

Beginner One

Week Five

New Behaviors to Teach

Finish:

OBJECTIVE: Teach your dog to move into Heel Position. Instead of you moving to your dog, ask your dog to move next to you. Two methods: “Swing” and “Around”

- “Front” is the position your dog should be in when he completes the Recall. We work to refine the Front by using a Target for our dog.
 - SWING – Your dog will follow your Left Hand to your left side, behind you, and turn to his left and walk up next to you. In teaching the swing, your Right foot is Planted, and your left foot moves back with your left hand.
 - AROUND – Your dog follows your Right hand around behind you and sits at your left side.
 - Doing AROUND, we transfer the food from our right hand into our left hand to lure.
 - End with Praise, Reward, and then Release while he is looking at you.
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Get Back:

OBJECTIVE: To make your dog move Backwards. Useful for getting dog back into position or away from something you don’t want him to investigate.

Sequence:

- Stand in front of your dog.
- Walk into your dog and as he moves back, name the behavior, “Get Back”.
- You may need to restrict his sideways movement (props or manually with tight lead).
- Two steps backwards is plenty at first while you lure and name the behavior. As you transition to command and correction, two steps is enough at first but try to work up to 5 or 6 steps back.
- In Heel Position, with tight lead,
- Stimulus (food or toy) directly on mouth, gently apply pressure backwards.

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Leave It:

OBJECTIVE: To make your dog change behavior from pursuing object to ignoring object.

Sequence:

- In front of your dog, on floor or table
 - Present a stimulus (food or toy), small enough to fit inside your closed hand
 - Present the stimulus close enough to get your dogs interest
 - When he tries to get to it close your hand so that he can't and say, "Leave It"
 - As soon as your dog shifts his focus away from the stimulus, Praise and Reward with "Take It"
 - At first the amount of time between shift of focus and reward is quite short. As you progress you will increase the amount of time that the dog must ignore the stimulus before getting the Reward. Increase this time Gradually.
 - This behavior has Tons of worthwhile uses from preventing harm to your dog to performing tricks.
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Sit for a Friendly Stranger:

OBJECTIVE: To make your sit under your control while you greet someone as he approaches.

Sequence:

- In Heel Position, command your dog to Sit (if not sitting), Stay
- A friendly stranger approaches you and admires your wonderful dog.
- Stranger shakes your hand and asks if he can pet your dog.
- You reply, "Yes, please do"
- Your dog should sit quietly to be petted (on cheek or under chin), not backing off, jumping up or licking, whining, etc.
- Give corrections for unwanted behavior
- If your dog should give a warning growl, pull him off and excuse the stranger.

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Polishing Behavior:

Walking on leash:

If your dog is dependable in walking with you, try dropping the leash in an unobtrusive fashion. Engage your dog (voice and body language), motivate your dog to keep him walking with you. Try to maintain Focus. Praise for Focus

Recall:

Your dog should be coming quickly and on first command. If not on first command, correct with a collar pop. If not quickly, back up. Gradually add distractions.

Sit with Focus:

Continue to practice and build time and concentration, using a pop when needed.

Sit Stay with Distractions:

- Expect your dog to look at you while he stays.
- If he's not looking at you, step in and pop up on the leash.
- Distractions include:
 - Knock on the wall
 - Bounce a ball
 - Squeak a toy
 - Let someone else talk to him
 - Let someone else offer him a treat, or a toy, or walk around him
- No matter what you do, your dog should not move, and he should keep his eyes on you. If he moves, respond appropriately based on whether he's confused, afraid, distracted or thinks he has a choice.
- Try to work up to One Minute.

Down Stay with Distractions:

- Same as Sit Stay

Stand Stay with Distractions:

- Same as sit and down stay

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HOMEWORK: Practice each skill 5 - 10 times daily

Try to work up to one minute seconds with both Sit and Down Stay. Try for 30 seconds with Stand Stay.

Other Homework Ideas:

Work your dog with distractions. This is the Real World; it is full of distractions and we want our dogs to pay attention and obey, especially for their own sake.

- Go as many different places as you can
- Have your dog exposed to different people, dogs, cats, cars, bikes, kids, etc.
 - If your dog becomes frightened use a calm and even voice to soothe and lead him away from the stimulus. Don't "baby" him but don't expect him to stay in that situation, Help him by decreasing his stress.
 - 6 to 9 months is a time when dogs undergo a "fear imprint" stage. They are more likely to be frightened by new things at this age, so limit their exposure during this time
 - After good training sessions, let your dog rest. Sleep helps to imprint what your dog has learned. After a bad experience, redirect your dog into a positive experience and don't let him sleep for a couple of hours.
- Be consistent in your training schedule and what you do. Keep track of what you train and how much progress you're making
- As you see desired behavior solidify, think of new ways that you can Gradually challenge yourself and your dog by making the performance more challenging.
- ALWAYS, end exercises and training sessions with a positive event and upbeat attitude.