

## Being unable to stop a runaway horse is almost every rider's worst fear.

hydraulic assist to add rein pressure. All of which the horse could eventually learn to run through as well! More severe bits don't stop horses; good training does.

### Make or communicate

The truth is, you really can't make a horse stop. You need to focus on a way to communicate your request (because that's what it really is, a request) in a clear and understandable manner. You should also address this from the horse's point of view and give him some motivation or a reason to stop.

Two old cowboy sayings are worth repeating here. "Good horses always have wet saddle blankets" and "You can't make a horse stop, but you can sure make him wish he had." We'll incorporate a little of each in describing how to teach your horse to stop, and teach him that the word "whoa" is a cue for him to stop.

### "Giving to the bit"

First, you need to teach the horse to "give" to the bit and soften his neck and shoulders when you pick up on the reins. This is a basic prerequisite because you want your horse to cooperatively do whatever you ask. No one enjoys riding when the horse is pulling so hard it feels like your arms are about to fall off.

So what is "giving to the bit"? When you take the slack out of your left or right rein (without pulling!), your horse will move his nose towards that side, without hesitation, every time you ask him to. Be sure to release the rein immediately to reward him, and reinforce the response you're looking for. This lets him know he's got the right answer, and he'll seek to do so again. After all, when he's released, he's comfortable – and he'll seek comfort every time.

### 1 Disengaging the hip

Once you've softened your horse on both sides at the walk, and he's consistently giving to the bit, you're ready to teach the one rein stop. In an arena, where you can ride safely, ask your horse to walk and then slowly take the slack out of the left rein while simultaneously turning your body to look over your left shoulder at the horse's left hip. Add rein pressure as required until the hip moves toward the right. Because the horse's "engine" is in his hindquarters, this has the effect of taking forward motion or "impulsion" away from the horse. You're looking for softness in this movement, not a jerky pull. Release all rein pressure as soon as the hip begins to move to the side.



OMEGA FIELDS®  
NUTRITION FOR A HEALTHY LIFE

presents our award winning

OMEGA  
HORSESHINE®



Ivory Pal photos  
by Cheri Prill

## Get your shine on!

- FORMULATED with stabilized ground flaxseed high in Omega-3
- PROMOTES shiny, healthy coat and smoother skin texture
- RESTORES cracked, dry, brittle hooves
- RECOMMENDED for Insulin Resistance / Cushings horses
- BENEFITS pregnant mares
- ALTERNATIVE for psyllium

**Save 3.5%**

Insert code **EW36410** in the Discount Coupon Box online or mention "Code" for call-in orders.  
[www.OmegaFields.com](http://www.OmegaFields.com)  
Toll Free 1-877-663-4203  
Offer good until 12/30/10

