THE CROSSUNDER BITLESS BRIDLE'S
BIBLIOGRAPHY

Evidence submitted to the USEF Dressage Committee in September, 2009 in support of a rule change proposal to permit the crossunder bitless bridle for dressage

As Dr. Cook was the first to investigate the effect of the bit on the behavior of the horse and compare it with a painless approach to rider/horse communication, it is understandable that much of the bibliography consists of articles written by him. Since he has subsequently become the Chairman of BitlessBridle Inc. he declares a conflict of interest. Fortunately, Cook's publications have been well-outnumbered by those from independent authors.

PUBLICATIONS by Dr. Cook in veterinary journals

Dr. Cook's research, since soon after he graduated in 1952, has been focused on the head, neck and chest of the horse. He published many articles in this field before he began to investigate bits and bitlessness in 1997. His interest in the rein-aid represented a natural progression of his previous work. In explaining the disadvantages of the bit, he drew on his previously published research which is not here listed. Many of Dr. Cook's veterinary articles listed below are available online at www.bitlessbridle.com.

Articles:

3. Cook, W.R. Equine headshaking survey *Veterinary Record* 12/19/07
9. Cook, W.R.: Bit-Induced Pain; a cause of fear, flight, fight and facial neuralgia in


**Book:**


**Videos:**


2. Cook, W.R: "Bit or Bitless?" A video of the CHA experiment in Kentucky,
PUBLICATIONS by Dr. Cook online or in horseman's journals

Some listed as online have not yet been installed and, indeed, there are so many that some may have to be archived rather than placed on a website. But missing ones can be supplied, on request, to info@bitlessbridle.com

7. Cook, W.R.: “Storungen der Atemwegsfunktion und andere durch das Gebiss verursachte Probleme des Pferdes – Ein Ansatz zur Problemlosung” (Publication in Germany; journal name to be discovered) 2001
14. Cook, W.R; “Fear in the Horse.” Published online at www.bitlessbridle.com 2002
15. Cook, W.R: "Not snoring but suffocating: Bit-induced asphyxia." Published online at www.bitlessbridle.com 2002
16. Cook, W.R: "The Horse's Bit, a Bronze Age Anachronism." Published online at www.bitlessbridle.com 2002
17. Cook, W.R: "Bit or bitless, pain or painless? Published online at
www.bitlessbridle.com 2002

18. Cook, W.R: "Sore-mouthed horses." Published online at www.bitlessbridle.com 2002


20. Cook, W.R: "Effect of the Bit on the Behavior of the Horse” Published online at www.bitlessbridle.com 2003

21. Jahiel, J: "Hackamore or bitless bridle? Published online at horse-sense.org/archives 2003


23. Cook, W.R: "How does it work?: A two-minute demonstration." Published online at www.bitlessbridle.com 2004

24. Cook, W.R: " Harsh Bits, Draw Reins and Martingales/Tie-downs " Notes for an interview by Marcia King for her article in 'Horse Illustrated.' 2004. Published online at www.bitlessbridle.com


27. Cook: “Chewing, Staying Awake, and Horse Health.” The Horses Hoof Issue 20, p19, Summer 2005

28. Cook, W.R: "Rationale for Allowing the Crossunder Bitless Bridle for racing." Published online at www.bitlessbridle.com 2005

29. Cook, W.R: "'ON THE BIT' & about the USEF and the F.E.I!” Published online at www.bitlessbridle.com 2005

30. Cook, W.R: "The 'Why,' 'What,' and 'How' of Fitting the Crossunder Bitless Bridle." Published in 'The Instructor' (Journal of the Certified Horsemanship Association) and online at www.bitlessbridle.com


32. Cook, W.R: "Rollkur is the mouth what soring is to the cannon bone: Observations on the Report of the FEI Veterinary and Dressage Committees’ Workshop on the use of over bending (“Rollkur”) in FEI Competition,’ Published online at www.bitlessbridle.com January 2006


35. Cook, W.R: "What makes a horse fast?: Notes for an interview." Published online at www.bitlessbridle.com 2006

36. Cook, W.R: "Four reasons why racehorses bleed." Published online at www.bitlessbridle.com 2006


40. Cook, W.R; "Evolution of the Crossunder Bitless Bridle." Published online at www.bitlessbridle.com 2007


42. Cook, W.R: "Cyanosis of the tongue." Published online at www.bitlessbridle.com 2007

43. Cook, W.R: "Dressage Bits - Welfare 'Buts' " Published online at www.bitlessbridle.com 2007

44. Cook, W.R: "Is it safe to drive a bitted horse?" Published online at www.bitlessbridle.com

45. Cook, W.R: "The Horse's Bit and the Cause of Epiglottal Entrapment." Published online at www.bitlessbridle.com 2007

46. Cook, W.R: "The harmful Effect of the Bit on the Head Bob in the Galloping Horse." Published online at www.bitlessbridle.com 2007

47. Cook, W.R: "The FEI and the Crossunder Bitless Bridle: Correspondence about a Rule Change Proposal." Published online at www.bitlessbridle.com 2007

48. Cook, W.R: "Inspiration, Perspiration and Imitation." Published online at www.bitlessbridle.com 2007

49. Cook, W.R: "Why is a Bit an Impediment to Horse and rider?" Published online at www.bitlessbridle.com

50. Cook, W.R: A March 2007 update for riders on the status of a rule change proposal for the crossunder bitless bridle to be permitted for dressage under FEI
rules. Available on request at info@bitlessbridle.com 2007

51. Cook, W.R: "Benefits of the bitless bridle." Published online at www.bitlessbridle.com 2007

52. Cook, W.R: "Beware of the Bit; A health and safety hazard for horse and rider."
   Monograph published online at www.bitlessbridle.com 2007


54. Other, A.N: "Riding without a bit." Five letters to the editor of Dressage Today in support of the above article. 2008

55. Cook, W.R: "What scientific research is there to prove that the bit is cruel and contraindicated and that the crossunder bitless bridle is to be preferred?"
   Published online at www.bitlessbridle.com March 2008. The question was posed by an enquirer prior to the CHA experiment in November 2008.

56. Cook, W.R: "Do-it-yourself Surgery on the horse in Motion." Published online at www.bitlessbridle.com 2008

57. Cook, W.R: "After a visit to the dentist." Published online at www.bitlessbridle.com 2008

   Published online at www.bitlessbridle.com

59. Cook, W.R: "Deep throat and the horse: Why does a bit interfere with breathing?"
   Published online at www.bitlessbridle.com

60. Cook W.R. “Twelve reasons why a cost/benefit analysis on the Bitless Bridle shows it to be an economic bargain.” *American Natural Equine*, Issue #8, p16, 2008


63. Cook, W.R: "Bit vs Bitless: The Certified Horsemanship Association Experiment."
   Published online at www.bitlessbridle.com 2008

64. Cook, W.R: "Bit vs Bitless: A simple administrative reform to reduce accidents in equestrian sport." Published online at www.bitlessbridle.com 2009

65. Cook W. R. “Playing with the Bit: Happy or Exercitating?.” *The Natural Horse* Vol. 11 Issue 1 p17 Jan/Feb 2009

66. Cook, W.R. "A critique of the Strassburger Bridle Trial." Published online at www.bitlessbridle.com 2009

67. Cook, W.R: "On the Bit: A misleading and mischievous phrase." Published online at www.bitlessbridle.com

69. Cook, W.R: "A bitless training bridle for the harness horse." Published online at www.bitlessbridle.com 2009

70. Cook, W.R: "Why do horses' lungs bleed?"

71. Cook, W.R. "Prevention of Accidents to Riders caused by Tack: Feel it, log it, fix it." In press for the online journal Horses For Life. September 2009


PUBLICATIONS in veterinary and horseman's journals by authors that have no conflict of interest

4. McFarland, Cynthia: “Spirit without the bit's bite” Thoroughbred Times 6 March 1999 p33-34
10. Keller, Bettina.: “Part II; Was atmung alles ausmacht”, PferdeSpiegel, August 2000, p52-53
15. Jahiel, J: "What is this new bitless bridle?" Published online at www.horsecity.com
16. Jahiel, J: "Bit trouble." Published online at www. horse-sense.org/archives
[Additional articles in Dr. Jahiel's Archives - over and above further citations to Jahiel included in this bibliography - that provide an independent and expert opinion on the Bitless Bridle can be found by carrying out a search for the following titles, "Riding without a bit"; “Fixing’ traumatized young horse”; “Dead-mouthed’ horse”; “Bitting problem with a 13-y-o horse”; “Bitless bridle and war
bridle"; "Bitless Bridle for beginner lessons"
17. Jahiel, J: "At the Horse Gathering this year" Published online at www.horse-sense.org/archives
19. Whitfield, P: The Bitless Bridle. Published online at www.bitlessbridle.com
26. The Scribe, The Horse’s Mouth.: Horsemen’s Yankee Pedlar, Vol 42, Number 8, August 2002
30. Mendez, Manolo.: “Schooling the Horse: The importance of lengthening the neck.” Hoofbeats, Australia. 1/20/03 draft
31. Mills, D. S: “Shaken up; Part One …the latest research on headshaking causes and symptoms” Your Horse. p81-82, April –May, 2003
33. Bull, Maria.: “Train Your Horse at Home!: A first Timer’s Experience” Horsemen’s Yankee Pedlar, Parts 3 & 4 ,May and June, 2003
35. Anon: "Why use a Bitless Bridle?" Review of 'Metal in the Mouth.' 2003 Published online at www.bitlessbridle.com
38. Scoggins, R.D: "Bits, Bitting and Dentistry." Published online at www.myhorsematters.com 2003
40. Johnson, T: "Surgical removal of Mandibular Periostitis Bone Spurs Caused by Bit Damage." Proceedings of the American Association of Equine Practitioners, 2003 [An abstract by Evers, S.L. is available on request at info@bitlessbridle.com]
46. Jahiel, J: "Dressage in Bitless Bridle?" Published online at www.horse-sense.org/archives 2004
47. Thompson, W: "Mother and daughter ride barefoot and bitless." *Pakenham-Berwick Gazette* Wednesday 6th October 2004
55. Waterfall, Catherine.: “Should you go bitless?” *Horse* June 2005, p28-31
58. Hulle, K: "Evolving Toward Harmony." Published online at www.bitlessbridle.com 2005
61. Have you tried this?: Feedback to “Have you Tried the Bitless Bridle?” *Holistic Horse*. Winter 2005, Vol 11, Issue 44, p19
63. Trutmann, C: "The Bitless Bridle." presentation at Cornell. Published online at www.bitlessbridle.com
64. Rider-Tack-Tested: You don’t always need a bit." *Horse and Pony Magazine (UK)*, February 2006
66. Cotterell, Jennifer: “The quest for Cody: A Florida woman fulfills her dreams with a retired Standardbred.” Hoof Beats, January 2006, Volume 73, Number 11, p139-140
67. Dow, Leslie Smith.: Bitless Bridle Update: The bitless leading the witless? Horse Canada, July/August 2005 p51
75. Goodnight, Julie: “Give Your Horses a Break: Dr.Cook’s Bitless Bridle.” The Instructor.” (Official Publication of the Certified Horsemanship Association) Summer Issue 2006
76. Bowie, Andrew: “Bits, rings, gadgets and what true collection is supposed to be!” Available online at www.equethy.com 6/28/06
79. McQuillan, Elizabeth: “A Bit Different: Ten good reasons to Try Riding Bit-Free.” Published in Ireland, England and Scotland’s ‘Equestrian’ magazines during 2007 [Ireland: Jan/Feb 07; England: Issue 17, June/July 07]
82. Nevzorov, A: "Dressage: Let's Dot the i's and Cross the t's: Do you want to kill a horse?" Published online at www.NevzorovHauteEcole.com 2007
84. Guillame, J: "Bitless Dressage" Published online at www.bitlessbridle.com 2007
87. King, Marcia: “A New Breed of Bridle (Bitless).” The Horse. August 2007, p77-82.
89. Barbato, E: Behavioural modifications in the sport horse following use of a cross-under bitless bridle. Abstract of a publication in Italy. October, 2007. Available on request at info@bitlessbridle.com
90. Hickling, S: ‘Dr.Cook’s Bitless Bridle’ *Tried and Tested.* [www.horsemart.co.uk](http://www.horsemart.co.uk) 2007
93. Anon: "Equine Wellness and FEI Rules." Published online at [www.bitlessbridle.com](http://www.bitlessbridle.com) 2007
94. Waller, Linda.: “Are we causing unnecessary pain?” *British Dressage.* October/November, 2007, p56-57
96. Roberts, R: "Eventing the Barefoot, Booted and Bitless Way!" *The Horse's Hoof* Issue 27, Spring/Summer 2007
101. *Bitloos experimenteren op Horse Event.*” Mensport NR.07 2007  p 20-21
103. McLachlan, L: "Don't Crank it!!" Published online at [www.prehorse.co.nz](http://www.prehorse.co.nz) 2007
113. Murphy, C: "Where are the brakes?"  Independent newspaper, Ireland. June 10, 2008
115. Killeen, K and Dean, Y: "Taggerty's Story” as told by the owner, a dressage judge. Published online at www.bitlessbridle.com August 2008
116. Camp, J: "One good reason to go bitless." Published online at www.soulofahorse.com 2008
118. Calkoen, M: Wat Het Bit Teweeg Brengt *PowerPoint presentation* 2008
120. Calkoen, M: "Another successful bitless driving clinic in Holland." Published online at www.bitlessbridle.com April 17, 2008
122. Tell, A; Egenvall, A; Lundstrom, T; and Wattle, O: "The prevalence of oral ulcers in Swedish horses when ridden and when unridden." *The Veterinary Journal* 178, 405-10, 2008
123. Bell, S: "Bitless Bridles - How they work." Published online at www.successful-natural-healthcare.com 2008
124. Bell, S: "Brakes without a bit" Impossible!' Published at www.successful-natural-healthcare.com
128. Strassburger, J: "Bitless Disappoints Us: These bridles are supposed to make our horses more comfortable." *Horse Journal* April, 2009
129. Strassburger, J: "The Bitless Bridle's Maker Responds: He believes our evaluation was flawed." *Horse Journal*, June 2009
130. Lalley. L: "Donkeys Triumph in Bitless Bridles." A report from the Western Australian Donkey Society on their Annual Conference. Published online at www.bitlessbridle.com 2009