

# HIDDEN VALLEY OBEDIENCE CLUB

## BEGINNER II CLASS WEEK 1

### I. Introductions

- A. Training Team
- B. Handlers/Dogs
- C. Identify STAR Candidates (dogs 1 year or less as of first class meeting)
- D. Assistant Trainer checks accuracy of Phone #'s & email addresses

### II. Policies, Field Rules & Reminders

- A. The first week of class involves more talking than subsequent weeks because we cover the policy & field rules, and review some basics.
- B. Also, the first two weeks of class the dogs are often restless. Ignore the obnoxious behavior and reward the good behavior. If you need to “break up” a confrontation with another dog, get between your dog and the other dog or at any time you can walk your dog to the fence for a “time out”. Avoid yanking on the dog’s collar or leash as it tends to be counterproductive.
- C. Policy & Field Rules (See Schedule A)
- D. Come prepared to train. If you let your dog “play” with other dogs on the field, he will come with the idea that it is playtime. It is better to keep his focus on you with an understanding that he is here to work with you.
- E. Training is a time to catch your dog doing something right; a time to set him up for success and not a time for harsh corrections.
- F. We use “Reward based training” the mechanics involve 5 steps: **Step 1.** You give a command with a verbal or physical cue or both (such as “sit” with hand raised over the dog’s nose) **Step 2.** Dog Responds to the command **Step 3.** You reply with a behavior marker (“yes” or “good” or click ((if using a clicker)) **Step 4.** You reward the behavior. (This can be a food treat, toy or tug play, back rub...find out what “floats his boat” **Step 5.** Release your dog (“free” “release” “Okay” – any word that works for you) ...

### III. Purpose of Class & Schedule

- A. The Canine Good Citizen (CGC) program is sponsored by the American Kennel Club. It recognized dogs that have exhibited the qualities to be a good citizen in a public setting and a well mannered, wonderful companion at home.
- B. The CGC exam consists of 10 steps of obedience. We will cover them in class.
- C. This class focuses on proofing the basics. You will also learn techniques and acquire the tools necessary for you and your dog to handle distracting situations. We focus on proofing the basics by adding distractions, distance and duration.
- D. The Class session is 7 weeks followed by the Canine Good Citizen test on a Saturday morning at our training field.
- E. The STAR requirements will be completed and awarded in class. STAR candidates can also test for the Canine Good Citizen designation

#### IV. Equipment

- A. *There are many types of collars and leashes. The CGC exam requires a flat buckle or snap, martingale, chain or harness. Prong collars, head halters or other special training collars are not acceptable. The harness is often preferred by owners for very small dogs, though they tend to encourage “pulling” on leash for most dogs. If you currently use a head halter or prong collar, or other control or management type collar, we can help you to wean your dog to a CGC acceptable collar. Leashes should be 5-6 feet in length. Leather is the most comfortable, long lasting, and will not create a burn that is often a problem with nylon leashes.*
- B. *Our Club sells leather leashes and martingale collars at our cost. They are available before or after class.*
- C. *For your safety, the leash should not be wrapped around your hand, nor should the leash loop be placed over your hand onto your wrist. Handling a leash in these manners can result in significant injury.*
- D. *Proper leash handling suggests placing the loop over your thumb and folding any excess leash into your hand. If your dog is lunging or pulling, you can hold the leash against your midsection for more control.*

#### V. Evaluation Pretest

- A. Dogs are given a pretest to determine whether they respond to hand or verbal cues and to identify potential problem areas.
- B. Lure vs Reward: dogs should know the basic commands without being lured with food. Rewards follow the behavior and can be food, toys or life rewards: ball play, tug, back rubs, etc. Rewards should be out of sight for known behaviors (behind back, in closed fist, in pocket, etc.)
- C. Ask your dog to “sit” using a combination of verbal and hand cues; followed by a hand cue only; followed by a verbal cue.
- D. Ask your dog to “down” :
- E. Call your dog from the end of the leash (“come” “here”). Be sure to praise by the dog’s second step
- F. With your dog in heel position, walk forward on “loose leash” for 10 steps. Determine whether right or left hand leash handling works best. .
- G. With food visible in your hand, instruct the dog to “leave it” (or “off”). .
- H. Identify problem areas as indicators of where to concentrate training in the coming weeks.

#### VI. Problem Areas

- A. Avoid the temptation to repeat commands. If the dog doesn’t respond or responds incorrectly, help him into position.
- B. When the behavior is incorrect, use “uh-uh”, “nope” or “oops” in a normal tone of voice.
- C. Do not reward for less than desired behavior and especially not for being “cute”
- D. Rewards should be out of sight (closed fist; behind your back; in your pocket, etc)
- E. If you must “lure”, then keep treat/toy where you want his nose.
- F. On recall, your dog should come straight to you – remember to take his collar.

- VI. 12 Step Handling (See Schedule B)
- A. 12 Step handling conditions your dog to readily accept being approached and touched by a variety of people.
  - B. To start you need to be able to touch or handle your dog on all parts of his body. If he has sensitive area(s), start with a spot further away; touch lightly and treat; then move in short distances to the sensitive area by touching and treating as you go.
  - C. If you are able to touch him “everywhere”, then begin giving quick “hugs”
- VII. Separations -
- Step 1. Hand your dog’s leash to an Instructor and walk away (in sight) for 15 seconds, then return.
- Hint: If your dog is anxious, then return immediately followed by stepping away a few feet and returning immediately. Repeat the “walk away” several times...or until the dog begins to get bored with it.*
- VIII. Tricks
- A. Use your voice to elicit an on-his-feet, happy response from your dog. (Question: How does the tone of your voice affect your dog’s behavior?)

## **HANDOUTS: CGC AND STAR (FOR THOSE THAT QUALIFY) BROCHURES**

### Week 1 Homework

1. Read the CGC brochure and identify areas in which you & your dog need to work.
2. Incorporate Sit/Stay into your daily routine
3. Practice Loose Leash Walking: 10 Steps with a halt
4. Practice “off” or “leave it” during your daily routines

# HIDDEN VALLEY OBEDIENCE CLUB

## BEGINNER II CLASS WEEK 2

- I. *Greeting*
  - A. *Attention Getter*
  - B. *Solicit Problems/Questions*
  - C. *Reminder: Set Your Dog Up for Success – Behavior Marker*
  - D. *Check for Clean-up Bags and Identification (STAR)*
  
- II. *Suggested Discussion Topics*
  - 1<sup>st</sup> half of class: Benefits of CGC (STAR)*
  - 2<sup>nd</sup> half of class: #1 Rule in this class is I want you and your dogs to be successful.*
  - Try not to compare your dog to others in class. Dogs learn at different rates. It is best to be patient; train a little each day; reward for good behavior and be consistent.*
  
- III. *Separations*
  - A. *An instructor will hold your dog while you go out of sight for 1 minute.*  
*Hints: Your dog does not need to be in a sit. Be nonchalant when both leaving and returning. Your dog should learn to spend time alone in the home environment. Set up a bed, rug, crate or blanket that he likes in a quiet room. Teach him to rest by himself for a short period of time. Add a little more time each day.*
  
- IV. *Meet the Baby – Dog Approaches a Stroller*
  - A. *Take your dog by the leash to the stroller. Ask your dog to “Sit” quietly by the side of the stroller.*  
*Hints: Dog should not “lick” or in anyway touch the baby (Mothers do not appreciate it!).*  
*More Hints: Be aware of your environment – strollers, wheel chairs, people with disabilities that may appear out of the ordinary for the dog. Always keep your dog under control.*
  
- V. *A Great Warm UP (the Puppy Push Up)*
  - A. *Ask your dog to perform the following commands in succession “sit-down-sit-stand-down-stand” Praise and reward at the end of the linked commands*  
*Hints: If your dog struggles with this exercise, break it into pieces, e.g. “sit-down-sit” “down-sit-stand” “sit-stand-down” “stand-sit-down”*

- VI. Attention (Watch Me)
- A. Facing your dog, ask for a “Sit”. With treat in each hand behind your back, ask for a “watch me” or “attention”. When he looks at you, which may only be a glance, use your behavior marker command (a “yes” or “good”) to let him know he is doing the right thing. Follow-up with a treat/reward....alternate hands for treating
  - B. Place dog at your side (heel position). With treat in each hand behind your back, ask for a “watch me” or “attention”
- Hints: Is your dog struggling? Then back-up. 1) Ask for a “sit” and reward. Then with a treat in your fingers, move it from the top of his nose to your face. When he looks at you, mark the behavior with a “yes” or “good” and treat. 2) Progress to hiding a treat in one hand behind your back, use your other hand to signal “watch me” or “look”. When he looks at you, reward with treat from behind your back. Build time slowly: a glance, 3 seconds, 5 seconds, 10 seconds, etc.*
- VII. Proofing the Sit Stay
- Step 1. Place your dog in a “Sit Stay”
  - Step 2. With your dog in a “Sit Stay” dangle a treat two feet in front of your dog’s nose – see if he will hold for 3 seconds (you can always work to add more time)
  - Step 3. Praise, reward and release.
- VIII. Proofing the Down Stay
- Step 1. Place your dog in a “Down Stay”
  - Step 2. With your dog in a “down stay” place a treat two feet in front of him on the ground – see if he will hold for 3 seconds
  - Step 3. Pick up the treat, praise, reward and release.
- IX. Automatic Sit (Dog will “automatic sit” when approached by another person)
- Step 1. An Instructor will approach your dog and ask for a “Sit”
  - Step 2. When your dog sits, praise and treat him IMMEDIATELY.
  - Step 3. If he remains calm, the Instructor will pet your dog.
- Note: If your dog lunges or moves out of position, the Instructor will back up, wait, and try again. If your dog continues to lunge or move out of position, the Instructor will ask you to step in front of your dog and ask for a “Sit”
- X. 12 Step Handling (See Schedule B)
- A. 12 Step handling conditions your dog to readily accept being approached and touched by a variety of people.
  - B. Take a couple of minutes to lightly touch your dog on all parts of his body. If he has sensitive area(s), touch lightly and treat.
  - C. If your dog has no sensitive areas, then try some quick hugs and lightly handle his paws.
- XI. Recall at End of Leash
- Step 1. Hold the end of the leash and let your dog get distracted.
  - Step 2. When he is distracted, call him to “come” (“here”) (DO NOT PULL HIM IN)
  - Step 3. When he takes his first step towards you, PRAISE
  - Step 4. When your dog comes in, take his collar, praise and reward
- Hint: If your dog doesn’t come in straight or comes in slowly, play some recall games*

XII. Loose Leash Walking

Step 1. Place your dog in a "Sit/Stay" in heel position

Step 2. Hold the leash in either your right or left hand

Step 3. Move forward 10 steps and then stop (halt)

*Hints: If he forges ahead, stop and call him back into position. Treat when he is in the desired position. When asking for a halt, take a couple of small steps to give your dog a chance to be in position (rather than out in front of you). At home you can try handling the leash in your right and then left hand. Decide what is most comfortable for you*

Week 2 Homework

1. Practice loose leash walking by increasing the number of steps, add random halts
2. Work on recalls in areas with mild to moderate distractions.
3. Practice Loose Leash Walking with the leash thrown over your shoulder (no hands)
4. Solicit friends and family to help with "Automatic Sits" (remember THEY ask for the "Sit")
5. Find opportunities to reinforce your Sit and Down Stays
6. Practice the Puppy Push Ups "sit-down-sit-stand-down-stand"

# HIDDEN VALLEY OBEDIENCE CLUB

## BEGINNER II CLASS WEEK 3

- I. *Greeting*
  - A. *Attention Getter*
  - B. *Solicit Problems/Questions*
  - C. *Reminder: Behavior Markers as a Way to Wean off Food treats*
  - D. *Get your dog OUT (He's perfect at Home) What places are open to dogs?*
  - D. *Check for Clean-up Bags (STAR)*
  
- II. *Suggested Discussion Topics*
  - 1<sup>st</sup> *half of class: Breaking the Stay – Watch for the Signs*
  - 2<sup>nd</sup> *half of class: The Value of Tricks – Tricks Next Week*
  
- III. *Separations*
  - A. *Instructor will hold your dog while you go out of sight for 1 ½ minutes.*
  - B. *Be nonchalant when both leaving and returning.*
  
- IV. *Meet the Baby – Dog Approaches a Stroller – Baby is holding a sandwich*
  - A. *Take your dog on leash to the stroller. Ask your dog to “sit” by the side of the stroller.*

*Hints: Dog should not “lick”, touch the baby, or steal the sandwich*

*More Hints: Always be aware of your environment – strollers, wheel chairs, people with disabilities, people wearing costumes or funny hats, etc. They may appear out of the ordinary to your dog and create anxiety. Your dog will always need to be under control so as not to accidentally hurt or frighten someone.*
  
- V. *Attention (Watch Me) Challenge*
  - A. *Facing your dog, ask for a “Sit”. With a treat in each hand behind your back, ask for a “watch me” or “attention”. Maintain the attention for 10-20 seconds. Use your behavior marker (“yes” or “good”), praise and release. Alternate hands when treating*
  - B. *Place dog at your side (heel position). With treat in each hand behind your back, ask for a “watch me” or “attention”*

*Hint: Behavior markers are valuable in this exercise as it allows you to let him know immediately that he has done the right thing before he looks away. Follow-up with the reward.*
  
- VI. *Puppy Pushups*
  - A. *Ask your dog to perform the following commands in succession “sit-down-sit-stand-down-stand” Praise and reward at the end of the linked commands*

*Hint: Having trouble remembering the order? Break into 2 parts: “sit down sit” “stand down stand”*

- VII. Automatic Sit (Dog will “automatically sit” when approached by another person)  
Step 1. An Instructor will approach your dog and hesitate to see if he will “sit” without asking. If he doesn’t respond, the Instructor will ask for a “sit”.  
Step 3. Praise and treat IMMEDIATELY when your dog sits.  
Step 4. If your dog remains calm, the Instructor will pet your dog and shake your hand. ( If your dog lunges or moves out of position, the Instructor will back up, wait, and try again. If he continues to lunge or move out of position, then the Instructor will ask you to step in front of your dog and ask for a “Sit”)
- VIII. Recall at 10 Feet  
Step 1. Students will form two lines facing each other about 8-10 feet apart.  
Step 2. One at a time you will step to the front of the tunnel and attach a long line.  
Step 3. You will put your dog in a “Sit Stay”.  
Step 4. With your back to your dog you will walk to the end of the long line.  
Step 4. You will turn to face your and call him to “come” (“here”).  
Step 5. When the dog takes his first step, you will praise (in a “happy” voice).  
Step 6. When the dog comes in, you will take his collar, praise and reward.
- IX. Puppy Puppy Game (teaches a fast, heads down, straight on recall)  
(Instructor will demo the game).  
Step 1. An Instructor and a student will stand about 10-15 feet apart.  
Step 2. The Instructor will call the dog with “puppy, puppy, puppy”  
Step 3. When the dog turns to come, the Instructor will drop a treat between his feet. (The dog will come in straight with head down to get the treat.)  
Step 4. The Instructor will then ignore the dog while the student calls, “puppy, puppy, puppy”  
Step 5. The handler repeats the same pattern in Steps 3-5. The Instructor and the Handler will continue to call the dog back and forth dropping food between their feet.  
*Hints: use a happy, encouraging voice when calling. Limit play to 5 minutes. If the dog is reluctant to play, shorten the distance between the players. The dog can also be encouraged to play by moving closer to him; showing him the treat; and moving quickly backwards. Even timid dogs learn to love this game.*
- X. Circle Walking:  
Step 1. Students form a large Circle  
Step 2. Place your dog in a “Sit Stay” facing the inside of the Circle.  
Step 3. In turn you will walk your dog CLOCKWISE inside the circle past the other dogs  
Step 4. After everyone has circled clockwise, then the game starts again with dogs circling COUNTER CLOCKWISE.  
*Hints: Dogs in the Circle are to maintain their “Stay”. Watch your dog closely for signs of breaking. Dogs circling inside the Circle should ignore the other dogs & students.*



- XI. Loose Leash Walking:  
Step 1. Students form a large Circle.  
Step 2. Place your dog in a “Sit Stay” facing the inside of the Circle  
Step 3.: One at a time you will walk around the other students in a serpentine pattern.  
*Hints: Watch for signs of breaking the stay – pull up on leash as a reminder to your dog, or use your “uh-uh” or “nope”. Ask for “attention” or “watch me” as other dogs pass. Use “leave it” or “off” if your dog is showing excessive interest in another dog. When heeling, move quickly to keep your dog’s interest.*
- XII. Walk Around Sit Stay Reliability:  
Step 1. Standing in front of your dog, ask for a “Sit Stay”  
Step 2. Take one step to the left (the first step to completing a circle around your dog)  
Step 3. Return to front position and reward the “Stay” but do not release  
Step 4. Take two steps to the left (this may place you in the 9 o’clock position)  
Step 5. Return to front position, praise and reward the “Stay” , then release.  
*Hints: Your goal is to eventually travel in a complete circle around your dog with him in a “Sit Stay”..For each step you add, expect 5 successes out of 5 trials before adding more steps. If he begins to break from the “Stay”, you are progressing too fast. You can also practice with 1)“Down Stays” 2)circling in the opposite direction.*
- XIII. Loose Leash Walking – Right hand turns  
Step 1. Place your dog in a “Sit/Stay” in heel position  
Step 2. Move forward 10 steps and make a right hand turn  
Step 3. Move forward 10 more steps and make another right hand turn to return to Start  
*Hints: If he forges ahead, stop and call him back into position. Treat when he is in the desired position. If he is dragging or sniffing, pick up the pace! Encourage him to make the turn by using a happy voice, slapping the side of your leg, etc.*
- XIV. Loose Leash Walking – About Turns  
Step 1. Place your dog in a “Sit/Stay” in heel position  
Step 2. Move forward 10 steps and make a right about turn  
Step 3. Move forward 10 more steps to return to Start  
*Hints: If he forges ahead, stop and call him back into position. Feed only at your side where you want him to be. If he is dragging or sniffing, pick up your pace! Encourage him to make the turn by using a happy voice, slapping the side of your leg, etc.*

### Week 3 Homework

1. Practice loose leash walking with right hand turns and right about turns –increase the number of steps and add random halts.
2. Work on recalls in areas with mild to moderate distractions.
3. Solicit friends and family to help with “Automatic Sits” (remember that THEY ask for the “sit”
4. Practice the Sit Stay Reliability Exercise: Travel in a clockwise circle, then counter clockwise.
5. Practice Down Stays on a variety of surfaces and/or in areas with mild distractions
6. Practice Puppy Push Ups “sit-down-sit-stand-down-stand”

# HIDDEN VALLEY OBEDIENCE CLUB

## BEGINNER II CLASS WEEK 4

- I. *Greeting*
  - A. *Attention Getter*
  - B. *Solicit Problems/Questions*
  - C. *Reminder: Set Your Dog Up for Success*
  - D. *Check for Clean-up Bags and Exercise Plans (STAR)*
  
- II. *Suggested Discussion Topics*
  - 1<sup>st</sup> half of class: Training Cycle – It Has Its Ups N Downs*
  - 2<sup>nd</sup> half of class: Be Careful with that Release Word – Anticipation & Timing*
  
- III. *Separations*
  - A. *Instructor will hold your dog while you go out of sight for 2 minutes.*  
*Hints: Your dog does not need to be in a sit. Be nonchalant when both leaving and returning. The 1 ½ minute time frame is often the high anxiety point for dogs with separation issues. Generally, if they accept this length of time, they will go the distance at 3 minutes.*
  
- IV. *Puppy Pushups*
  - A. *Ask your dog to perform the following commands in succession “sit-down-sit-stand-down-stand” Praise and reward at the end of the linked commands*  
*Hints: Having trouble remembering the order? Break it up: “sit down sit” “stand down stand”*
  
- V.. *Walk Around Down Stay Reliability:*
  - Step 1. From heel position, place your dog in a “Down Stay”*
  - Step 2. Step in front of your dog while maintaining the “stay”*
  - Step 3. Take one step to the left (first step in completing a circle around your dog)*
  - Step 4. Step back to front position and reward the “Stay” but do not release*
  - Step 5. Take two steps to the left (this will place you in the 9 o’clock position)*
  - Step 6. Step back to front position, praise and reward the “Stay”, release*

*Hints: Your goal is to travel in a circle around your dog with him in a “Down Stay”. For each additional step you add, expect to have 5 successes out of 5 trials before adding more steps. If he begins to break the “Stay”, it means you are progressing too fast. This can also be practiced by with circling in the opposite direction.*

- VI. Automatic Sit (By this week most of the dogs will begin sitting automatically)  
Step 1. An Instructor will approach your dog and pause to see if he will “sit” automatically  
Step 2. If he does not sit, the Instructor will ask for a “Sit”.  
Step 3. Treat your dog IMMEDIATELY when he sits.  
Step 4. If your dog remains calm, the Instructor will shake hands with you, pet your dog, and do some light grooming. (If your dog lunges or moves out of position, the Instructor will back up, wait, and try again, but will not attempt to groom.)
- VII. Mingling With the Crowd  
Step 1. Students will form a large Circle  
Step 2. Instructors and volunteers will stand still at random places inside the circle forming *posts*  
Step 3. One at a time, you will enter the circle and serpentine around the *posts*  
*Hints: Keep moving to avoid your dog doing excessive sniffing and/or jumping up. Also, use “leave it” or “off”, if he shows excessive interest in the posts.*
- VIII. Circle Walking:  
Step 1. Students will form a large Circle  
Step 2. Facing the inside of the Circle, put your dog in a “Sit Stay”  
Step 3. One at a time you will walk your dog inside the circle stopping to greet each student.  
*Hints: Dogs in the Circle are to maintain their “Stay” (watch your dog closely for signs of breaking). Dogs walking inside the Circle should “Sit Stay” before greeting each student. .*
- IX. Loose Leash Walking – Left hand turns  
Step 1. Place your dog in a “Sit/Stay” in heel position  
Step 2. Move forward 10 steps and make a left hand turn  
Step 3. Move forward 10 more steps and make another left hand turn returning you to the Start line.  
*Hints: If your dog forges ahead you are in danger of tripping over him. Plan your move around the corner by getting him at your side as you step around. Treat when he is in the desired position. If necessary, lure him around the turn with food. If he is dragging or sniffing, pick up your pace!*
- X. Loose Leash Walking – Right Hand – Left Hand & About Turns  
Step 1. Place your dog in a “Sit/Stay” in heel position  
Step 2. Move forward 15 steps and make a left turn  
Step 3. Move forward 15 more steps and make an about turn  
Step 4. Move forward 15 more steps and make a right turn  
Step 5. Return to Start, place dog in a “sit” before releasing  
*Hints: If he forges ahead, stop and call him back into position. Treat when he is in the desired position. If he is dragging or sniffing, pick up your pace! About turns to the right are easier!*

XI. Recall/Stay Tunnel

Step 1. Students form two lines facing each other about 8-10 feet apart.  
Step 2. One at a time you will step to the front of the tunnel and attach a long line to your dog.

Step 3. Place your dog in a "Sit Stay"

Step 4. Turn your back to your dog and walk to the end of the tunnel.

Step 5. Turn to face your dog, pause and return to your dog.

Step 6. Place yourself in heel position, but do NOT release your dog.

Step 7: Once again walk to end of the tunnel.

Step 8. Turn to face your dog and call him to "come" ("here").

Step 9: When your dog comes in, takes his collar, praise, reward and release.

*Hints: This exercise is used to manage "anticipation" by the dog...he doesn't know if he will be called to "come" or will have to remain in a "Sit Stay" Rewards in this game can be a ball toss, quick game of tug, or a back rub as good alternatives to popping food treats.*

XII. Trick Performance - Dogs show off the tricks they were taught

Week 4 Homework

1. Continue practicing loose leash walking with right hand, left hand and about turns –increase the number of steps, add random halts – work in new locations
2. Put your dog in a sit or down stay and walk out 20 feet – mix up the stay (with return to heel position) with the recall.
3. Practice "down"and "sit" at intervals during your daily walk.
4. Practice recalls around distractions (dog park, at leash length during your walk, off leash in a secure area)
5. Practice "leave it" or "off" with items on the ground/floor – be ready to cover with your foot if he decides to go for it.
6. Practice "Stand" from a "Sit" – your Veterinarian and Groomer will love you for it.
7. Complete and return your Exercise Plan (STAR students)

# HIDDEN VALLEY OBEDIENCE CLUB

## BEGINNER II CLASS WEEK 5

- I. *Greeting*
  - A. *Attention Getter*
  - B. *Solicit Problems/Questions*
  - C. *Reminder: Save the Date for the CGC exam*  
*Sign up for next session – advice on what class to pick next*
  - D. *Check for Clean-up Bags and Exercise Plans (STAR)*
  
- II. *Suggested Discussion Topics*
  - 1<sup>st</sup> half of class: Kids and Dogs – When Meeting in Public – Keeping Kids Safe*
  - 2<sup>nd</sup> half of class: Meeting other dogs on Your Walks (Be aware;change course; use “attention”*
  
- III. *Separations*
  - A. An Instructor will hold your dog while you go out of sight for 2 1/2 minutes.
  
- IV. *Automatic Sit with Greeting (Your dog should “Sit” automatically when approached)*
  - Step 1. An Instructor will approach your dog and pause to see if he will offer a “sit”
  - Step 2. If necessary the Instructor will ask for a “Sit”.
  - Step 3. Treat your dog IMMEDIATELY when he sits.
  - Step 4. If he remains calm, the Instructor will shake your hand, pet your dog, and do some light grooming with ear and feet check.  
(If he lunges and or moves from position, the Instructor will back up, wait, and try again. If your dog is persistent in lunging or jumping up, the Instructor will ask you to step in front of your dog and ask for the “Sit”.)
  
- V. *Mingling with the Crowd – Noise Reaction*
  - Step 1. Students will form a large circle
  - Step 2. One at time the dogs will inspect the chair and/or noise maker and return to the circle.
  - Step 3. An Instructor will walk around inside the circle and make a noise by dropping a chair randomly within a few feet of the dogs.
  - Step 4. The Instructor will then walk around the outside of the circle and drop the chair randomly.

*Hint:* *It is expected that the dog will react to the noise made by the chair dropping. What is important is that he recovers fairly quickly.*

VI. Mingling with the Crowd

Step 1. Students will form a large circle

Step 2. Instructors will form a crowd and walk around inside the circle with moderate noise makers and a stroller or walker.

Step 3. One at a time, you will mill amongst the crowd inside the circle.

Step 4. At some point the Instructor will tell you that a chair is about to be dropped behind the dog.

*Hint: It is expected that the dog will react to the noise made by the chair dropping.*

*What is important is that he recovers fairly quickly. To keep his attention as you walk use your "watch me" command, and also, use "leave it" or "off" if he gets too nose-y with the crowd members.*

VII. Loose Leash "the L Pattern"

Step 1. Place your dog in a "Sit/Stay" in heel position

Step 2. Move forward 10 steps and make a right turn

Step 3. Move forward 5 steps and halt

Step 4. Move forward 5 steps and make an about turn

Step 5. Move forward 5 steps and halt

Step 6. Move forward 5 steps and make a left turn

Step 7. Return to Start, put dog in a "sit" before releasing

*Hints: If he forges ahead, stop and call him back into position. Treat when he is in the desired position. If he is dragging or sniffing, pick up your pace! About turns to the right are easier!*

VIII. Reaction to Another Dog

*Round One*

Step 1. Students will form a "tunnel" with two lines facing each other 8-10 feet apart.

Step 2. One dog from each end of the tunnel will step to their tunnel opening.

Step 3. When given a signal, you will move forward with your dog in heel position.

Step 4. As your dog passes the dog coming from the opposite direction, you will watch that your dog doesn't cross over to visit or lunge at the approaching dog.

*Round Two (after all dogs have finished Round One)*

Step 1. One dog from each end of the tunnel will step to the tunnel opening.

Step 2. When given a signal, you will move forward with your dog in heel position.

Step 3. When you are close enough to shake hands, put your dog in a "Sit", pause, and then walk forward.

*Round Three (after all dogs have finished Round Two)*

Step 1. One dog from each end will step to the tunnel opening

Step 2. When given a signal, you will move forward with your dog in heel position.

Step 3. When you are close enough to shake hands, put your dog in a "Sit Stay", shake hands and greet, release your dog and walk forward.

*Hints: Always take time to get your dog into position and under control before greeting and shaking hands. Watch as you continue on that your dog doesn't sneak around behind you to visit with the other dog.*

Note: the exercise can be done with dogs in a large circle and calling pairs from across each other. It can also be done with two extended lines that face each other.

IX. Stay & Recall

Step 1. Students form two lines facing each other about 8-10 feet apart.

Step 2. One at a time you will be asked to step to the tunnel opening and attach a long line.

Step 3. With line attached, place your dog in a "Sit Stay"

Step 4. Turn your back to your dog and walk half-way up the tunnel

Step 5. Turn to face your dog, pause, return to heel position without releasing your dog.

Step 6. With your back to your dog walk to the end of the tunnel.

Step 7. Turn to face your dog, pause, then call him to "come"

Step 8. When he comes in take his collar, praise and reward

*Hints: This exercise is used to control "anticipation" by the dog...he doesn't know if he will be called to "come" or will have to remain in a "Sit Stay" Rewards in this game can be a ball toss, quick game of tug, or a back rub as good alternatives to popping food treats.*

X. Down Stay

Step 1. From heel position, place your dog in a "Down Stay"

Step 2. Some mild distractions will be given by the Instructors. If your dog gets up, put him back into the "down" position with a reminder to "Stay".

Step 3. At the end of the exercise, praise, reward and release.

XI. Place and Front (if time permits)

Place: with the dog in front of you, use a lure (treat) to move the dog in a small counter clockwise semi-circle back to heel side, then bring the dog's nose up to achieve a sit.

For large dogs, you may want to take a step back to allow room for the dog to circle around. Once you achieve the performance then start adding the command "place"

Front: Facing your dog, ask for a "Sit". Step back to the end of the leash, then luring with a treat 1) bring the dog into a position directly in front you and bring the dog's nose up to achieve a sit. Once you achieve the performance you can add the command "front".

Week 5 Homework

1. Continue practicing loose leash walking with right hand, left hand and about turns –increase the number of steps, add random halts – work in new locations
2. Take your dog to a distracting location to practice heeling through a crowd, loose leash walking, leave it and sits. If people approach to pet your dog, make sure your dog is in a "sit". It is helpful to let people know that your dog is in training.
3. Practice "down"and "sit" at intervals during your daily walk.
4. Call your dog to come when he is busy with something else; praise and release.
5. Signup for the CGC exam

# HIDDEN VALLEY OBEDIENCE CLUB

## BEGINNER II CLASS WEEK 6

- I. *Greeting*
  - A. *Attention Getter*
  - B. *Solicit Problems/Questions*
  - C. *Reminder: Sign up for CGC exam*  
*Distribute Hand Out for CGC exam (Schedule C)*
  - D. *Check for Clean-up Bags and Exercise Plans (STAR)*
  
- II. *Suggested Discussion Topics*
  - 1<sup>st</sup> half of class: When Faced with an Aggressive Dog – Protecting Yourself & Your Dog*
  - 2<sup>nd</sup> half of class: What Areas in CGC Do You Have Concerns?*
  
- III. *Supervised Separation*
  - A. *An Instructor will hold your dog while you go out of sight for 3 minutes.*
  
- IV. *No Hands Heeling with Change of Pace*
  - Step 1. *Place your dog in a “sit” in heel position*
  - Step 2. *With leash over your shoulder (no hands on leash) move forward in a straight line changing pace as you walk (slow, fast, normal).*
  - Hints: Remind your dog with “easy” or “slow” when you slow down and “fast” or “hurry” when you speed up.*
  
- V. *Stays with Distractions*

*Round One:*

  - Step 1. *With all Students in a line, you will choose either a “Sit Stay” or “Down Stay”*
  - Step 2. *Walk out 20-30 feet, turn and face your dog for 1 minute (mild distractions will be given)*
  - Step 3. *Return to heel position, praise, reward and release*

*Round Two:*

*Same as Round One except you will perform the opposite command that you chose in Round One. For example, “Sit” dogs will now be “Down dogs”*
  
- VI. *Reaction to Another Dog*
  - Step 1. *A Neutral dog will be brought in for the exercise*
  - Step 2. *Standing 10-15 feet apart you will walk toward the neutral dog with your dog in heel position.*
  - Step 3. *When you are close enough to greet and shake hands, place your dog in a “Sit Stay”*
  - Step 4. *When both dogs are under control, greet and shake hands then release your dog with “let’s go” and walk forward. .*



- VI. Automatic Sit (By this week most of the dogs will be sitting automatically)  
Step 1. An Instructor will approach your dog, pause to see if he will offer a “sit”  
Step 2. If necessary, the Instructor will ask for a “Sit”  
Step 3. Treat IMMEDIATELY when he sits.  
Step 4. If he remains calm, the Instructor will shake hands with you, and pet your dog.  
( If he lunges or moves out of position, the Instructor will back up, wait, and try again.)
- VIII. Automatic Sits with Grooming  
Step 1. An Instructor will approach your dog, pause to see if he will offer a “sit”.  
Step 2. If necessary, the Instructor will ask for a “Sit”.  
Step 3. Treat IMMEDIATELY when he sits..  
Step 4. If he remains calm, the Instructor will groom, check ears and feet.  
( If he lunges/moves from position, the person will back up, wait, and try again.)
- IX. Fastest Dog Recall Challenge  
Step 1. Dogs are divided into two teams  
Step 2. One dog from each team moves to the Start line.  
Step 3. You and your fellow competitor will put your dogs in a “Sit Stay” and walk out 20 feet.  
Step 4. On the count of 3, call your dog.  
Step 5. When he crosses the finish line, ask him for a “sit” in front of you.  
The winning dog from each challenge moves on to the semi-finals  
*Hints:* A dog may be fast in crossing the line, but lose the race if he doesn't “sit” before the competing dog sits.
- X. Heeling  
Step 1: Class will be divided into 2 or 3 groups  
Step 2. You will practice heeling around two cones in a Figure 8 pattern.  
*Hints:* Use “hurry” or “faster” when dog is coming around the outside of the cone, and “easy” or “slow” when he is on the inside.
- XI. Fronts and Place (if time permits)  
Place: With your dog in front of you, use a lure (treat) to move your dog in a small counter clockwise semi-circle to your heel side; then bring your dog's nose up to get a sit. For large dogs, you may have to take a step-back to allow room for the dog to swing around (eliminate the step-back once the dog is moving smoothly). Once your dog understands the behavior, you can add the command “place” or “finish”  
Front: With your dog in front of you, ask him to “sit”. Then step back to the end of the leash. Luring with treats encourage your dog to move into a position directly in front of you; then lure the dog into a “sit”. Once he begins to understand the behavior, you can add the command “front”.
- XII. Distance Sit (if time permits)  
Step 1. Leave your dog in a stand d back up 8-10 feet  
Step 2. With a verbal and swooping hand signal, ask your dog to “Sit”  
Step 3. If your dog “sits”, return to praise, reward and release  
Step 4. If he does not “sit”, set up the exercise again, only shorten the distance between yourself and your dog.

## Week 6 Homework

1. Find another distracting location to practice.
2. Go to a secured (fenced area) and practice “off leash” recalls
3. Sign up for the CGC exam
4. Hug Your Dog & Rub his Feet

# HIDDEN VALLEY OBEDIENCE CLUB

## BEGINNER II CLASS WEEK 7

- I. *Greeting*
  - A. *Attention Getter*
  - B. *Solicit Problems/Questions*
  - C. *Reminder: Sign up for CGC exam*
  - D. *Check for Clean-up Bags and Exercise Plans (STAR)*
  
- II. *Suggested Discussion Topics*
  - 1<sup>st</sup> half of class: Luring vs Rewarding vs Random Treating vs Life Rewards*
  - 2<sup>nd</sup> half of class: Observations from training team about Mock CGC*
  
- III. Instructors will set up and conduct a Mock CGC Exam
  
- IV. Students will Share Tricks (and explain how they taught the trick)
  
- V. Review of Mock CGC results  
(A time to ask questions and hear recommendations from the Instructors on what they observed during the Mock exam.)
  
- VI. Switching Sides (if time permits)
  - Step 1: With your dog in heel position, walk forward
  - Step 2: With a treat in your left hand, (make sure dog knows you have it) lure your dog behind you from left to right by passing the treat from one hand to another until he is in position at your right side.
  - Step 3: Take a few steps with your dog in position. Once he understands the behavior you can add a command, such as "side" or "switch"Note: (This maneuver is helpful when encountering someone who does not walk their dog in heel position.)
  
- VII. Instructors will distribute STAR applications and Graduation Awards

