



FROM AGONY TO ECSTASY

WHOA THERE!

Does your horse sometimes run out of control when you're riding? The one rein stop is the first step to developing a solid "whoa".

BY BOB JEFFREYS AND SUZANNE SHEPPARD



You're on the trail, enjoying a tranquil ride with friends, and life is good. Suddenly a deer jumps out behind you, startling your horse and the rest of the herd. Your friends quiet their horses right away, but yours takes off! It's a mad scramble, with you pulling on the reins and your horse running out of control. And then you see it – a low branch hanging right across your path. Should you bail? Should you try to hang on? If only you could stop your horse in time....

Brake failure

Being unable to stop a runaway horse is almost every rider's worst fear. Fortunately, while an obedient stop

under any circumstances does take time to train, there are several quick emergency stops you can have under your belt until your horse masters the advanced stop. The one rein stop, aka "disengaging the hip", is just one option.

Band-aid solutions

Why not just use a more severe bit to control the horse? Well, it might work better for a little while (about ten rides or so), but the horse will eventually get used to the higher level of pain associated with the bit and start to run through it again. We would subsequently need a bigger bit, then an even bigger one, and so on until we had a bit with 5'-long shanks, spikes in the noseband, and a

