



# Bit Fitting Workshop Details

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**Have you ever wondered if your horse would benefit from a different bit? If they would be more responsive, less argumentative through the rein, have more lift through the shoulder - then you need to come along to this workshop with Freda McBain, LANTRA Certified bit and bridle fitter. This workshop asks “could we be doing better for our horse, achieve better communication and an improved performance?”**

## Who is coaching this clinic?

Freda McBain – Lantra Certified Bit and Bridle fitter.

Resident coach Christine Shubrook. *BS Accredited UKCC Level 3 Showjumping Coach, Testt® Certified.* Will be on hand to offer ridden advice.



## What is this clinic good for?

- - gaining awareness of the changes a bit can make to the horse's way of going
- - understanding the conformation of your horse's mouth, jaw and head.
- - trying different bits whilst under the eye of a qualified bit fitter and coach.
- - having access to a variety of bits

## What should I be able to do, already, to get the most out of this clinic?

- Walk, trot & canter a 20m circle.

## What will we do?

Freda will assess your horses, listen to your concerns and what you want to achieve from a different bit.

Freda will select up to 4 bits and you will be given time to ride in each bit, to see how it feels to you and gauge your horses response. Christine will be on hand to offer any coaching input to improve the horse's way of going and so you can try the bit over a fence.

## What will I get from the clinic?

Have you ever wondered if your horse would benefit from a different bit? If they would be more responsive, less argumentative through the rein, have more lift through the shoulder - then you need to come along to this workshop with Freda McBain, LANTRA Certified bit and bridle fitter. This workshop asks “could we be doing better for our horse, achieve better communication and an improved performance?”

Routinely when us riders think maybe we should try another bit, we go to what we have in the draw or what a friend has suggested and give it a go. How many times on FB do you see a post asking for bit recommendations?

Sometimes we get lucky, and so does our horse, but there is a better way. Bit fitters are trained to understand the conformation of the horse's mouth; the thickness of their tongue, the width of the Bars of the Mouth, the shape of the jaw, the thickness of the lips, there is so much more to bit fitting than the width of the bit.

We need the horse to be comfortable in the mouth to achieve acceptance of the contact, whilst encouraging the horse to carry itself with its hind legs, not on the forehead.

The cost of a well-made bit means they are not something that we can afford to buy several of just to try, so options are limited. Freda will use her knowledge and experience to select up to

4 trial bits from her extensive stock from leading manufacturers (Trust, Myler, Winderen, Neue Schule). You will be able to try the bits on the flat and over a fence, Christine Shubrook will be on hand to offer coaching input. If you find something that works then Freda can order one of your very own.

In my own (Christine) experience – I wasn't 100% sure that my horse was happy with her bit. Freda was coming for a consultation with another horse on the yard, because my bit box had run out of options for him, so I had a session too. Freda looked at her mouth and commented "that she lent on the left rein", now whilst she can run through the bridle at a fence from time to time and we have had to work on "acceptance of the contact" I didn't feel she did this ... until a rode in the bit Freda selected for her. I don't jump in this bit, but I do work her on the flat and hack in it. It has definitely improved her straightness, ability to carry herself and, funnily enough, leaning on the bit.

## Can I stay over?

Yes.

If you would like to combine this workshop with other events we are holding over the weekend then we have stabling available. On the same day as the Biting Workshop we have a Saddle Review Workshop: Sunday 24th Andy Thomas – Rider Symmetry : Monday 25<sup>th</sup> Christine Shubrook – 'Straight Up' one day showjumping clinic: Tuesday 26<sup>th</sup> Lizzie Murray – Dressage / Flatwork for Jumping Workshop.

The stables are London boxes and they have open bars between them, so please let us know if you have a stallion.

If you wish to stay overnight there will be an additional charge of £10 a night per stable. If you would like to stay over in your transport - hook up is limited but available (£5 a night), and we have a shower and toilet on site.

## Timetable.

The session will be an hour. Your session may overlap with another rider whilst you are trailing your bit.

## How do I book?

Use this google form <https://forms.gle/9ePgev7wFX8WvLev6>.