



Frank Bell Horse Whisperer

Ex-Race Horse Bolts

To Frank,

From reading the articles on your website I have seen that you are a miracle worker! I'm only 16 and have been riding for many years. I meet a bloke through my mum who has just brought a 16.2h Irish sports horse. He is lovely to lead and handle and ride but only in walk! He's an ex racehorse and has so much energy and the owner has put him up for sale. He has spent a lot of money on this horse and has had his teeth, back, saddle, bridle etc checked, but still we haven't found the cause of him bolting off. It's really scary how one minute he's calm and walking then the next he's galloped off and the rider cannot stop him. No one will ride him now and the owner said he doesn't want me riding him because he doesn't want me to get hurt. We have traced his history and all we found out is that he's "apparently dangerous" in traffic (jumps the cars). The reason I am asking if you know anything I can do to help the horse is because the owner wants to get a dealer in and I don't want him to. Fair enough, it's his horse but he could end up for meat or something. Do you think the cause might be because he's been over worked at a young age. Will retirement be a good idea?

Please help, thank you.
Love, Cheryl (UK) xxx

Cheryl,

You need to have a plan the very moment the horse freaks out which is exactly what my whole program is about. If you can learn to take the horse to a safe place where you both feel secure, then you are prepared for most anything. This is called the **one rein stop** and is absolutely the most important thing you can teach any horse. I use it on all horses every ride. My horses are confident and self assured and we're able to accomplish amazing things as a team of two.

Order two of my videos: My foundation work, '[Discover the Horse You Never Knew](#)' is the place to start with all horses, period. You and your horse will be 80-90% safer after performing my ground exercises. And get my '[Spooking and Shying](#)' horse training video. That video has helped thousands worldwide. My entire focus is about safety and these exercises will change the way you relate to all horses forever while promoting you and your horse's safety and well being.

Happy Trails and Safe Riding,