



want to know who uses a rein tension sensor like

**INTERNATIONAL RIDER, COACH, TRAINER AND WRITER –
PAUL BELASIK DISCUSSES THE USE OF REIN SENSORS
WHEN TRAINING HORSES TO BECOME COLLECTED AND
BALANCED IN SELF CARRIAGE – SHOWING HOW IT IS A 2
WAY PROCESS.**

quoted from his book **‘In Search of Collection’** with his permission.

In his book “In Search of Collection” Paul Belasik, international rider, trainer, writer and teacher, describes his experience of riding with rein tension sensors, electronically recording pressure on each rein, at the McPhail Centre at Michigan State University, with Dr Hilary Clayton.

He discusses the variations of weight that were recorded, from around 5 lb (2.25 kg), at the start and decreased to about 1lb (0.45kg) and how much analysis is needed to understand the forces involved. He was riding a strange stallion, that he did not train himself.

“I knew what I was doing” he says, “The horse started out heavy on the forehand, each time he landed (when the foreleg and its diagonally partnered hind leg hit the ground) he tried to fall forward. I blocked with a passive hand and supported my hand with my back, seat, and thighs. My hand was still. The spike was occurring from the horse hitting the bit and reins. I really did nothing but set the boundary and held my position as steady and strong and quiet as I could and as we went on the horse began to figure it out and to avoid hitting the bit, began to balance more towards the rear. I was not pulling on the reins, but by me setting limits the horse corrected himself”.

Isn't this what we want our riders to learn how to do, to sit quiet and allow the horse to re-balance himself? By using TeleRein sensors this action can be tested and observed in real time. A high reading is not by any manner of means always created by the rider.

Paul Belasik goes on to discuss the kind of variations in contact that may occur, when riding a powerful horse. “I myself hate heavy contact” he says, “However there is a very big difference between pulling on the reins (i.e. rider aggression) and fixing the length of rein to stop the horse from pulling (i.e. horse aggression)”. “Many riders have no real idea what kind of forces we are talking about”. He goes on to discuss the physical and psychological ways of dealing with this. Do read his book to discover more. It may open your mind to the sort of discoveries that can be made when working to improve a horse's balance and self carriage and eventually gain a true collection.