

BEGINNER I COURSE

**Week 2**

1. **Settle Exercise:** Handlers sit on leashes on a chair and ignore dog. Leave enough slack in leash so dog can lie down next to them. Do not pet or talk or give commands to dog. When dog has finally settled down, give quiet praise, “Good Settle” and maybe a small tidbit of food.  
*When to Use? When guests come to visit or when having coffee at outside café*
2. **Training Collars:** Instructors and assistants will help if new collar is needed. Remember, training collars are only for training!
3. **Safe and Secure Method of Holding leash:** Thumb through leash loop. Gather few handfuls of leash in same hand. Other hand can also hold leash about half way if necessary. Hold against chest for stability.
4. **Release Command:** Whenever any command is given, dog should hold that position until released or asked to do a different behavior. Most common—“Ok”. Needs to be crystal clear when dog is working and when they are not.
5. **Lure vs Reward:**  
LURE - Showing the behavior using a food lure near the nose that the dog will follow and assume the position desired. First phase—food visible, second phase—food invisible (in closed fist). *LURING MUST BE ELIMINATED QUICKLY.*  
  
REWARD - Giving a food or toy reward after the behavior has occurred. Three levels must do.
  - 1<sup>st</sup> - Give with every correct performance
  - 2<sup>nd</sup> - Give every other time after the dog is almost anticipating the behavior and is pretty reliable at doing the behavior. (*TwoFers*)
  - 3<sup>rd</sup> - Random reward. Vary the quantity and quality of rewards and the frequency (ie. after 3<sup>rd</sup>, 7<sup>th</sup>, 2<sup>nd</sup>, 4<sup>th</sup>) *Intermittent reinforcement is the strongest reinforcement there is.* Should be lifetime response if want the behavior to remain for a lifetime.
6. **When to Add the Verbal Command?**  
Initially, you give as the dog assumes the position, not before. The signal (the hand & arm movement as if there were food present) will initiate the command. When you can predict that 95% of the time the dog will do the behavior, give the verbal command first, followed by the signal. Pretty soon dog will respond to just the verbal.
7. **What to do When Dog Doesn't Do it after he's been doing it somewhat reliably?**
  - Don't keep repeating the command, or raise your voice louder
  - Give a calm corrective command—“No, Wrong, Stop, or Listen”  
At same time apply little mild pressure with the leash and/or (such as with the Sit) scoop the rump under with other hand.

- *Don't fall back to straight luring.* If necessary, try luring in conjunction with corrective measures and then just the corrective commands without luring

## 8. **Teaching the Sit Command**

- Hold food at dog's nose (too high will cause him to jump), and move it back toward his eyes. As the head follows the food, dog will naturally sit. Give her the treat as soon as she sits.
- Repeat three times with food visible.
- Place food in closed fist and sweep the hand upward from her nose toward her tail. Immediately open the fist and give her the treat
- Do three more times with food in a closed fist
- Repeat the same but with no food in fist. When she sits, immediately give her a treat from your pocket.
- Alternate food in fist with no food in fist

*NOTE: If you plan to do competitive obedience, you may want to teach a sit that doesn't encourage rock-backs so much. Hold leash and food in one hand. Pull the leash and food forward and at the same time, cup the rear forward with the other hand. So, dog scoots forward into a sit instead of rocking back. The leash pressure forward and the treat will encourage the move up.*

## 9. **Teaching a Sit Stay**

### SIT STAY

- Place dog in sit
- Leash in left hand, pull slight tension upward
- Give hand signal with right hand, saying "Stay"
- Pivot in front of dog
- Hold dog in sit stay position with gentle leash tension for 10sec.
- Pivot back next to dog
- Release dog with "Ok"
- Gradually increase the time up to 20 to 30 sec.

## 10. **Teaching the Down Command**

- Place dog in sit. With one hand on her back near the shoulders, move the other hand holding food straight down from nose to ground. A gentle push down and slightly sideways with the hand on the back will help those who may be a little more resistant. Immediately give the treat as soon as she is down.
- Repeat three times with visible lure
- Repeat with food in closed fist three times
- Alternate visible with invisible food for the lure
- Try just the signal down without food and immediately give her a treat from your pocket

## 11. **Teaching the Down Stay**

### DOWN STAY

- Place dog in down position
- Kneel next to dog with one hand over dog's shoulders, tell dog to stay
- If dog starts to get up, "Eh, Eh", give some shoulder pressure to keep dog in down

stay. Push him toward one side, not straight down.

- Quiet, soothing “Staaay”
- After 30 seconds, release with “Ok”.
- Keep practicing until dog will hold stay without your help for one minute
- Gradually progress to you standing rather than kneeling next to dog and the dog holding a down stay for 1 to 2 minutes

## 12. **Walking with Your Dog on a Loose Leash**

- Have a start line and a motivating end point (dish with yummy food)
- Start walking toward the dish. When dog pulls forward and leash is taut, say “Don’t Pull” and immediately stop and move backward to the start line
- Keep repeating until dog starts to realize that the consequences of pulling is a return to zero, starting point.
- When dog does not pull, say “Yes” enthusiastically and give a piece of treat at your left hip
- Keep practicing. When you can take a few steps without pulling, praise your dog and give a treat
- Keep repeating until you can make it all the way to the dish with dog on loose leash at your left side. Once you are there, give your dog a big jackpot from your pocket (5 or 10 pieces of wonderful food)
- “Don’t Pull” will eventually become a command to remind dog to not pull and walk nicely at your left side.
- Where you feed the dog is important. You want to feed her where you want her to be (only at your left side).

### PRACTICE AT HOME:

1. Practice the **Sit exercise 10 times a day**. By the third or fourth training day you may be able to move away from the lure phase to just the reward stage. (Sooner with some, and later with others.) Don’t forget to **release dog** from the Sit with a happy “Ok”. Also, practice the SIT STAY, working up to 30 seconds.
2. Ask for a **Sit** before putting her food bowl down or to receive a treat every day.
3. Practice the **Down exercise 10 times a day**. By the third or fourth training day you may be able to move to just the reward stage. Don’t forget the release command, “Ok”. Also, practice the DOWN STAY, working up to 2 min.
4. Practice the **Settle Down exercise** by sitting on leash and ignoring dog while in a very distracted area or when visitors come to see you. Remember, don’t give them any command or correction. When dog settles and lies quietly, praise with “Good Settle” and give praise and/or a treat. With some dogs you may not need special distractions. They may demand attention even with you sitting and ignoring them in a quiet room. Eventually, “Settle” will become a command once they understand it.
5. Practice the **No-Pull Walking** in a straight line for 20-40 ft. Do about 5 min. once or twice a day. Make sure there is something the dog *really* wants to go see or do to encourage the wild and crazy side of your dog, so we can educate her. Lots of praise and intermittent rewards when she walks nicely.

BEGINNER I COURSE

**Week 3**

1. **Review:** Settle at feet, Sits, Downs, and stays, Loose Leash Walking
2. **Walking with About Turns:** While walking, turn around and head back in opposite direction.  
Before starting the turn, get dog's attention, bend down slightly and say, "Let's Go" as you turn around. Pat the side of your left leg to encourage dog to stay with you. Give a treat as soon as the dog has turned with you. (After the turn as a reward—not to lure him around!)
3. **Walking with Automatic Sits:** While walking, you will stop and dog should sit as soon as you stop.  
Start walking. When you want to stop, transfer leash to right hand and pull leash upward at same time slide left hand down his back toward his rear and cup his rear forward . After some practice, you may only need to just reach over dog's head with left hand and gently lift head up as you halt. Those with Gentle Leaders will pull forward and upward at each halt.
4. **Teaching the Come Command:** When you call your dog, she will come immediately to you.  
**COME PRINCIPLES:**
  - Never call a dog to reprimand her or do something she perceives as unpleasant
  - When your dog does come to you, touch the collar first before praise and treats. (In an emergency there may be times you need to grab the collar quickly and you don't want the dog to bolt away from you.) **Come—collar—cookie**

PHASE I - Goal: Dog will come instantly from anywhere in the house

1. Shake a treat container and give dog a treat
2. Place dog few feet away and shake the treat container, say "Come", touch her collar, praise and give a treat
3. Place dog a little further away, say "Come" first, then shake the treat container, then touch collar, praise and treats
4. Place dog even further away, Say "Come", touch collar, give treat
5. Place dog in another room, and call her as in step 4

Summary of Phase I:

- 1<sup>st</sup> — Shake treats—"Come"—Touch collar—Treats
- 2<sup>nd</sup> — "Come"—Shake treats—Touch collar—Treats
- 3<sup>rd</sup> — "Come"—Touch Collar—Treats

5. **Leave it/ Off:** Dog will back away upon hearing the command, “Leave it” or “Off”. Useful to prevent a dog from snatching food or dangerous item falling on ground, or to warn a dog away from another animal it may be approaching.

- 1) Place a piece of food in your hand and offer it to the dog while saying, “take it”. Repeat three times.
- 2) Place a piece of food in hand, but don’t offer it to him. If he lunges for it, immediately close the food in your fist. DON’T SAY ANYTHING.
- 3) Wait until your dog stops pawing or licking your fist and moves his nose away. The second he does, open your fist and let him have it.
- 4) Give him another treat for free, saying “Take it”. Then repeat steps 2 & 3 again.
- 5) Keep repeating several times until you start to see the dog automatically moving his nose away or backing up. Then add the word, “Off” or “Leave it” when you hold a piece of food in front of the dog’s face.
- 6) Remember any time the dog lunges for the food when not given permission, quickly close your fist holding the food.
- 7) Keep repeating until you see your dog backing up on the command, “Off” or “Leave it”. Occasionally a little bop on the nose after the “Off” command will encourage the dog to back up.
- 8) Gradually increase the time the dog must not touch the visible treat. Show him the food, say “Off”, then start counting, one, two, three... “Take it”. Give him the food. Keep practicing until the dog can do it for 10 seconds.

6. **Door Etiquette:** Dog will not bolt out of any door or gate and will quietly wait for permission to proceed

DEMO with one to two dogs, but actual practice will occur at home.

- 1) Walk to door or gate, remind dog to sit and stay and start to open door
- 2) If dog gets up and pushes toward door, close door immediately
- 3) Tell dog to sit and stay again, and repeat
- 4) Once dog doesn’t immediately bolt toward the opening, open the door further. If dog breaks, close door again
- 5) Eventually when dog does hold the stay, open door completely, take one step out of door and call dog to come with you, “Ok, Let’s go”.
- 6) Repeat same procedure with doors in the house, gates and car doors

PRACTICE AT HOME:

- 1) Practice loose leash walking with some about turns and automatic sits 5 to 10 minutes a day.
- 2) Practice Come exercises in the house 5 times once or twice a day. Be able to call her from any room in the house.
- 3) Do the Leave it/Off exercises 10 times twice a day. Have other family members do it also. Do it in different locations around the house.
- 4) Practice door etiquette procedures with all doors in the house, gates outside and car doors once a day.
- 5) Practice the Sit and Down Stay exercises once a day, gradually increasing the time the dog will stay. If dog gets up, just quietly reposition her and start again. (Even if you must reposition her 20 times each session!)

6) Read the article, “Why Won’t My Dog Come When Called?” included in handouts.

## BEGINNER I COURSE

## Week 4

1. **Review:** Walking on Loose Leash with About Turns and Halts (*Give corrective leash tug this week for no sits*), Come with dog at end of leash (Come, Collar, Cookie), Sit Stays, Down Stays
2. **Come:** PHASE 2 - Dog will come when distracted outside.
  - Let dog wander toward a tree or another friendly dog, keeping the leash loose
  - When dog seems focused on something else besides you, give the “Come” command
  - If dog immediately turns around and runs to you, praise warmly and give a treat
  - If dog doesn’t turn and come immediately, give a verbal reprimand, “Eh or Wrong” and *loosen the leash* and then give a short quick tug on it. Don’t drag the dog back. As dog starts coming to you, praise warmly and give a treat when she comes

NOTE: *Do not give tugs on the Gentle Leader—only a buckle collar*

- If just a tug is not working, try backing up quickly when you give the tug on the leash

### Home Progression of Come Command

PHASE 3: Whenever dog reliably comes even with moderate distractions, start increasing the distance between dog and you. Use a long line at home (20-30ft long) and use same sequence as practiced earlier on a 6 ft leash.

PHASE 4: You drop the long line and let the dog wander further away from you. If dog fails to come, give a verbal reprimand and go step on the long line, pick it up and give tugs toward you.

3. **Stand:**
  - Dog in sit position next to you
  - Place thumb of right hand under her collar and palm against her chest
  - Place back of left hand against dog’s right rear leg
  - Right hand pulls forward and left hand pushes backward (as if pulling the front and rear ends apart). As the dog moves into a stand, say “STAND”.
  - If dog needs more help, try luring with leash and food in right hand and slowly move it straight forward. Give the treat as soon as she is standing.
  - Left hand can still push rear right rear leg back if necessary.
4. **Sit for Exam or Petting:**
  - Phase 1: Another Person approaches dog doing Sit Stay at handler’s side
  - Phase 2: Another Person approaches dog, holds out a treat and then touches the dog’s shoulders

#### PHASE 1:

- Dog sitting on left side
- Give dog a “Stay” command and signal

- Another person approaches near the dog
- If dog moves, reposition dog in original sit stay position
- If dog holds his stay position, praise warmly and give a treat and then release with “Ok”
- Repeat several times until dog holds the stay without additional reminders when a stranger approaches

#### PHASE 2:

- Dog sitting on left side
- Give dog the “Stay” command and signal
- Another person approaches, holding out a treat with one hand, and with other hand touches dog’s shoulders. Treat may be given immediately after the touch.
- If dog breaks the sit stay, reposition and try again
- Repeat several times until dog holds her sit stay without additional reminders when a stranger approaches and touches the dog.

### 5. **Sit and Down Stays:**

#### SIT STAYS

- Dog is sitting at your side
- Tell the dog “Stay” and walk forward about 3 ft
- If dog breaks the sit stay, give a verbal reprimand, reposition and then try again. If she continue to break before you released her, go back to holding some leash tension over the dog’s head for awhile longer. When she holds the stay, relax the tension in the leash.
- Give periodic praise and treats for holding the sit stay
- Increase stay duration up to 30 seconds (eventually)

#### DOWN STAYS

- Place dog in a down stay
- Walk forward about 3 ft
- If dog breaks the stay, reprimand and then reposition and try again
- Give periodic treats for holding the down stay
- Increase the stay duration up to 1 minute (eventually)

6. **Leave it/Off from the Ground.** Once the dog understood the “Leave it” concept from last week, and doesn’t snatch food from your hand, it’s time to start teaching him to not take food or objects from the ground.

- 1) Place piece of food on the ground and say “Take it”. Let dog get the food.
- 2) Place piece of food on the ground, say “Leave it” or “Off”. If the dog lunges for it, quickly cover it up with your shoe. (Some people get on the ground with their dogs and use their hand to cover up the food initially.) When he stops trying and backs away, uncover the food and tell him to “Take it”.
- 3) Repeat at least 10 times until dog starts respecting the command and doesn’t lunge for the food.
- 4) Place piece of food on ground (with your foot near it), and say “Leave it”, wait 5 seconds and let him have it. If he lunges for it at any time, cover it up with your shoe. Gradually increase the length of time he must not lunge for it.

- 5) Set up some things or treats on the ground that he loves and then go get the dog and walk him on leash near them. Tell him "Leave it". If he doesn't lunge for it, praise him and give him a treat from your pocket.

**PRACTICE AT HOME:**

- 6) Practice walking on loose leash with about turns and automatic sits. Give quick leash correction for no sits. Practice 5 min twice a day.
- 7) Practice Come with Distractions on regular leash 10 times a day. If doing well, progress to comes on long line.
- 8) Practice Sit for Exams or Petting using stray family or friends who wander near. Start with people she knows the best first and then progress to people she knows the least.
- 9) Practice Long Sits at 3 ft away. Try to work up to 1 min. stays
- 10) Practice Long Down Stays at 3 ft away. Try to work up to 2 min stays
- 11) Practice the Stand exercise 10 times a day
- 12) Practice the Leave it exercise with various tantalizing objects on the ground about 10 times a day.
- 13) Read the article: "Tricks and Treats for Your Dog" and teach your dog one trick that you will demonstrate next week.

## BEGINNER I COURSE

**Week 5**

1. **Review:** Sit for Exam, Stands, Come with Distractions, Walking on Loose leash with sits
2. **Loose Leash Walking around objects or people.** Walks will focus on serpentine movement around cones or people.
  - As you start each curve, encourage dog to stay at your left side by slapping left thigh and using encouraging words to keep his focus with you
  - When the dog moves nicely in arcing pattern, reward periodically with treat. Don't rely on luring or constant presence of visible food to keep them with you.
3. **Recalls:** Dog will come to you regardless of the distractions she sees along the way.
  - Set up some enticing distractions along a path that you will call your dog, such as people, dogs, toys
  - Call the dog on a long line
  - If dog goes toward any of the distractions, "Eh, Eh" and tug toward you. When dog comes to you, reward with treats that are better than anything she could have found along the way
4. **Sit for Exam or Petting:** Dog will sit calmly while strangers approach and pet her.
  - Strangers approaching will touch dog without offering food and may increase the level of touching (ears and feet)
  - Always release dog with "ok" when finished
5. **Sit and Down Stays:** Dog will hold the stays for longer time and increased distance
  - Handlers will be at end of leash - 6 ft after leaving the dog in a stay
  - Increase time gradually (an extra 20-30 sec. each time)
6. **Demonstrate a Trick tried at home.**

## PRACTICE AT HOME:

- 1) Practice heeling around different objects at home, such as trash cans and chairs or other family members. Keep it fun so he wants to stay with you.
- 2) Continue to practice "Come" on a long line. Put various objects of attraction along the route.
- 3) Practice the Sit for Exam five times a day, and have many different people approach and pet your dog. Reward the good calm behavior.
- 4) Do some Sit Stays and Down Stays in various places in the house and outside. Gradually increase the time the dog stays in position.
- 5) Keep working on teaching your dog a new trick. (Shake hands, wave, hold biscuit on his nose, etc.)

BEGINNER I COURSE

**Week 6**

1. **Review:** Serpentine Heeling, Recalls, Sit for Exams and Off command
2. **Walking with Changes of Pace:** In normal walking with your dog, you will occasionally have to speed up or slow down depending on where you are going.

FAST: Suddenly break into a run. Praise dog for catching up and reward him for staying at your left side. If dog hangs back, verbally encourage him to catch up, pat leg, be happy.

SLOW: Slow down, if dog forges ahead, back up and encourage dog back to your left side by patting your left leg and rewarding good position.
3. **Emergency Downs:** Dog will respond rapidly to an urgent command to lie down. Something dangerous is ahead and you don't want your dog to move. Make your command sound like it's a real emergency.
  - Start walking, and suddenly drop your dog with an urgent sounding, "Down"
  - Make it a game, and when he goes down, give *lots* of high value treats. Toss the treats on the ground *while he is down* not when he gets up
  - If he doesn't drop quickly, gently slide your hand down the leash to push him down, encouraging a faster response
4. **Walking with Turns:**
  - Start walking in a straight line and then turn right. Encourage your dog to stay with you by patting your leg and give a treat from right hand after the turn
  - Start walking and then turn left. Try to get his attention before turning, and guide him into the turn with your left hand moved back a bit. Might have to lure the first few times and then just the left hand will cue the dog.
5. **Sit and Down Stays :**
  - Start to move further away from your dog
  - Some distractors may be walking around or near your dog, holding a few toys
  - If dog is holding stays, start to increase the time of the stay

## PRACTICE AT HOME:

- 1) Practice **walking with** your dog for about 5 minutes and do some **right and left turns**. Encourage dog staying at your left side and paying attention to you.
- 2) Include some **change of paces with walking**, including the fasts and slows.
- 3) Do at least 5 **emergency downs** each training session.
- 4) Practice **Sit and Down Stays near some distracting noises and people**. Have people play with their toys while they're holding their stays.
- 5) Continue to **practice your "Off" or "Leave it"** commands in different locations with higher value food in hand and on the ground.
- 6) Continue to **practice your recalls on a long line** at home, increasing your distance. Drop the long line if he is coming nicely and get even greater distance.
- 7) Still practice the **Sit for Exams**. Have others touch the dog's feet and ears when doing the exam. Do 5 exams each time.

BEGINNER I COURSE

Week 7

1. **Review:** Walking with Change of Pace, Stands, Emergency Downs, Walking with Right and Left Turns, Off or Leave it command
2. **Stand for Exam:** Dogs must stand to be examined by a veterinarian for various procedures.
  - Stand your dog on your left side and tell him to “STAY”
  - Other person approaches holding food in one hand and touches dog with other hand
  - If dog tries to sit or move away, give verbal reprimand, “Eh, Eh, Stand” and reposition your dog
  - Keep practicing until dog calmly accepts another person approaching and touching him.
  - If the dog is comfortable with touching, try having the other person touch the dog’s paws and ears
3. **Recall through Distraction Alley:**
  - Set up a distraction course including one station that has some especially tasty, smelly food and a person sitting near it with a cake cover to cover it in case the dog comes near.
  - Call your dog. If he goes near the distractions, tell him “Off” or “Leave it” and remind him to come to you. Lots of big time rewards when he comes to you.
  - Keep repeating until he comes while ignoring the distractions
4. **Sit and Down Stays:**
  - Increase the distance, time and level of distractions
5. **Walking near Distractions:**
  - Walk dog around distractions, people, food, toys bouncing, etc. If dog looks or tries to get to them, give a “Leave it” or “Off” command, and reward them when they stay with you. Lots of praise and enthusiasm for attention and walking nicely.

PRACTICE AT HOME:

- 1) **Practice walking** with your dog for 5 min. once or twice a day. Include about turns, right and left turns and halts. Walk near distractions, tell him “off” if looks eager to go visit it.
- 2) **Practice the Stand for Exam.** Use other family members to examine the dog and repeat at least 5 times each training session.
- 3) **Practice the Recall with distractions**, using “Leave it” and a happy “Come” to encourage correct behavior. Lots of rewards when dog comes ignoring the distractions.
- 4) Practice a few **emergency downs** - 3 or 4 each session.
- 5) Practice **Sit and Down Stays** in different locations for increasing time periods.

*Next week is Fun Night. We will be doing lots of different exercises that will incorporate all the new behaviors you've been teaching your dog. If you have some tricks your dog has mastered, we'd love to see those then too. We will also have a special demonstration immediately before graduation done by some of our advanced competitive dogs that your whole family may enjoy. Please come at 6:30 (regardless of your normal class time) to start the demos and graduation events. We also will have evaluation forms for you to complete to help us to improve our courses.*