



Frank Bell Horse Whisperer

Retired Barrel Racer Bolts

Dear Frank,

We purchased a 12 yr. old barrel racing horse for my daughter. She is 15 and has been trail riding for about 5 yrs. She does not barrel race and is trying to trail ride this horse. She rides English. The horse is fine for her in the arena. When she is trail riding or in open fields the horse gallops FAST. She is now afraid and fell off yesterday. She did hurt her back. We are going to the library to get some books today. Please give us any suggestions. I will be more than happy to purchase videos etc. I do worry about her. She loves this horse very much. We've had him now for 3 mos.

Thank you,
Rennada Francis

Dear Rennada:

There is so much to learn and the very first thing should be how to stop a horse in any situation, especially a run-away. Would you drive a car without brakes? My whole focus to horse and rider training is safety and begins with the stop. We use what we call a one rein stop. The horse learns that circling means stop. This is first accomplished on the ground, then reinforced over and over again while in the saddle. This is fully explained and demonstrated in my foundation video [Discover the Horse You Never Knew](#) as well as in my audio book, laminated pocket card, and [Western Horseman articles](#) on my website. My obsession is safety. Have her learn this.

Where do you live? Perhaps I can find you some help. In the meantime I encourage you to order my "[Getting Started Package](#)." This will give you the tools and information to succeed safely.

Safe Riding and Happy Trails,