



Loose leash walking exercise

During this exercise you do **not speak** to your dog at all. **However, for puppies** a couple of encouraging kiss noises now and again to attract them is acceptable until they understand the exercise.

Dog on your left hand side, treat pouch on your left.

Leash in your right hand.

Thumb in the loop of the leash, fingers wrapped around the leash, with the leash coming out the bottom of your closed hand.

Place your right hand on your belt buckle or belly button position. The right hand **does not move** throughout the exercise.

Your left hand is used only to deliver treats to your dog.

Do not keep your hand in the treat pouch whilst walking, or on the leash.

Keep your left hand on top of your right hand, as this will encourage your dog to look up at you.

When your dog is walking beside you or looking up at you, place your hand in the treat pouch and give them a treat. Remember that you have two seconds in which to mark your dog's behaviour, so timing is critical.

The leash should be relaxed (loose) at all times and form the letter J when seen from the front.

When you walk off, your dog should walk beside you, focused on you, if your dog walks in front of you, simply turn right and as the leash goes taught, your dog will be encouraged to turn towards you and follow.

Remember the right hand sits stationary, do not be tempted to tug on the leash to assist your dog turning with you. He will automatically move with you.

Remember when your dog is walking beside you or looking up at you, to reward your dog, (ON THE MOVE) do not stop walking to reward your dog, keep the momentum of the walk going.

Always reward your dog at your side not away from you or behind you.

Handlers Notes:

A fixed collar or harness (with a front breast lead connection) along with a standard lead are required for this exercise, plenty of smelly tasty high reward treats.

NO slip collars, chains or retractable leads are permitted for this exercise.

Happy walking.