

## LEVEL I: WEEK 3

Commands/Activities Covered:

1. "Heel"
2. "Quiet"
3. Practice

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### HEEL



Command: "Heel"

Act: Dog walks at your left side, following your every move while making full eye contact.



Notes:

- The heel is much different than the loose walk. During a heel exercise, your dog may not leave your left side. It is also important that they have full eye contact when heeling. When you turn, they turn. When you stop, they stop and sit. Regardless of the action, the dog always stays to your left.
- Remember not to use the phrase "come on" as you are walking with your dog—only use the word heel, so as not to confuse commands.

Steps:

1. Have your dog, on lead, to your left in a sit position.
2. Holding the excess lead in your right hand, take a small treat and hold it in your left hand fingertips.
3. Using the dog's name, give them the command, "[NAME] heel" and start to walk forward. Use the treat to coax your dog to move along with you. If they lunge forward or in another direction, say "easy" and give a quick check (a quick, upward jerk on the lead).
4. As your dog does well following and remaining at your side, including eye contact, praise them. Continue to practice using a loose lead.

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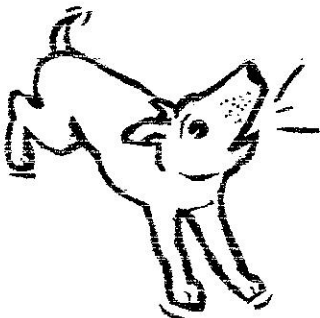
### QUIET

Command: "Quiet" or "QUIET!!!!!!!!!"

Act: Teaches a dog that frequently barks to become quiet on cue.

Notes:

- To teach the quiet command, there are five methods. Try them out to find out which works best for you.



Methods:

1. When your dog is barking, clap your hands loudly and in a loud, deep voice say "**Quiet!**" If your dog stops barking, praise and treat them.
2. When your dog is barking, take a squirt bottle with water in it and squirt them in the face. Again in a loud, deep voice say "**Quiet!**" If your dog stops barking, praise and treat them.
3. This method utilizes an aluminum soda can filled with pennies or marbles. When your dog is barking, take the soda can and either shake it or toss it on the ground. At the same time, in a loud, deep voice, say "**Quiet!**" If your dog stops barking, praise and treat them.
4. When barking, squirt the product called "Bitter Apple" into their mouth and in a loud, deep voice say "**Quiet!**" When your dog stops barking, praise and treat them. "Bitter Apple" is a safe product that tastes very bad but has proven to be very effective in training.
5. If all else fails, you can purchase a citronella collar. This collar has a small box on it that sits under the chin of your dog. When your dog barks, a sensor within the unit triggers a beeping warning. If the dog keeps barking despite the warning, the collar will emit a squirt of citronella oil under the chin, an odor that most dogs find offensive. This is very harmless but it does work, especially for those who want to control barking when they are not at home to correct the problem.

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### TO PRACTICE

1. **Sit:** This week, practice longer **sits, downs** and **stays**. Try walking away while they are doing this. Also add some distractions by jumping up and down, waving your hands, or opening a door.
2. **Walks:** When walking your dog, alternate between the **loose walk** and the **heel**. Remember when you are done with heel to **release** them with an "okay!"
3. **Come:** To practice this, it will be helpful to use a long line to allow for corrections. When you practice this, go into another room in the house and call your dog. Upon finding you, treat and praise. Do the same thing while you and the dog are outside, by going to different parts of the yard. Have someone hold your dog, go out of sight, and call them. You can repeat their name, clap, whistle, or squeak a toy to focus their attention and bring them closer to you. Do NOT keep repeating the "**come**" command. When they reach you, remember to have them sit and then praise and treat. It is important to practice this, as many times when you call your dog they are out of sight—they must learn that they are expected to find you. Some people may use a whistle and teach their dog to come to the sound. To teach this, you just substitute the clapping / squeaking / calling with a whistle sound. You can also practice blowing the whistle near your dog and when they look up, treat and praise them.

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4. Down: When practicing this, start adding in the hand signal. Start by just pointing with one hand. Hold the treat in between your fingers in the other hand, which needs to be held palm-out above your head. Say "[NAME] down" and when your dog goes down, treat them with the hand you are holding up in the air. Eventually, you will wean them off of depending on your hand pointing to the ground and they will rely solely on the one hand in the air. If your dog has a hard time making the transition from pointing the official hand signal, than you can encourage them into the down by stepping on the lead while you hold it taught.
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