

LEVEL I: WEEK 1

Commands/Activities Covered:

1. Attention
2. Release / "Okay"
3. "Off"
4. Loose Walk
5. "Sit" (on command)

ATTENTION EXERCISE

Act: Used to get your dog used to focusing on you.

Notes:

- The attention exercise is very important. Often, dogs will not follow through with commands simply because they are not focused on their owner. When you practice the following exercise, you will be teaching your dog to respond by looking at you each time you say their name. This will set your dog up to successfully receive the next command, which may be *sit*, *come*, *down*, etc.

Steps:

1. Hold a treat up to your face.
2. Say your dog's name when they are not facing you. You may repeat their name if you have to.
3. When your dog looks at your face, give them the treat and praise them.
4. Repeat steps 1-3 several times.
5. After practicing the above steps and you find your dog is getting comfortable with the exercise, continue to practice, however, wait until they are across the room, napping or even in another part of the house. As soon as your dog makes eye contact, throw them a treat.

RELEASE

Command: "Okay"

Act: Used after the execution of a command, it tells your dog that they are finished with that particular directed action.

Notes:

- When you give a command such as sit, you must make sure that the dog stays in position until you are ready to release them. This way your dog will not walk or run away after a brief sit when *they* determine that they are done. The word

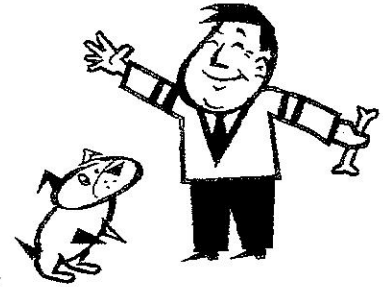
most commonly used as a release command is "okay". When you are ready to end the command, you will say "okay" in a happy tone and then treat/praise once they have moved out of the position they were in when you gave them the release cue.

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OFF

Command: "Off"

Act: This command will be used to teach your dog not to jump up on you or other people.



Notes:

- The sit in this exercise is done automatically; the dog must sit to get something it wants. Because of this, there is no need to release with an "okay", as they aren't being asked to sit in the beginning.
- Remember to pay attention to your dog throughout the day so that you are aware of the *good* behavior (not just the bad!). You do not want to miss out on a chance to reward them for sitting. Request that visitors do the same and provide attention only when the dog sits.
- You can ask your dog to sit at first but it is often better to wait for them to figure out on their own what behavior will get them favorable attention.

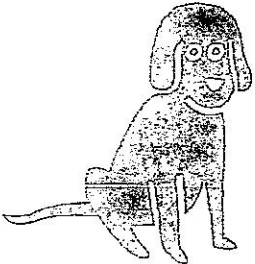
Steps:

1. Each time your dog jumps up on you, say "Off!" in a gruff tone, while you bop them on the nose:

2. If they sit instead of jumping, praise calmly (so you do not excite them too much) and pat them as long as they are sitting. When they get up, stop patting and talking to them. When they sit down again, praise and pat.

If your dog jumps to greet you, it is probably because at some point in their past, the dog received some type of good attention by jumping. This is called a "learned behavior". Once your dog figures out that sitting to greet you will earn them positive rewards, the *learned behavior* is a positive one, rather than a negative.

SITTING ON COMMAND



Command: "Sit"

Act: The dog will sit until released.

Hand Signal: To follow.

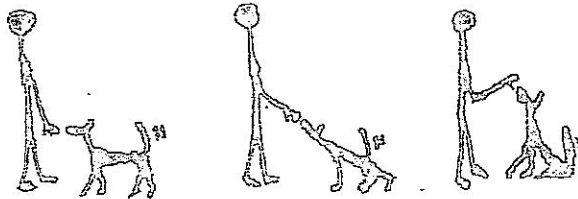
Notes:

- There are two methods provided below for accomplishing the sit command. If the first does not work for you and your dog, please try the second method.
- If your dog gets up before you release them, quickly put them back into the sit by pulling upwards on their leash or manually "folding" them into a sit (explained in Method Two; can be used in either method). It is good to also tell them "uh uh" in a sharp voice at the time of the correction. They will eventually learn that the sound means they are making a mistake and they will correct themselves.
- This week, have your dog sit as frequently as you are able. For example, have them sit before you greet someone, prior to feeding them, before taking them for their walk/going outside, for treats or before throwing a toy for them to fetch.

Steps:

Sit - Method One:

1. Holding a treat at your puppy's nose, say "[NAME] sit" and bring the treat slightly up and backwards. They will look up and automatically go into a sit.
2. Count to three and then release them with the okay command followed by treating and praising.



Sit - Method Two:

1. Put your dog on your left side, holding their collar under their chin with your right hand and say, "[NAME] sit".

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2. Take your left hand and stroke down the length of your dog's back and over their rump to just above the hock. Add pressure as you pull up with your right hand. Your dog should easily fold into the sit.
3. Count to three and then release them with the okay command followed by treating and praising.

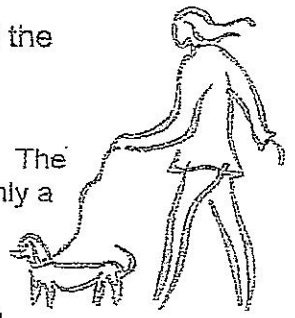
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LOOSE WALKING

Act: The dog will walk on a loose lead, without pulling, ensuring that the human is the being in charge of the walk, *not* the dog!

Definition:

Lead Check ("check")- A quick snap and release of the lead. The amount of force used depends on the dog. A sensitive dog needs only a gentle check while a stubborn dog needs a firmer check.



Notes:

- At the start of this exercise, the dog thinks that they are in charge of the walk. They think everywhere they want to go you will simply follow. Later on, when they are pulling in one direction and we pull them in the opposite direction, they will begin to realize that if they do not keep an eye on us, we will change things and it may be uncomfortable for them. As a result, the dog starts to walk lighter and pay more attention to us and the direction we are moving in.

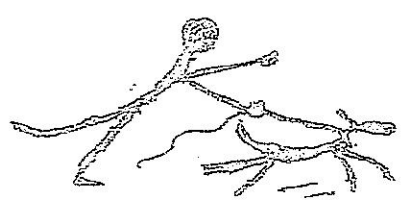
Steps:

1. Hold the lead in both hands, just above your belly button (the dog is attached at the other end of the lead!).
2. Start walking, continuing to do so as your dog does well and is not pulling. As long as they are not pulling, praise, praise, praise!
3. Once your dog pulls, say "easy" and take a step backwards as you give them a *swift check* on the lead. Following the *check*, quickly turn and go in the opposite direction. If your dog tries to eat something on the ground or is trying to go after another animal/person, replace "easy" with "leave it" and do the same steps.

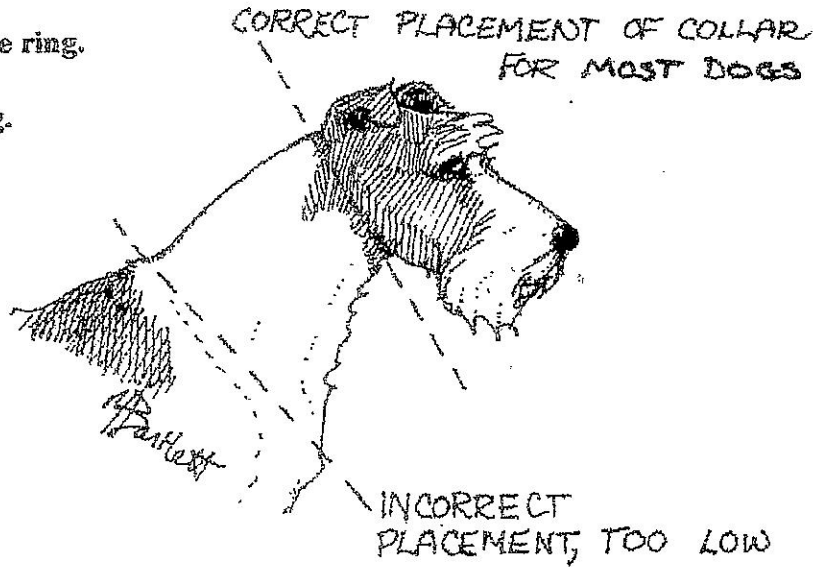
If you are doing it correctly, it will look like this:



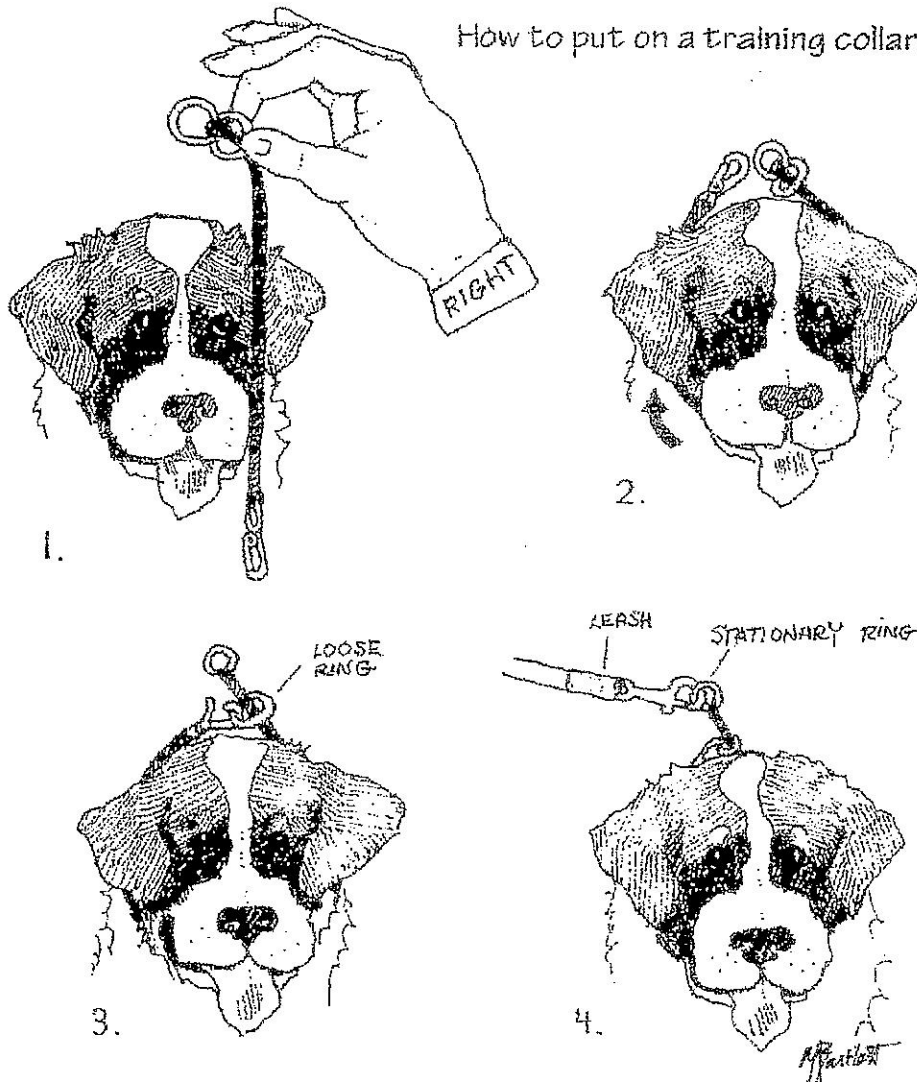
If you are doing it incorrectly, it will look like this;



1. Collar has one stationary ring, a floating or loose ring, and a snap.
2. Place snap end of collar under dog's chin, behind ears, and around neck. Bring ring end of collar around chin to other side of dog's neck.
3. Attach snap to floating or loose ring.
4. Attach leash to stationary ring.



How to put on a training collar.



Leadership Exercises For Families & Dogs

Practice these leadership exercises as the situations occur throughout the day. They will help turn your pet into a confident, friendly dog that is eager to please all members of the family adults and children alike. It is important to make your dog work for food, attention and exercise/play. If they get these things for free they will have no reason to listen or work for you at other anytime.

1. When you tell your dog to do a command they should hold the command until released. It is not up to them to decide when the command ends.
2. Have your dog sit and wait while you go through outside doors first.
3. Have your dog wait for his/her meal until after people have had their dinner. Don't let your dog beg, tell them to go away.
4. Teach your dog to accept being touched while he/she eats.
5. Gently move your dog out of the way if she is lying in your path.
6. Have your dog obey a request like sit before receiving attention.
7. Pet your dog with long, slow strokes starting at the top of head and continuing to the shoulders.
8. Play games like fetch, with you in control of the toys at the end. Make the dog do a command before they get the toy. Remember no toy or treat is for free. Make sure you are the one to begin and end the play session. If your dog is being pushy or barking to get you to play do not choose that time to interact. As the leader you should tell your dog to go away then initiate the play after the dog leaves you alone.
9. Practice touching and handling your dog's feet, mouth and ears.
10. Dog's who are very pushy or do not listen to their owners should not be allowed on couches or beds. These spots should only be a privilege if the dog has been demonstrating good listening skills. They must also be invited on to the couch/bed then excused when you ask. If they act aggressive to people while on the couch or bed they should be permanently kicked off.

GREETING PEOPLE

When greeting a person the dog should sit by your side. Once the dog is calm then the greeting can begin. If the dog is shy or people aggressive have the guest toss a treat at the feet of the pet (guests should not dominate the dog with direct eye contact). If the dog is people friendly offering a treat by hand is fine but the dog must stay in a sit for all attention and or food. If they get up stop the greeting process.

In some cases the dog maybe very shy or fearful but not aggressive. In these situations the dog can get rewarded just for investigating or attempting to approach the guest. You will still start out with a sit on your side. Once the dog looks comfortable then release them from the sit and have the guest toss them some food without eye contact. The goal is to encourage the dog to seek attention from people when they would normally run off or hide.

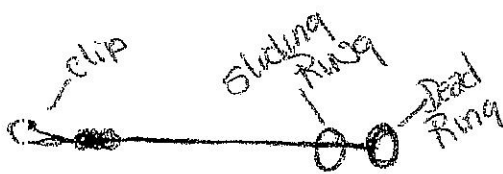
If the dog is very aggressive do not allow a person to pet or get in the face of the dog. This may provoke them to bite and cause injury. Simply teaching the dog to sit at your side calmly without barking or lunging is a great first goal. Do not allow an aggressive dog to run up to a guest and bark and/or lung at them off lead or on. If this guest were to act scared or aggressive the dog may feel the need to dominate or defend and a bite case may occur.

Introduction To Your Training Class With Mary

- I. Preparation/Tools To Bring To Class
 - a. **Lead** should be 6' by at least 3/4" wide with a small clip. If you do not have one, Mary has them available for purchase.
 - b. **Food treats** should be a variety of types, both soft and hard. Please avoid bringing large treats- they should be no larger than the size of a dime. If you do not have treats, Mary will have small variety bags of treats that are ideal for using in class that can be purchased.
 - c. **Toys** that grab your dog's attention may be useful. These toys may include such things as training toys, squeaky toys and tennis balls.
 - d. A **long lead** that is approximately 20' long. This will be very useful for practice, especially at home. Again, these can be purchased from our retail area.
- II. Absences
 - a. If you will need to **miss a class**, please call prior to the next class to get the make-up material that you missed so that you can be prepared for the next class. When you call, you will also need to confirm the next class time and location, as sometimes classes are held in different spots or perhaps due to a time conflict, class may have been moved to an earlier or later time of day.
- III. Recommendations
 - a. If you find that your dog has a hard time staying focused, it is recommended that you skip all of their meals for that day prior to the class.
 - b. If your dog is heavily food motivated, you may find that their regular dog kibble will suffice for treats during class and practice.
 - c. Treats that are recommended for training include Charlie Bears, freeze dried liver, soft jerky-style treats, pieces of hotdog, cold cuts and cheese.

Training Collar Use (training collars will be provided at class)

Directions: Hold both rings in your right hand with the clip in your left hand. Face your dog and slide the collar under the chin and clip just behind the ears onto the sliding ring.



It is recommended that you leave this collar on all the time. When you are not training or practicing, the clip should be attached to the "dead ring" to allow for more room.

Practicing

It is important that you practice all exercises with your dog throughout the week. It is not necessary to set aside long periods of time to practice; it is best to work your exercises in to your everyday routine, enabling your dog to learn to listen to you *all the time*, not just when you get out the leash and collar. Also, remember to give yourself ample time when you are doing activities with your dog. If you feel rushed, bad behaviors will often get ignored and not corrected, which leads to bad habits.