

HOME BASICS HOMEWORK WEEK FOUR

HEELING ✂ Train in new locations. Practice changes in speed, make many turns. Use side steps to bring your dog back into position and to increase attention. Work around distractions. Change direction whenever your dog looks away. Then Praise: for eye contact, position or effort to find the heel position. E-collar: Tap on turns when your dog loses position or attention.

AUTOMATIC SIT: ✂ When your dog has learned to sit on one command, without corrections, in heel position, you will be ready to progress to the 'Automatic sit'. When heeling, an automatic sit happens when your dog sits without being told or cued in any way -other than that you have stopped walking. The automatic sit is an 'attention and self-control' building exercise. This week, when you practice heeling, observe your dog closely. Be ready to stop and correct the moment he stops watching you (when he is looking away, sniffing etc.). The **moment** your dog loses attention, sit-correct your dog –Shhh! No verbal command is given. When inattentive, your dog will not notice the halt and will continue to 'heel' ahead when you stop. The moment your dog loses attention, sit correct your dog. Shhh! No command is given. **E Collar:** Tap on corrective level (with a sit command) and guide your dog into sit with leash if needed.

If your dog is paying attention and comes to a halt with you, it should be given about 1/2 second to sit before a correction is given. Give your dog a correction if he is distracted or waits too long.

Practice this sequence each day this week:

- Review placing your dog into the sit the first 2 times you halt.
- Stop placing, give ONE "Sit" command 2 steps before your halt. Use Corrections/Praise as needed.
- Start Automatic sit- Halt *without* saying the command, praise or correction as warranted, and release.

Automatic Sit TEST: Arrange for a distraction and heel your dog toward the distraction. About 6-ft. away from the distraction, take your two usual slower steps as you quietly halt. Don't say a word or pull on the leash. Don't move your left hand down the leash –but be ready to!) If your dog isn't looking at you or takes one step past you where you halt, shorten your leash grip quickly and give a sharp, upward sit-correction. Move away from the distraction and repeat the exercise until you get an automatic sit. Praise success!

The Sit-Stay Correction: Review the sit-stay at 3ft. for 30 seconds. Review mild distractions by taking a few steps right, then left. Staring at your dog may confuse or intimidate it, so don't look directly at your dog.

This week increase the time gradually to one minute. If your dog breaks the stay, return it quickly to its original location, and then sit correct **firmly** (snap the leash straight up very quickly) as you repeat the "Stay" command one time. Wait a second then leave again without repeating the command. **E collar:** Tap and give 'Sit' command the moment your dog starts to change position. Follow through/tapping and help with leash if your dog is confused.

Return: Start to return by circling around behind your dog. If your dog turns or gets up to follow you, put him back the 'way he came'. Move in smoothly and correct unemotionally. Try again. Make sure that your dog does not move when you praise. Praise should include the command i.e.. "Good Stay". It should be calm and very softly spoken. Praise means "Keep doing what you're doing." Pause silently for 5 seconds after the praise before releasing your dog. **On all stay exercises**, return to heel position and release your dog by stepping backwards and making it turn toward you instead of letting it move forward out of the stay. This week increase the time to one minute and the distance to 6 ft. away. Remember to use MANY NEW distractions and practice the stay in MANY NEW locations.

Polite Greetings SIT FOR EXAM: This exercise is practical for a veterinary exam as well as a means to get your dog under control when it greets people. It's what your dog should do INSTEAD of jumping. You will need a new 'helper' each day. If you have no one to help you perhaps you could practice at your vet's office? Quietly say "Sit" then "Stay". With your leash slightly LOOSE, remain standing alongside your dog in the heel position. Have your helper calmly approach the side of your dog, quietly say "Stay", and touch it briefly on its back. Sit-correct your dog if it breaks the stay.

If your dog is excitable, your helper may initially only be able to walk by your dog without touching. Once your dog can hold still for that, have your helper stroke the dog only once on his/her way by.

For fearful or timid dogs, before doing a formal sit-stay, try having your assistant approach your dog with food and offer it to the dog while it is not under command. If it will take the food, you can go to the next step. If it is still wary, have them give *you* the food and walk away. You can then give your dog the food if it will eat it. In any case, his main job is to Sit and Stay. Use the Sit-correction if your dog breaks the stay. Your dog should eventually do the sit-stay with many people passing by one after another (saturate him) without touching the dog. By next week, the dog should have been exposed to **MANY** strangers with food and will be expected to hold the Sit Stay with people passing by.

If you have an aggressive dog, proper precautions should be taken to insure safety. Be sure to bring it to your instructor's attention! You may need a private lesson to address this.

Muzzle if necessary, but in all cases of growling, lunging, or snapping, use your "Leave it!" command and jerk your dog's leash fast—turning it down and away from the person. Be sure you know how to 'read' your dog's posture as others approach. Do not hold the dog back on a tight leash but keep only about 6 inches of slack in the leash.

Door Manners: Set this up so you can control the outcome. Have someone ring the doorbell or knock on the door. Put your dog on a sit stay on a leash next to the door as you open it. Sit-correct if your dog breaks the stay. Praise cooperation and release when your dog is calm. Practice twice a day—Three repetitions each session. (Total 6 times a day.) Use a different door every day.

REVERSE AND CALL:

Review Reverse and Call as taught last week. Remember to tell your dog to "Front-Sit" 2 steps *before* you stop backing up, and correct if your dog doesn't sit in front of you or is not paying attention to you.

Attention: Continue to develop **eye contact** by making sounds that attract your dog's attention as you back up. (This could be clucking, lip smacking, a toy squeaked in a shirt pocket etc.) Praise your dog when he looks into your eyes then give release command.

Using a Target: Continue to lure your dog into the front' with food or a toy. Fold your leash up and hold it shortened in your 'off hand' with very little slack. Use this to control and keep your dog attentive. Draw the lure in **close** to your body and up as you stop. **Front:** If your dog isn't straight, back up a little and lure the dog in straighter. If your dog is *distracted* or disinterested, snap the leash (**Ecollar** tap) and physically guide the dog into the front position. Praise the dog when it gives attention. Taper the rewards off and offer them randomly-for the dog's best efforts. The hand gesture should be used every time. It will eventually become a signal for the dog to come and sit in front.

DOWN ↘ With your dog sitting in the heel position, point to the ground and Command "DOWN". Wait 2 seconds then pull your leash under your foot until your dog's head is lowered, it gets tired and lays down. Immediately TAKE THE PRESSURE out of the leash. Praise quietly and release. Dog may lay straight or on its side. **E collar:** Tap/command down with leash pressure until dog is down.

IMPORTANT: Do NOT allow your dog to get up until it has relaxed for 30 seconds. Do 12 X each day.

NEXT CLASS: Dog will: Heel attentively with automatic sit around distractions. Down for 1 minute and wait for release. Hold a sit-stay at 6 ft. with distractions for 1 minute. Hold a Sit

for Exam with you standing alongside your dog. Come and sit in front with a target.

Train in a new location at least 2 times this week.

Praise for: Effort, attention (eye contact), and improvement. Bring a distraction to class next week.

****IMPORTANT***: Continue ending lessons with the COOL DOWN (Long line attached and dragging).

? ***PEOPLE WHO MAKE EXCUSES DON'T TRAIN & PEOPLE WHO TRAIN DON'T MAKE EXCUSES!***

? Buy/Bring your THROW CHAINS TO CLASS NEXT WEEK?