

Speaker 1 ([00:00:12](#)):

You are listening to the Journey on podcast with Warwick Schiller. Warwick is a horseman trainer, international clinician and author who helps empower horse people from all over the world with the skills, knowledge, and mindsets needed to create trusting partnerships with their horses. Warwick offers a free seven day trial to his comprehensive online video library that includes hundreds of full length training videos and several home study courses@videos.warwickschiller.com.

Warwick Schiller ([00:00:45](#)):

Good day everyone. Welcome back to the Journey on podcast. I'm your host Warwick Schiller, and I have a very, very special guest this week in Ty Murray. So basketball has Michael Jordan Hockey's got Wayne Gretzky soccer has Pele and cycling has Lance Armstrong on that level, Ty Murray stands amongst these peas is the most accomplished rough stock rodeo athlete in the century. Long history of the sport, a record setting seven all around world championship titles under his belt. Murray has truly earned his nickname as the King of the Cowboys, but Time Murray transcended the horse in Western lifestyle space and became a household name even starring in a Miller Light commercial with Burt Reynolds playing a cameo role with Chuck Norris on Walker, Texas Ranger, and even starring as himself in an episode of C S I Crime scene investigation. In 2008, Ty appeared in the eighth season of Dancing with the Stars with his then wife, the singer Jewel.

([00:01:43](#)):

But during the height of his amazing success in his chosen sport, Ty was fascinated by better horsemanship and applied the same focus and tenacity to learning a better way to be with horses as he had with his rodeo career. In this conversation, we chat about how that came to be his passion for horses and giving them a better deal in life and his love for his wife and children. If there is one thing that really stood out for me in this conversation is that Ty's never been worried about external validation or the approval of others, something that drives many successful people. Instead, he's got a very strong sense of who he is and one of those people who only takes on challenges just to test himself. So it was an amazing chat with Ty and I was very honored to do it, and I hope you enjoy this podcast as much as I did recording it.

([00:02:31](#)):

Ty Murray, welcome to the Journey on podcast. Yeah, thanks, mark. This is going to be fun. There's so much stuff I want to talk to you about and I'm not even sure where to start. Most of my listeners are probably not people who are familiar with rodeo and they're probably the slightest bit. They're from all around the world, quite a few from Europe, and some of them even may find it distasteful and that's their problem, not ours. But I grew up around rodeo's, dad rodeoed a lot. I thought when I was a kid I thought I wanted to be a bull rider until I actually got on two full-sized bulls and it scared the shit out of me and that was no longer the case. But you, you know what? You're an interesting character to where you kind of wanted to do that thing from the time you were born. Tell us about that.

Ty Murray ([00:03:26](#)):

Well, I'm a multi-generational cowboy, and so I was born into it. My dad, I rode bucking horses and bulls kind of on an amateur level and he broke colts for a living and he started doing that as a young boy. He did it all of my life growing up, so it's something that I was always around, but when I was a little boy, I was just enamored with the rough stock events in rodeo and Larry Mahan was my hero, and I just thought that he was just so amazing and so brave and so tough, and I guess I idolized that as a little kid. And so I watched everything that he did and he was the guy. And so at a very young age I decided that I

wanted to try to see if I could break the records that he had set, and that was something that really inspired me and drove me throughout my professional career as well to see if I could try to reach those goals that I had set for myself.

Warwick Schiller ([00:04:47](#)):

Yeah, it's interesting, so many people when they're a kid, they want to be a firefighter or an astronaut or something and they always end up doing something else even they might be quite successful at it, but they end up doing something else and you, from the very get go stuck with that. Do you have any sense of, I don't know why or how that happened?

Ty Murray ([00:05:15](#)):

Well, I'm not really sure. I think that I'm probably still that way that when I get really interested in something, I tend to really kind of go all in on it and I think about it all the time and I like challenging myself with things and trying to get better at them. And I guess that's just kind of the way I've always been. I don't really know how to explain it because I don't really know of being a different way. I'm just trying to analyze it kind of. But I see that trait in myself. I found out what dirt bikes were a few years ago and started riding single track in the mountains, and that's something that I've really gotten into because it's just a wonderful world that I didn't even know existed really. And it's kind of that same thing. You just really have to stay focused and in the moment and fluid and you have to understand the technique and skills that you have to have and learn and get better at to be able to do it successfully. And so I think that's just kind of, I don't know if you say it's obsessive compulsive or what, but I think that I've always been that way. Whenever I find something that I really love, I just, it's kind of all I can think about and something that I really just thirst for to understand more about it and know why and how to get better at it.

Warwick Schiller ([00:07:04](#)):

Which leads me to what you're doing here on the podcast is you have been really down the rabbit hole of horsemanship and understanding horses from let's say a view that is sometimes outside the norm, the way most people look at horses. How did you get started in that? I know you're really into it these days, I just want to know that we'll start at the beginning. How did you get started with that?

Ty Murray ([00:07:35](#)):

Well, when I was, I've been horseback my whole life. I don't only remember starting, it's just something that I've done since I was two years old and when I was about 20 years old. And I would say that growing up we could make horses do anything we wanted. And really, people tried to buy our horses every weekend when we'd go to a junior rodeo, we could make 'em do the monkey trick. But as I started growing up and getting older, I started to wonder why I would see every now and then, not often, but every now and then you'd see somebody that really had something working with their horse and you could tell that their horse was happy and comfortable and understood what they were doing, understood the communication, and it was a way different end picture than what I had. I had horses that I could do whatever the task was that I was going after to do, whether it was catching a cow or Brandon calves or whatever it was, but I didn't have a horse that was happy, comfortable, liked me.

([00:09:01](#)):

I just had a slave that I could out cowboy and out tough and just make whatever I was trying to do happen. It really, it's just miserable. I say I could get it done, I could get it done to a degree, but I could

never get it done the way I wanted to get it done. Me and the horse were just kind of adversaries. When I was 20 years old, I read a book by Tom Dorrance, I believe it's called True Unity. And when I read it, I didn't understand not one sentence in the whole entire book. I mean it was like reading it might as well have been Japanese. I had no idea. I had no idea anything that he talked about it, the whole book. But the weird thing about it is I didn't understand it, but I knew I should. And I don't even know how to really say that any better than that.

[\(00:10:00\)](#):

I really had no concept, no grasp whatsoever of what he was talking about. And sometimes it felt like he was just talking about fairy dust or something to me, but I knew that I needed to try to educate myself. So I started on a quest there of I read everything I could find on Tom. I read a book that his brother Bill had written. I read Ray Hunt's books and then later on I sought out a guy by the name of Dennis Reese who actually lives out in California, and he was doing demonstrations at the national finals. And I went and watched one of his demonstrations and he saw me and I just kind of slipped in there and was just kind of setting off to the side. And afterwards he saw me and he came over and talked to me and I was a big fan of the things that I was seeing him do, and luckily he was a fan of me and what he had seen me do in rodeo.

[\(00:11:12\)](#):

And we hit it off and he asked me right then, he said, do you want to come out here and ride with me in the morning? And I said, I'd love to. So I was up early, right, and early the next day and met up with him about 6:30 AM and he put me on some horses and started showing me some things and I was just blown away. And from that started a, I went and I lived with him for at one point I lived with him for a hundred straight days, and then I went on the road with him several different times and he's come to the ranch quite a few times and we got to spend a lot of time together. And everything that I know about horses that has given me a better deal, given the horse a better deal, was born from him and things that he taught me and showed me, I feel like that now maybe I've learned how to experiment and keep it going. Maybe I hope to think keep it going upward, but it's all based on all the things that he taught me and showed me and got me to understand

Warwick Schiller [\(00:12:34\)](#):

That experimenting thing. So there is a Japanese, I think it's a Japanese martial art concept called sharri. You ever heard of ssha? So it's sharri roughly translate into keep to fall and to break away. So the first part of it, the shoe is you've got to learn the fundamentals and you've got to stick with one program. And then the second part is the, that's the detach, that's the digress. That's breaking with tradition and you start to do things a bit differently. And then the rig, the last bit is where you make your own stuff up. And it sounds like you spend enough time with Dennis to figure it out exactly one way. And I always tell people with horses, I said, find someone who inspires you. You like the way they communicate you, the way they work with horses, you like their end result with the horses and do exactly what they tell you to do from start to finish with one unstarted horse, two unstarted horses, whatever, do exactly what they say to do from start to finish.

[\(00:13:43\)](#):

And once you get through that, then you can go, oh, well now I go and see this guy and this guy and start to pick and choose because I think the thing that they struggle with is, you'd know this, but there is so much little stuff in the beginning, the foundations of the foundation sort of thing that seems like I could skip over that. It's not important. And it's not until you get much further down the track and you go, oh, that's why we had to do that. And if you don't have somebody to make you do those things, you

could go, well, that bit's not important. And you kind of skip over it, especially if you pick and choose from different people. It's like going to the grocery store. Okay, I love chocolate and I love beer. I don't like vegetables. I won't have any of that. You got to have a balanced diet. Yeah, I just didn't know if you, because I knew you'd done some martial arts. I didn't know if you're aware of that. Martial arts. It's basically, yeah, I

Ty Murray ([00:14:38](#)):

Have trained in martial arts and that that's an interesting thing that you bring up because I think it applies to everything really. I think that when you're learning, sometimes you might even be just emulating, but you have to get to a point where you emulation doesn't work, you can't have to understand. And Dennis poured his heart and soul into me because you're probably well aware of, I think good horsemanship is very, very, very hard to learn. I think it's even harder to teach sometimes. And he really poured his heart and soul into me. And it took, when I started out, I was a nine time world champion in an arena with a dozen, 70 year old ladies with helmets on and a carrot stick. And I needed to be right there because though it may appear that I was cowboy enough to ride one if it bucked and I could make 'em do stuff, and I wasn't afraid, I still didn't have working any of the things that I think are important when I look back.

([00:16:05](#)):

So really I don't put myself above any of 'em. I feel like that I was right where they were at and I to, and I knew that. I knew that at the time. I knew that the first thing that Dennis taught me was how to halter a horse. And I tell people that and they kind of roll their eyes or whatever, but it's a fact. And then to take it a step further, when the horse can see you, you better be tuned in. And that's something that I had no understanding of. And I can remember when I first met Dennis, one of the first times I was around him, there was some ladies there that had some horses that were dragons.

([00:16:54](#)):

I remember Dennis saying I wouldn't get on that horse. And I looked at him, I was like, I would, what do you mean you wouldn't get on? Because it is just what you were talking about. I had no idea. All the important stuff that comes before you even think about getting on a horse. And my deal was just you get on 'em and you just tough it out and you win. You win the battle. And that's kind of the way I was raised. And that being said, my dad wasn't nowhere in this hemisphere, but he was a guy that would get the task done when they would bring him a horse that wouldn't go in the starting gate, he would definitely get him in the starting gate when they brought him a horse that would flip over backwards. He would get him to quit flipping over backwards so he could do whatever task you were trying to do. But when I had an understanding, that started to get an understanding that it goes way deeper than accomplishing the task. And now it's funny because now I feel like with a lot of things that I do with horses, I'll tell people that the part that mattered to me and the horse happened before the task happened.

([00:18:16](#)):

When you and the horse have the conversation you've won before he even gives you what it is that you were trying to get. And so it took me a long time and a lot of really just blood, sweat and tears really. And I'm not really exaggerating when I say tears. I mean there's days that you just want to throw it in, but there's something about the horse that always just keeps bringing me back.

Warwick Schiller ([00:18:49](#)):

I'm glad you mentioned that bit about being in the arena with a bunch of seven year old ladies wearing helmets with the carrot sticks because Kansas Carradine was the one that told me that story. I guess you relayed that to her somewhere when you were chatting with her and she said, you know what? You really should get Ty on the podcast kind of going down the rabbit hole. I think we're all going down now. So horses, it's funny when you said when you're in that arena with all these 70 year old ladies with helmets and their carrot sticks and you can get things done and you weren't afraid, don't you think that horses are great equalizers as in to get along well with horses? You have to have access to all the parts. You have to have to be able to be firm. When you need to be firm, you need to be soft when you need to be soft and you need to be a lot of things. And imagine you in that arena, you had a lot of skills that they didn't have control over your mind and body. For one, imagine they probably had trouble with the fear aspect, but you didn't have trouble with the fear aspect, but there'd be other parts that they were probably in touch with that.

Ty Murray ([00:20:06](#)):

Absolutely. And the first thing, and so to be clear, when I'm saying 70 year old ladies with helmets and carrot sticks, I'm not saying that as a put down or derogatory because I was saying it as the funny juxtaposition, but those women letting go of their egos, and it might be all different reasons that they did it, but those women inspired me because they were there truly just wanting a better deal with their horse, and they were willing to let their ego go for that. And so it was more important to me than to try to show everybody that I'm a tough guy or I don't need to learn anything, or I've been doing this my whole life or anything like that because I was just focused on wanting a better deal for me and my horse.

Warwick Schiller ([00:20:58](#)):

And this was kind of at the height of your career, wasn't it?

Ty Murray ([00:21:02](#)):

Yeah, pretty much.

Warwick Schiller ([00:21:05](#)):

And so if you guys listen at home, think about that. Ty's career, rodeo career, okay. He's at the top of the pile as far as the rodeo world, and that kind of bleeds over into probably recognition from other sports people, but you kind of, oh, what's the word I want to use? You rose above all that as far as in the horse game, it'd be hard to find somebody that competes somewhat at high level with horses that's also basically branched and mainstream. You ended up on Dancing with the Stars and you were in a, what was it, a Miller Light or a Budlight or something commercial back then.

([00:21:57](#)):

You were kind of like a mainstream personality. Probably one of the few from the rodeo world, especially back then that went outside that. And so it's just interesting. I'm just trying to get people to set the scene here about your mindset because you are not only the king of the Cowboys, you're rocking it in other places too. And you go out to Dennis's place and you go, tell me what I need to know. I'm just trying to get people to be aware of that beginner's mind, that mindset. Let's talk a little bit about, I don't really want to get into much of the rodeo stuff here, but I want to talk about some of the things. How did you end up being the guy that broke all the records sort of thing? And I listened to a podcast you did with a sports psychiatrist or psychologist, I'm not sure what he's, Michael ve, I think his name is. And you were talking about a lot of different talents that you were born with, the body shape, the body size, the

fast twitch muscles. Can you talk us through some of those things that you think were unique to you that made you

[\(00:23:30\)](#):

Be able to do the things you could do?

Ty Murray [\(00:23:33\)](#):

Yeah, I feel like I was lucky in so many ways. I was born into a very cowboy supportive family, and so it was something that I was just totally immersed in from birth. And then the rough stock events are what captivated me as a young boy. And luckily it turns out that I'm the perfect size, shape, body type. I even feel like the way that my mind works works well for learning to master control of your brain in a car crash, scary environment and all that stuff. I was just lucky. I mean, obviously I probably had to develop some of that stuff as well, but I kind of was born with a lot of the right parts. I had the support and I had the opportunity and all of those things, and I had the passion and the love and the drive, and then I have this whatever type a personality or whatever it is that you want to call it, that I would just get single-mindedly focused on something. And it never went away. It was from the time I was two years old until I reached my goals into my late twenties, early thirties.

[\(00:25:11\)](#):

I just feel like a lot of luck went into it along with a lot of love and passion went into it as well. And I think a lot of stars have to align for you to become the world's best at something and then even more stars have to be aligned for you to continue to be the world's best at something for an extended period of time.

Warwick Schiller [\(00:25:37\)](#):

You mentioned one of those things, you said that body shape, size, weight, all that sort of thing. And then you said, and the mindset. So especially the bronc riding and the bareback riding. Yeah, that's tough too. But the bull riding especially is like you said, car crash, scary sort of thing. And you know what? My listeners would know that I usually send out 20 questions to people and get 'em to choose some questions to bring up during the podcast. And you said, Hey, I've been asked everything. You can ask me anything you want. And so I thought I'd intersperse them through this, but one of my last right now is let's talk rodeo cowboy or bull rider. What is one of the misconceptions people have about your profession? That'd be a good one.

Ty Murray [\(00:26:31\)](#):

Well, I think the main one, especially that John Q Public has is that bull riders are just crazy guys that hold on for dear life. And that's really a slap in the face when you understand what it takes to become a great bull rider and what all goes into it and what the mechanics and fundamentals of it are. And I tell people that become to be a world-class bull rider, really to be a bull rider at any level is not about holding on. If that was the case, you'd just see a bunch of bodybuilders that were great bull riders or a bunch of guys with huge arms that were super strong. Your average bull rider is somewhere between five six and five eight and 140 to 165 pounds. And so in a nutshell, bull riding is continually being able to put your body in a position that counteracts what the bull is doing to try to get you off of his back.

[\(00:27:38\)](#):

And there's certain amount of basics to the mechanics. There's going to be some variables in there because of all the different styles and patterns of bucking that bulls have. But learning to stay focused and fluid in very scary situation. And it's scary every time I rode somewhere around 6,000 head in my

life, and it was scary for me every time, there's a respect that you have when you're talking about a 2000 pound animal. They don't even have to be mean. They can kill you on accident just by turning around. And so I think I was enamored by that and the challenge of figuring out the mechanics, the basics and the mechanics, and then figuring out how to get in a place here that you could be focused and fluid. That's the trick. That's the hard part. So you might see guys that are incredible athletes.

[\(00:28:48\)](#):

I've worked with guys over the years that were incredible athletes that I'm talking like world, world-class athletes, but when you put them in that environment, it's useless to them because of the car crash scariness of what riding a bull is. And so I think it's, that's the biggest misconception that you just get on and hold on for dear life. I always joke with people when I got into dancing with stars, I had no idea what I was signing up for. And that's a whole art craft and world that I didn't even know existed that those dancers have spent a lifetime learning that stuff. And back then I thought, well, you just go out there and do different moves to music. And so that's kind of where I have an understanding of how people don't understand what it is that I've spent a lifetime trying to be good at.

Warwick Schiller [\(00:29:50\)](#):

What was your biggest challenge in Dancing with the Stars?

Ty Murray [\(00:29:53\)](#):

All of it. I mean, it really was, and people laugh at me when I say that, but it was physically brutal. I would get out of bed in the morning, I look like a 90 year old man. My feet were just crippled. I tell people the reason it's such a brilliant show is because if it was golfing with the stars, I could go out there and suck at golf. I could go out there and I know how to hold the club, I know how to swing the club and I might hit the ball and stuff like that. But with dancing, you have to know every single step for the two and a half minutes. And every time the music does that, you've got to be doing something on every one of those clicks. And even just memorizing it was hard, let alone having good technique and all of that.

[\(00:30:42\)](#):

So I would have to practice, I'd practice eight hours a day every day, and you're in those dancing shoes that aren't made for comfort, I don't guess, because I would eat a giant bowl of ice cream every day that I was on that show because I was losing weight to the point that I was sunken in and just trying to take in as many calories as I could. It was hard, and that's why it's a successful show that 25 million people a week we're watching. I don't know what the ratings are now, but when I was doing it, it was 25 million people a week. And the reason it's so successful is because people can't fake their way through it. So you're seeing all these different people from all these different walks of life that have to put in the time,

Warwick Schiller [\(00:31:33\)](#):

How was it mentally? And it probably wouldn't bother you, but I'm really into sharing with our listeners people's mental states about things. How was it mentally knowing that you're probably looking like an idiot in front of 25 million people? I don't mean idiot for doing it, but sucking at something.

Ty Murray [\(00:31:51\)](#):

Yeah. Well, the thing that I said is I'm going to try as hard as I can, and I know that you're probably not going to find a guy that's less cut out to be a dancer than me. I don't feel like any part of my makeup lends itself to that. It's a world that I didn't even know existed. And I just decided that if I was going to

do it, that I was going to go and I was going to try as hard as I could. And I can say that I tried as hard as I could and I never did get very good at it.

(00:32:37):

But you're trying to, it's TV show and you're trying to learn something in a matter of weeks that the ones that are great at it have spent a lifetime. And so it's kind of like if when I bring people on and teach 'em how to ride bulls in a few weeks, not they're going to ride about the way I danced. It is just how it is. And I don't think that I ever felt like, oh, I'm going to look like an idiot. And maybe to some degree, because I remember the very first night that we went out there and danced, I couldn't even hear the music. I was just like, holy cow, what are we doing here? And it would get better each time each week it would get a little bit better as far as that goes, but I would practice as hard as I could, and it was all I could do every week just to remember all the steps.

Warwick Schiller (00:33:32):

And how many weeks were you on that thing?

Ty Murray (00:33:35):

I want to say it was like, I don't know exactly 12 or 13 weeks, but you start a month before that, so it was a long time.

Warwick Schiller (00:33:47):

Did you have to go to LA for that?

Ty Murray (00:33:50):

I did, yeah.

Warwick Schiller (00:33:52):

You stayed out there the whole time?

Ty Murray (00:33:54):

I did. It was funny, when they were talking to me about being the show on the show, I said, well, I got to come back to the ranch every week. And the lady said, she said, okay, yeah, we'll take you back to the ranch, however much you want to go back to the ranch. And I was like, awesome. And when we got done with the call, she started laughing and I said, what are you laughing about? And she says, you have no idea what you've just gotten yourself into cowboy. And she was cracking up and she pretty much summed it up. I really had no idea what I was getting into. I never came back to the ranch once because I didn't have time. I didn't to be able to come back to the ranch.

Warwick Schiller (00:34:39):

Yeah, what a shock, huh? Yeah, I listened to another podcast with you recently and something you said on there was about, you said it's always been about proving something to myself rather than proving things to other people. Have you always had that mindset?

Ty Murray (00:35:00):

I think there's maybe a part of you that wants to show other people as well, but I think for the most part, for me, it's about being, whenever I have something that I just love that I want to go after, I think it's more about showing myself. I think that's what it feels like. It's like, well, could I get this good at it? Then you might even change it and go, wow, maybe could I get this good at it? Oh, wow, could I keep going? Oh, well, I think that that's something that I like to do. I like to push myself and keep trying to get better and having, I don't know if you'd call it goals or benchmarks, kind of could I get that good and then work at it and see if you can prove it to yourself? I think it's way more about that for me than it is to proving it to other people because it's so hard. Whether it's riding bulls or horsemanship, they both feel very, very hard.

[\(00:36:33\)](#):

For me, I tell people all the time that trying to be a better horseman is the hardest thing I've ever done. It feels harder to me than what my rodeo career was, and because there's just so many elements to it and it's so fun and it's like an onion kind of. It's like you just keep peeling layers and you just keep seeing more and you just keep, it just feels like it just keeps going. And the things that interested me 20 years ago about horsemanship don't interest me now, the things that I thought were amazing five years ago, I don't think are it's, it keeps evolving to where it feels like something that you get to chase your whole life. It feels like that onion, you're just going to be able to just keep peeling back layers for as long as you live because you just keep learning every single time with a different horse.

[\(00:37:54\)](#):

You just keep learning and you keep getting better, and then you keep trying to do less, and then you keep trying to get better at it and make each step make the next step so much better when you start seeing how all that works. And so it's just this, you called it a rabbit hole and maybe that's what it is, but it's fun. And when I go down and mess with any horse, it'll feel like it'll be five hours went by and I am shocked. It feels to me like I've been there 30 minutes and I'll be there five hours and I'll be like, what? I'll be down there. I'll get down there say at seven in the morning, and my wife will be like, well, are you ready to go eat? And I'm like, go eat. We just ate. It is five hours later, and it's like, I had no idea that that time went by because it's so fun and it's so interesting and watching the light bulbs come on for horses and watching them get happier and less scared and less braced and less nervous and start to trust you and start to believe you and start to look for the answer, that's a fun, that's a really fun process.

Warwick Schiller [\(00:39:16\)](#):

Yeah, you're getting to that flow state.

Ty Murray [\(00:39:21\)](#):

Yeah, I guess it just feels good to just keep getting a better deal. I just know that it's something that I won't ever get. I just don't think that you can get to, I never did in my rodeo career, I never got to a point that I said I'm the best I can be. I never got there. I was still trying to, I still felt like I could get better every day of my career until I was done. And that's how this feels to me. I know that we're just scratching the surface on great horsemanship. I know that. I just feel like it can just, if you love it enough and work at it enough, I feel like it's just infinite and it would be amazing to just get as great as you can possibly get at it because it just gets better and better.

Warwick Schiller [\(00:40:24\)](#):

You're at the point now to where I've kind of been at this way for a while too, is you are less interested in what you can get 'em to do and you're more interested in how they feel about it.

Ty Murray ([00:40:38](#)):

Yeah, that's a fact. Yeah, that's a good way to put it. That's kind of goes back to what I was saying earlier. I could get a horse in a trailer from the time I was a little boy, but when they give it to you is a thousand times better than when you take it. And that's kind of what I was touching on earlier. If we're using putting a horse in a trailer, a scared colt before the horse goes into the trailer, all the part that mattered is done. You know what I'm trying to say? Oh yeah, I know when he's going to get in the trailer or whatever it is. I'm just using the trailer as one example, but it's like you can see it in their eye when they're going to do it, and you know that when you've had the conversations that added up to him. That's the beautiful part where I think humans are so task oriented that we think a win is in the trailer and you hit the nail right on the head when now it's not even about the trailer. It's about them deciding to give it to you and feeling that and knowing that they're going to give it to you.

([00:42:05](#)):

And yeah, it feels like, I know I'm going to get the task, but the way that I'm getting it is way more important to me now for sure.

Warwick Schiller ([00:42:16](#)):

Right. Yeah. It comes back to that you're more interested in how they feel about it, that they offer it. You said something in ago about taking it versus them giving them, and I had a horseman from Canada on the podcast named Josh Nichol, and Josh said, the horse is basically saying, do not take from me what is mine to give to you.

Ty Murray ([00:42:39](#)):

Yeah, I know. It's a way different end result when they give it. I think that bad horsemanship has been handed down for a long, long, long time, hundreds of years. And then on top of it, I think that it's a little bit like telephone where it gets diluted and watered down and changed each time that it's handed down to where by the end of it or from here to here, it's completely unrecognizable to what may have even been right in the beginning. And you even see that can happen now with good information that people are given. They might go to a clinic and they see a guy do something that, I don't know really what an example would be, but they kind of miss the point and they're trying to emulate, and what they're doing is not really making sense to the horse. And I think that's why it's so important to just try to understand where the horse is coming from because whenever you understand the why, then you can remember the what. And that's really kind of how my brain works really in my whole life. I don't do things because somebody just told me I should do that.

([00:44:12](#)):

I have to know why it would work, and then I have to see it work and I have to see it work better and then I can remember it and then I know when and why I'm doing it. And so I know that that's something that's always been pretty important for me.

Warwick Schiller ([00:44:29](#)):

Yeah, my mind's always worked that as far as learning to train horses and stuff, I would always take what they told me, but I'd want to figure out why did they tell me to do that Then if the situation was different, would I do it the same or why did we make that decision rather than that's what you do.

That's the thing that fascinated me. I just actually published a book, I've written my first book. It's called The Principles of Training, and it talks about principles. It starts out with a quote from a guy named Harrington Emerson, and he says, oh, hang on, I'll have to read it off the back. I can't think of it as to methods. There may be a million and then some, but principles a few. The man who grasp principles can successfully select his own methods. The man who tries methods ignoring principles is sure to have trouble. And that's exactly what you're talking about there is getting told what to do has its limitations unless you understand the reason behind it.

Ty Murray ([00:45:35](#)):

Yeah, it's like raising kids. There's a million ways to raise kids, and what's funny is you'll see a kid that grows up in a tough environment that turns out great, and another kid that grows up in that same type of tough environment that grows up horribly or vice versa. Or you see a kid that grows up in an amazing situation that turns out bad and another one that grew up in the same sort of situation turns out good. So there's really a million ways to skin a cat, and Lord knows that horses have been treated every way imaginable that there is. And so for me, it's not about a certain person or a certain training, understanding how to present it to the horse in a way that makes sense to a horse. What I feel like what I see all the time is people trying to beat the square peg in the round hole of looking at it from the way a human looks at it, and I'm going to show him, and he shouldn't do that to me, and I'm showing him whose boss and all those things that doesn't belong in a horse's world.

([00:46:52](#)):

They don't understand winning or losing or success or failure or that they made you happy or they didn't, or you go down a long list of things to anthropomorphizing to all kinds of stuff that people keep trying to do with a horse that's not making sense to a horse. And that's where Dennis really turned on some light bulbs for me is when he started just getting me to see it from how the horse sees it. And now I'm at the place where the horse tells you for everything that I do. They tell you when it's working, they tell you when it's not working.

([00:47:36](#)):

And I think that the part that I'm really interested in is I want a horse to be able to understand subtle communication, and it's to where I can go do anything without drilling a monkey trick 8 million times. And I think so many people think that horses learn through repetition and that they, you've got to drill this certain monkey trick or they're afraid of that, well, I'm going to drill 'em on that until they're not afraid of it, or I'm going to teach 'em how to stop 8 million times something they knew how to do when they were a day old. Those are the things that it was mind numbing to the horse and to me of doing drills and all of that. So the part that I'm interested in now is having a horse that you teach a language to and then you just get to where you can talk fluently. And so then it makes it where the tasks, when the first time you go catch a cow, the horse isn't doing it because he's been trained how to go catch a cow, but he understands what you're asking of him and he's just giving you that. I would say that's kind of in a nutshell of where I'm at today of just trying to have a horse that just has a happy, quiet, confident understanding of our communication.

([00:49:17](#)):

And really where that took off for me was me understanding the horse's communication. And I think where before the horse wasn't really considered in so many things and really I was grown, the thing that I had to work at to get out of me was I was raised around a bunch of tough cowboys that it was like, oh, hell whip him on the ass. Let's go. We got stuff to do. And it was this thing of anything the horse didn't understand. We thought we took personal and thought the horse was trying to screw us out of

something. And so having that mindset where it's kind of ingrained in you for 20 years, it's funny, but it's hard to get that mindset out of you. And I can say that it's out of me now. It took a long time and a lot of hard work, but I know now that it's not personal.

[\(00:50:27\)](#):

I know now that horses aren't being vindictive or plotting or conniving against me, or how am I going to screw him today and all those things. Or you have that thing and you have like, why are you going to act like idiot today? We did this yesterday and you were fine. You're an idiot. Getting that out of me and understanding that they don't understand or they're scared is generally they don't have confidence, the things that are real to the horse. And when you learn how to start presenting it a little differently, you get a different outcome, not just for the task, but like you said, the way they feel about the task and being able to do things where they're not braced and they're not unsure and they're not being forced, and you can just feel that that relaxed, happier fluidity in them. That's where the thing that I'm hoping that if I can ever inspire somebody, I'm hoping that I can get people to see that better horse. I feel like right now people feel like there's barrel racing, team roping, jumping, dressage racing, distant racing, all these million different things that you can do with horses, and then there's horsemanship. It's another little cup.

[\(00:52:02\)](#):

And it's so crazy to me that in this day and age, with all the information that's out there with all the good hands that are out there trying to help people that we're still having that conversation that people don't see yet. I always have people say that thing, you do that stuff you do, and I'm like, it's just better horsemanship. It's not stuff or a thing or magic. And I'm like, when are we going to get people to see that this is going to give them the competitive edge? Better horsemanship is going to give you the competitive edge in so many different ways, not just physically. It's going to help physically a lot, understanding a horse, it's going to help him physically a lot like how he needs to be positioned to stop. But even more than that, that's just one example. But even more than that, whenever you can take all that anxiety, embrace and fear and all that equation out of it for the horse, now you have a horse that can go compete because he's not just scared to death knowing that a hammer's going to drop at some point and he doesn't really understand why or when or how it's going to drop.

[\(00:53:24\)](#):

The funny

Warwick Schiller [\(00:53:24\)](#):

Thing that rabbit hole that you are talking about right there is you said, yeah, if you learn this stuff, you get the competitive edge. But in my experience with both myself and other people who have been down this rabbit hole is you start out, you want to learn to do this stuff so that you have a competitive edge, but once you get into it, the desire to compete with horses goes away. It might

Ty Murray [\(00:53:51\)](#):

Be,

Warwick Schiller [\(00:53:52\)](#):

You know what I mean? You get to where, oh, I just want to have a relationship. I want to have a conversation with this horse. I don't feel the need to take this horse out and take 'em to the horse show and win something. And I've found that once you get to a certain point, Len, you sound like you're at that point now.

Ty Murray ([00:54:12](#)):

Well, I'm sorry. I would just say that I don't feel like competing, but I always chalk that up to two that I competed for the first 32 years of my life, and I just kind of thought of it as that cup is full. And so for me, I'm in a situation where I have a ranch here in Texas. I run 250 head of mother cows on 3000 acres, and I use my horses here at the ranch, and that's what I do, and that's what interests me. So it's not really in a place to want to go compete or I've done that for so long, but I'm competing within myself every day because I'm wanting a horse to be happier and better. And it's like, that's never going to quit because you keep, it goes back to that onion. You just keep seeing how it can be so much better each time. Every single horse, it's like, wow, it just keeps getting better and better and better. And so there is a competition there, but it's not at a horse show.

Warwick Schiller ([00:55:28](#)):

Right. You said some quite a bit of time ago about the trailer loading example, and you said, by the time you ask him to get in the trailer, all the work's been done from the conversation you've had before. And that's the thing I think that changes for a lot of people is once they get into the mindset of we're having a conversation, this is not a monologue. I'm not just going to tell this horse how things have been done. I'm listening to how this horse tells me how he feels about the things being done. And you get that back and forth. I was sitting here listening to you and I'm thinking somebody at home is probably thinking, well, okay, tell me what the technique is to do that thing you're talking about, but or when you said first time you've got to go rope a cow, he doesn't know how to do that, but he can do it anyway.

[\(00:56:15\)](#):

I think a huge part of that is the trust they get in us from all those conversations. They don't that they kind of realize you've got their back. And so if you think it's okay, well it's okay. Whereas if you are just teaching them to do things and there's no conversation to it, every new thing's a new thing because there's not that connection to you that trust in you to fall back on. And then that's when you've got to teach the horse every single individual thing you want 'em to do, especially the scary things. I want to cross a creek or whatever it is. You know what I mean? I find you don't have to work on stuff near as much because like you said, if you take away the fear and the brace and the worry, that's a thing that stops most people from achieving something with a horse. It's not that the horse can't do the thing if the horse can't do the thing with the fear and the brace and the worry, and people are trying to overcome the physical limitations of a horse that has the fear, the brace, and the worry instead of thinking, well, that's the stuff that's getting in the way. If we can just have that go away, the horse must, like you said, they know how to stop the day they're born sort of thing.

Ty Murray ([00:57:32](#)):

Yeah. That's the thing that I always remind people and remind myself is that we're not teaching 'em to do backflips and somersaults, and the only thing we're ever going to get from 'em is all the things that they can already do. And I hear people saying, oh, this horse, he doesn't want to stop. Well, actually, that's his favorite thing to do. And you hear people, I'm training them to stop. I'm training them to turn around, I'm training, whatever. And for me, it's not about that at all. It's about them knowing when I would like them to stop because they can't wait to stop.

[\(00:58:18\)](#):

And the thing that Dennis helped me with so much was the first time I ever rode with Dennis, he said, Ty, you ride your horse 10% of the time. And I looked at him, I was like, no, I ride him every day. And he was like, no, what I mean is you're giving your horse information about 10% of the time and it's not that

good information. And I was like, what are you talking about? What are you talking about? So he took my bridle off and we were in an arena and he took my bridle off. And when he did that, I realized that I no longer had that one key on the keyboard that I would try to type letters with. You know what I mean? That one key was gone. And so that was a huge eyeopener for me to man, that was big for me.

[\(00:59:20\)](#):

And people are like, why would I want to ride my horse bridals? Well, you probably never would want to, but what it can teach you when all you've done is pull for everything. Your whole life is incredible. And that's what Dennis did for me. And I still ride bridal list to this day by myself at the ranch because I'm not showing off. I'm not going, Hey, look at me. I can ride my horse bridal list every single time to this day that I ride with no bridal. I ride better. I give my horse a lot more information because so many people think the reins are a joystick, and you just jerk it, left, jerk it, right, jerk it back, push it forward. I'm just going to joystick this horse and do whatever. Well, think of that from the horse's standpoint, not only mentally, but physically, he can't do it either way.

[\(01:00:19\)](#):

And so that was such a light bulb moment for me to realize that I have to have a keyboard with all the letters on it to type a letter. I can't just sit there and hit that one key, which is the joystick. And people are like, sometimes I hear people say, well, why would I want to ride Briles? Or, oh, big deal. You're only got a halter on your horse, a halter. For me, I am at a place where I have such a hard time understanding all the things that have been created to put on a horse's head because it's all a giant megaphone screaming in his ear that he doesn't need at all. And I've had it proven to me by a lot of different guys, and I've proven it to myself of how little it takes with a horse, and I've got a tack room full of spade bits and everything you could ever dream of that I've spent a lifetime collecting that is just covered in dust.

[\(01:01:39\)](#):

It's all still hanging there, but it's all just covered in dust because I don't understand what the purpose of any of it is at all anymore. And I was talking to a friend of mine the other day, and he said, if five pounds got his ringing his tail, what do you think 15 pounds is? Why are you going to put more when your five pounds isn't working? And he is already ringing his tail? Are you going to do 15 pounds? And I thought that was a good way of saying it. It's like you'll hear people say, well, my horse goes really good in that bit. Yeah, he survived you better in that bit, or is the way it feels to me. And I know there's people out there, I know there's hardcore cowboys and rodeo people that want to look at this. It's a bunch of hippie yoga, touchy feely stuff. And there was probably a time that I had feelings of that in me early on. But when you have something proven to you a million ways and you watch a horse get better and happier, and a horse that truly starts to like you and really starts to feel like a partner, how do you deny that? I wish that people wouldn't look at it from a, do you see that? Do you see people that you feel like are looking at it, that been around horses their whole life and they don't want to hear it?

Warwick Schiller [\(01:03:11\)](#):

You know what? Yeah. Sometimes I do not probably as often as I used to. And the thing that makes my life better is if I can just imagine that everybody I encounter or see or whatever is doing the best that they can with the knowledge they have, it just makes life easier than thinking, well, they should be doing it differently. If someone asks me, I'll tell 'em. But if they're not asking me how to do it better, you're just going to piss 'em off, leaning over the fence and saying, Hey, you're doing it wrong. And so, I dunno, it just makes my life easier if I can, when I see people, and

Ty Murray [\(01:03:57\)](#):

I'm not even really saying it that way as much as I'm saying it that I think people that have had, it doesn't even matter. It doesn't have to be cowboys. It could be anybody that's done things with horses their whole life. And sometimes they will look at it from a distance. They'll look at better horsemanship from a distance and they will go, no, geez, that's a bunch of touchy feely yoga bullshit. And I'm surprised that where we're at now and all the things that the different guys have been out there showing people that it's not that better. Horsemanship hasn't gotten further along than what it is because you still see things at every level to the highest levels that are bad horsemanship, that are horses that don't understand what they're doing, and they might be at the Olympics.

[\(01:05:10\)](#):

And when you're watching horses in between jumps that are shaking their head and trying to get freed up enough to clear this next six foot wall. And so I guess what I'm trying to say is it's amazing to me when people just kind of look at it from the surface and go, oh, I don't want to just stay on the ground with a carrot stick, and they're not looking into it far enough to see how it could change their world. It could change how their horse feels, how they feel, and how they are, whatever it is they're doing. I don't care if you're just packing into the mountains or if you're competing or if you're just a trail rider or if you're just a, even a backyard pet. Better horsemanship is going to make it where he doesn't, when the grain runs out, try to wheel and kick you. I guess that's what I was saying is more I'm, I'm not trying to point, I'm not trying to, the finger and say you're doing it wrong. But I guess I'm just amazed that some of the people that you see that they love horses so much and they're not investing the time to figure out that you need a round peg to go in the round hole.

Warwick Schiller [\(01:06:30\)](#):

Yeah. If you go back to your martial arts training, you may have heard this saying, when the student is ready, the teacher will appear. And so those people are not, they're just not ready to look at stuff this way. But the other thing you've got to think about is never underestimate the value of planting a seed. And I've seen some of the videos you've been putting out on, I guess on Facebook or whatever with your horses at the ranch and stuff, and that's planting a seed because you're not standing on your soapbox telling everybody, you're all doing it wrong, you should do it like this. You're just like, Hey, this is what I'm doing and it's working for me. And if someone can see something like that, and it might take 'em five years to go, yeah, I'm finally ready because this other stuff isn't working. But I think that planting a seed is, what's that other saying? The best sermons have lived, not preached question I had for you. Once you see this stuff, you can't unsee it. And that's the place you're at now. You can't go back to that place you are talking about those people are at. And once they see it, they won't unsee it either. So you are now, you're a husband and a father. Have you found that the horsemanship and the being a better husband and father kind of reflect each other? The horses help you be a better version of yourself for those other things?

Ty Murray [\(01:08:03\)](#):

So I think without a doubt, I think sometimes I'm better at it with horses than I am with people. I feel like I do a good job with my family. I feel like I do a good job with my children and my wife. What's funny is my wife is she saw, like you said, you can't unsee it. My wife has seen enough that she can't unsee it. And when I am helping her sometimes it's very hard for her and which it was for me too. And you have the days where she might cry or get

Warwick Schiller [\(01:08:44\)](#):

Told, okay, you got to stop right there. You don't know the golden rule. You

Ty Murray ([01:08:50](#)):

Don't change

Warwick Schiller ([01:08:52](#)):

Your life. You can't teach anybody with horses. You can't teach somebody you've seen naked. Sorry. You can't take lessons from somebody you've seen naked. Okay. Oh yeah,

Ty Murray ([01:09:05](#)):

That might be right.

Warwick Schiller ([01:09:05](#)):

It doesn't work. Bob ler told me that one.

Ty Murray ([01:09:08](#)):

Yeah, but what my point is, my wife struggles sometimes with better horsemanship, but she's such an amazing mom. She's that topnotch horseman with our children. And that's crazy to me because sometimes I feel like I'm not as good with people and she's amazing with people, but it's the same thing and the things that she does for our children. I'm like, I'm watching a great horseman with, I'm watching a great Kidman or people, men or whatever you would call it, because she's amazing with not just our kids, but she's amazing with me and she's amazing with anybody she comes in contact with.

Warwick Schiller ([01:10:02](#)):

Yeah, it's interesting. Yeah, it sounds like her maternal instincts are really good. And the thing that I do a lot teaching, I use a lot of analogies because everybody is good at something. Everybody is very good at something in their life, and I can figure out what those people do or they do for a living or whatever. I can say, well, imagine you were doing this. And with Paige it might be like, well, imagine this horse was one of your kids and you set the situation up that way because then they can kind of figure out, it's amazing how much the correlation between the two is. I had an email the other day from a former N H L hockey player from Canada who follows my videos and stuff and he now coaches hockey and he said, I haven't been down the rabbit hole of these videos for very long, but he said The impact it's had on my relationships with the people I teach and the other coaches and my wife and kids has been amazing.

([01:11:10](#)):

And actually I might get that guy on the podcast. I think I'm need to hit him up. He was a long time played, I don't know how many seasons, 13 seasons or something, N H I and had, I think he had a lot of problems with drugs and alcohol at the time and has come out the other side of that and probably has some great stories to tell. I'll have to get him on the podcast. But it was really interesting. He told me that he's a former N H L player who coaches hockey and watching the horse training videos has helped him be a better hockey coach.

Ty Murray ([01:11:42](#)):

Yeah, I think something that you said today that feels super powerful to me is that, I don't remember exactly how you said it, but when the student is ready, the teacher will appear. Something along those lines. That's

Warwick Schiller ([01:11:56](#)):

Exactly what I said. Yeah,

Ty Murray ([01:11:57](#)):

That's such a true thing because I think that sometimes you see all these different, you see all these different people from all these different walks of life that have the different things that interest them. And it might be the ribbon or it might be the world championship or it might be going to the Olympics or it might be the beat a 13 two or whatever it is. And I think when their focus is there, it's no different than what I said about the human nature. If you're going to use putting a horse in a trailer as an example, the human can't get overthinking that horse in the trailer. That's the win. That's where I win. And it's like for me, I got ready to be the student because I was so sick of all the things that I'd been taught not working and not having a quiet, happy horse, not having a horse that it finally got to where it was just so miserable. It just was miserable. And it just got to the point where you just quit. It just quits being fun when you feel like you're just drilling a monkey, that sucks for both of you, I think. And so maybe that's what got me ready to be the student.

Warwick Schiller ([01:13:23](#)):

Yeah, what you said about you just got so sick of that, it doesn't matter what you do in life, whether you check yourself into rehab or you go and see a therapist because you're in your head about so much shit. It doesn't matter what it is. It's almost like you've got to get to the bottom. You've got to get to the place where you're sick of feeling or living or doing whatever it is you're doing. And so that rock bottom, people think rock bottom's a bad place. Rock bottom's, the start of everything because, and you don't train horses for the public, but if you did doing what you do, you would not get people coming to you as their first resort. They would do all the other stuff and you'd be their last resort. They'd be like rock bottom. I've had that. I haven't trained horses for the public for eight to nine years now, but I used to get a lot of problem, warm bloods, rearing, bolting, bucking, whatever, different sorts of horses, but quite a few of them.

([01:14:24](#)):

And it wasn't like, oh, we'll go see this guy because he can help. It's like, I've seen everybody else and it hasn't worked. And what was really funny, you get a kick out of this, I had some local eventing trainers send me this horse that bucks and it's a mother and daughter, they're venting trainers in this area and it's like, well, this is cool. The venting trainers starting to get an idea of what I'm on about. This is kind of cool. Well, I heard later that the only reason she sent me the horse to solve with the bucking problem, I wear a cowboy hat, so I must be going to ride the buck out of him.

Ty Murray ([01:15:02](#)):

That's funny.

Warwick Schiller ([01:15:04](#)):

And you were talking before about little things. The first day those two eventing trainers come to see me ride the horse. So I'd had her for a couple of weeks maybe, I dunno, got through all the groundwork and I'm going to ride her for the first time. And I texted 'em and I said, Hey, you guys want to come and watch me ride that mayor, I'm going to ride it tomorrow. And they're like, oh sure, yeah, we'll come over. So they come over and I had a friend from Australia staying with me at the time, and he's the only reason I know what they said. But so I go in the middle of the round pen and she's 17 two or something

or other, so I'm going to get on her with a mounting block. And so the two trainers are over at the gate, my friend's over there and I go to get on her and oh, she doesn't want to stand still when I get on, I put my foot in the strip, she goes to walk off.

[\(01:15:47\)](#):

And so I start fiddling with that a little bit and I said, do you ever, ever any mounting problems with her? And they're like, no, no, no mounting problems. I'm like, oh, okay. Must be something I've done. I don't dunno, I've upset to pull me up. Anyway, I fiddle around there for half an hour getting it to where she will stand there in a loose rain when I get on and when I get on, I just swing a leg over. I sit on her. And at that time, the daughter turned to the mother over at the gate and whispered, oh my God, she's never stood still for me to get on before. But my friend heard that. But the thing was she told me, no, we don't have any mounting problems I can get on. It's like there's the problem. That's the start of the buck. That's the, and if you Well,

Ty Murray [\(01:16:30\)](#):

It's normalized. I was just going to say that. It's crazy. It's crazy. All the things that are normalized, even when you grow up around horses, all those things, like your horse walking off as you're starting to get on that is no big deal. You think is no big deal because you were going to go check cows anyway and he's walking that way and that's where you were going anyway. And then you're riding along with somebody and they stop and your horse stops and you were visiting. So that wasn't a big deal because, and then they ride off and then your horse rides off because their horse rode off and that was no big deal. You're still visiting and you're going them anyway. And so there's all these 8 million little things that I was doing that I had no idea were adding up against me. And basically I was letting the horse drive 90% of the time and then wondering why, whenever there was any kind of situation at all, why is he wanting to drive until I started seeing those little things. That goes back to what I was saying about seeing it from the horse's point of view. Those are huge light bulbs that Dennis was able to turn on for me.

Warwick Schiller [\(01:17:47\)](#):

Yeah, they're pretty amazing. Those light bulbs. When you

Ty Murray [\(01:17:52\)](#):

To talk a little bit more about like that, if you look at old Frederick Remington paintings, what does every horse look like in every Frederick Remington painting you've ever seen? Every one of 'em has its head on, upside down, its mouth gapped, open the whites of its eyes and its fear. I mean, you look at all the old John Wayne movies that all them actors are jerking these horses around and their mouth gapped open and they're sweating mess. And it becomes normalized. I think it becomes just becomes the norm for people and they just think, well, that's a horse. And I know I for sure felt that way all growing up is all these undesirable behaviors that my horses had. I thought that was just how horses were because it's always so easy just to blame everything on the horse or you don't understand. You've never seen a better way. So you just think that all those undesirable behaviors are just, that's just a horse. And so when people started showing me that that wasn't the case and that a horse could be happy and relaxed, calm and brave, have an understanding and a trust, that was when I knew I needed to change my program big time.

Warwick Schiller [\(01:19:10\)](#):

Yeah, you are one of those guys. You're fully down the rabbit hole you said before about people that look at things completely differently and they just kind of old school. And you said you see that a lot. And I'm lucky enough, I don't see it a lot because when I do clinics and stuff, I've got enough stuff out in social media and YouTube and stuff that people get where I'm coming from, so I don't, I want a bigger bit. People show up and it is, oh, there's something about that hive mind or that energy you get from being around like-minded people. You just kind of feed off each other. And those ones that if someone was to show up and they want you to show 'em how to beat their horse up to do the thing you wanted to do, that's just this, I dunno, I just pick up on that energy these days. I'm not crazy about being around it, but I'm lucky I don't. And the question I was going to ask you was what, and you probably don't give a shit what they think, but what do people from the rodeo world, what do they think about what you're doing with horses these days?

Ty Murray ([01:20:23](#)):

Well, I don't know if I know the answer to that really. I don't really know the answer to that. Everything that I do for the most part is just kind of here at the ranch.

Warwick Schiller ([01:20:36](#)):

But I'm guessing you don't care anyway.

Ty Murray ([01:20:39](#)):

Well, I don't think that I care from a standpoint of what people think about me. I don't think that I care that people are saying what I do care about is I would love to see the horse get a better deal. And I see so many of these horses, it's so clear to me now the things that I see that these horses you watch the highest levels of, they can't do the simplest things. They can't lead a horse in the Kentucky Derby, which that was something that I brought up that turned into a firestorm of people defending, getting in a fistfight with a horse. And I think that's where I would just like for, I'm not talking about high level equitation, I'm talking about leading a horse.

Warwick Schiller ([01:21:44](#)):

Right? I actually want to go there because yeah. So you kind of picked a bit of a fight somewhere on social media about something to do with the Kentucky, pick a fight, get that, but it ended up being a fight. Social media. What did you learn from that shit show?

Ty Murray ([01:22:08](#)):

What do you mean

Warwick Schiller ([01:22:10](#)):

As far as given the same situation? Would you do that again or would you like, you know what, that was a lot of energy that didn't actually help the situation and actually alienated people from the idea I'm trying to project, would you go there again or would you go I would do it differently next time

Ty Murray ([01:22:29](#)):

I would. For me, it wasn't about trying to get people to like me or do anything on social media to, it wasn't about that to me. It was about trying to knock what has become normal, normalized to say people we need to take a look at this. They're not man eating dragons. And for that don't know what

we're talking about here. It was in the Kentucky Derby, what was the horse's name? Rich Strike? I think so. And the Outrider afterwards really went down and grabbed the bridal rein right by the bit and really confined this horse. And the horse gave him about 10 warnings that wasn't working. And then he gave him a nip and then another nip, and then the guy started punching the horse. And then it turned into an all out fight. And about a minute and a half into it, the horse about bites, the guy's leg off. And the thing that stuck out to me is what a horrible, I grew up in the racehorse business. I grew up on the track.

[\(01:23:48\)](#):

I've been around this my whole life. And here we are the biggest stage in horse racing and we're seeing a guy that doesn't know how to lead a horse and for people for it to be so normalized that people say, well, it's a stallion. It just ran a race that doesn't have anything to do with nothing. Whenever all you do is put a stud chain on their upper lip and just jerk on it for everything, that's the result that you get. And when you cram 'em into a corner like that, you're going to get a fight. And the reason I didn't bring it up to make friends or to have everybody pat me on the back, I brought it up to try to draw attention to another raw thing that the horse is getting because the horse doesn't have a voice. And I started that, what I said in that post on the Kentucky Derby was that Tom Dorrance said, the horse needs a lawyer.

[\(01:24:45\)](#):

And I just think that's one of the best quotes that I've ever heard because it's so easy to just say, well, that horse is, he's all jacked up on adrenaline. He's a stallion. I've seen stallions are amazing. They're so brave. They're more independent than a mayor or gelding and they can have as good a manners as anybody else. Imagine if we looked at that way with humans. What if we said Ty's a stallion, he's liable to just eat somebody at any moment. We're so backwards that we're taking a herbivore herd animal and getting them to act like a lion. And that's all coming from us. And so I stand by what I said. If I saw it again, I'd say it again because I, I'm trying to bring attention to the things that have been normalized with horses that aren't normal. And I would invite them to bring me rich strike. I would love that. I would love to show people in a very, very short time what a gentleman rich Strike could be. And so I guess that's all I got to say.

Warwick Schiller [\(01:26:08\)](#):

Yeah, it's interesting things like that. I mentioned before, I hadn't trained horses for a number of years now, but a couple of years ago I wanted, like you, you're always changing things and I wanted to get a problem horse in and video the whole process. And I found this eventing horse, and she's an imported warm blood mare being disqualified from every eventing horse in California because she refuses jumps and rears up. She's a chronically rearing jumping horse. And this trainer contacted me and asked me would I like to work with the horse? And I said, yeah. I said, do you have any footage of her rearing up? And she said, oh, I got all kinds of footage of her rearing up. And I said, can I use it? And she said, oh, I dunno about that. She knew I wanted to video the whole process with this horse.

[\(01:26:58\)](#):

And I said, can I use it? And she said no about that. So she thought about it for a few days and then she got back to me and she said, yeah, if I wanted to sell this mirror, every trainer that I might want to sell it to has seen a rear and up. So it's not like it's big news or anything. So I got the footage. And so when I made the, I have an online video library thing, and so when I did the whole series on this, I videoed what I did with the first day, the second day, the third day, the fourth day, all that sort of stuff. But the beginning of every episode, I put footage of her rearing up because she doesn't rear up once or even look like rearing up once in the whole retraining of her. But I put that there at the start to get people to think this is a chronically rearing horse, but she's only chronically rearing because of the way things have

been approached. And if you didn't have that at the start, it'd be easy for someone to watch it and go, well, that's not a chronically rearing horse. I got a chronically rearing horse. And it's the corner that you back 'em into and give them no other option that causes all the, as you know, it causes all of those sorts of things.

Ty Murray ([01:28:07](#)):

I think that the normalization of the normalization and the being able to always put it on the horse, I think that that is the thing that I'm trying to, you hope for the horse that people start to see that it doesn't have to be that way. So many people treat him. And when really I was raised this way, when I say so many people, I'm talking about myself most of the time because I've done it all. I mean, I've done every, I can look back and think of so many things I've done that I just can't even believe it. I just can't even believe that for a second. I would've thought that was the right way to go at some point in my life. But the normalization of it is the biggest thing working against, I think because people just think that's how it is and that's how it has to be. And oh, he's a stallion, so he shouldn't know how to lead and he ought to.

([01:29:14](#)):

And the thing that stood out to me is we weren't talking about some guy that's never been around a horse or we're talking about the Kentucky Derby. We're talking about the biggest stage that anything with horses has. So I think that's what really stuck out to me. And again, like I said, we're not talking about high level equitation, we're talking about leading a horse. That's where you hope that you can start to maybe inspire somebody or start to help create some change is to get people to see that square peg. You can just keep beating on it, but it's not going to go in and rich strike, what a great horse. What an amazing horse that he got a horrible deal that day and it all got put on him. He was the villain.

Warwick Schiller ([01:30:16](#)):

Right? He was the villain. You mentioned that your dad was around the track all his life, and I've seen in some of your videos riding around there, you have your dad riding around bridal list as well around the ranch. How has it been watching his journey along the way? Because I imagine he looks at things differently now too. How's it been helping him along with that and what did he think of it initially and what does he think of it now?

Ty Murray ([01:30:49](#)):

Well, that's one of the things that I'm the most proud. My dad broke colts for 45 years, and when I told him that I was going to go spend a hundred days with Dennis, he went with me. Oh really?

([01:31:03](#)):

Yeah, him and my mom both. So me and my mom and dad went, and that is one of all the things that I'm proud of my dad for. That's probably the thing I'm the most proud of. It's for him to be humble enough as a guy that was, at the time, he was 60, he was 62 at the time I think, or 60, something like that. And he'd broke colts for 45 years. That's what he did for a living, all my growing up. And so to humble yourself like that and see, to see that there's better stuff working another way and for him to go, and now he's 82 old and his horse is one of the most, I put my little kids on his horse and he rides. He hasn't had that horse. He's never had a bridle on that horse. And I mean, he's just such a trustworthy, nice horse. And it's been wonderful for me as a guy with aging parents to know that my 82 year old dad is safe when he gets on a horse, and that's paid gigantic dividends. He ain't the rough, tough cowboy. He was at 40.

[\(01:32:45\)](#):

So he needs to get along with 'em now and to see him and my mom have that with their horses and have such a good deal with their horses, that makes it all worth it. If nothing else ever comes out of this, that makes it so worth it. And really, for me too, my time now with my horses is enjoyed so much to where there was so many times back when I was 20 years old, it was just miserable and you hit the nail right on the head. It was rock bottom that got me there. I felt like I was at rock bottom with horses and I did some stupid stupid things that was offered to me from a lot of different people of I'd have a horse run away from me and I'd go hem him up in a corner and get my hands on him and kick him in the guts, teach him not to do that again.

Warwick Schiller [\(01:33:48\)](#):

Right.

Ty Murray [\(01:33:51\)](#):

I remember having a horse that would be herd bound or barn sour. I remember blindfolding him be out in the middle of a 5,000 acre pasture and just take my coat off and blindfold him and think that'll get him. Now look at him now. Look how he's going now. He's going great now. Well, yeah, he can't see. I mean, so you take a claustrophobic animal that's scared to death and then blindfold him and that's where you're looking at the result. He quit prancing, but I just poured gas on a fire. I made him hate me more and trust me less.

Warwick Schiller [\(01:34:32\)](#):

Yeah. Who was it that couldn't see? Was it you or him? Yeah,

Ty Murray [\(01:34:40\)](#):

That's a pretty good point.

Warwick Schiller [\(01:34:43\)](#):

Yeah, it's, it's so interesting as your perspective changes as you get older and stuff. We talked on the phone one time, you told me that your perspective of rodeo, like the rough stock events, looking back now, you said you kind of wonder why you even did it or something to that effect.

Ty Murray [\(01:35:11\)](#):

Well, yeah. I say that being being at a different place in my life, there was a time that it was so amazing to me and my heroes, those tough cowboys like Larry Mahan that were able to do that. And I have no now know that I'm very proud of what I was able to do in the rodeo arena, and I'm very thankful. I feel very lucky. Everything that I have in my life is from that. And so it's not like I'm looking down on that sport or seeing anything like that. I think where I was coming from was now I'm 53 years old and I'm a husband and I'm a father. And in that job you're going to a job that you can die at every day and you have to be a champion to be competitive. You've got to be willing to put it all on the line every time. And when it gets the most hairy and scary, that's when you've got to ante up the most. And that used to be I would ante up every time and now I wouldn't. Now I'm at a different place.

[\(01:36:35\)](#):

I'm a father, I'm a husband, and there's a reason that I didn't have a wife and kids when I was doing that job. So I think that that's what I mean by that. And really, I don't look at horsemanship and riding bulls as anything in the same arena. To me, that's no different than a hockey player that's now interested in horsemanship. It's two different worlds. So it's not like, I think some people want to say, well, Ty used to be this. And I don't think that riding bulls and bucking horses is, I've never tried to hurt an animal in my life. I don't look at it as cruel. I saw it as a test as an amazing sport. That was a hell of a test for an athlete is how it felt to me. But I've always been, like when I was a kid, I did every event I've roped and really I've done every event they've ever thought of in rodeo on a horse since I was a little boy. Rough stock is what I did as a professional. But all through college, I did all the events. So I've been horseback my whole life and I definitely can't ever imagine going back to making horses do things and just getting it out of 'em and taking it from 'em.

Warwick Schiller ([01:38:07](#)):

Yeah, it's that whole, once you see it, you can't unsee it thing. I was going to ask you another of these questions here, and you may have covered this may not, but one of the questions in those 20 questions that I sent you, it's always a good one that I like to ask is, what was your biggest failure and how has it helped you?

Ty Murray ([01:38:33](#)):

That's a good question. I think probably my biggest failure was having a divorce with my first child or having a divorce from my first wife and my first child. That was something that was very, very hard on me because of my child, my son. And so that's the one thing in my life that I can look back on and have just so much sadness and regret because nobody wants to bring a child into the world and then be a divorced parent. So that was something that I learned a lot from. I learned what I learned that who you pick as your spouse is the most important decision you're ever going to make in your life, I feel.

([01:39:42](#)):

And I feel like now that the woman that I'm married to, I feel like is one of the greatest thing that's ever happened to me. She's such a great mother and every day I just get more respect and more trust and more admiration for her watching her be that mother and watching her be the wife that she is to me. So I think that I learned what makes a fun girlfriend maybe may not make the best wife. I think you have to look a little deeper than maybe what I was able to look at at the time. And yeah, that's no question. What I would say is a failure that I've had that I regret and I learned a lot from it.

Warwick Schiller ([01:40:36](#)):

Thanks for sharing that. That was pretty tough. I was going to ask you, one of the other questions is what accomplishment are you most proud of? But I think you kind of covered that here a little while ago, didn't you?

Ty Murray ([01:40:48](#)):

What was that? You said accomplishment. I didn't hear the last part.

Warwick Schiller ([01:40:51](#)):

One of the questions is what accomplishment are you most proud of? But I think you kind of covered that, didn't you?

Ty Murray ([01:41:01](#)):

I don't know. I

Warwick Schiller ([01:41:03](#)):

You said the thing I'm the most proud of is, and I can't remember what was you said.

Ty Murray ([01:41:08](#)):

I don't know what I said either. That's a good question. I think that there was a time that being a world champion cowboy was the most important thing to me. And it doesn't feel that way to me anymore saying that I'm so thankful. And like I said, everything that I have comes from what I was able to do in the rodeo arena. But it's funny how life, if you live long enough, you're going to see every side of the coin. And I've lived long enough to see that that was really important to me for certain period of my life from the time I was a little boy till I was late twenties. But that feels, I think when you become a husband and a father, that it almost seems silly to think of how important that used to be to me.

([01:42:12](#)):

And I don't mean that in a way of trying to, I'm very proud and very happy and so thankful and I feel very lucky with what I was able to do as a professional cowboy and the world championships and stuff that I won. So I'm not being ungrateful for it at all. But I'm just trying to explain how when you have a wife that you love so much and children that just you die for or kill for, it just changes your perspective on what really matters and what's important to you. And to compare that to a gold buckle now, there's no comparison. I'd melt every buckle I had for my kids and my wife. So it's hard to say. Say, what was the question? What I'm most proud of? Yeah. I get 10 times more joy watching my son in TaeKwonDo or watching my daughter in dance or soccer or T-ball or whatever. I get more nervous and I get more joy than you could ever imagine was possible. And so

Warwick Schiller ([01:43:39](#)):

Your daughter's in dance?

Ty Murray ([01:43:41](#)):

Yeah.

Warwick Schiller ([01:43:41](#)):

Did you give her any tips there?

Ty Murray ([01:43:44](#)):

I don't know any. I was horrible. You got to go back and watch. You got to go back and watch. It wasn't very good.

Warwick Schiller ([01:43:53](#)):

There's another really good question here I want to ask you. You said before about being able to achieve everything you achieved. All the stars have to line up, you know what I mean? And I'm aware of my life has taken unexpected turns to where I have blessings I never thought possible. And so all the stars got to line up. But one of the questions in those questions is what's the luckiest thing that ever happened to you?

Ty Murray ([01:44:20](#)):

That's a good question. I would say the luckiest thing that's ever happened to me was meeting my wife. And I've had a lot of lucky things, but I think that one has the most substance. I tell people she's the most special person I've ever met. And it's funny how a great marriage can affect your life so positively and a marriage that maybe you don't fit in can affect your life so negatively. And so I feel very lucky for that because you look at finding, you look at finding true love and it is tough. It seems tough to me. It feels like if anything ever happened to my wife, would I find it again?

([01:45:14](#)):

I'm not sure. I'm not sure I would. So when you say lucky, I felt like I was pretty damn lucky because a lot of other things like my career, I was very, very lucky in that career too. But I also put in a hell of a lot of work too, and I was able to have some effect on it where finding your person feels like more of a luck thing to me than a skill thing. So that's what I would have to say. But that being said, I feel like I've been lucky. I feel like I've been lucky in so many ways. I've, there's been so many things in my life that I just feel like, wow, that was just so much luck. There's just so much luck from man, just almost everything in my life. I feel like there was luck involved in everything that I've really, everything that I've done

Warwick Schiller ([01:46:20](#)):

To achieve what you achieved in the way you achieved it and how much of it you achieved. Like you said, all the stars have to line up and yeah, I don't know how woowoo you are, but I'm really into woo stuff and it's like, it's almost like it's woo woo stuff.

Ty Murray ([01:46:39](#)):

What's woowoo

Warwick Schiller ([01:46:42](#)):

Far out there stuff? And it's almost like it was your destiny,

Ty Murray ([01:46:46](#)):

That hippy yoga stuff. We were talking about

Warwick Schiller ([01:46:48](#)):

That bullshit hippie yoga stuff. Yeah. It's almost like you were born to do that. That was who you were supposed to be.

Ty Murray ([01:47:01](#)):

Maybe. I don't know what it is. I know I've been here 53 years and when I look back on it, I can remember when I was young, when I was 18, 19, I first came on the professional rodeo scene. I remember like Larry Mahan and Jim Shoulders saying, Ty will rewrite the record books barring injury. They'd always say, barring injury. And boy, I'd take that personal, I'd be like, why? Them guys think I'm going to get hurt? I ain't going to get hurt. And now I look back at it and I was 18, I looked like I was 11. And you're a candle in the wind. If you're riding bulls and bucking horses, you're a candle in the wind and it doesn't matter how good you are. And that was something that they had a different, they had the perspective then that I have now. I see young talented guys come up. And that's the first thing I think

that kid there is going to go a long ways if he don't get hurt. And it's nothing against them and it's not a knock on them or their ability, it's just a reality of what that sport and those events present.

Warwick Schiller ([01:48:19](#)):

There's something I want to talk to you about the bull riding because a lot of my listeners have horses, and there's something I've heard you say in different podcasts about what got you by in doing such a dangerous event and it was your preparation. And I want you to talk, if you can just have a bit of a chat about that, because a lot of people ask me about being afraid riding horses. I'll tell you what, I was in Australia years ago at this horse expo and a lady interviewed me and she has a blog on the internet or something for a lot of ladies that ride for pleasure. And she said, you've got all these videos of you restarting these bucking rearing, bolting warm bloods, like when you go to ride, how do you go about being brave? And I said, oh, I'm not brave. I'm thorough. If you are thorough, you don't need to be brave. You need to know you need to dot all your i's and cross your T's. And I heard you mention that in some podcasts I listened to. Can you just touch on that a bit? I think it's a really important message for people doing

Ty Murray ([01:49:30](#)):

Anything. So for me, I mean if we're talking riding bulls or bucking horses and horsemanship, it's two completely different things because I feel like I'm where you are on horsemanship of, it doesn't have anything to do with being brave. It has to do with getting my horse prepared in rough sock riding. They're going to buck. That's what it is that that's the game. And so for me, you're really kind of an underdog as a rough stock rider. As a bull rider, you're going into a fight with an animal that weighs 2000 pounds, so you're an underdog. So for me, being prepared was where I got my confidence. And confidence is so important. I feel like in any kind of sport, but especially in a sport that you can die at or get seriously hurt, confidence is just so paramount. And the way that I would get confidence is through preparation of practice and training.

([01:50:54](#)):

And it's not one of those things where you go, yeah, I hope this goes okay. You know what I mean? That's like getting on a colt when all you're going to do is pull. You know what I mean? You're not prepared and it's probably not going to go good. And if you got a sick feeling in your stomach, you probably should have. And so I had love and I had passion for it. That was the two biggest things. And then preparation is what gave me confidence. And when I was confident, that's when I could flow.

Warwick Schiller ([01:51:34](#)):

That was the line I wanted out of you. That's the line I heard. It was the preparation that gave you confidence. How do you go about being confident you are prepared for all? Yeah, that was the line. Yes. I'm glad you found that for me. Yeah, that's perfect. I think people really need to hear that. I like to quote, well, apparently it's a Navy Seal quote, but it was actually a Greek philosopher named Ches back in 800 BC or something or other said, you don't rise to the occasion, you fall to the level of your preparation.

Ty Murray ([01:52:06](#)):

Boy, that's spot on. I would say,

Warwick Schiller ([01:52:09](#)):

Yeah, it's been around since 800 bc.

Ty Murray ([01:52:13](#)):

Yeah, that's pretty spot on. It is really, it's no different than in school when you study hard enough and it frontwards backwards, sideways and upside down. You go into that. You can't wait for the test. It's when you just flip through some chapters that you're nervous about the test and know you got a good chance of failure and you're dreading it and then you're nervous, and then you probably even do worse than you would've just because of how nervous you are about it. But when you study hard enough, you can't wait for test day.

Warwick Schiller ([01:52:51](#)):

It's funny, you and your wife, Paige, have been talking to my son, Tyler, getting you all the spec details of how to get onto this, the tech specifications to get onto this podcast. And when he was in college, I remember I texted him one time and I said he had a midterm coming up and I said, are you prepared for this midterm? Are you ready for this midterm? And he texted me back, he said, if you stay ready, you don't have to get ready.

Ty Murray ([01:53:16](#)):

There you go. That's right.

Warwick Schiller ([01:53:20](#)):

Yeah. That's awesome. Hey, Todd, I really appreciate you taking the time out of your day to come on the podcast and have a chat and especially spreading, you're just so passionate about spreading this message about giving horses a better deal. And I just think that's very admirable and honorable thing to do, and I think that's awesome.

Ty Murray ([01:53:42](#)):

Well, I appreciate you having me on and I appreciate what you're out there doing. Yeah, we just keep keeping on and you just hope that one of these days that the sweetest animal in the world is going to be more understood. And I don't know if it'll happen in our lifetime, but maybe it'll happen someday.

Warwick Schiller ([01:54:03](#)):

Well, I think you're planting the seed for the whole thing. Hey, how can people follow your journey with some of these horses? You put some videos on social

Ty Murray ([01:54:14](#)):

Media. Well, I do some stuff on Facebook, and then I do some stuff on Instagram, which is I think Ty, p b r, or I don't even really know. Let's see what it is.

Warwick Schiller ([01:54:29](#)):

Why does that not surprise me?

Ty Murray ([01:54:35](#)):

My wife is a little better at all this stuff than I am. Let's see here. Yeah, no, it's time. Murray Pbr R

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Warwick Schiller ([01:54:46](#)):

Time Murray Pbr r Instagram. And then

Ty Murray ([01:54:48](#)):

I don't really do a lot on, what's

Warwick Schiller ([01:54:50](#)):

That on Facebook? It's time Murray.

Ty Murray ([01:54:54](#)):

Yeah, time Murray. I guess that's what it is.

Warwick Schiller ([01:54:57](#)):

Oh, I suppose some other place people could see is you, they made someone made.

Ty Murray ([01:55:03](#)):

Yeah, it just says Ty Murray on Facebook.

Warwick Schiller ([01:55:08](#)):

You're looking himself up on Facebook. You had someone make a documentary film about you and start one of your horses this year, didn't you last?

Ty Murray ([01:55:16](#)):

Well, actually it was kind of an accident. I didn't really try to make the movie, and it's still kind of a work in progress, but a guy strung together some footage of me starting a cult, and then I was asked to come speak at a horse summit and do some presentation stuff. And I sent the lady this kind of strung together footage, and she said, there's a film festival up here and you ought to enter it in the film festival. Well, the guy that strung the footage together added in like a beginning and an end and done a pretty cool job with some beautiful cinematography and some cool shots and some cool things and stuff. And he entered it in the film festival and it ended up winning some awards and then he entered it in another small film festival and it won a few awards, but there's some people now that are trying to help make it become better and make it more where people would not get bored if they're not somebody that's really into starting horses or something like that. So there's some people that are trying to help, but it really was an accident that we didn't really set out to make a movie. It just kind of one thing led to another, led to another, led to another. And the next thing we knew we had this movie, and so we'll see if we can make it into something that will still have the heart and soul as far as the horsemanship part goes, but also not bore people to death that aren't hardcore into horses.

Warwick Schiller ([01:57:13](#)):

Right. At the film festivals, was it called

Ty Murray ([01:57:20](#)):

Untied Building? Rosie, which Rosie? It was a Clydesdale Philly that I started and Untied is like un, T y e D. And just showing that getting away from force and containment really, I just see so much that I see

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nothing but negative. I see nothing but negative things. Undesirable things come from horses when it's containment and there's all these different forms of containment, but I've never really seen anything good come from containment. I think it gives humans a false sense of security that a totally false sense of security, and that's something that I learn more and more and more every day.

Warwick Schiller ([01:58:22](#)):

Yeah. Well, it sounds like you're on a pretty amazing journey. Can't wait to follow along. So once again, thanks so much for joining me. It's been quite the pleasure and honor to have a chat with you.

Ty Murray ([01:58:31](#)):

Yeah, thanks. Nice visiting with you Warwick.

Warwick Schiller ([01:58:35](#)):

Okay, and you guys at home, thanks for joining us and we'll catch you on the next episode of The Journey on podcast.

Speaker 1 ([01:58:42](#)):

Thanks for being a part of the journey on podcast with Warwick Schiller. Warwick has over 850 full length training videos on his online video library@videos.warwickschiller.com. Be sure to follow Warwick on YouTube, Facebook, and Instagram to see his latest training advice and insights.