



# Frank Bell Horse Whisperer

## Introducing the Bit

Howdy Mr. Bell,

First allow me to tell you that I am enjoying the heck out of your website. I have been glued to the screen for hours upon hours reading just about everything on it. Thank you so much for giving us the free 7 step training program.

I, like your emailer Linda, also have a gelding who is out of control. I'm not sure if he is a Proud Cut or not or if the saying is even true. I have been searching the Net to find out about Proud Cuts and some seem to say it is a myth and others go in the opposite direction.

Anyhow, the horse I acquired is a 7 year old Arab/QH Cross. According to the previous owner, he has been ridden by a 12 year old and her while she was pregnant although he hasn't been ridden in a year. I did some round pen work with him the other day, but he seemed to pop up his front legs because my mare is in heat and she was "calling" him and he wanted to be in the barn with her.

He is absolutely beautiful and I am now falling in love with him. He has attacked my 4 year old son, has tried to bite my 9 year old daughter and even charged me, my mother, and my cousin. He only acts "crazy" when my mare is in heat. I have only had him since June so I am trying to get a feel for him. I truly believe your 7 steps will help us to gain trust between the two of us and things will only get better.

My question to you is...How can I bit train him? He has only been ridden with a hackamore and I really want him to take the bit. And will you recommend what type of bit I should use with him. I am only going to trail ride him and then train him myself to racing western next summer...i.e. barrels, poles...etc. I have read your response to Amber about putting molasses on the bit and about the pressure of lowering his head and releasing in praise (7 steps), but do you feel there is a possibility that I can bit train him and if so how? I hope this is not asking too much!

Thank you Mr. Bell, I am so happy to have found your site! You are a true inspiration to all horses and horse lovers.

Liz Marcozzi :)



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Liz:

I like a full cheek snaffle bit. Attach it to a headstall and try to get the length about right then do the molasses thing. Apply some to the horse's mouth and let him lick his mouth awhile. He should get really into it. Then apply molasses to the bit and allow him to lick it off the bit. As he's doing so ease the bit into his mouth several times, adding more molasses if necessary. The idea is that he'll find the whole experience pleasurable and enjoy and look forward to the bit. Then adjust it so you have a half wrinkle in the corner of his mouth and without reins just let him get used to it. I even will encourage a horse to eat with it, so it's just part of life. Let him eat his hay or grain and leave it there for at least an hour. That accomplished, attach a rein on one side and ask for the head to the side releasing for the smallest try, the slightest change. Before long you should be able to guide the head to either side and get him to bend at the poll and back a few steps. From there you can attach long lines and drive him, turn him, stop him, etc.

You don't need to put up with his bad behavior. Use some of the techniques I've advised to others so he hits the 'brick wall'. If you don't, someone is going to get seriously hurt. I would suggest you order my "[Discover The Horse You Never Knew](#)" video to learn the 7 Steps.

I like that cross-Arab/QH. You have plenty of energy and decent bone and there should be some of the relaxed nature of the QH in there.

Good Luck and Safe Riding.  
Let me know how it goes.

*Frank R. Bell*