

The Summerwood Series

# The Journey Begins



At Summerwood, we believe a bitless approach will enrich your relationship and experience with your horse.

These guides will help you get started on your incredible and rewarding journey with bitless riding and training.

Join us!

# An Introduction to the Bitless Journey

## Top 10 Reasons To Go Bitless

- Bitless is for everyone
- Improved health
- Improved performance
- Support a happy athlete
- Practice love & care
- Maximize training
- Increase soundness & longevity
- Safety
- Become a better rider
- Personal growth and change

This e-guide offers a basic examination of some of the many reasons to transition to bitless riding and training.



## Bitless Is For Everyone

Every horse and every rider can safely enjoy bitless riding; show riders, pleasure riders, and riders of any age or size. Bitless is appropriate for any discipline. Bitless truly is for everyone!



## Improved Health

Riding bitless can protect your horse from over 100 documented health, behavioral, and training issues that are caused by the bit.

Well-respected researchers have proven that the bit is detrimental to the good health and well-being of the horse.

Check out the Bitless & Beautiful Resources page for more detailed information.



The Summerwood Series: The Journey Begins, E-guide 1





## Improved Performance

Like many riders, you will likely discover that your horse's stride and movement vastly improve when you make the transition to riding bitless.

Most horses immediately exhibit a newfound freedom of movement, and your horse's gait and way of going can actually improve measurably.



## Support A Happy Athlete



Most riders notice an immediate and perceptible positive change in their horse's mental state and attitude when they transition to bitless riding and training.

Horses tend to exhibit a more joyous demeanor, appearance, and expression when trained and ridden without a bit.

## Practice Love & Care



You can experience peace of mind knowing that you are riding and training your horse in a more humane and loving way; and, you are not causing undue and unintended stress or discomfort through use of a bit.

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## Maximize Training

Your training will be more effective and efficient when you take the bit out of the equation. Your horse will no longer be distracted by pain or discomfort, nor the expectation of these things.



You will feel a renewed sense of cooperation from your horse, and you will find that your horse is more receptive to the training process. Without the distraction of the bit, your horse will be able to focus and as a result, the learning process becomes much easier.



## Increase Soundness & Longevity

Removing the bit, and its associated pain and discomfort, from your training program, will provide the opportunity for your horse to move more evenly, freely, and in a better natural balance.



These three factors will encourage your horse to develop a natural, correct, and strong posture. This in turn can lead to extended soundness and athletic longevity for your horse.

## Safety

Many horses exhibit negative and even dangerous behaviors due simply to the discomfort of the bit.

When a horse reacts out of fear, the horse's negative reactions are often immediately exacerbated by the pain of the bit. A simple spook can very quickly escalate into a bolt, a buck, or a rear when the surprised rider adopts a defensive position and accidentally pulls on the reins and, inadvertently, the bit. A bitless bridle eliminates this unfortunate cascade and does not add injury to insult or pain to fear. The danger of a bad situation escalating is reduced significantly when we eliminate the element of pain introduced by the bit.

Over time, a bitless bridle can actually reduce your horse's negative reactions to frightening stimuli and produce a more relaxed and confident horse.



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## Become A Better Rider

Making the transition to bitless riding will make you a better rider.

When a rider cannot fall back on the bit for blunt, one-way communication, the rider is forced to learn how to communicate with their horse using a more well-rounded selection of aids available to them. Communication is then developed with the body, leg, seat, weight, eyes, and voice.

Without the bit, the rider learns not to seek control, but rather to enjoy an open line of communication with their horse, forging a deeper bond, a stronger connection, and the great harmony between horse and rider sought after by all equestrians.





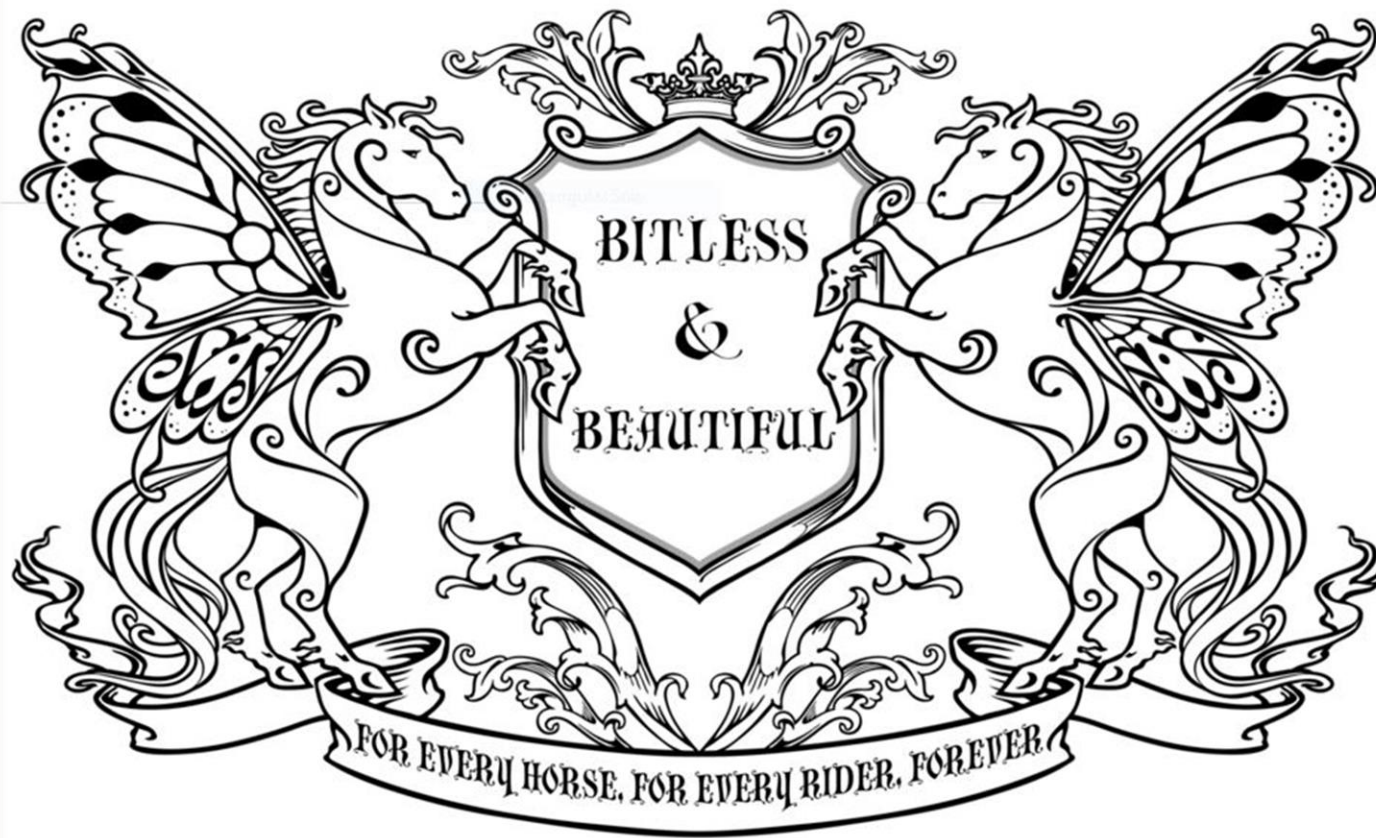
## Experience Personal Growth



Going bitless will be the greatest journey of your equestrian life!

The growth and positive change that you will experience will not be limited to your riding. It will impact and enrich the relationship you have with your horse and reap immeasurable benefits in other areas of your life.

The journey will be different for everyone, but once you begin you will believe; bitless is beautiful!



For more information, please visit our website.  
[www.bitlessandbeautiful.com](http://www.bitlessandbeautiful.com)