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Leading the Pack An Owner's Guide to Dog Training





Table of Contents

Introduction.....	2
Lesson 1.....	4
Overview.....	4
Alpha Paws Philosophy.....	5
Tools & Equipment.....	6
The Collar.....	6
The Flat Collar.....	6
The Martingale Collar.....	6
The Slip Collar.....	7
So Which Collar Is Right For My Dog.....	9
Sizing Your Collar.....	9
The Leash.....	10
Tying the Dog to You.....	11
Leash Handling.....	12
Slide & Step.....	13
Butterfly Technique.....	15
Baseball Grip.....	15
A Mother's Love - Mother's Correction.....	17
Training Routine.....	19
Play.....	19
Work.....	20
Confine/Rest.....	21
Homework Review.....	22
Practice Worksheet: Collar On.....	23
Practice Worksheet: Slide & Step.....	24
Practice Worksheet: Butterfly Technique.....	25
Practice Worksheet: Baseball Grip.....	26
Lesson 2.....	27
Overview.....	27
The Calming Touch.....	27
Focus.....	29
Introduction.....	29
Focus Exercise.....	30
Teaching Points – Focus.....	32
Manners.....	33
Introduction.....	33
Jumping.....	33
Leash Pulling.....	34
Food Refusal.....	35
Drop It.....	36



Play Biting.....	37
Digging.....	39
Walking Your Dog.....	40
Drop and Turn Technique.....	41
Homework Review.....	43
Practice Worksheet: Focus.....	44
Practice Worksheet: Jumping.....	45
Practice Worksheet: Food Refusal (1 person).....	46
Practice Worksheet: Food Refusal (2 people).....	47
Practice Worksheet: Drop It.....	48
Practice Worksheet: Play Biting.....	49
Practice Worksheet: Walking.....	50
Practice Worksheet: Drop & Turn.....	51
Lesson 3	52
Overview.....	52
Basic Obedience Commands.....	52
Heel/Auto Sit.....	52
Sit-Stay.....	53
Teaching Points – Basic Obedience Commands.....	55
Downs & Push Ups.....	56
Overview.....	56
Push Ups From the Side.....	57
Sit From the Side.....	57
Down From the Side.....	58
Push Ups From the Front.....	60
Sit From the Front.....	61
Down From the Front.....	63
Teaching Points – Downs & Push Ups.....	64
Homework Review.....	64
Practice Worksheet: Heel.....	65
Practice Worksheet: Sit/Stay.....	66
Practice Worksheet: Push Ups – Sit From the Side.....	67
Practice Worksheet: Push Ups – Down From the Side.....	68
Practice Worksheet: Push Ups – Sit From the Front.....	69
Practice Worksheet: Push Ups – Down From the Front.....	70



Lesson 4	71
Overview	71
Come	71
Teaching Points – Come	76
Go Back	76
Step 1	76
Step 2	79
Step 3	80
Step 4	81
Teaching Points – Go Back	83
Homework Review	84
 Practice Worksheet: Come	85
Practice Worksheet: Go Back – Step 1	86
Practice Worksheet: Go Back – Step 2	87
Practice Worksheet: Go Back – Step 3	88
Practice Worksheet: Go Back – Step 4	89
 Lesson 5	90
Overview	90
Motion Commands	90
Sit In Motion	90
Teaching Points – Sit In Motion	91
Down In Motion	92
Teaching Points – Down In Motion	94
Homework Review	94
 Practice Worksheet: Sit In Motion	95
Practice Worksheet: Down In Motion	96
 Final Thoughts	97
 Blank Practice Worksheet	98
 Notes	99



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INTRODUCTION

This Alpha Paws manual has been designed for you to use as a companion resource tool with the Alpha Paws DVD, Leading the Pack, An Owner's Guide to Dog Training. These tools used together form a complete basic obedience-training system. In both you will observe myself, Peter Brown, professional dog trainer working closely with my own 2 dogs and best canine friends Sandy & Bamba, both are female yellow labrador retrievers. Once you have completed this training system, you can expect *your* dog to be completely different while on the leash. While you will also notice an improvement while your dog is off the leash, the largest difference in behaviour will be when the leash is being used properly. This is because using the leash properly will not only simulate the mother's nip at the neck, but it will also provide the dog with a guide for the proper behaviour.

Dogs need a defined alpha leader in their pack and if you're not the leader then they have to be. This leads the dog to a whole host of anxiety and problems including barking, pacing and refusing to lie down. These are dogs with no true defined leader. Once you establish yourself as the alpha leader then all of these behaviours will stop.

The biggest responsibility owners have when they first begin training their dog is learning the steps to properly work their leash and how to lead their dog rather than follow – to become the true Alpha leader. In addition, the onus is on the owner to set up a regular routine and schedule, which the dog can live and depend upon. Daily exercise, mental stimulation and rest (crate/mat) are all crucial to asserting yourself as the Alpha leader. Remember, in the wild it's the Alpha who controls the freedom of the entire pack. Once the dog accepts you as Alpha, you will notice a significant decline in negative behaviour patterns, your dog will be much less anxious and will be considerably more calm and happy overall. Not to



mention how well behaved and well mannered she will be!

Practice each lesson for a full week, taking your time and following the instructions in each lesson. Begin slowly and complete each component first before moving on to the next. Practice a minimum of 1 – 3 specific sessions per day, with each session no more than 10 minutes long. The best results come when you build your training exercises into your everyday routine. When you follow the routine of play – work – crate/rest your dog gets what she needs: exercise, mental stimulation and rest; and because your dog is resting, you get time to do what you need to do, so everyone is happy and as they say:

'A tired dog is a happy dog, and a happy dog is a healthy dog!'





LESSON 1

This first lesson is all about learning the Alpha Paws philosophy, which is essentially the philosophy of Mother Nature and learning to establish your Alpha status with your dog. You will also learn about the tools and equipment needed including learning the art of using your leash properly and being ready to respond to your dog. Further, you will also be learning about the concept of 'A Mother's Love', which teaches you how your dog's mother would both love and discipline them in the wild. Finally, you will be learning how to establish a proper training routine essential to success in obedience training your dog.

Essentially, you and your dog will learn to start working together as a team with you leading and your dog following. You can reinforce this by making subtle changes in your everyday interactions with your dog, such as never letting her step ahead of you through a door, entryway or up stairs and having her pace herself to you on your walks. This is the foundation of good obedience and teaches your dog that you are the Alpha leader and as such, must be respected. Once your dog understands this and their role in the pack, they are much more calm and obedient. This is the goal of training, Nature's Way!





The Alpha Paws Philosophy

At Alpha Paws, we follow the same principles as Mother Nature when we train our dogs. Dogs, being direct descendants of wolves, have many things in common with their ancestors, both in terms of physical and sociological development. So, through the study of wolf and canine behaviour in general and the mother-pup relationship in particular, we can understand more clearly how to successfully train and relate to our dogs.

Mother wolf does not use verbalizations, other than tone, to train her pups; instead, she uses body language and physical correction, in the form of a nip at the neck. Puppies are instinctually programmed to respond to their mothers, so when you are training a dog, especially a puppy, what you will find is that they will respond a lot faster to you if you act like the puppy's mother.

A mother dog is always fair to her puppies; when they do something dangerous or something that they are not supposed to, she will immediately respond with a correction, and when they are behaving, she gives them lots of love and positive attention - this is the same approach we use here at Alpha Paws.



Tools & Equipment

To be successful in training your dog, having the right equipment and knowing how to use it is key. This is going to require you to practice your leash handling as often as you can, with the ideal being every day. Practice often and soon you, too, can handle a leash and collar as easily as you see me do in the DVD.

The Collar

The proper collar to use depends on you, your dog's size and personality, and your family situation. For instance, smaller dogs may only need a simple flat nylon collar or martingale collar, whereas larger dogs may require something more substantial like a slip collar to ensure the dog responds to you. Just having the collar on your dog doesn't make it work; you have to know how to use it properly!

The Flat Collar

This will probably be the first collar you will ever use with your dog. It is a flat nylon collar that comes in a variety of sizes and colors and simply lies flat against the dog's neck. The purpose of this collar is for your dog to get used to wearing one and having it around their neck and at the same time the dog's neck is still growing and developing so we want to use the gentlest collar possible.

Martingale Collar

The martingale collar is a combination of both a nylon collar and a slip collar, making it a correction collar that is used on dogs specifically while you are working with them. Like any correction collar, when you are not with them there is no point in them having it on. With the martingale collar you can put it on any which



way, there is no right or wrong way, just slip it over their head and you can correct the dog on either side of the



dog's neck, unlike the slip collar.

Slip Collar

This is just a straight basic chain that has to be put on in a very specific way (see page 8, How to Put a Slip Collar On Your Dog... the Right Way!) and used properly. Like any correction collar, the motion is a quick pull and release. With this collar, the motion



must be made off to the left side of the dog's neck to work properly. Also, any time you pull and hold, you are not using your collar properly and as such, are not being fair to your dog.

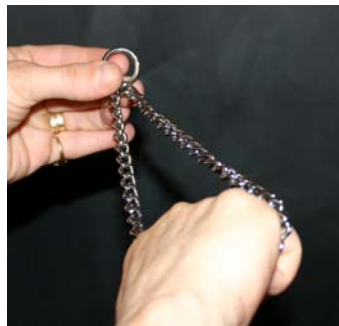
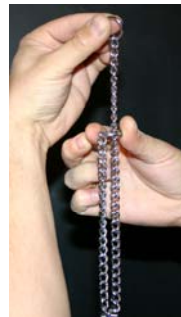
The differences between the two include the fact that the slip collar has to be put on in a very specific way and the martingale collar does not. But the main difference is that humans tend to like the look of the nylon collar better than the chain, though the actual correction itself feels the same from both, if done properly. Also, if you are not physically able to make a proper correction because your dog is so large or you are physically challenged in some way, you may need to move to a prong collar. Ultimately, technique in correcting is more important than which collar you use.

The tools, however, are only as good as the person using them and you want to use the right tool for the right job.

When using a correction collar like the martingale, slip or prong, the leash has to be loose all the time; the only time that the leash is ever tight is for that split second when you are making that quick correction in the opposite direction of the way your dog wants to go. If you release that collar as fast as you pulled, you are simulating mother's nip at the neck, which is

exactly what the correction collar is designed to do and why it is so effective, when used properly. If you are just pulling and holding on with any correction collar, you will end up frustrating your dog to the point where they will either pull away resisting you or may lash out in frustration. This is why, when you are first learning your leash, if you can't keep that leash loose, you should tie the leash around your waist instead so that when your dog goes to pull you can just walk in the other direction away from the distraction and they will have to follow you.

How to Put a Slip Collar On Your Dog... the Right Way!



Facing your dog, form a 'P' with the collar making sure that the straight edge is hanging down on the left side. Slip the collar gently over the dog's head while saying, **COLLAR ON**. This will help your dog understand what is going on and the action when repeated becomes routine over time.

**TIP!**

When the collar rings are on your dog's right side the chain on the live ring will come out at the top of the dead ring.



So Which Collar Is Right For My Dog?

Always start with a flat collar, particularly when your dog is young and still developing its neck muscles. As your dog grows it is important to let the needs of the individual dog dictate when, if ever, you need to upgrade to the next type of collar. If you find you are having to correct the dog more than 3 times for any particular command then this tells us either one of two things is happening: either your technique is flawed or it is time to upgrade to the next collar: starting with the martingale, then slip and finally the prong collar, which is typically used with dog's with very strong necks, i.e. Boxers, Great Danes or Rottweillers, or for people who are physically unable to make the proper correction on their dog or their dog is just too strong for them.

Sizing your Collar

Flat Collar – When sizing your collar you must be able to get no more than 2 fingers inside of the collar when it is lying flat against your dog's neck.

Martingale Collar – When the collar is on your dog and you pull the chains tight (not too tight – do not choke your dog!) you should still be able to get 2 fingers inside the collar just like the flat collar.

Slip Collar – When the collar is pulled tight there should be at least 2 inches of chain coming out of the live ring, which is the ring that moves and pulls the chain through the other ring.



Prong Collar – Is designed to correct your dog evenly all around the neck as opposed to at one side as is the case with the martingale and slip collars. It's very important when the prong collar is on your dog that it stay loose all the time, except to correct. Make sure that when the collar is pulled tight that the prongs are not embedded in the dog's neck. Also, make sure when using this collar that you *do not* let your dog pull, keep your dog on a loose leash. This collar is designed to produce a quick pull and release motion as is the case with the martingale and slip collars.

The Leash



For obedience work, including walking, we use a 6-foot leather leash. These are much gentler on your hands than nylon leashes, especially if your dog pulls a lot.

Having said this, when you first start training your dog, it is best to have two simple nylon leashes in two different colors, 4-6 feet in length. I use one color for outside and the other for the dog to drag around inside the house. They are cheaper leashes and it doesn't matter if the dog chews them up. These are standard tools that can be purchased at any pet store.

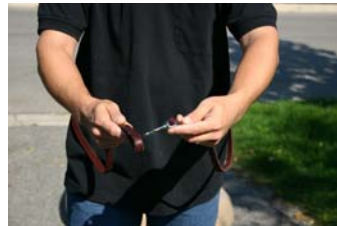
Now, you may be asking yourself, "Why would I want my dog to drag a leash around inside the house?" Well, the answer is that it allows you to react instantly when unwanted behaviour arises, and it teaches the dog that you will respond immediately with predictable consequences to their actions. Often, when dogs feel like they're being ignored, they will knowingly pick up something that they're not allowed to have, come show it to you, and then run away, inciting the chase. If your dog's leash is dragging, all you have to do is step on it. This way you retain control of the dog, and the dog learns to play by your rules.



Tying the Dog To You

This is a great way to begin your training sessions when you are first starting out with your dog and are learning to use your leash properly.

To tie your dog to you use a nylon or leather leash at least 6 feet long. Take the leash and wrap it around your waist, feeding the buckle through the loop; then attach the buckle to your dog. Be very careful when doing this around the house; although it can be very useful, it is also easy to get tangled up, so make sure your area is clear and unobstructed before you begin.



The main advantages of tying your dog to you is that it immediately restricts the dog's freedom while giving you control over their movements, and it gives you time to learn and develop your leash handling skills without having to make your mistakes on your dog.

Tying your dog to you is also beneficial to people who feel guilty about putting their dog in a crate while they are at home. If you tie them to you, they are still being confined yet the dog is still right there with you, to be corrected if needed. Your dog will not be learning a lot of bad behaviours that they might when unsupervised. And with your dog tied to you, you



would certainly be the first to know if she had to go to the bathroom. So, there are many benefits to tying your dog's leash around your waist when you are just starting out your training.

Leash Handling

The importance of leash handling is that it allows you complete control of your dog. If you're confident on the leash your dog knows it, you really can't fake it, and your dog will respect you! Proper leash handling is one of the most important ways you can improve your dog's behaviour on a walk or whenever in public.

The proper way to hold the leash when doing obedience work, with your dog or on the wall, is to hold the loop of the leash over your right thumb. Then take your thumb and the index finger of your left hand and loop them over the base of the leash and hold under your right thumb. You are now ready to gather your leash using the Slide and Step and Butterfly techniques.



Never put your whole hand, through the loop of the leash, or wrap the loop around your hand. This gives you zero control over your dog and she will know it immediately.

When you are first learning, practice your leash technique on a wall or other structure instead of on your dog. You can do this by putting an eyebolt into your wall at the dog's neck level, making sure it is securely fastened to the wall. If you prefer not to but a bolt in your wall then you can also attach your leash to a chain link fence and practice your leash handling

TIP!

Keep your hands confidently down at your hip level with your elbows straight. This helps keep the leash loose at all times.



skills there. Better to make your mistakes there than with your dog! Once you feel confident of your technique then work with your dog.

Slide and Step

The slide and step technique is the best way to utilize your 6 foot leash so that you can step from being 6 feet out from the dog to right into the dog and back out again in a fast fluid motion. Keep the leash loose the whole time, so that the only time the leash is tight is when you make a correction. That is the whole point of this technique: keeping the leash loose while you move into the proper position.

The slide and step:

1. Gather up your leash by sliding your hands apart along its length, keeping your left hand low and right hand high.



2. Step in towards the dog. At the same time, continue sliding your hands apart along the leash, as far as they will go, until you have reached the dog.



3. Both of your feet should be facing your dog, one towards its head and the other its bum, by the time you come to a stop.





Butterfly Technique

The butterfly technique is used because it allows you a more fluid and comfortable movement from which to rotate your hands and form the baseball grip.

To Form the Butterfly Technique:



1. With your left thumb already in the loop of the leash, bring your right hand down to meet your left.

2. Loop the thumb of your right hand into the loop of the leash beside your left thumb.

Baseball Grip

The baseball grip is a way to stand ready so that you are prepared, holding the leash, for when your dog does something it is not supposed to, your timing is then better as you are quicker to respond.





To Form the Baseball Grip:

1. Apply your left hand to the bottom of your right and grip forming a fist. This will feel more comfortable with time and practice!
2. Keep your elbows down and the leash loose and lock your arms.
3. Be ready! You are now prepared to work with your dog and to react to their behaviour.

Technique and Timing

It is more important to concern yourself with your leash handling skills than your timing when you first begin. If you concentrate on your timing too much and your technique suffers, your technique will never improve as much. If you concentrate on your technique first your timing will always improve with practice.

Once you have your leash handling skills developed you will be able to walk your dog proudly beside you with confidence.



A MOTHER'S LOVE – A MOTHER'S CORRECTION

The best way to raise a dog is the way its mother would, and in the wild no wolf would treat-train its pups; this is just not a natural practice for these animals. Just as with humans, wolves and dogs train their young using love and discipline, not with food. A mother is very matter-of-fact with her love. She is going to dole her love out quickly and responsively when the puppies have done something well, and when they haven't, she is going to instruct them by giving them a correction in the form of a quick nip at their neck. The leash and collar technique that we use to train dogs is designed to mimic mother's correction in the wild. It has to be quick and over. Mother would never grab and drag her puppies. If you hold your dog on a tight leash, this will only frustrate them, and they will be physically prevented from obeying your commands.





Don't Give Away the Love For Free

Make them work for it! If not, it can contribute to a host of behavioural problems including aggression, dominance, separation anxiety, spoiled behaviour and on top of all that, you will find it hard if not impossible to ever get your dog to do anything for you in the future.

If you treat your dog like a Teddy Bear and constantly dole out nothing but love without making them work for it, it will be impossible to make your dog work for you in any kind of situation; instead, the dog will not respect you and rather will not listen. Think of it as this simple equation:

Overlove+Too Much Freedom = Behavioural Nightmare

Why correct at the neck?

All dogs are genetically programmed to understand a neck correction and they know that this means 'NO'. In addition, their bodies are built to handle it. As humans, we don't correct our children at their necks, as it's one of their most vulnerable spots. However, we must understand that dogs are not physically built like us. If you ever watch two dogs playing together, you will notice that they will instinctively bite at each other's necks because, on a dog, this is the most padded area on their body. This allows them to engage in even fairly rough play without hurting each other in any way.



TRAINING ROUTINE

Play-Work-Confine/Rest

This is a routine that helps ensure the needs of both dog and owner are satisfied. It is also a key factor in helping you establish your Alpha status, which will guarantee your dog will listen to you and obey your commands.

Play

First you are going to allow your dog to **PLAY**, preferably in a confined backyard environment. If you do not have a fenced-in yard you can get a long nylon line, thirty feet should do it, and tie your dog to you. You can then go to an open field where your dog can run around you for thirty feet in any direction while you are still in control of the dog and you are still obeying the law by having your dog on a leash.



Play is really important because it allows your dog to expend all of the excited energy that they have stored up inside. I find that one of the common mistakes people often make is that they come home after a busy day at work and their dog has been in the crate for a long period of time and immediately they take their dog out for a walk. What you are going to find by doing this is that your dog is going to be a pulling nightmare for the first half of the walk until they release all of that pent up excited energy. Why not,



instead, contain that excited energy to the backyard or in a field on a long line for 20 minutes, get your dog running around, let them have some exercise and go to the bathroom, and use your walk instead for training work.

Once you have determined that your dog has expended all of that excess energy, (and you can usually tell when the dog is ready, because you will notice their tongue hanging out of their mouth, or they will lie down on their own power), then you move to the **WORK** portion of the equation.

Work

Most dogs were meant to work *for* or *with* their owners on specific tasks. Even if you don't have a herding dog for sheep, you should still be mentally stimulating any dog to keep its brain functioning. We send our kids to school for the same reason - we need to expand their minds constantly because like any intelligent animal, they need it to survive and thrive in life.



Now that your dog has been exercised, they are much better able to focus on you and learn. This can come in the form of either a walk or a quick workout session, typically no more than 5-15 minutes in



duration. Dogs have a very short attention span so short positive sessions work best. Either you take your dog for a walk or do your training session onsite, remembering to focus your dog first before you begin in both cases. The important thing is not what commands you concentrate on; what does matter is that you switch them up regularly and don't do the same thing in the same order every time. If you do, the dog learns to anticipate you. The problem with this is that now they are reacting instinctively before you even say anything, according to a programmed routine, and are no longer listening to what you are saying and doing things because you said so. This makes introducing new commands much more difficult.

Confine\Rest

This is essentially rest time or naptime for your dog. This time is very important, because it gives the dog the opportunity to process the work that you just did.



This is one of the reasons why you play them first, so that when you put them in their crates or confine them to a mat for rest, or tie them to you, they are now sitting and

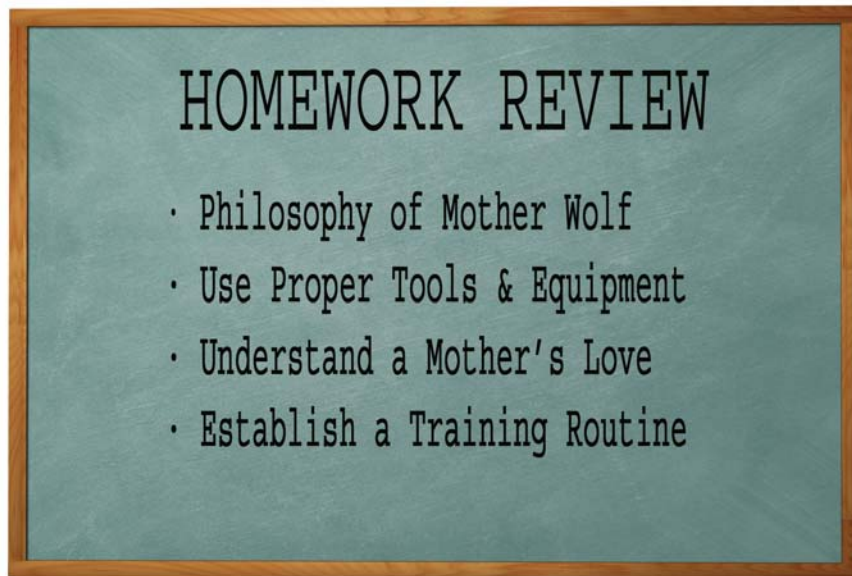
processing the work that they just did and what they have learned so that the next time you take them out for their next cycle of **PLAY-WORK-CONFINE/REST** they will be that much better!

Healthy dogs sleeps 18-20 hours a day, which means when they're up, they're really up, and when they're down, they're down. So, you also want to confine them to the crate for safety reasons (in case you are unable to supervise them and you don't want them to get into anything harmful) or so that they don't learn any bad behaviours while roaming the house.



Some people have a strong emotional reaction to any living thing in a small confined space, and therefore use the crate as punishment or jail. The crate is always supposed to be a positive place so to that end, feed them in the crate for more positive reinforcement.

Also, for any dog to feel safe they need a den to curl up in. Think about it: when wolves are puppies they have two major predators: large cats such as bobcats and mountain lions, and large birds of prey like eagles and osprey. Both predators ambush their prey from above, so when pups are threatened, a hole in the ground that is only large enough to turn around and lie down in is the safest place to be.





Practice Worksheet

Use this sheet to document your success and development issues for each lesson. Sessions should be 10 minutes long and ideally 3 times per day. Practice each lesson for 1 week.

Lesson 1

Exercise: Collar On

Tip: Remember to tell your dog what you are doing, 'Collar On'.

	Day 1		Day 2		Day 3		Day 4		Day 5		Day 6		Day 7		Outcome / Comments
	✓	⌚	✓	⌚	✓	⌚	✓	⌚	✓	⌚	✓	⌚	✓	⌚	
Session 1 (AM)															
Session 2 (PM)															
Session 3 (Eve)															
Extra session 1 (Optional)															
Extra Session 2 (Optional)															



Practice Worksheet

Use this sheet to document your success and development issues for each lesson. Sessions should be 10 minutes long and ideally 3 times per day. Practice each lesson for 1 week.

Lesson 1

Exercise: Slide & Step

Tip: Keep your left hand low and right hand high on the leash as you slide into your dog.

	Day 1		Day 2		Day 3		Day 4		Day 5		Day 6		Day 7		Outcome / Comments
	✓	⌚	✓	⌚	✓	⌚	✓	⌚	✓	⌚	✓	⌚	✓	⌚	
Session 1 (AM)															
Session 2 (PM)															
Session 3 (Eve)															
Extra session 1 (Optional)															
Extra Session 2 (Optional)															



Practice Worksheet

Use this sheet to document your success and development issues for each lesson. Sessions should be 10 minutes long and ideally 3 times per day. Practice each lesson for 1 week.

Lesson 1

Exercise: Butterfly Technique

Tip: Align your thumbs together.

	Day 1		Day 2		Day 3		Day 4		Day 5		Day 6		Day 7		Outcome / Comments
	✓	⌚	✓	⌚	✓	⌚	✓	⌚	✓	⌚	✓	⌚	✓	⌚	
Session 1 (AM)															
Session 2 (PM)															
Session 3 (Eve)															
Extra session 1 (Optional)															
Extra Session 2 (Optional)															



Practice Worksheet

Use this sheet to document your success and development issues for each lesson. Sessions should be 10 minutes long and ideally 3 times per day. Practice each lesson for 1 week.

Lesson 1

Exercise: Baseball Grip

Tip: Keep your hands touching together, elbows locked straight in front of you.

	Day 1		Day 2		Day 3		Day 4		Day 5		Day 6		Day 7		Outcome / Comments
	✓	⌚	✓	⌚	✓	⌚	✓	⌚	✓	⌚	✓	⌚	✓	⌚	
Session 1 (AM)															
Session 2 (PM)															
Session 3 (Eve)															
Extra session 1 (Optional)															
Extra Session 2 (Optional)															



LESSON 2

This lesson begins with the Calming Touch, which is the way to soothe and bond with your dog and not rile your dog up at the same time. We want to avoid that more aggressive type of play because it can instantly cause play biting and jumping and other rude behaviour. Next, we are going to cover focus, which is a way of capturing your dog's attention before you start training. After that we will address all of the manners that come with good dog obedience followed by the Walking on a Loose Leash exercise, which is essential for successfully walking your dog.

Essentially, you will learn how to work with your dog as a team, so that you lead and the dog follows.

The Calming Touch

The calming touch is a way to touch a dog in a way that will soothe them and calm them down. There are subtle places that feel very good to your dog and are very effective at soothing rather than revving the dog up.





It is also an important way of establishing trust with your dog. As a trainer, it is important that I use the calming touch to let dogs know that I am safe and non-threatening. Because I don't use food in my training (I use love as the reward), it is important to start bonding with the dog right away, and use the calming touch to let the dog know that my love means something. If the dog does not accept your love you have no currency, nothing to pay the dog with at the end of a job well done. This is a crucial part of the training. If you are going to be disciplining a dog, you have got to love that dog just as much and at the right time, keeping that scale balanced. So, if you touch the dog in the right place and the right way, you will make sure the dog is bonded to you and accepting your love and instructions. And unlike food and treat rewards, you'll never be out somewhere and run out of your bag of love!

To administer the calming touch:

1. Start by facing your dog. Always rub gently up from underneath, start with the side of the face and neck stroking softly against the dog's jaw line and down along both sides of the face.





2. There is a spot from the eyes to the ears and anywhere in and around those ears that feels so good to your dog! You can also pull forward gently on their ears, they love that too!
3. The Calming Touch can also be administered along the dog's mane as well. Gently follow the mane back with both hands from the top down the middle and stopping high along the dog's back.
4. The shoulder blades and the chest are other great spots as well, all the way down the spine and the little spot on either side of the top of the tail near the dog's bum will feel great to your dog!

FOCUS

Focus is crucial in training. You must have your dog's full attention before starting any training session or walk. It is like when a teacher walks into the classroom and the papers are flying around and the kids are all noisy. She doesn't just start the class, first she says...attention...attention, and when all eyes are on her then she starts the class, for a very important reason, if the students are not paying attention to her then they are not learning anything. This is what focus work is all about and starts by leading your dog.

TIP!

Focus work should not take more than a few minutes. If your dog is resisting then you need to work on your technique.

So, it is important to keep in mind that if you can't capture your dog's focus you should not be stepping off the driveway or starting to teach your dog a command.



Focus Exercise:

1. Start the focus exercise by saying "**OKAY – LET'S GO!**"
2. Proceed forward and your dog must follow beside you whichever direction you go.

Do not allow the dog to pull on the leash.



3. Use your body language to motivate the dog your way (i.e. pat your hip or crouch and always use a high pitched voice when motivating your dog to move toward you.)
4. Using the **one step stop** or quick **criss-cross** techniques, correct as needed in the opposite direction to which your dog is pulling.

One Step Stops

A One Step Stop is a quick way to determine whether your dog is focused on you or not. With this technique, take one step forward and stop. Your dog should follow you and immediately stop and wait beside you for your next move. Success with this technique is a good indication that your dog is focused on you and watching you. When you are walking your dog you should notice that every few seconds your



dog will turn its head and look up at you, pacing itself to you. If you don't see this then you know your dog is leading and not you!

Criss-Crosses

This is another way to focus your dog and make sure that they are paying attention to you. The basic technique is that if the dog tries to go one way, then you go the other. What you want to avoid in focus work is just going around and around in an aimless circle, this will only make you dizzy and will bore your dog! Instead walk around the room or driveway in a variety of different patterns using quick criss-crosses, figure 8's and back and forth patterns to capture your dogs focus. Keep it up until your dog is walking beside you and totally focused on you.

If you are having problems, stop, stand in one place and just concentrate on teaching your dog not to pull. Do this by creating an invisible perimeter around yourself (no more than 2 feet) from which your dog will be corrected with a quick pull and release on the leash, if their nose crosses that line.

As soon as the correction is over, crouch down and pat your left side calling the dog's name in a high-pitched voice. This will motivate your dog to follow you.

Do not say 'Come' as this is actually a totally separate command and we do not want to confuse the dog.

Remember to give your dog lots of praise when they are following right beside you and focused on you!



TEACHING POINTS - FOCUS

- Focus is important because it gets the dog's attention on you, which establishes you as the Alpha and shows your dog that you are the leader and must be followed.
- It helps when you first start focus work to walk back and forth quickly instead of round and round in an aimless circle, which quickly becomes boring and repetitive for your dog.
- When beginning a walk, if your dog goes to the wrong side of you, direct them to the correct side without moving your feet. **VERY IMPORTANT: HOLD YOUR SPOT!** Gently drag your dog back over to the correct spot and loosen off on the leash. Give your dog a little praise once they have reached the correct side. You want your dog to know that being beside you is good and being away from you isn't.

Some important things to keep in mind when correcting your dog are:

- The collar should always go from loose to tight to loose again. Listen for the zip! This way, your dog understands that they must obey and gives them the opportunity to do so. Remember, it is the speed of the release, not the strength of the pull that is important.
- If the collar goes tight for any reason loosen it first by leaning slightly towards your dog before making the correction, don't just pull back on dead weight.



MANNERS

TIP!

When first starting your training sessions for manners it helps to have 2 people involved, one person to control the dog on the leash and the other to act as the distraction.

Manners are just as important for your dog as for a child. No one wants to be around an ill-mannered child and the same applies to a dog. People will even avoid your house if your dog behaves badly, and that is no way to live! We want our dogs and our children to be well-mannered members of society so that we are proud of them and they are a joy to be around.

Jumping



TIP!

This exercise may look mean but it is inevitable that someone will come to your house and try to get your dog to jump so it is best that the dog know not to jump.

Jumping Exercise:

1. Set your dog up by encouraging her to jump up on you.
2. Be ready on your leash to correct if required.
3. Continue the exercise until your dog shows you a sign that she understands by choosing *not* to jump up on you, even when encouraged to do so.
4. Praise strongly "**GOOD DOG!**"
5. Now stop petting your dog.
6. Wait a few minutes to see if your dog tries to jump again, if she does, be ready to correct. If not, lots of **PRAISE!**

What we are doing with this exercise is retesting the dog a number of times to make sure that she has



really learned the lesson, and knows NOT to jump on you and will refuse to do so, even when coaxed! You are testing the dog to see whether the dog knows and is responding to the training. Until the dog proves to you that she knows it, you can't assume anything. It is for the same reason that we test children in school - we cannot know how they are doing unless we test them.

Leash Pulling

A good rule of thumb while walking your dog on leash is that they should walk calmly beside you, and no further ahead of you than their bum at the seam line of your pants. If your dog gets to the end of their leash and it's tight, straighten your elbows and loosen the leash quickly before you correct. The key is to correct your dog before she gets to the end of the leash.

TIP!

If your leash is tight when you give a command, the dog is actually being prevented from carrying out the command. Always keep your leash loose between corrections!

The general rule for leash pulling is to correct the dog in the opposite direction of the way the dog is pulling. Remember, the collar should always go from loose to tight to loose again for a correction to work.

Praise your dog when they are walking calmly beside you.



Food Refusal



The point of this exercise is twofold: to prevent strangers from feeding your dog, and to build and maintain the Alpha status with your dog. This exercise is best practiced with 2 people, one to act as the distraction and the other to handle the dog and

leash. If you are unable to use 2 people the following instructions detail how to do this exercise by yourself.

Food Refusal Exercise (With One Person):

1. Offer a treat to your dog in your left hand.
2. Hold the leash in your right hand and correct if your dog goes for the treat.
3. When the dog does not go for it, give them lots of praise.
4. When your dog turns her nose away from the food say, "**OK**" and put it right in her mouth and praise while she is eating it. This is extremely important because you are teaching your dog that you are in charge and that they must wait for the appropriate command before taking the food.

TIP!

When offering the treat place your thumb firmly down over the treat so the dog can't get it before the correction.

Food Refusal Exercise (With Two People):

1. The handler gathers the leash into a baseball grip.
2. The distraction person offers a treat to the dog, preferably in their left hand.
3. If the dog goes for the treat, the handler corrects the dog towards her bum.
4. When the dog turns her nose away from the treat, the handler releases her with a big happy **OKAY** and lots of praise. The dog is now permitted to take the treat.
5. If the dog is reluctant, then place the treat right in her mouth and pet the dog while saying **OKAY**.

TIP!

Make sure you use a treat that your dog could not possibly say no to!

Drop It

This exercise teaches your dog to drop any item in their mouth immediately, upon command.

Drop It Exercise:



1. Gather your leash and then allow your dog to have something suitable in their mouth.
2. Pet her and praise her for having the item.
3. Then, in a low tone say, "**DROP IT**".



TIP!

Don't use the command every time your dog picks something up or she will never pick anything up ever!

4. If your dog refuses, make one quick correction towards their bum saying, "**NO - DROP IT**".



Remember to release your correction every time. If the collar isn't releasing immediately, it is either caught in their fur or is on backwards. (See Tools and Equipment, page 6 for the proper way to put on the collar.)

Once your dog has dropped the item, they must leave it until you say, "**OKAY**" in a high-pitched voice. Repeat and praise profusely.

Play biting

All puppies come with the play biting instinct. They bite to experience their teeth, to figure them out and work them in. This starts at a very early age. Eventually play biting becomes more a form of play – hunting, as their mothers teach them how to catch prey in the wild.

If your dog is older than six months and is continually play biting, that means that it is probably being allowed to happen by rough play, tug-of-war or mouthing, which is usually caused when a person continually waves their hands back and forth quickly in the dog's face. A lot of people do this to encourage play with dogs and they think when the dog goes to play bite that it is okay at that time, but it really is not. You can turn a dog from a well-behaved mannerly dog to a rude behavioural nightmare with just a little mouthing or rough play.

Play biting exercise:

1. Set up your dog by using a hand, foot or leash and wave it or wiggle it right in the dogs face.



2. If your dog does not play bite – **PRAISE!**
3. If your dog does play bite – correct them in the direction of their bum. If you are practicing this by yourself, use your right hand on the leash and correct off to the right side.



4. Do not pull your left hand, foot or leash away from in front of your dog; keep waving it until they turn their head away, clearly stating, "I'm



not going to bite you." Once this happens, give your dog lots of hugs and praise.

Digging

There are many reasons why dogs dig. Most of them are genetically preprogrammed into the dog. They dig to bury food or toys when the dog is not hungry. Dogs will dig themselves a little spot to lie down in to keep themselves cool on a hot summer day.



A dog could be digging a big hole, like a den, looking for a comfortable and safe spot in the back yard. Don't forget, dogs' biggest predators in the wild are large birds and cats (jaguars etc) that all attack from above. This is why a nice cozy hole in the ground is a very appealing prospect for many dogs.

Your dog could be digging up those little grubs in the lawn that we spray for every year. Dogs find these delectable yummy treats and they will often eat at the dirt to get to these little bugs in the ground.

The only digging we don't want to see is digging out of boredom. If your dog is left in the backyard by themselves or tied up on a leash it will often start digging out of boredom. This usually means the dog



is either under-exercised or under-stimulated and is a real problem because it is not teaching your dog to be anything but destructive. Some other destructive types of behaviours you often see along with digging are barking, running away or acting aggressively toward people coming near your property line.

Ultimately, there is only one real way of dealing with digging behaviour in your dog and that is **BEING THERE**. If you are there to stop it right away and your dog is dragging the leash, then it will never become an issue.

Now, if you do have some holes in your yard already, don't just put dirt on top of it to cover it, the dog will just dig that out right away. Try putting a pile of chewing-size sticks on top instead. You can also try putting a pile of dog poop inside the hole itself - that will certainly keep the dog away!

Walking Your Dog

TIP!

When taking your dog for a walk, focus her on the driveway first before beginning.



As we know, you should always exercise your dog first for about 20 minutes before walking him. Remember - *walking is not exercising, it is training!* To really exercise your dog you need to get her running. This removes all of that excited energy that the dog has pent up from being inside all day, and she can also go to the bathroom before you begin your walk.

Next we will show the dog that we will lead this walk.



Walking Exercise:

1. Take your dog to the front door and make them sit.
2. Open the door and enforce the sit command if the dog gets up.
3. When you are ready, proceed through the door.
4. Release your dog with a big, happy **OKAY** and allow her to follow you!
5. Re-command your dog to '**SIT**' on the outside of the door. This allows you to shut the door and gather up your leash.
6. Command your dog, **OKAY - LET'S GO**, and proceed to the driveway.

Now that you are outside on the driveway, there will be more distractions than inside, so be ready to correct your dog in the opposite direction to which the dog is pulling.

Once on the driveway, you will start the focus exercises, (see pg 30, **Focus Exercise**). You should spend just a few minutes on the driveway doing focus work. Remember, you should not need more than this to be ready to begin your walk.

When walking your dog, she should walk nicely beside you on a loose leash, with her bum no further than at the seam line of your pants. Every few steps you take, your dog should be checking and matching her pace to yours.

Drop And Turn Technique

TIP!

If the dog is pulling because it is distracted, use the **Drop and Turn** technique.

This is a very important technique to utilize, especially when you're out on a walk. If your dog is distracted while on a walk, it is useful to refocus them back to you. Whether it is a dog, cat, a leaf blowing by, or a child, you can capture your dog's focus quickly and effectively with the drop and turn technique. You can also use it in the focus exercises at the beginning of a session to capture your dog's attention and to refocus your dog at any time needed.



The Drop and Turn technique:

1. Drop the middle part of the leash as soon as your dog starts pulling, keeping your right thumb in the loop of the leash.
2. Grab the end of the leash with your second hand in a baseball grip.
3. Lock your elbows and correct your dog in the opposite direction of where she is pulling. So, if the dog is pulling forward, correct by giving a quick pull back on the leash and then release immediately.



4. Take a step in the direction of the correction in order to help move your dog away from the distraction. Keep this up until the dog returns to your side and is once again focused on you.

5. Gather up your leash and turn toward the distraction.

Test your dog's focus by using the **One-Step-Stop** method to see if the dog is still distracted (see page 30, One Step Stops).



Once your dog is focused on you and adjusting to your pace, she is ready for the next command, *Heel/Automatic Sit*.



HOMework REVIEW

- Start with the Calming Touch
- Focus Your Dog's Attention
- Introduce Good Manners
- Walk Your Dog to Reinforce Training



Practice Worksheet

Use this sheet to document your success and development issues for each lesson. Sessions should be 10 minutes long and ideally 3 times per day. Practice each lesson for 1 week.

Lesson 2

Exercise: Focus

Tip: Always practice before every training session or walk.

	Day 1		Day 2		Day 3		Day 4		Day 5		Day 6		Day 7		Outcome / Comments
	✓	⌚	✓	⌚	✓	⌚	✓	⌚	✓	⌚	✓	⌚	✓	⌚	
Session 1 (AM)															
Session 2 (PM)															
Session 3 (Eve)															
Extra session 1 (Optional)															
Extra Session 2 (Optional)															



Practice Worksheet

Use this sheet to document your success and development issues for each lesson. Sessions should be 10 minutes long and ideally 3 times per day. Practice each lesson for 1 week.

Lesson 2

Exercise: Jumping

Tip: Set the dog up and then be prepared on your leash *BEFORE* the jump to increase your timing.

	Day 1		Day 2		Day 3		Day 4		Day 5		Day 6		Day 7		Outcome / Comments
	✓	⌚	✓	⌚	✓	⌚	✓	⌚	✓	⌚	✓	⌚	✓	⌚	
Session 1 (AM)															
Session 2 (PM)															
Session 3 (Eve)															
Extra session 1 (Optional)															
Extra Session 2 (Optional)															



Practice Worksheet

Use this sheet to document your success and development issues for each lesson. Sessions should be 10 minutes long and ideally 3 times per day. Practice each lesson for 1 week.

Lesson 2

Exercise: Food Refusal (1 person)

Tip: Hold the treat in your left hand, keeping your thumb on the food to keep it secure, and hold the leash in your right hand.

	Day 1		Day 2		Day 3		Day 4		Day 5		Day 6		Day 7		Outcome / Comments
	✓	⌚	✓	⌚	✓	⌚	✓	⌚	✓	⌚	✓	⌚	✓	⌚	
Session 1 (AM)															
Session 2 (PM)															
Session 3 (Eve)															
Extra session 1 (Optional)															
Extra Session 2 (Optional)															



Practice Worksheet

Use this sheet to document your success and development issues for each lesson. Sessions should be 10 minutes long and ideally 3 times per day. Practice each lesson for 1 week.

Lesson 2

Exercise: Food Refusal (2 people)

Tip: One person holds the dog's leash while the other offers the food.

	Day 1		Day 2		Day 3		Day 4		Day 5		Day 6		Day 7		Outcome / Comments
	✓	⌚	✓	⌚	✓	⌚	✓	⌚	✓	⌚	✓	⌚	✓	⌚	
Session 1 (AM)															
Session 2 (PM)															
Session 3 (Eve)															
Extra session 1 (Optional)															
Extra Session 2 (Optional)															



Practice Worksheet

Use this sheet to document your success and development issues for each lesson. Sessions should be 10 minutes long and ideally 3 times per day. Practice each lesson for 1 week.

Lesson 2

Exercise: Drop It

Tip: Use something suitable that your dog is typically permitted to pick up.

	Day 1		Day 2		Day 3		Day 4		Day 5		Day 6		Day 7		Outcome / Comments
	✓	⌚	✓	⌚	✓	⌚	✓	⌚	✓	⌚	✓	⌚	✓	⌚	
Session 1 (AM)															
Session 2 (PM)															
Session 3 (Eve)															
Extra session 1 (Optional)															
Extra Session 2 (Optional)															



Practice Worksheet

Use this sheet to document your success and development issues for each lesson. Sessions should be 10 minutes long and ideally 3 times per day. Practice each lesson for 1 week.

Lesson 2

Exercise: Play Biting

Tip: Set up the scenario. Make sure you praise your dog after they prove that they won't play bite.

	Day 1		Day 2		Day 3		Day 4		Day 5		Day 6		Day 7		Outcome / Comments
	✓	⌚	✓	⌚	✓	⌚	✓	⌚	✓	⌚	✓	⌚	✓	⌚	
Session 1 (AM)															
Session 2 (PM)															
Session 3 (Eve)															
Extra session 1 (Optional)															
Extra Session 2 (Optional)															



Practice Worksheet

Use this sheet to document your success and development issues for each lesson. Sessions should be 10 minutes long and ideally 3 times per day. Practice each lesson for 1 week.

Lesson 2

Exercise: Walking

Tip: Keep your dog's bum at the seam line of your pants.

	Day 1		Day 2		Day 3		Day 4		Day 5		Day 6		Day 7		Outcome / Comments
	✓	⌚	✓	⌚	✓	⌚	✓	⌚	✓	⌚	✓	⌚	✓	⌚	
Session 1 (AM)															
Session 2 (PM)															
Session 3 (Eve)															
Extra session 1 (Optional)															
Extra Session 2 (Optional)															



Practice Worksheet

Use this sheet to document your success and development issues for each lesson. Sessions should be 10 minutes long and ideally 3 times per day. Practice each lesson for 1 week.

Lesson 2

Exercise: Drop & Turn

Tip: After you drop the leash with your left hand, turn away and lock both hands together at the end of the leash.

	Day 1		Day 2		Day 3		Day 4		Day 5		Day 6		Day 7		Outcome / Comments
	✓	⌚	✓	⌚	✓	⌚	✓	⌚	✓	⌚	✓	⌚	✓	⌚	
Session 1 (AM)															
Session 2 (PM)															
Session 3 (Eve)															
Extra session 1 (Optional)															
Extra Session 2 (Optional)															



LESSON 3

In this lesson you are going to start learning the Basic Obedience commands, which includes the Heel/Automatic Sit, Sit/Stay and leading into Push-ups. Push-Ups are similar to when an army sergeant at Boot Camp makes cadets do push-ups. It will help empty your dog's head of all the stuff they used to know and fill it up with do what I say, when I say it. We're going to start with Push-Ups from the side, which is where you are going to earn all of your dog's respect, and once your dog is performing well, then you are going to start working on your proximity to the dog and do Push-Ups from the front.

BASIC OBEDIENCE COMMANDS

HEEL/AUTOMATIC SIT

It is important to understand that the 'Heel' command is not the same as the command, **Okay – Let's Go**, which is used on a walk. With the **OKAY – Let's Go** command, the dog is permitted more freedom on leash. They can walk a bit farther from you, with their bum at the seam line of your pants.

Heel on the other hand, is a much more serious command and requires the dog to stay closer to your side with their eyes at the seam line of your pants. Heel is most commonly used in training and dog show situations.





In addition, when you stop walking in a heel mode, your dog must sit automatically and stay. Whereas, with a dog in an **OKAY - Let's Go** command, when you stop, it doesn't matter what the dog does as long as it uses good manners - no pulling, jumping, biting or barking!

Heel Exercise:

TIP!

Practice the heel exercise inside first until you are confident and then venture outdoors.

1. Tell your dog to heel, using the appropriate hand signal and then take a few steps forward.
2. Motivate your dog to follow you by patting your left hip at the dog's eye level. The dog must follow you with her eyes at the seam line of your pants and then, when you stop moving, stop and sit beside you without being commanded.
3. If your dog does not stop right away, correct her in the direction of her bum and say, **NO SIT**, in a firm voice.

TIP!

Don't let the words NO SIT run together, instead pause in between, NO...SIT!

Make sure you praise your dog for doing such a good job!!

Once your dog has mastered the Heel/Automatic Sit command, test her on her Sit-Stay response.

SIT/STAY

This command has your dog sit and stay on command. It is important because your dog must understand that when you give a command to sit it actually means "sit and stay there until I tell you otherwise."

Sit/Stay Exercise:

1. Tell your dog to sit, (no hand signal necessary).



2. Test the stay response by taking one step forward and then one step back. Your dog should stay in place the entire time.
3. Then try and circle around your dog, correcting if she moves.



4. Now move out and turn to face your dog and crouch down and see if she moves. Avoid eye contact as it only challenges the dog.
5. Don't forget to release your dog with a big happy **Okay** and lots of praise when she succeeds!



Note: Training sessions should be no more than 10 minutes in length and no more than 3 sessions per day. Short positive sessions work best!

TEACHING POINTS - BASIC OBEDIENCE COMMANDS

- When teaching a dog heel for the first time, especially a small dog, you need to crouch down and motivate that dog at the dog's level. A little pat on the leg will motivate them to the spot where you want them to be.



- When you're first trying to achieve your auto-sit, straighten your back out and stand tall. Straightening your back signals to your dog that the walking is over and it is now time to stop and sit beside you.
- Don't forget to test your dog's stay response by doing a one-step-forward, one-step back maneuver, and also by walking around your dog in a circle to see if they will stay and hold their position.
- Switch up what you're doing as a distraction when you're testing your dog. Do something different every time and not in the same order every time. You don't want your dog to learn to anticipate what you are doing.



DOWNS & PUSH-UPS

Most dogs will find this exercise challenging. Dogs, just like humans, are not fond of push-ups. They don't really understand why you're getting them to sit, then lie down and then get back up again over and over again. Eventually, they have to be thinking to themselves, "would he ***please*** just make up his mind!" However, it is crucial to the success of your training that you continue the exercise until you establish yourself as the Alpha Leader.

TIP!

When you are having friends or family over, do some push-ups with your dog 20–30 minutes before they arrive and your dog will be much calmer.

The only time dogs will really like push-ups is when they are over. And they actually like it so little, the fact that you are showing your leadership, that it can be used as a form of punishment for them. So, instead of putting your dog in their crate for punishment, do some push-ups with them.

Even though push-ups are not the most enjoyable exercise in dog training, they are extremely important because they help shape the entire relationship between you and your dog. At the beginning of training, you start with your dog obeying you because she wants to and whenever she wants to; once you have completed a successful push-ups session, however, the dog will have taken its first step to obeying because YOU SAID SO! You are expressing through the push-up exercises and practice sessions that you are the leader and the dog must follow you! Through these exercises, even the most dominant dog can be taught to follow you. Always start with some focus work to get your dog's attention and then do a little heel, automatic sit, sit-stay. Then lead into some downs and push-up exercises. This will get your dog's mind and body focused and ready to work.



PUSH UPS – FROM THE SIDE

Sit From The Side

With your dog on your left side, command **SIT** in a deep voice – remember - no yelling! There is no hand signal with this exercise.



After your dog sits, test her stay response by trying to distract her in different ways (i.e. circling around the dog, crouching down) before you praise. Vary your pattern of behaviour between push-ups (walk around the dog, crouch, walk over top of them without stepping on them); make sure it's something different every time. Dogs will learn very quickly to anticipate you so always stay one step ahead of them!

You want to make sure your dog will hold the command until told otherwise.





If your dog does not stay, use the same correction as for any heel or sit command - back towards your dog's bum. Remember it's a quick pull and release. Do not drag your dog!

If your dog is already lying down and you want them to sit, no motivation is required when commanding, but if you need help you can pat your left side at the dog's eye level and say your dog's name and **SIT**. Use a happy kissy voice; this will help encourage your dog to obey you.

Down From The Side

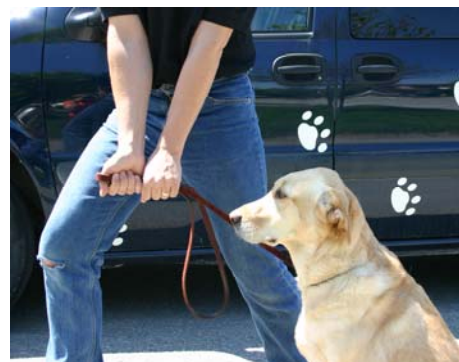


The hand signal for this exercise is elbow bent, palm down with arm parallel to the floor over your dog's head.

Down From the Side Exercise:

1. Say '**Down**' in a firm voice.
2. If your dog does not lie down, correct using the baseball grip.
3. Take a right step forward keeping your elbows locked.
4. Correct forward and straight out from your dog's head.

Do not pull down towards the floor. Remember to use your hips to make the correction not your arms, and release the collar quickly.





5. Once your dog is lying down, we want to teach her to stay, even in the presence of distraction. To do this, you have a number of options to choose from: You can circle around your dog and then return to her side, step over the dog (without stepping on her!), stand still or crouch down and count to 3, 5 or 10 (Do not count out loud).



Throughout all of these actions, your dog should remain in the Down position until released by you. It is important to use lots of variety in your behaviour, so your dog does not begin to anticipate you. Vary the order and number of actions you use in this exercise so your dog is well-tested and will stay until you release her with a big happy **OKAY**. When your dog obeys, give lots of love and praise!

If your dog does not obey, correct by taking a right step forward while locking your elbows and pulling the



leash forward parallel to the floor with a perpendicular swing of the hips.



Remember to pull and release. If the speed of the release isn't fast enough, your dog may be pulled off the Sit and move forward instead of lying down.

Always gather your leash and praise your dog in between each session, before the next command, to let her know what a great job she is doing!

It also desensitizes your dog to the act of gathering up the leash, so that she doesn't assume that she will be getting a correction every

time you do this.

PUSH-UPS - FROM THE FRONT

The purpose of push-ups from the front is to introduce distance between you and your dog. Dogs, like kids, will listen better the closer you are to them, which is why we always start our push-ups at the side. Eventually we want to practice working our dog from a distance so that we know they will respond to us in many situations and at different levels of proximity.

TIP!

Do not proceed to push-ups from the front until your dog has mastered them from the side.



Sit From The Front

In this exercise your dog will sit in front of you on command.

Sit From The Front Exercise:

1. Hold the leash with your arms extended, keeping the loop over your right thumb. The hand signal is a scoop down and then up with your left hand.



2. Hold the hand signal for as long as it takes to say, **SIT**. No motivation is required. If your dog needs encouragement do a quick knee bend when you use the hand signal.
3. If your dog does not sit, say **NO – SIT**, and correct by bringing both hands together at the end of the leash in a baseball grip at chin level with your arms fully extended.
4. Lift your outstretched arms up three inches to your left, keeping your elbows locked. Your right shoulder should come into your chin when you make the correction.





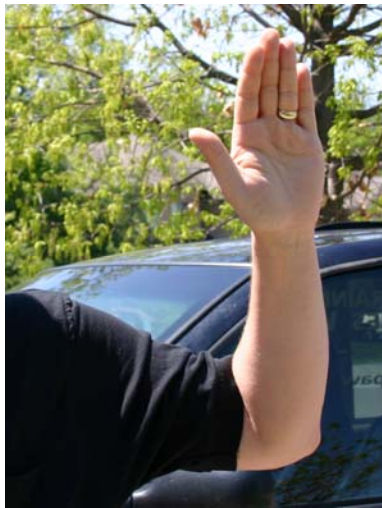
5. Remember to pull and release. If you don't release fast enough your dog may pull back on the sit and you could end up in a tug of war. You don't want to have the dog fighting against you using their weight as resistance. This makes your job much harder and does no good for the dog either.
6. If your dog does not respond after the first correction, immediately move to a sit from the side correction, thus closing the distance as you move in, making it more likely she'll respond to you.
7. If your dog gets up and moves towards you, step in towards the dog, wait for the sit, and then step back out. This will keep your dog from walking towards you and will allow you to create some distance between you and your dog.
8. Try to increase your distance from your dog, gradually increasing it until you can successfully command your dog from a distance of 6 feet away and maybe more!
9. After your dog sits, test her stay response. Vary your pattern of behaviour (walk around the dog, crouch, walk over the dog without stepping on them); make sure it's something different every time. Remember, dogs will learn very quickly to anticipate you, so you always stay one step ahead of them!
10. Then gather up your leash before returning to the front of the dog. When your dog obeys, wait a bit and then release with a big happy **OKAY** and lots of **PRAISE!**

Down From The Front

This command has your dog lie down in front of you, on command.

Down From The Front Exercise:

1. Put the thumb of your right hand through the loop of the leash and hold it at your hip.
2. Bring your left hand up into the hand signal, which looks like a left hand turn signal.



3. Hold the hand signal for as long as it takes to say, **DOWN**, in a firm tone.
4. If your dog obeys, wait a bit, then release with a big happy **OKAY** and lots of **PRAISE!**
5. If your dog does not lie down, return your left hand to your side and step in on an angle with your right foot towards the leash.
6. With a straight left leg, tap the centre of the leash. Do not step on the leash. The collar must pull and release for the correction to work effectively. This is known as a foot correction.





TEACHING POINTS—DOWN'S & PUSH-UPS

- Keep your arm bent straight out in front of you when doing the hand signal for Down - From the Side and then bend your knees to motivate your dog down.
- Remember - When walking over your dog, don't step on her!
- Use the high kissy sound to motivate your dog up during push ups.
- Once your dog is proficient at push-ups from the side, you can move to push up from the front. Work on achieving further and further distance between you and your dog, thereby attaining greater control at greater distances.

HOMework REVIEW

- Practice Your Basic Obedience Commands
- Introduce the Downs
- Use Push Ups to reinforce your alpha status



Practice Worksheet

Use this sheet to document your success and development issues for each lesson. Sessions should be 10 minutes long and ideally 3 times per day. Practice each lesson for 1 week.

Lesson 3

Exercise: Heel

Tip: Practice with no distractions first until your dog can perform this command well.

	Day 1		Day 2		Day 3		Day 4		Day 5		Day 6		Day 7		Outcome / Comments
	✓	⌚	✓	⌚	✓	⌚	✓	⌚	✓	⌚	✓	⌚	✓	⌚	
Session 1 (AM)															
Session 2 (PM)															
Session 3 (Eve)															
Extra session 1 (Optional)															
Extra Session 2 (Optional)															



Practice Worksheet

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Lesson 3

Exercise: Sit/Stay

Tip: Don't make your dog sit and stay for longer than 2 – 5 minutes at a time before you release them.

	Day 1		Day 2		Day 3		Day 4		Day 5		Day 6		Day 7		Outcome / Comments
	✓	⌚	✓	⌚	✓	⌚	✓	⌚	✓	⌚	✓	⌚	✓	⌚	
Session 1 (AM)															
Session 2 (PM)															
Session 3 (Eve)															
Extra session 1 (Optional)															
Extra Session 2 (Optional)															



Practice Worksheet

Use this sheet to document your success and development issues for each lesson. Sessions should be 10 minutes long and ideally 3 times per day. Practice each lesson for 1 week.

Lesson 3

Exercise: Push Ups – Sit From the Side

Tip: Use lots of motivation to encourage your dog to get up from the down to a seated position.

	Day 1		Day 2		Day 3		Day 4		Day 5		Day 6		Day 7		Outcome / Comments
	✓	⌚	✓	⌚	✓	⌚	✓	⌚	✓	⌚	✓	⌚	✓	⌚	
Session 1 (AM)															
Session 2 (PM)															
Session 3 (Eve)															
Extra session 1 (Optional)															
Extra Session 2 (Optional)															



Practice Worksheet

Use this sheet to document your success and development issues for each lesson. Sessions should be 10 minutes long and ideally 3 times per day. Practice each lesson for 1 week.

Lesson 3

Exercise: Push Ups – Down From the Side

Tip: For motivation, bend your knees as you command your dog.

	Day 1		Day 2		Day 3		Day 4		Day 5		Day 6		Day 7		Outcome / Comments
	✓	⌚	✓	⌚	✓	⌚	✓	⌚	✓	⌚	✓	⌚	✓	⌚	
Session 1 (AM)															
Session 2 (PM)															
Session 3 (Eve)															
Extra session 1 (Optional)															
Extra Session 2 (Optional)															



Practice Worksheet

Use this sheet to document your success and development issues for each lesson. Sessions should be 10 minutes long and ideally 3 times per day. Practice each lesson for 1 week.

Lesson 3

Exercise: Push Ups – Sit From the Front

Tip: Introduce distance between you and your dog. Start close and move further and further away from your dog.

	Day 1		Day 2		Day 3		Day 4		Day 5		Day 6		Day 7		Outcome / Comments
	✓	⌚	✓	⌚	✓	⌚	✓	⌚	✓	⌚	✓	⌚	✓	⌚	
Session 1 (AM)															
Session 2 (PM)															
Session 3 (Eve)															
Extra session 1 (Optional)															
Extra Session 2 (Optional)															



Practice Worksheet

Use this sheet to document your success and development issues for each lesson. Sessions should be 10 minutes long and ideally 3 times per day. Practice each lesson for 1 week.

Lesson 3

Exercise: Push Ups – Down From the Front

Tip: Keep your back straight when using the hand signal.

	Day 1		Day 2		Day 3		Day 4		Day 5		Day 6		Day 7		Outcome / Comments
	✓	⌚	✓	⌚	✓	⌚	✓	⌚	✓	⌚	✓	⌚	✓	⌚	
Session 1 (AM)															
Session 2 (PM)															
Session 3 (Eve)															
Extra session 1 (Optional)															
Extra Session 2 (Optional)															



LESSON 4

By this lesson, most of the hard work has been done already, the dog is comfortable with you in charge and now it gets easier. The main focus here is the 'COME' and 'GO BACK' commands. It is here that you go from doing all your hard obedience work and earning your dog's respect to actually putting this into play. You will do this by making your dog lie down on a mat and making them come to you by using a high voice. This is truly the lesson where you get to have more fun with your dog and their training.

COME

This command is the recall command, and includes come, sit *and* stay. This command is something of an emergency command, it's like teaching your kids not to talk to strangers. You teach them and teach them, running over the scenario again and again, hoping they'll never have to use the technique. For your dog, you want to practice 'Come', first in contained surroundings and then move to practicing this while on the dog's daily walk. Once you have practiced 'Come' to the point where you know that when you say, 'Come', your dog will turn and go right to you and sit and stay there, this shows that you now have control over your dog, not the other way around! It also illustrates the depth of the bond between you and your dog, because if your dog comes to you no matter what, that is definitely a sign that you are well bonded with your pet.

Good recall is essential in dog ownership because, after all, if you can't call your dog back from any kind of distraction, then you can never take your dog anywhere off the leash with confidence.

'Come' is the exception to just about every Alpha Paws rule you have learned so far. Your voice is much higher when commanding because the high pitch of your voice will help draw the dog in to you.



The hand signal is a simple left-handed sweep in towards your chest.

Come Exercise:

1. Hold the loop of the leash in your right thumb.
2. Crouch down and command the dog, **COME**, in a high-pitched voice (think Mickey Mouse).
3. At the same time, sweep the open palm of your left hand in towards your chest and walk backwards quickly. (Look behind you first to make sure there is nothing blocking your path!)



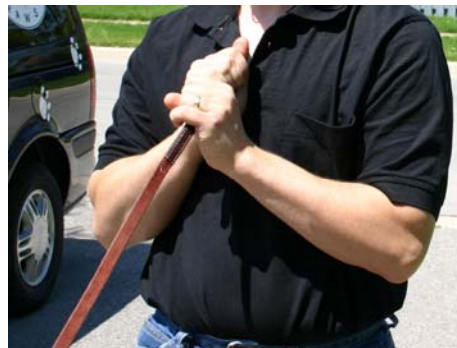
This, in combination with a high-pitched voice, will help draw your dog to you and encourage her to come to you when commanded.



7. If your dog does not come, correct by bringing the leash in towards you.



8. Hold the leash in a baseball grip with your arms extended in front of you, elbows straight.



9. Bring your fists in towards your chest, saying **NO - COME** in a firm tone of voice. Remember to release the collar immediately and encourage your dog towards you. **DO NOT DRAG YOUR DOG!**



10. As your dog gets closer, gather up your leash so it does not get caught in the dog's legs.
11. When your dog reaches you, straighten up and stand tall. This will encourage your dog to sit in front of you.



The 'Come' command should be practiced no more than 2-3 times in a row. Remember, we want to use the excited energy of the dog to make her want to come to you. If you overwork the dog during this command she may start to drag her heels and the experience will no longer be a fun and positive one and it will be that much harder to get the dog to come to you.

You're not done yet! Remember, 'Come' actually means the dog must 'Come, Sit *and* Stay'!



Once your dog is sitting in front of you, slowly circle around the dog returning to the front. If your dog moves at any time during this exercise, correct using the sit correction, see Lesson 2.



Once your dog has successfully come, sat *and* stayed while you circled all the way around, stand back and release her with a big happy **OKAY**.

Your dog should run towards you excitedly, and this is when you give her lots of love and praise. Spend twice as long praising your dog as working her!

Once you and your dog have perfected the 'Come' command from the front, try it with your dog facing away from you. After all, how often is your dog actually facing you directly, looking right at you when you want to get her to come? The intent is to simulate real life as much as possible.



Next, practice your 'Come' command while on a walk, where there are many distractions. Make sure you are prepared with the leash to correct your dog.



With the addition of longer leashes and lines, up to 30 feet, you can practice this exercise from greater distances.



TEACHING POINTS – COME

- When you first practice your 'Come' command, make sure you are going backwards, drawing your dog in toward you, and standing up tall when the dog reaches you, so that your dog sits in front of you.
- Once your dog has responded properly, test its ability to stay.
- Once your dog has successfully come to you from the front, try this with the dog pointed away from you.

GO BACK

This command teaches your dog to go to their mat, lie down and stay there, even in the presence of distractions, until told otherwise.

The entire exercise is practiced in four steps and it is important to make sure that your dog is fluent in each step before moving ahead to the next. Since you will eventually be practicing this exercise in more than one room in your home, you may want to have a mat located in each room that you and the dog will be using so that you don't have to move one from room to room. It does not have to be fancy or expensive, a simple mat, rug or even a towel is all you need. A Go Back is anything that is on the floor that is not the floor itself.

Go Back - Step 1

This first step is all about establishing timing and testing the dog.

In *timing* you are simply timing your dog to see how long she can stay on the mat before getting up. Typically, you put your dog on the mat, if the dog gets up right away, you move in and show the dog that you are right there to correct her and put her right back on the mat every time she gets off. After



this, you will find your dog will stay there for a long time.

Testing your dog is essentially testing your dog in everyday situations. The more accurately you simulate real life the more effective your training will be. This could include such everyday activities as talking on the phone, reading the paper, having dinner or watching television. It doesn't matter what you do, what matters is that you are practicing your 'Go Back' exercises in these situations so that eventually you will be able to actually perform these activities in real life and your dog will remain calmly on her mat.

The 'Go Back' command is extremely useful because you can have your dog lying calmly on a mat being well behaved and the dog feels really good because she is part of the pack by being in the same room as you.

Go Back - Step 1 Exercise:

1. Heel your dog on-leash to the mat.
2. When your dog's paws step onto the mat, crouch down and touch your index finger to the mat and say, **GO BACK**, in a deep voice.
3. Quickly return to a standing position with your back straight. Your dog should go directly to the mat and lie down on it.





Once your dog is lying down, drop the middle of the leash, holding onto the loop and slowly walk away with your *back* to your dog.



Why with your back to the dog?

If you back away *facing* the dog, walking on eggshells, this is not a true test of life. You want to act as relaxed as possible with your dog while keeping your peripheral vision on her as you walk away.

4. If your dog moves, correct appropriately. By doing this, you are testing your dog's ability to stay on the mat, even during distraction and when your attention may be elsewhere.

If you are by yourself, try looping the leash on to a secure doorknob or banister.

TIP!

If you're at someone's house consider using your coat as a 'GO-BACK'.

Now you will test how long the dog can stay on the mat while you pretend to be engaged in other activities, i.e. reading a book, talking on the phone or engaging in a mock dinner. Anything that is familiar and is something you do on a regular basis. Make sure you are only pretending, as you will need to observe the dog and be ready to respond throughout this process. The goal of this activity is to build the 'Go Back' into your daily routine so that you can actually be sitting reading the paper and your dog will lie calmly on her 'Go Back' mat with you.

If your dog gets off the mat at any time during your mock activity, move quickly and quietly to the leash and put your right thumb through the loop. Gather up your leash and correct the dog towards the centre of the mat saying, **NO – GO BACK**. The further the dog



gets away from the mat the more correction it should get. This way the dog learns that the mat is its' home base and is the best place for it to be during this exercise.

Finally, don't forget to practice leaving the room, entering it again, praising your dog if she stays and then leaving and returning again. This is an effective way to test if your dog will stay on the mat even when you are not in the room.

Go Back - Step 2

What we're working on here is increasing the dog's distance from the mat when given the 'Go Back' command.

Start with the dog 6 feet away from the mat. You should be standing right at the mat with the dog's leash looped around your right thumb. At this stage you don't actually touch the mat, you point at it.

Go Back - Step 2 Exercise:

1. Command the dog, **GO BACK**. The dog must go directly to the mat and lie down.



2. If the dog does not go to the mat correct towards the mat, **NO – GO BACK**.



Once your dog has reached the mat and has lain down, she must remain there until instructed otherwise.

3. Don't forget lots of **PRAISE!**

Make sure you practice the 'Go Back' using the entire 360-degree perimeter of the mat. Also, practice this exercise in every room in which you have a mat. This will ensure your dog knows that they must obey this command from any direction and in any room. Don't forget outside as well!

Once you have perfected the dog's response at 6 feet, increase the distance to 7 and then 8 feet. At this point, the leash is no longer in your hand but is dragging on the floor. If your dog does not obey, issue one verbal warning, **NO – GO BACK**. If the dog still does not obey, gather up your leash and correct towards the mat.

As your dog completes each exercise, continue to increase the distance until your dog can be at the far side of the room and will go directly to the mat and lie down and stay there when instructed.

Go Back - Step 3

You are now working on increasing the distance of both you *and* your dog to the mat.

Go Back - Step 3 Exercise:

1. Return your dog to 6 feet away from the mat.
2. Position *yourself* 6 feet away from the mat with the loop of the leash around your thumb. Essentially, you the mat and the dog will form a triangle.
3. If necessary, motivate your dog towards the mat by leaning in the direction of the mat when pointing and commanding, **GO BACK**.



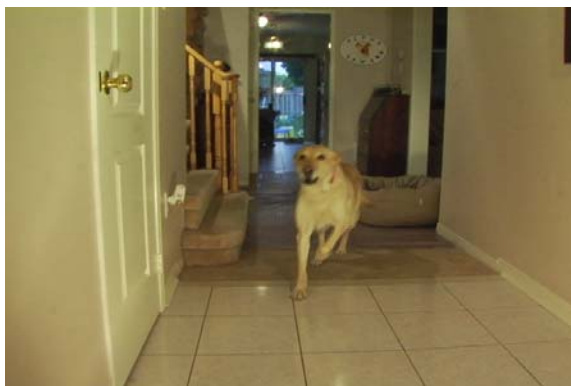
4. As soon as the dog is moving towards the mat, step back to your original position.
5. Slowly increase both of your distances from the mat until it doesn't matter how far away either of you are, your dog will always obey the command to go and lie down on the mat and stay there.

Go Back - Step 4

At this level you are practicing the 'Go Back' command at the front door. This scenario requires a minimum of 2 people at first, preferably 3, and must be set up as a practice session. Do not wait until someone comes to the door. You really need to practice this exercise in a controlled environment.

Go Back - Step 4 Exercise:

1. Start with the dog released and free roaming inside the house.
2. Instruct the distraction person to knock or ring the doorbell loudly. At this point the dog will go immediately to the front door.





3. The dog's handler will then connect the leash to their dog and lead them to the mat, at least 6 feet away from the door.
4. Once there, command the dog, **GO BACK** and stand ready with your leash in the baseball stance.
5. When ready, the third person (greeter) opens the door. Both the distraction person and the greeter should greet each other loudly and boisterously. We want to replicate a real life scenario so your dog will obey in all situations.
6. If the dog gets up, the handler corrects toward the mat, **NO – DOWN**.
7. Once the guest has entered the dwelling and removed their coat and shoes, instruct them to greet the dog. The proper way to do this is to offer a hand, palm up and forward at the dog's level.

TIP!

Do not force your dog to sniff anyone and do not pull your dog away from anyone when they have not finished their greeting.



8. The handler will then release the dog with a big happy **OKAY** and the dog is now permitted to approach the guest on a loose leash for their greeting. A proper greeting is important for the dog because it calms them down and helps soothe their instinctively suspicious nature towards new people entering their home.

NO COMMANDS should be given during the greeting. The only corrections to be made are for manners and rude behaviour, i.e. jumping, barking or play biting.



If you would like to socialize with your guest uninterrupted by your dog, put her in a 'Go Back' in the room where you are located. Designate one person to watch the dog and make sure she stays on her mat.



TEACHING POINTS – GO BACK

- Time the dog and test the dog using distractions.
- Step on the leash while you're throwing the toys to make sure that if your dog gets up, they are going to be prevented from going any further.
- If a dog is reluctant to go on a mat, try walking the dog across the mat first to let the dog become more familiar with it. It's not fair to put a dog down on anything she won't first step on. Once your dog shows that she will step on the mat, then you can proceed to teach the dog to lie down on the mat and stay there.

HOMEWORK REVIEW

- Come From Facing You
- Come From Facing Away
- Go Back - With close proximity to mat
- Go Back - Introduce distance to mat
- Go Back - Put it all together at door



Practice Worksheet

Use this sheet to document your success and development issues for each lesson. Sessions should be 10 minutes long and ideally 3 times per day. Practice each lesson for 1 week.

Lesson 4

Exercise: Come

Tip: Look behind you before you move backwards.
Remember to use a high-pitched voice when commanding your dog.

	Day 1		Day 2		Day 3		Day 4		Day 5		Day 6		Day 7		Outcome / Comments
	✓	⌚	✓	⌚	✓	⌚	✓	⌚	✓	⌚	✓	⌚	✓	⌚	
Session 1 (AM)															
Session 2 (PM)															
Session 3 (Eve)															
Extra session 1 (Optional)															
Extra Session 2 (Optional)															



Practice Worksheet

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Lesson 4

Exercise: Go Back – Step 1

Tip: Test the dog's ability to stay on the mat using common everyday situation, i.e. talking on the phone, reading the newspaper.

	Day 1		Day 2		Day 3		Day 4		Day 5		Day 6		Day 7		Outcome / Comments
	✓	⌚	✓	⌚	✓	⌚	✓	⌚	✓	⌚	✓	⌚	✓	⌚	
Session 1 (AM)															
Session 2 (PM)															
Session 3 (Eve)															
Extra session 1 (Optional)															
Extra Session 2 (Optional)															



Practice Worksheet

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Lesson 4

Exercise: Go Back – Step 2

Tip: Introduce distance to the mat. Move dog out 6 feet away from mat before commanding. Position yourself right beside the mat.

	Day 1		Day 2		Day 3		Day 4		Day 5		Day 6		Day 7		Outcome / Comments
	✓	⌚	✓	⌚	✓	⌚	✓	⌚	✓	⌚	✓	⌚	✓	⌚	
Session 1 (AM)															
Session 2 (PM)															
Session 3 (Eve)															
Extra session 1 (Optional)															
Extra Session 2 (Optional)															



Practice Worksheet

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Lesson 4

Exercise: Go Back – Step 3

Tip: Both you and your dog are now positioned 6 feet away from the mat.

	Day 1		Day 2		Day 3		Day 4		Day 5		Day 6		Day 7		Outcome / Comments
	✓	⌚	✓	⌚	✓	⌚	✓	⌚	✓	⌚	✓	⌚	✓	⌚	
Session 1 (AM)															
Session 2 (PM)															
Session 3 (Eve)															
Extra session 1 (Optional)															
Extra Session 2 (Optional)															



Practice Worksheet

Use this sheet to document your success and development issues for each lesson. Sessions should be 10 minutes long and ideally 3 times per day. Practice each lesson for 1 week.

Lesson 4

Exercise: Go Back – Step 4

Tip: Put all the steps together at the front door. Set up the scenario using the 3 D's.

	Day 1		Day 2		Day 3		Day 4		Day 5		Day 6		Day 7		Outcome / Comments
	✓	⌚	✓	⌚	✓	⌚	✓	⌚	✓	⌚	✓	⌚	✓	⌚	
Session 1 (AM)															
Session 2 (PM)															
Session 3 (Eve)															
Extra session 1 (Optional)															
Extra Session 2 (Optional)															

LESSON 5

By now, your dog already knows how to sit and lie down, in this lesson we're adding the motion component. In reality, things rarely stop moving for long, so it is important that your dog learn how to respond to your commands when you and the dog are in motion as well as when standing still.

MOTION COMMANDS

Sit In Motion

This command has your dog sit beside you on command, while you are still moving.

Sit In Motion Exercise:

1. Start with your leash gathered up and say, **OKAY – LET'S GO.**



2. Walk forward, exaggerating the movement of your legs, lifting your knees up as high as you can with every step.

3. Pick a spot and command, **SIT**, no hand signal.
4. Keep your feet marching on the spot so your dog thinks you're still walking. Your dog should sit - on command - even when she thinks you are still moving.
5. If your dog doesn't sit, correct toward the bum saying, **NO – SIT** and do





not stop your feet from marching.

Once your dog sits you will again test her stay response.

6. Walk forward, loosening the leash so as not to pull your dog off the sit. Remember to keep your back towards your dog as you walk away, but keep your peripheral vision on the dog in case she gets up.



The reason this is done is to test your dog's ability to stay and hold their position. If you back away facing the dog, acting nervous, this is not a true test of life.

TEACHING POINTS – SIT-IN-MOTION

- If your dog lies down, move towards the dog and motivate her up by patting your leg and using that high kissy voice.
- Keep your feet moving. Do not walk forward to test the 'Stay' until your dog has completely assumed a seated position.
- If your dog moves towards you use your knee to nudge her back into place. Make sure she gets back into the same position.

Down In Motion

This command has your dog lie down beside you – on command – while you are still in motion.

Down In Motion Exercise:

1. Start with your leash gathered up and say, **OK – LET’S GO.**
2. Walk forward, exaggerating the movement of your legs, lifting your knees as high as you can with every step.



3. Pick a spot and command, **DOWN**, using the 'Down' hand signal.
4. March on the spot while your dog is in the down position so they think you're still walking.



TIP!

If you stop your feet at any time you are no longer doing a Down In Motion command, instead you are doing a regular 'Down' command.



5. Once your dog lies down, walk forward loosening the leash so as not to pull the dog off the 'Down'.

TIP!

Use a different spot each time to command the dog to sit or lie down or they will learn to do so automatically instead of waiting for the command.

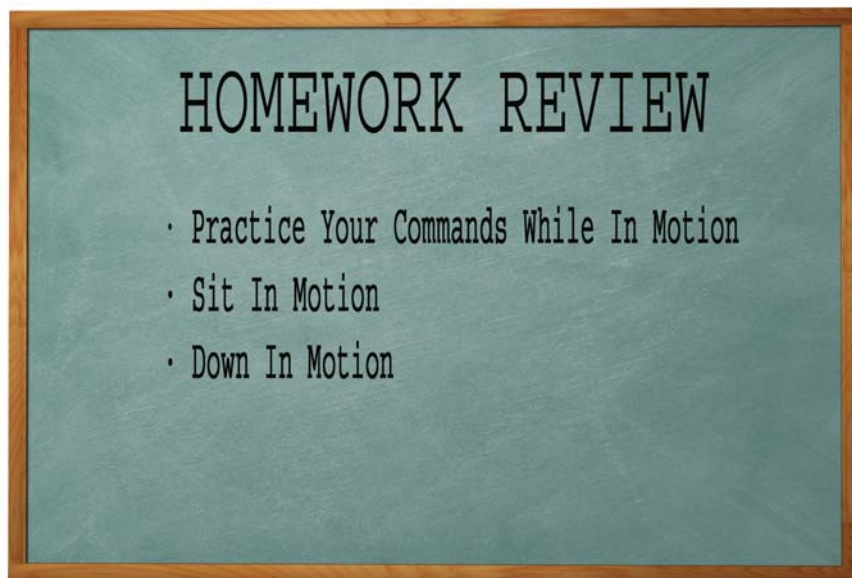
Remember to keep your back towards the dog as you walk away, but keep your peripheral vision on her in case she gets up. This is done to test the dog's stay response.

6. Once your dog has successfully completed each command release her with a big happy **OKAY** and give her lots of love and praise!



TEACHING POINTS – DOWN-IN-MOTION

- The foot correction is useful because it allows you to make a correction from a standing position. Make sure you practice this maneuver on a wall first before trying it on your dog. Once executed correctly it can be very effective at making your point to the dog. She learns after the first incidence of bad behaviour rather than after 20 or 30 times.





Practice Worksheet

Use this sheet to document your success and development issues for each lesson. Sessions should be 10 minutes long and ideally 3 times per day. Practice each lesson for 1 week.

Lesson 5

Exercise: Sit In Motion

Tip: Keep your feet moving at all times during this exercise. No hand signal required.

	Day 1		Day 2		Day 3		Day 4		Day 5		Day 6		Day 7		Outcome / Comments
	✓	⌚	✓	⌚	✓	⌚	✓	⌚	✓	⌚	✓	⌚	✓	⌚	
Session 1 (AM)															
Session 2 (PM)															
Session 3 (Eve)															
Extra session 1 (Optional)															
Extra Session 2 (Optional)															



Practice Worksheet

Use this sheet to document your success and development issues for each lesson. Sessions should be 10 minutes long and ideally 3 times per day. Practice each lesson for 1 week.

Lesson 5

Exercise: Down In Motion

Tip: Use the hand signal for Down from the side. Remember to keep your feet moving during this exercise.

	Day 1		Day 2		Day 3		Day 4		Day 5		Day 6		Day 7		Outcome / Comments
	✓	⌚	✓	⌚	✓	⌚	✓	⌚	✓	⌚	✓	⌚	✓	⌚	
Session 1 (AM)															
Session 2 (PM)															
Session 3 (Eve)															
Extra session 1 (Optional)															
Extra Session 2 (Optional)															



Final Thoughts

As soon as your dog has proven by its' actions that it knows a specific command you can build it you're your day to day training schedule. You never want to forget what you learned before you just want to keep adding the new learned behaviours to the repertoire of commands you can practice with your dog. This is what adds the variety and fun to the training.

Ultimately for training to be effective it is important that you understand that dogs see others around them as one of four things: the Shepherd, the Sheep, the Wolf or the Prey.

If you know how your dog perceives everything around it, then it is much easier to be prepared to lead your dog and fulfill the Shepherd role. The relationship between a shepherd and his dogs is quite special, the product of excellent training that results in a bonding between man and dog. It is that bonding that most owners desire for the family dog; one that knows their role in the family and responds to the signals given by the 'Shepherds' in the family. Watching a shepherd work his dogs is an amazing experience. Communication is by hand signals or verbal command. The dogs know what is expected of them and fulfill their roles almost instinctively. When they return to the shepherd they are rewarded with love in the form of pets and encouraging words.

Some general advice for when you first begin your training is to start practicing your lessons in small and specific sessions until you are confident enough to implement obedience as a way of life. Always remember that your dog should follow your lead so practice establishing your Alpha status whenever you can. After all, the more you both practice together the better you both will become.



Practice Worksheet - Blank Sheet

Use this sheet to document your success and development issues for each lesson. Sessions should be 10 minutes long and ideally 3 times per day. Practice each lesson for 1 week.

Lesson
Exercise:

	Day 1		Day 2		Day 3		Day 4		Day 5		Day 6		Day 7		Outcome / Comments
	✓	⌚	✓	⌚	✓	⌚	✓	⌚	✓	⌚	✓	⌚	✓	⌚	
Session 1 (AM)															
Session 2 (PM)															
Session 3 (Eve)															
Extra session 1 (Optional)															
Extra Session 2 (Optional)															



Notes