



Frank Bell Horse Whisperer

Horse Rears Under Saddle

Dear Sir,

I have had my Paso Fino, Stormy, for about 1.5 years but have worked with him for almost two years. I went thorough all the stages well, I thought, until now. He will not buck and he really is not a mean horse but, he has started to rear when pushed too far. I have tried rearing lessons on the ground and he seems quite smart and knows when I am doing these. My girlfriend who rides with me rode him the other day and pushed him to the point of rearing and he got her off and stepped on her chest. This is very dangerous. I thought I could do these lessons on my own but, now I don't think so because he could really hurt someone. Please help me. Can you give me some hints to work on this? I don't want to use a 357 as some have offered and I really don't want to sell him either. I think this is another stage I did not plan on.

Jeannine Baez

Dear Jeannine:

Rearing is usually caused by pushing forward with legs and seat and pulling back with reins or dental problems. Your foot may be on the accelerator and brake at the same time. This is confusing your horse and there is no place to go but up. Give the horse his head when asking for forward and the rearing will usually end. Now consider this: A horse cannot rear unless his weight has shifted back. The simple and immediate way to move the weight forward is to disengage the hind quarters. That pushes the horse onto the forehand. Disengagement is achieved by pulling the head to one side while pushing the hind quarters in the opposite direction. So pull on the right and drive the hind quarters with your right leg. Do this all on the ground first, then it will make perfect sense in the saddle.

Disengagement is well-covered in my foundation video, "[Discover the Horse You Never Knew.](#)" Rearing is addressed in "[Communication in the Saddle.](#)"

The other major consideration is dental. Often times horses with bad teeth will rear- very very common. So you'll need to eliminate that possibility by having a competent person check those teeth.

The behavior your Paso is exhibiting is dangerous and needs to be taken care of immediately.

Happy Trails and Safe Riding Always,

A handwritten signature in cursive script that reads "Frank R. Bell". The ink is dark and the signature is fluid and personal.