



Collar Hold Exercise

This exercise is designed to teach you how to **reward** your dog rather than **bribe** them. It also helps develop your timing.

Requirements:

- You and your dog should understand the **Collar Touch/Clock Exercise**.
- A **collar**
- A **walking leash**
- **Treats**
- Dog positioned **on your left**

Setup:

1. With your dog on your left, begin walking forward. Reward your dog for looking up at you, just as you would during a loose leash walk.
2. Once your dog regularly looks up at you, use your free left hand to reach down and gently take hold of the dog's collar at the **9 o'clock position** (knuckles pointing downward).
3. Lift the collar gently to take control of your dog. When your dog looks up at you, say "**Treat**."
4. Take a treat from your pouch and reward the dog.
5. After rewarding, release the collar and use your **release cue** to continue walking.
6. Practice this several times during your walk to and from the park.

Key Steps:

1. **Take hold of the collar.**
2. **Dog looks up.**
3. **Mark** (say "Treat").
4. **Reward.**

Approach:

Maintain a **calm and relaxed** demeanour throughout the exercise to ensure success.