

From: Roy Williams roy@learndoglish.co.uk 
Subject: Loki Lesson 3 of 6.
Date: 4 December 2025 at 19:42
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Hi guys,

Very nice training lesson with Loki today. He is doing well with his training, I love his RZ. continue with the exercises, I have attached the exercises that we trained or discussed today.

I can offer you training on Wednesday 10th December either 10:30 or 1:30pm please confirm if either of these times and date suit your schedule.

Training pdfs.

1. Calm touch.
2. Collar hold exercise.
3. Loop exercise.
4. Loose leash walking.
5. Door manners.
6. Crate training.

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. **Crate training**. Follow the pdf.
9. **Five bowl challenge**- Follow the pdfs and video.
10. **RZ**- Reinforcing zone. Follow the training video.
11. **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, and pay them 5 treats. If pup is giving you attention, start your walk, or loop.

Keep training sessions short, around 5-7 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.

Roy Williams
Dog Behaviour Trainer / Instructor
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L.D. Calm touch exercise
vSept21_Final (1).pdf



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.