

## **A preliminary study on the effectiveness of Join-Up training of horses in relation to the time of feeding**

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### **Summary**

The study was conducted using Monty Roberts' 'Join-Up' method. The subject of the study was 14 half-bred horses aged 2 to 8 years, used recreationally, with different levels of training. Four courses of training were conducted with each of the horses. Each course, in accordance with the Join-Up method, consisted of three sessions: A – subordination, B – execution and C – response to touch. During the training the time required to achieve a positive response from the horse was measured. The horse's behaviour during the training was evaluated on a five-point scale. The conclusion of the study was a determination of the quality of understanding between the human being and the horse, i.e. the 'join-up.' The results of the study demonstrated the efficacy of the stress-free Join-Up training method in achieving subordination of the horse to the human being. The number of training courses conducted affected the susceptibility of horses to this form of training and the quality and effectiveness of the training. The work done in the four training courses resulted in the highest possible ratings. Horses trained before their evening feeding learned more quickly and readily than after morning feeding. Comparison of assessments of the first and last training courses shows that the subordination of horses, called the 'join-up', changes favourably with each training course.

**KEY WORDS:** Join-Up, training, nutrition, natural horsemanship