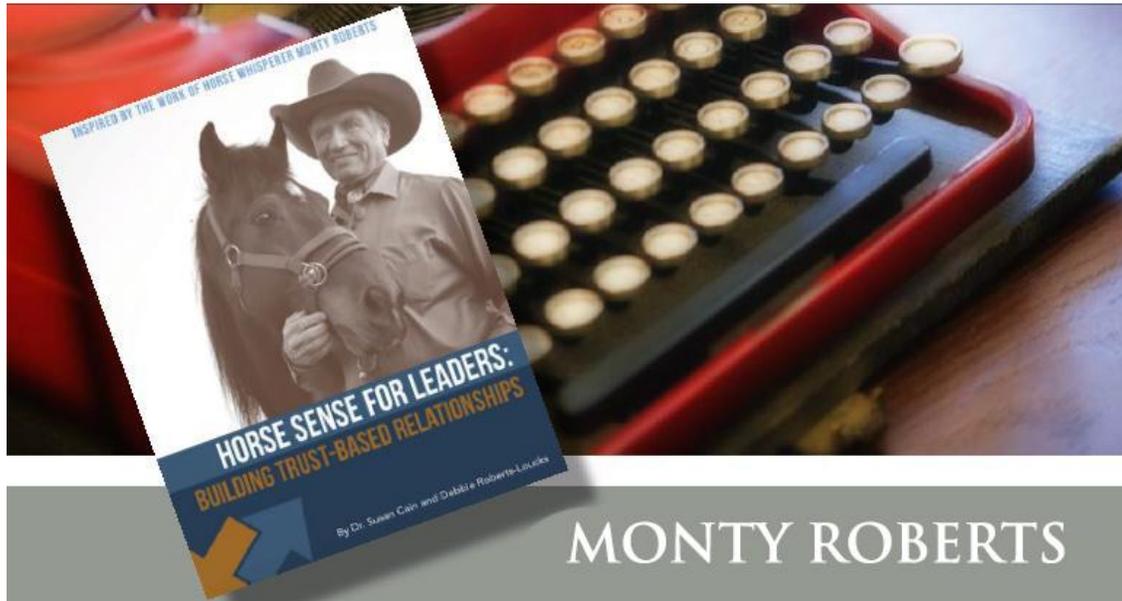


Monty Roberts is running free, resilience-building workshops for veterans, police, fire, first responders and their families. Horse Sense and Healing is a three-day program and it involves working closely with horses. The individuals and horses develop a special bond built upon mutual trust and respect. 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](#)



To find out about Monty's upcoming Horse Sense and Healing workshops and 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 GLOBALLY

Lead-Up is a program of Join-Up International 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/>



LEAVE A LEGACY

Planned gifts to Join-Up International's non-profit organization, such as a bequest in your will or trust, help to secure the future of non-violent concepts. To learn more, go to: <http://www.join-up.org/how-to-help/> or to donate in support to Join-Up International, go to: <https://montyrobertsshop.com/collections/courses/products/donate-join-up-international>



[Join-Up International](#) | AskMonty@montyroberts.com | MontyRoberts.com

 Forward to a Friend

