

The

# Tellington TTouch<sup>®</sup> Method

## Lindell Sidepull

The Lindell is a side-pull bridle, custom made for Tellington TTouch<sup>®</sup> Training and named after Linda Tellington-Jones.

This bitless bridle has a leather nosepiece and soft leather chin and jowl straps.

Unlike many other types of bitless bridles, the Lindell does not add poll or chin pressure and gives the horse a clear release to the signal.

The Lindell is a key piece of equipment we use to start horses under saddle, help re-train horses who are anxious in the bridle, sensitive in the mouth, tend to evade contact, or for riders who are in experienced or heavy handed.

The action of the Lindell can allow clear, concise, signals - helping horses understand what the rider is asking and encouraging cooperation.

For young or stiff horses, the placement of the side rings helps allow freedom through the neck and encourage a soft bend through the neck, without tipping the nose.

Many rushy or tense horses will find the bitless experience to be relaxing and non-habitual. The absence of a bit can encourage breathing, swallowing, and overall relaxation.

The Lindell can be wonderful for horses who are very sensitive in the mouth, who are overbent or who go above the bit to avoid contact; by encouraging the horse to breathe, lengthen the neck, move through the back and accept contact.

When riding with the Lindell on its own, it is important that you do not use a lot of steady contact and clearly release the pressure after the signal.

Riding the Lindell with a heavy hand can result in horses leaning against it and ignoring the signals, understandably.



## Why Ride Bitless?

- **Develops a sense of trust & partnership**
- **Clearly transfers signals from the ground to work under saddle**
- **Is more forgiving for horses being ridden by beginner riders**
- **Can be more comfortable for horses with thick tongues or oral damage**
- **Encourages relaxation and breathing.**
- **Provides a "novel", non-habitual experience under saddle**
- **It's a lot of FUN!**



# The Tellington TTouch<sup>®</sup> Method

## Lindell Sidepull- cont

### Fitting the Lindell:

When fitting the Lindell it is important to leave the noseband relatively loose so that the horse is free to chew and yawn. The jowl strap is designed so that it can be fitted snugly to maintain laterally stability without inhibiting the horse.

Ethically made in Canada, the Lindell comes in two colours, black and brown, and three sizes, small (pony), medium (average horse), and large (Warmblood/draft).

The Lindell should fit around the nose so you can comfortably get two fingers between the chin strap and the jaw. Initially the nose band is quite stiff. As you oil it and break it in it will soften and shape to the curve of the horse's nasal bone.



The Lindell can be used on its own or with a snaffle bit.

Ideally the chin strap of the Lindell will be on the inside of the snaffle bridle cheekpiece and the Lindell's outside ring, with the rein attached, will be on the outside of the snaffle cheekpiece.

This allows freedom of the reins of snaffle and Lindell.

If a horse is short across the nose, the Lindell will be over the cheekpieces of the snaffle.

When transitioning to a snaffle you can experiment with how much you use the Lindell versus the snaffle and vary it as the horse becomes more comfortable with the bit.

Starting with the Lindell and then adding the snaffle bridle allows for a logical, gradual transition from bit-less to a bit.

**\*When transitioning to bitless, always start in a safe, enclosed space.**

Learn more : [www.ttouch.ca](http://www.ttouch.ca) & [ttouch@shaw.ca](mailto:ttouch@shaw.ca)

