



Wednesday March 27, 2019

Greetings!

Question

Dear Monty,

I value your opinions which I look forward to reading every week on questions and answers. One time you gave advice for someone who had a "biting" horse. You suggested tapping them gently with your foot whenever they go to nip - it totally surprises them as normally you'd use your hand to shield or even reprimand. It really does work thank you.

My question to you is nothing to do with biting, but in your wisdom and affinity with studying horses, do you think that they get bored and unhappy if they are not ridden or worked very much even though they are well cared for? I have an ex-racehorse who is now 12 year old and I only have time to ride once or twice a week just hacking out.

He is stabled at night and out in four acres during the day with a companion, but sometimes I just think he may need more stimulation with his breeding. I care about his happiness which is the only thing that worries me sometimes. I am lucky to have my own stables and grazing at home, so therefore I am seeing him from my window all the time. Every time I step outside he looks to me and asks "what are we doing now then mum!"

Regards,
Christine from France

Answer

Dear Christine,

Thank you very much for your question. It is my opinion that horses in general are very generous. They are active and I believe they do get bored if idle for prolonged periods of time. Many equine behaviorists, including myself, believe strongly that this is the primary reason for horses developing stable vices. Crib biting, box walking, weaving and several other negative behaviors often occur with an idle horse.

Be as active as you possibly can and include your horse in those activities. Ride more often if possible or simply just run with your horse in his field if you possibly can. I believe they know if you like them and want to be with them. It is my opinion they are healthier in every way when we spend as much time as possible with them. Some groundwork exercises, such as games you might play with him which you have created, can be fun and rewarding.

For some ideas on having fun at liberty with your horse, we have several inspiring and educational series on my [Equus Online Uni](#). To check out these fun filled lessons with a free day pass - use code DAYPASS when you register - then click on these links:

[HORSE AGILITY WITH MARTINA HÖBLING](#)

[INTRINSIC HORSE TRAINING WITH FLORIAN OBERPARLEITER](#)

Sincerely,



MONTY'S EQUUS ONLINE UNIVERSITY THIS WEEK'S EPISODE



In this online video series, Monty Roberts starts a mule called Alaska. Not a student yet? Click on the buttons below to Join-Up with thousands of horse lovers learning Monty's force-free, fun methods.



ONLINE REVIEW: MONTY'S ONLINE UNIVERSITY

Did you know? You can learn liberty training on Monty's Uni!

Join-Up Course student feedback:

Very Fast and very nice service for signing up for the course. Access to montyrobertsuniversity.com included in the price. MY DREAM COMES TRUE! See you in August 2019 at Flag is Up Farm :)

Maja M.

[VISIT MONTY'S ONLINE STORE](#)

UPCOMING EVENTS

- | | |
|-----|---|
| USA | April 29 to 30, 2019: The Movement at Flag Is Up Farms , Solvang, California |
| USA | May 1 to 3, 2019: Equine Assisted Intro to Motivational Interviewing at Flag Is Up Farms, Solvang, California |
| USA | May 25, 2019: Night of Inspiration at Flag Is Up Farms, Solvang, California |
| USA | July 22 to 26, 2019: Monty's Special Training Brazil at Flag Is Up Farms, Solvang, California |
| USA | July 29 to August 2, 2019: Monty's Special Training at Flag Is Up Farms, Solvang, California |

FULL SCHEDULE HERE

THE MONTY ROBERTS INTERNATIONAL LEARNING CENTER

April 6, 2019: Horsemanship Day

April 7, 2019: Horsemanship Day

April 8 to 10, 2019: Join-Up Course

April 11 to 13, 2019: Long Lining Course

April 15 to 19, 2019: Introductory Exam

April 25 to 27, 2019: Join-Up Course

MORE COURSE INFO HERE, CHECK OUT MORE 2019 COURSES!

**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,

Hi, total long shot me asking but need some serious help before I'm really injured. My horse has started bolting. It started when I moved to a yard which has trains passing by, I moved yards hoping it would stop but it hasn't! I have now fallen off three times in the last few weeks and he is now so dangerous. I've had back

done, teeth, everything checked... please could you help me !

Kind regards,
Justine



SHOP AMAZON & SUPPORT THE NON-PROFIT MONTY FOUNDED

AmazonSmile has the same products, prices, and shopping features a Amazon.com. The difference is that when you [shop on AmazonSmile](#), the AmazonSmile Foundation will donate 0.5% of the purchase price of eligible products to the charitable organization of your choice, [click here and support Join-Up International](#). Contributions may be made directly to Join-Up International's programs at:

<https://www.paypal.com/us/fundraiser/charity/69722>

PAT ROBERTS SCULPTURE



From the collection of Pat Roberts Sculpture

Wolf

Limited Edition of 50
10" x 13" x 6"

This study of a wolf was a fun project for me because it was so different from my usual subjects. I found that a 'real' wolf lived in a village close to me and I was given permission to photograph him for my sculpture. I found Wolf to be very friendly with an engaging personality. I placed my bronze Wolf on a beautiful two-tiered marble base.

Please contact admin@montyroberts.com for more information.



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://montyroberts.com/collections/courses/products/donate-join-up-international>





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

STAY CONNECTED

