


From: Steven Lardner steven.lardner@icloud.com 
Subject: Fwd: Loki 1-1 training Lessons 1 & 2.
Date: 27 November 2025 at 19:50
To: Juju juhani.malmborg@mac.com



Steven Lardner

Begin forwarded message:

From: Roy Williams <roy@learndoglish.co.uk>
Date: 27 November 2025 at 19:39:05 GMT
To: [Steven.lardner@icloud.com](mailto:steven.lardner@icloud.com)
Subject: Loki 1-1 training Lessons 1 & 2.

Hello Steven, It was a pleasure meeting you, Jahani and Loki today. Loki is lovely, took to the training well. I am sure he had a good nap when I left.

I can offer you training on **Wednesday 3rd December at 12:30pm**. Please confirm that the time and date suit your schedule.

I have attached the training pdfs of the exercises we did today. I will start sending videos to the Whats App group shortly. I have also set out some homework for you both to practice with Loki.

Training pdfs.

1. Puppy routine.
2. Puppy biting.
3. Eye contact.
4. "With me" exercise.
5. Nice exercise.
6. Collar clock game.
7. Treat to feet.

Home work.

1. **Eye contact** - Using 5 pieces of your pups meal. Get pup to give you 5 eye contacts. One for each piece of food. Remember that the eye contact is your pup learning to ask permission. build to 3 seconds for each piece.
2. **"With me"** - Practice this exercise around your home. Start with your pup on a short leash, then progress to using a long line on walks. **Remember, you always face your pup when carrying out this exercise.**
3. **"Nice"** - Place pup on a lead. Using 10 treats, whenever your pup looks in your direction, say **"Nice"** and reward them. This exercise builds their engagement with you as a handler.
4. **Loose leash walking** - Treat to feet. Start in the home. Follow the pdf and video.
5. **Brushing your pup** - Brush your pup daily. When brushing, gently grip their paws underneath (on the pads). Stroke them in a calm, relaxed manner.
6. **Collar clock game** - Follow the training PDF and video instructions.
7. **Calm touch exercise**- Follow the pdf and video.
8. **Five bowl challenge**- Follow the pdfs and video.
9. **RZ**- Reinforcing zone. Follow the training video.
10. **Leaving the house for a walk**- Stand outside your door until your pup looks towards you **10 times**. Each time say **"nice"** and reward them with a treat. Now place them in their **(RZ)** Reinforcing zone position. Pay them 5 treats. If pup is giving you attention, start your walk. (Treat to feet).

Keep training sessions short, around 5 minutes. Only build the duration once pup understands the concept of the exercise.

Please drop me a message if you need any assistance with your training exercises.

Thank you for choosing to train with Learn Doglish.

Roy Williams
Dog Behaviour Trainer / Instructor
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