



When your horse backs up on cue he is not running through the stop!



All of these baby steps lead up to gorgeous halts from the canter - talk about control!



When a horse gives to the bit, he is simply following the feel of the rein and bending laterally at the poll.



When we disengage the horse's hindquarters we take the "engine" off the tracks and momentarily interrupt forward motion.


More severe bits don't stop horses – good training does.

2 Beyond the one rein stop

Once this response is confirmed, disengage the left hip again. Immediately change your focus to the horse's left shoulder point and begin to slowly add pressure to your left rein until the shoulder point stops moving forward and starts to rock backward. When this happens and your horse is stopped, release your rein pressure, say "whoa" and praise him. Now he will begin to associate the "whoa" with being stopped!

You must also teach this lesson on the right side. Pretty soon you can eliminate step one, disengaging the hip. You'll just ask the left or right shoulder point to stop and rock backwards by using rein pressure and adding the "whoa" command only when the horse actually stops. Eventually, you can use both reins simultaneously to ask the shoulders to stop and rock backwards, and then add the "whoa" command.

Now that your horse knows how to stop, you can start doing more trotting and cantering work. As he gets tired (wet saddle blanket), he'll be more inclined to listen for your "whoa" cue and will be very pleased to stop for you. If for any reason he fails to stop on your request, simply move him further and faster than he would like to go (make him wish he had stopped). Don't get angry, but don't let him stop until you request it again.

The more you practice with your horse, the more he'll tune in to you. In time, he'll fully understand and willingly respond to your "whoa". Good luck and safe stopping! 



BOB JEFFREYS AND SUZANNE SHEPPARD, FOUNDERS OF TWO AS ONE HORSEMANSHIP, APPEAR AT EXPOS AND CLINICS ACROSS NORTH AMERICA. THEIR MISSION IS TO TEACH PEOPLE HOW TO BRING OUT THE BEST IN THEIR HORSES, AND TO TRAIN HORSES TO BRING OUT THE BEST IN PEOPLE. VISIT

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