

## LEVEL I: WEEK 2

Commands/Activities Covered:

1. "Stay"
  2. "Down"
  3. "Sit" (with signal, on command)
  4. "Come"/Emergency Come
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### STAY

Command: "Stay"

Act: Used to get your dog to stay in one place until released.

Hand Signal: With your right palm open, you will flash your right hand in front of your dog's face:



#### Notes:

- This command is to be added to the *sit* command that was learned and practiced throughout the past week.
- Avoid pointing as a hand signal- use only your open palm.

#### Steps:

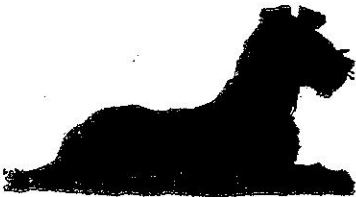
1. Have your dog *sit*.
  2. With your right palm open, flash this hand (palm facing the dog) in front of their face, in a sideways motion and tell them, "[NAME] stay".
  3. Step in front of your puppy and count to 10.
  4. If your puppy has remained still, you can release and treat them. If they get up, tell them "uh uh!" and put them back into the sit position and resume counting.
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### DOWN

Command: "Down"

Act: Puts your dog into a position so that they are lying down on their stomachs, with front paws out in front of them.

Hand Signal: To follow.



Notes:

- There are three methods that can be used to accomplish this action. If the first method does not work, please continue to one of the remaining two methods.

Steps:

*Down - Method One:*

1. Holding a treat at your dog's nose, say "[NAME] sit" and bring the treat straight down from their nose to the ground.
2. When your dog goes down, let them have the treat.
3. Release your dog and be sure to treat again and praise them.
4. After your dog does steps 1-3 well, start just pointing to the ground and treating them only after the release.



*Down - Method Two:*

1. Have your dog sit on your left side.
2. Reach over your dog and with each hand, take hold of their front legs at the elbow.
3. Next, bringing their arms downwards, physically place your dog into the down and say, "[NAME] down".
4. Once they are down, give them a treat.
5. Count to three and then release, treat again, and praise.



*Down - Method Three:*

1. Sit on the floor and make an arch with your legs- the arch will have to be low enough so that your dog will have to lay down in order to go under the arch.

2. With your dog on your left side, coax them under your legs to the other side by holding a treat in your right hand under your legs. You may have to tease them with the treat to encourage them to go through.
3. Once the dog is lying down, say, "[NAME] **down**" and treat them.
4. Count to three and then release, treat again, and praise.



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## **SIT ON COMMAND**

Command: "Sit"

Act: The dog will sit until released.

Hand Signal: With your right hand by your side, palm out, bend your arm at the elbow and bring your hand half way up:



Notes:

- Now that your dog knows the *sit* command, take away the baiting (when they have to follow the treat in order to get into the *sit*). You will now utilize the hand signal to tell your dog to sit.

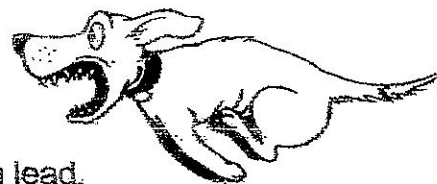
Steps:

1. Following the directions listed under "hand signal", make the signal and tell your dog "[NAME] **sit**". If they do not sit, say "uh uh!" and give an upward check on the collar. If that does not work, take your hand and fold them quickly into the *sit*.
2. Once they are in the *sit* position, say "good sit" and give them a small treat.
3. Count to three, release, praise and treat.
4. Continue to practice these steps, gradually increasing the time they have to hold the *sit* for before they are released.

## C O M E

Command: "Come"

Act: Used to call your dog to you.



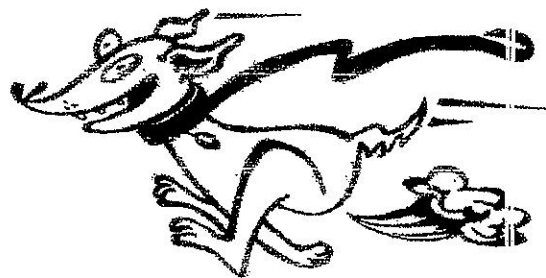
Notes:

- To practice this, it will be useful to use a very long lead.
- Familiarize yourself with the steps for an **emergency come** (below) before your dog learns come, incase it should be necessary to recall them if they should get away from you off lead.
- **NEVER** use a negative tone to call your dog to come.
- Avoid using the command only to end fun play sessions or to do something that the dog may see as negative (i.e. cutting their nails, giving them medicine, etc.). You want to teach them that when they are recalled it is a good thing. If you plan to use come to end a play session, practice with the command, go inside, give them a treat, go back outside and resume play. Repeating this several times in one session before concluding play will show them that the one time it ends will not matter. Use come like a check-in point.
- Do not punish your dog after they come if, for example, they ran away. You must act happy when they do come, no matter how hard it may be, as they are doing the right thing by coming when called!
- Avoid overuse of the word "come" in other phrases such as:
  - "Come on, let's go!" → "Let's go!"
  - "Come over here." → "Let's go over here."
  - "Come on, let's go to the truck." → "Let's go to the truck."
- The only meaning that "come" should have to your dog is to go and sit in front of you, making eye contact, while waiting to be released. If you feel that you have already overused the word "come", change it. For example, you could use the word "front", which will share the above meaning.

Special:

### EMERGENCY COME- WHAT TO DO?

1. Try running in the opposite direction from your dog- they will think that you are playing and will chase you.
2. Drop to the ground, roll and act silly. This may prompt your dog to come over and investigate.
3. Open the car door or shake your keys so that your dog thinks that it is time to go for a ride.
4. Give them the command to *sit* or *down*.



Steps:

1. Start with your puppy on a long line and let them walk out. (Do not practice calling them off-lead, as you are not able to reinforce the command by guiding them in with a leash and the command will become meaningless unless they can complete the act since they are shown that they do not always have to come).

2. When they get to the end of the line tell them, "[NAME] come!" As soon as your dog takes the slightest move towards you? Praise, praise, praise! *Do not keep repeating the word come- your dog will wonder why you keep saying come when they are doing it already (even if it is at their pace)!* By repeating the command, it will negate the importance of the command/action and will eventually come to mean nothing to your dog. If your dog does not come right away or takes off in another direction, use your lead to pull them back towards you. Should you have trouble getting/maintaining your dog's attention, repeat their name, clap, whistle and/or squeak a toy to regain their attention.
3. When your dog arrives in front of you, have them *sit* for you. Once they are sitting, pause then you can release, praise and reward them with a treat. It is very important that you include the *sit* step at the end of the recall; this will avoid the "drive-by" come where they run near you and then keep going. As you practice, add in a touch and grab of the collar when the dog is sitting. This will help if they are ever off-lead and you want to attach their leash—they will not run away for you when you reach for them, as it becomes part of the normal routine.