

Beginner One

Week Four

New Behaviors to Teach

Focus While Sitting:

- Get your dog to look at you while sitting. Use a slight pop, verbal command, food or toy.
- Praise your dog for looking at you. Engage your dog to continue focus.
- When your dog looks away from you, *Correct* your dog with pop, Praise and Reward for renewed focus.
- If your dog does not look at you after a pop, tap the top of his head, or lift his head by reaching under his chin.
- End sit with Praise, Reward, Release while he is looking at you.
- This should be done both with your dog in front of you, and with your dog in heel position

Recall on long line:

- You hold the line by the handle and be prepared to gather it as your dog comes so that you try to keep the amount of slack appropriate to the circumstance.
 - This can be practiced in large areas by letting your dog wander and then calling him. Use the line to pop him towards you if correction is necessary.
 - If he does not come when called, pop the line towards you until he comes, while you also encourage him.
 - When he comes to you he always gets Praise. If he comes without correction he gets Praise and Reward.
 - Have a target for your dog; tell your dog to Sit when he arrives at the target.
 - Once his recall is solid (he reliably calls to you when called), then introduce distractions to strengthen the recall.
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Opposition Reflex:

If someone is pulling you and you don't want to go, what do you do? You apply your weight in the opposite direction. If you're turning a corner in your car at a high enough speed, centrifugal force pulls

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you away from the direction you are turning so you have to lean into the direction you're turning. We don't think about these things we just do them by **Reflex**. We use Opposition Reflex to improve the stability of the Stay.

Sequence:

- Place your dog in Stay (while in heel position)
- Command your dog to Stay (verbal and hand signal)
- Step out (right foot) five feet in front of your dog. Your leash is six feet so this leaves a little slack in the lead.
- Wait a few seconds and then gently pull towards you on the leash for 1 – 2 seconds while again commanding Stay and using hand signal. Correct him if he breaks. Do this only twice for the first time, return, Praise and Reward.
- Repeat the exercise. This time try doing it three times. Return, Praise, Reward and Release.
- As you practice stays with Opposition reflex you can pull slightly to your right, then the next pull slightly to the left.
- Always use just enough pressure in the pull so that you can tell that your dog is pulling back to Maintain His Stay Position. Never pull for more than 3 seconds.

At this point in your Stays you should also start moving your position as your dog remains in his. Instructor will demonstrate.

Wait at the Door:

OBJECTIVE: This exercise utilizes 3 behaviors; Sit, Stay and Come (or Let's Go). It has at least two important objectives.

1. Your dog NEVER goes out the door without you and NEVER precedes you.
2. It emphasizes Leadership. Leaders lead, so your dog follows.

Sequence:

- Heel your dog up to within 3' of the door.
- Command your dog to Sit, then command to Stay
- Leave your dog and walk through the door. Correct your dog if necessary.
- Return immediately to your dog at heel position

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- Command your dog, Let's Go and make him walk with you through the door.

After you have mastered this form of the exercise you can also switch to another form, which is to call your dog to you after you have passed through the door.

Stand:

OBJECTIVE: This exercise teaches your dog that Stay means Stay no matter what position he's in. It comes in handy when your Vet wants to examine him and in other ways.

Sequence:

- From the Sit position, lure him forward and as he achieves the position, name it "Stand"
- You may give slight pull forward on the leash; you may use your left foot to touch his toe
- If he tries to sit, place your left hand palm down under his belly and gently lift him to stand. You may need to keep it there for a bit to discourage him from sitting
- If you want to compete you should teach your dog to stand without moving forward.
- For dogs who are persistent sitters or difficult to stand, use the Suitcase Method
- When your dog needs no help, Praise and Release him

Polishing Behavior:

Walking on leash:

Use food or toy as motivation and as Reward. Start with dog sitting in Heel Position. With focus before you begin, Command Let's Go. Begin on Left foot. Try to maintain focus. When you stop, Command your dog to Sit. As you progress in your training you should anticipate when to tell your dog to sit. When walking it should be as you finish your last step. When doing recall it should be when your dog is 1 to 2 body lengths from you, depending on his speed.

Remember to encourage as well as to correct. Remember to Praise (always) and Reward for performance without correction.

HOMEWORK: Practice each skill 5 - 10 times daily

Try to work up to 45 seconds with both Sit and Down Stay

Other Homework Ideas:

- Start walking your dog. Tell him to Sit as you Stop. Command him to Stay. Go out to the end of the line. After 45 seconds Return, Praise, Reward, Release.

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- Start walking again. Tell your dog to Down as you Stop. (You can tell him to Sit and then to Down.) Command him to Stay. . Go out to the end of the line. After 45 seconds Return, Praise, Reward, Release.

Failure is NOT a bad thing! Failure is simply a mistake. We all make mistakes and the great part is that we LEARN FROM OUR MISTAKES! That means that we have to know when we've made a mistake. It's your Duty to tell your dog when he makes a mistake. We do that with Verbal and Physical Corrections. Do be afraid to correct and don't be neglectful in correcting. Paint a black and white picture. Corrections are done Calmly and with confidence with the *minimum amount of energy that the dog requires*.

How do you know how much your dog requires? If he doesn't respond to the correction, he requires more energy. As you progress in your training the frequency and the amount of energy put into corrections will decrease. But no one is perfect so there will always be corrections.

Embrace your Failures and your Succeses. They are simply two sides of the same coin. By adopting this attitude, not only is training more fun and easygoing but it also helps to prepare you for the next phase in your training – Distraction.