

# The LG Bridle™ Mailer

Spring and Summer 2008 Feature:

## Effectiveness of the LG Bridle

*Excerpt from Monika's book "Superior Bitless Riding with the LG Bridle"*

The bitless LG Bridle™ consists of two wheels, a soft leather noseband, and a curb chain. It can be attached to any regular headstall. When tension is applied to the reins, the wheel turns, shortening the noseband, curb chain and headstall.

The bridle works this way: The rider creates brief tension through the reins, which causes a light rotation of the wheel and shortening of the nose piece, chin strap and the headpiece. Through this action, pressure is applied to the nose, chin and poll.

This pressure signals to the horse that it is in his own interest to yield to the rider. As the horse yields, he will be rewarded immediately with the release of the rider's hand and the elimination of the pressure. (As Nuno Olivera, renowned Portuguese dressage trainer, once said: "It is the greatest foolishness to signal with pressure and then forget to release when the horse has assumed the desired posture.")

When I rode with the LG Bridle for the first time, I could barely believe my luck! It worked correctly right away.

The use of the spokes in the wheel make it possible to vary the soft influence of the lever to the different areas of the horse's head. The rider does this by turning the lever off, or decreasing and increasing its intensity. Additional variations are possible with the chinstrap. The strap is available in different leather designs, and in single and double-chained curb straps.

For horses that might be sensitive on the bridge of their nose, the noseband can be made softer by using a lambskin noseband

cover. Or, the noseband can be attached one spoke higher.

A single chain curb is too severe for some horses, while for others the pressure produced by a simple leather curb is too mild. The use of the spokes is the same with every horse, unless a particular horse can't tolerate pressure on the poll. In this case, the rider can alleviate the pressure by attaching the cheek straps to the spoke that is directly adjacent to the noseband. In this case, the nose and curb area will be affected significantly more than the poll. The poll is only affected with significant pressure from the reins, which causes a more notable rotation of the wheel.

## Moving the air and the horse...

I was reading an article about ground work in a German Equestrian Magazine, Cavallo, last month. The article talked about leading a horse, body language, and establishing dominance over the horse. A sidebar of the article featured an interview with Bettina Eistel. Bettina Eistel is one of the 10,000 thalidomide victims in Germany; she was born without arms in 1961. The psychologist who works in Hamburg has been riding since her childhood. Just a few years ago she decided to take on a sports career as well. Since winning her medals at the 2004 Paralympics in Athens, the several time German Champion and Vice European Champion has become one of Germany's most successful dressage riders ([www.luebbe.de](http://www.luebbe.de)).



Reading her comments on how she directs horses from the ground using mental images and determination in addition to physical cues made me consider again, how we are never physically 'controlling' a 1,000 pound animal, whether from the ground or the saddle. Dominique Barbier, teacher of the 'Art of Dressage' and author, has been teaching mental communication for 40 years now. Although neither Bettina nor Dominique are promoting bitless riding, they both practice what is the goal of bitless

riding, the riding of the horse with minimal physical aids.



## Monthly Message

### Ultimately, you ride a horse the way you are...

Mentally and culturally, and the various schools of riding that exist today are the expression of the culture, and a reflection of the national character, of the country where the type of riding was developed. People ride the way they are, mentally, emotionally, spiritually. That is why horses perform differently for different riders. (Dominique Barbier in 'Dressage for the New Age')

## Upcoming and Events

Monika's team is still completing the work on a new instructional DVD. The DVD is being translated into English and will be made available to our English speaking riders.

**Sharon P. Fibelkorn** at **Horsestock.biz** had been out a couple of times kindly taking wonderful photographs of some of our horses. Check out the 'Links' page on [www.lgbridle.com](http://www.lgbridle.com) and click on the 'PHOTOGRAPHY' hyperlink to check out Sharon's creative work on [horsestock.biz](http://horsestock.biz).



### Interesting Links

#### PHOTOGRAPHY

Check out these truly amazing photographers who specialize in Equine Art. Some of their work is featured here on this website. Hover your mouse over any photo to get information on the photographer who took the photo.

#### SADDLES

Finding a well fitting saddle can be a challenge. Find out about some of the

Sharon and her team are available for photo shoots of your own equine friends. Some of her images taken of our Spanish Mustang filly, Chani, will appear in the October edition of Horse Illustrated.



#### **And The Last Word Goes To?**

The goal in riding should be the training of the horse to independent, voluntary cooperation. Minimizing and reducing aids, is the method to achieve this goal. (Monika Lehmenkühler)