



Tellington TTouch Training for Horses ~ Linda Tellington-Jones, PhD (Hon) ~

THE USE AND FITTING OF THE LINDELL

The Lindell is a side-pull, custom made for Tellington TTouch Training and named after Linda Tellington-Jones. This bitless bridle has a leather nosepiece and soft leather chin and jowel straps. In TTEAM (Tellington TTouch Equine Awareness Method), we use it to start young horses and also with horses who are sensitive in the mouth, overbent and/or for riders who have a tendency to balance off their hands. Our Lindell is made of dark-brown, bridle leather. It buckles under the jowl to keep the nosepiece and cheek straps from slipping.

Many people think the Lindell is like a bosal, but the effect is different. Unlike a bosal, the Lindell does not have any leverage and does not apply pressure to the sensitive nerves under the chin. The Lindell works with pressure only on the nose.

Uses of the Lindell:

- **To start young horses:**
 - We use the Lindell because the signals from a side-pull are similar to the signals of being led with a halter. Therefore the young horse can more easily respond to the riders's signals to turn and to stop. The Lindell, therefore, is one of the steps of chunking down the early experiences of the horse under saddle, making it easier for the horse to learn what to expect from being ridden.
 - Horses learn very easily to turn from the signals of the Lindell. Because the Lindell affects the head rather than having the signal come primarily from the mouth (with a bit), the horse is encouraged to bend through the body rather than tipping the nose. The rider uses a leading rein to signal the direction and can add the outside rein on the neck to introduce "neck reining."
 - When appropriate for the individual horse, we add a snaffle bridle without a noseband. The Lindell acts as the noseband. Step one: the horse becomes accustomed to carrying the bit while the signals are given with the Lindell. Step two: the snaffle rein aids are added to the Lindell rein aids. Finally, the signals are given with only the snaffle.

- **For horses who are too sensitive in the mouth, who are overbent or who go above the bit to avoid contact:**
 - The Lindell encourages the horse to lengthen the neck, move through the back and accept contact.
 - The Lindell encourages the horse to breathe and to soften the neck and back.

The Lindell can also be used in combination with a snaffle, the TTEAM Training bit or another bit.

As described above when starting a young horse.

With horses who are considered “hard mouthed.” Very likely, this kind of horse has never learned that a signal from the bit meant “stop.” Think about it, how should a horse know to stop when he feels pressure from the bit? Often horses feel discomfort from bit pressure and, thereby, the flight instinct is triggered. A horse who learned to stop from a signal on the halter and then had this experience transferred to the Lindell will learn quickly to stop from a light signal from a bit when it is used in combination with a Lindell.

With horses who tend to get excited or raise their heads and tense. Adding the Lindell will encourage the horse to lower the head instead of raising it. This, in turn, offers the horse the opportunity to relax, to release the tension and to become more responsive.

When riding with the snaffle and the Lindell, the Lindell rein is the “snaffle” rein and, as the dominant rein, is placed on the outside of the rider’s little (baby) finger.

Some endurance riders start a race with both the snaffle and Lindell. After the horse settles, they remove the snaffle and use only the Lindell. This allows the horse more freedom while eating and drinking. (These riders attach the snaffle to the Lindell with a short leather strap.)

The Lindell is a type of side-pull which was originally designed for cutting horses to teach them to turn. There are many variations of side-pulls. We have the Lindell made with the jowl strap rather than throatlatch. This prevents slippage (the side straps going into the horse’s eyes) and does not require the noseband to be fit as tightly. If you want the horse’s head to be carried low, for Western riding, settle the nosepiece lower. For English riding, we adjust the nosepiece so it sits 2” to 2&1/2” below the cheekbone.

The Fit of a Lindell:

The Lindell come in Large and Medium. The large Lindell fits Warmbloods and other horses whose heads are broader or longer than average.

The Lindell should fit around the nose so you can comfortably get two fingers between the chin strap and the jaw. Check how the nose piece rests of the nose, too.

There are two sets of rings at the nosepiece. The reins attach to the outside rings; the chin strap to the inside rings.

The Fit of a Lindell with a Snaffle:

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.

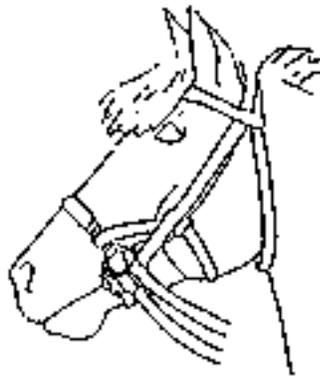
The Fit of a Lindell with the TTEAM Training rollerbit:

We use this combination for horses who may need the action of the rollerbit to soften and flex the poll and the pelvis, but tend to get slightly overbent with only the rollerbit. Place the Lindell over the rollerbit bridle. Then undo the Lindell chin strap and take it under the cheekpieces of the rollerbit. The Lindell's rein ring will be on the outside. If the width of the horse's nose is narrow, the Lindell can be fastened around the outside of the rollerbit bridle.

The Lindell steadies the horse and the TTEAM Training rollerbit encourages the horse to flex at the poll. The curb rein of the rollerbit is an effective way to slow a horse that tends to rush. With the combination of Lindell and rollerbit, you will have three sets of reins. We suggest that you learn to ride with two sets first or use only the top (snaffle) rein of the rollerbit in combination with the Lindell rein.



Lindell alone



Lindell with Snaffle



Lindell with Rollerbit