

#	BITTED BRIDLE		CROSSUNDER BITLESS BRIDLE	
	COST	BENEFIT	COST	BENEFIT
1	<b>WELFARE &amp; SAFETY</b> Frequently inhumane, albeit unintentionally. The method demands the very lightest of hands (i.e., the hands of a master – a rare skill, only acquired after years of practice) & a relentlessly independent seat if damage to the mouth, adverse behaviour and a high risk of accidents are to be avoided, Cannot be recommended for the novice rider or for any horse	<i>More precise signalling for dressage is claimed by some, though the evidence is lacking.</i> Even if 'fine tuning' was a reality it is outweighed by the costs listed on the left. Imprecision of signalling is the norm.	none	Welfare and safety of horse and rider are optimized. Communication by the widely distributed and gentle pressure of strap on skin, rather than the focused and forceful pressure of steel on bone, renders the method virtually incapable of causing the horse harm, even in the hands of a novice rider
2	Easy to cause <b>pain</b>	none	none	painless
3	Horse can choose to nullify the <b>communication</b>	none	none	Cannot be nullified by the horse
4	<b>Frightens</b> many a horse and makes them spooky, nervous & uncontrollable	none	none	Promotes calmness, compliance and contentedness
5	Triggers <b>'eating' reflexes</b> that upset the rhythm of breathing & the poetry of motion (gait)	none	none	Compatible with the physiology of exercise
6	Causes over 300 <b>behavioral problems &amp; diseases, together with many accidents</b>	none	none	Solves these same problems and renders riding safer
7	<b>Increases risk</b>	none	none	Decreases risk
8	<b>Retards learning</b>	none	none	Facilitates learning
9	<b>Reduces performance</b>	None	none	Enhances performance
10	An obstacle to <b>rider/horse harmony</b>	None	none	Promotes rider/horse harmony
11	Spoils the <b>pleasure</b> of exercise for both athletes	None	none	Increases pleasure
12	<b>Discourages riding</b>	None	none	Encourages riding
13	<b>Balance of aids.</b> Inevitably exaggerates the rein-aid	None	none	Promotes seat and legs
14	Difficult/impossible to <b>choose</b> the 'right' bit	none	none	No waste of money, time and patience in trying many bits
15	Difficult/impossible to <b>fit</b>	None	none	Easy to fit
16	Increases <b>trainers &amp; vets fees and 'down' time, loss of use</b>	none	none	Decreases expense on trainers and vets fees and reduces 'down' time
17	<b>Expense.</b> Increases likelihood of need to replace your horse & the loss of years of training	None	none	Decreases likelihood of need to replace your horse and increases longevity of its life
18	Huge penalties for horse and rider mandated by <b>FEI rules.</b> Increased risk of accidents, a blight on equine welfare and the horse's quality of life. An emotional drain on the rider due to bit-induced problems	Allowed (mandated) by FEI and national federations for dressage and certain other disciplines	Disallowed for dressage under FEI and all national federation rules; The Netherlands partially excepted	None under present FEI rules but huge benefits for horse and rider if the rules were updated to permit the use of a bridle that offers a watershed advance in welfare, safety, pleasure and performance
19	Penalties during <b>racing</b> as above	Required for racing	Disallowed for racing	Many benefits if the rules of racing were updated

**Key:** Red text = line item topics; **Italics** = line items that also reflect cost/benefits for man as opposed to others that are determined exclusively on the basis of equine welfare; **Highlighting** = the benefits of each method

**SUMMARY:** The bit has 2 out of 19 benefits, the bitless 17 out of 19. Conversely, the bit has 19 of 19 costs and the bitless 2 of 19. Both of the two bitless 'costs' are due to competition rules that have not yet been updated to permit the crossunder bitless bridle.