



Further reading below

Here are some notes about our work – Please read on!

Roger and Joanna Day's Developing the Fearless Horse Effective Training Strategies offer a highly effective yet sympathetic approach to horse training, (and indeed to life itself!) and *The Fearless Horse* explains how, by adopting this approach, you could develop your own fear less horse – and rider! It is not 'Method' to be followed doggedly- and there is no essential equipment needed but it does offer you ideas that you can learn to use as and when they are needed. The approach and effective training exercises we advocate are not 'games' for repeating every day but tools to help you develop and maintain control, for use when a horse challenges your judgement or leadership either through fear or cheekiness!

Become a good pilot!

Like learning to drive a car there are many skills needed in learning to be a good driver or rider essentially developing life saving reactions which become instinctive... eventually! When driving your car you are in control 100% of the time- hopefully- and likewise you should seek to be with your horse – not aggressively gripping on to him but quietly in charge making good well planned decisions to keep everyone safe, a good driver. Learn to avoid bumpy starts and stops and all the jerky swervy skiddy bits and 'near scrapes' when riding and your horse will learn to trust you much more!

About us: One of our more notable achievements has been breeding Primmore's Pride. We are immensely proud of his achievements with Pippa Funnell who trained and rode him to win more long format full 4 star 3 Day Events than any other horse before.

Who trained us? The effective training that we now teach has been learnt from all the horses and horseman we have ever known, from the classical dressage bods to the real working cowboys, from the top competitors to the old nagsmen, from the Elite squad trainers to the new era natural horsemen, from our homebreds and hunters to the dealers horses. By sifting through this breadth of knowledge and skills we have developed highly effective techniques and strategies that we would like to share with you all. We are certainly NOT horse whisperers, but teachers and trainers who believe that a horse and human can develop a working partnership of respect and trust ideal for successful competing, school work, hunting or safe hacking.

About you. By accepting responsibility as the leader of the partnership it is the human that should train the horse –not visa versa as many a bold horse would have you believe. Spookbusting is just a part of that training and we hope to show you how you can prepare your horse for today's modern arena with all its perceived and real dangers. Between us we have accumulated 2 lifetimes' experience of producing successful horses and riders, we are keen to pass this knowledge on to you all. We have, therefore, written a training book...*The Fearless Horse*, recently published by David and Charles..

Our Horse of a lifetime: Primmore's Pride's dam Primmore Hill (Prim) was our horse of a lifetime and taught many local riders as well as doing all our farm stock work, hunting hard, leading the children's ponies, eventing -culminating in finishing 9th at Badminton in 1982 with the fastest clear cross country– the original fearless horse-and then producing 5 grand foals . Sadly we no longer have any Primmore's at the farm, but they were our teachers, particularly her grandson The Colt , alias Primmore's Pompous, whose traumatic journey through our lives inspired the book *The Fearless Horse*- which is our lasting tribute to him.

Many of you probably know of a spooky or nappy horse or pony, he maybe bargy or rude, even dangerous or frightened? .An understanding of some of the possible reasons behind his behaviour can help you to help him overcome his difficulties and re train him to become safe and manageable,. We can teach you how to bring your horse on and avoid any of these problems arising or to re school horses and , of course, our book has masses of useful information within its many pages, why not buy a copy today?.

Why are horses so resistant? We are predators and horses are our natural prey, however much we love our horse that's a fact we cannot change - we can eat him and he can't eat us. To him we can be just as scary and as dangerous as any lion, consequently he instinctively resists our pressure, he thinks his life depends on remaining free to flee, just as you would if a possible murderer tried

to capture you. It takes time, careful training and total consistency to develop a trusting partnership between predator and prey, human and horse, but is quite possible, by proving you will never eat him but will always keep him safe, even if he does tread on your toe or refuse at the water jump!. Horses have evolved so magnificently by good use of flight or fight - if you prevent the flight he will then fight – you, maybe? You need to earn his trust and respect constantly.

Pressure and release Your horse needs to understand how and when to yield to pressure, overcoming his instinct to resist and burst away, training is needed to teach him this. He can then give an educated response instead of an instinctive reaction. Educate him to yield using pressure and release, to be effective pressure is maintained until a right response is given, then pressure is instantly released telling him – ‘YES That’s right- thanks’ and allow a little soak time for him to digest the learning, then repeat that same move a few more times.

Earn his respect and trust. You have no automatic right to his respect, he is not impressed by the fact you know you are smarter than him, you have to prove it. He needs you to consistently show him that he is better off being in partnership with you than being his own boss- developing his trust in your leadership, gaining willing obedience and submission without force.. This strong partnership of mutual trust and respect is what leads to developing The Fearless Horse and the safe rideable horse that we all want to enjoy.

Soundness. If your horse is very resistant to your good schooling he may well be sore- adopt a holistic approach and get him and his kit checked.

Why the horse needs to check your leadership? The bolder the horse the more often he will check up on you - that you really are worthy of his respect- just like kids test their teachers at school – or you check out your boss. It is not a matter of physical strength but earning respect for clear communication and good decision making. If your horse feels you are not up to the job of keeping him safe he knows he needs to take responsibility for this himself using his flight or fight instincts. Most spooking, napping, barging is checking, prove you are worthy by moving his feet in any direction at any time at any speed – just like his herd leader could in the wild, and keep him safe by becoming a very good pilot ‘flying’ him safely. It is ok to fail sometimes, we all do and you may temporarily lose a little trust but he will forgive you when you get it right, and then you will earn loads of brownie points from him and regain trust and respect.

How do horses communicate? With body language, they interpret each other’s every move and intonation, and understand just how and when to brace or soften to communicate highly effectively. They read yours too, whether you intend them to or not. Because humans use the voice to communicate we don’t attend much to our body language – horse cannot understand our words but they can understand and respond to our body language. They read every muscle we move- or don’t, as well as our attitude and intention- we are just like an open book to them. They also make noises which are easily understood – mostly by how they are delivered. We hope to show you how to develop good body language communication skills, and you can begin to interpret your horses too. Its really easy. To become his leader you need to learn his language so that you can communicate easily together, he cant learn to speak but you can easily learn to ‘talk’ with your body.

Who trains who? The horse is a brilliant trainer and can easily teach an audience of hundreds to sit totally still for ages -just with a few well timed sp00ks. Train him and re program his computer chip to accept our noisy and unnatural world with sp00kbusting- but before you can train him you need to be able to control him. First he needs to respect and trust you , your body language and your tools, use these with consistently good timing and teach him to allow you to yield or move his feet, any speed, any direction, any time. You have thereby been entrusted with his body and his destiny,. These are the skills we hope to show you they are powerful training strategies when used together with understanding his body language and ‘advancing and retreating ’ the difficulty to train him to accept our world. As his trainer you need to try to remain detached from his and your emotions, it is the one with the lower adrenaline that is the leader – develop self control of your emotions before controlling his. Who moves who is terribly important to a horse, develop the ability to move his feet anywhere, anytime, any speed.

What’s in it for him – As a good leader remember to ask yourself that vital question constantly, how will my horse benefit from doing as I ask? Most horses willingly respect a good leader and love to please, they enjoy showing off their athleticism but they are fearful of failure, and will reassert themselves as the leader whenever they feel threatened by perceived danger or by your inability to keep them safe. Horses are totally forgiving and will try over and over again to please you- acknowledge their enormous generosity, accept and appreciate their ‘try’, take good care of them and learn from them, they are life’s greatest and most generous of teachers- enjoy !.

Contact us. Joanna is a BHSI, BE and BD accredited trainer and Roger, is a renowned horseman and FEI steward and since his retirement from BE is also teaching ‘Sp00kbusting and developing the fear less horse. Having sold the young horses we are both enjoying the chance to spend more time teaching and helping others with their horses. Come and learn with us. Tel 01278 662783 www.fearlesshorse.co.uk .Copyright J Day 2008

Testimonials

“I managed to put everything you had taught me into practice in the competition ring and remained calm, relaxed and focused - a good pilot! Resulting in qualifying for the finals.” *J.R. Bath 2006*

“Thanks for your brilliant help with Ed. I am being very careful to keep up the good work, everyone has noticed a huge difference, I now feel that we are working to the right direction!” *E.J. Worcester 2009*

“A big thank you for yesterday – it more than met my ‘what do I want to get out of clinic’ list. Your gentle approach (even to bossy Spider) understanding and knowledge of horses is beyond measure.” *C.M. Cheshire 2008*

“What a revelation it was to learn to understand our horses – I just wanted to say how much I enjoyed our 2 days with you, we will put everything we learned into practice.” *J.C. Dorset 2008*