

## Jump & Fetch Class Application

**REGULATIONS:** The 8 week Jump & Fetch class is for dogs 8 months or older who have successfully graduated from an Off Leash Basics Class. Off leash exercises continue to progress and the course includes jumping, retrieving, drop on call, and targeting. Handlers must be at least 14 yrs. old. **One** person trains the dog through the class. **Dogs are brought to the first class.**

Homework must be practiced twice daily for @15 minutes. Keeping current with the class work is your responsibility.

**EQUIPMENT:** Your basic training equipment: Training collar, leash, tab, long line, poop bags etc., water for you and your dog. Bring a couple of 4-6 inch dowel rods from 1/2" to 1" diameter to suit the size of your dog, retrieving objects (a work glove, a small rolled up newspaper, dumbbell etc.), treats and distractions. Makeshift high and broad jumps for at home

**REGISTRATION:** *Classes fill early!* PREREGISTRATION is by MAIL only. See map for directions.

The class *fee will not be refunded after the first class.* Please complete the application *legibly*, sign the agreement, and mail early with \$ \_\_\_\_\_ fee. Make check payable to: **MARY MAZZERI**

**Mail to: 136 Golfview Lane Carpentersville, IL 60110 Questions? [847] 426-5089**

➔ **Next Class starts: MON TUES WED THURS SAT** \_\_\_\_\_ **at** \_\_\_\_\_ **a.m. p.m.** ←

**Name of your last instructor** \_\_\_\_\_ **Last class completed with this dog** \_\_\_\_\_

*By signing and submitting this application I agree to all the regulations and terms of registration. I assume full responsibility for any incident that may occur and will not hold Care Dog Training, Mary Mazzeri, agents, instructors nor property owners liable. I have read and agree to all regulations and conditions of registration.*



**Signature:** \_\_\_\_\_

**Dated** \_\_\_\_\_

*(Must be signed and dated by handler or legal guardian if a minor handler.)*

**Please type or print legibly, thank you.**

**HANDLER** (Person training dog) \_\_\_\_\_

**PHONE** (Home) \_\_\_\_\_ (Work) \_\_\_\_\_

**ADDRESS** \_\_\_\_\_ **CITY** \_\_\_\_\_ **ZIP** \_\_\_\_\_

**DOG'S NAME** \_\_\_\_\_ **BREED (S)** \_\_\_\_\_

Your Email Address for confirmation \_\_\_\_\_

★ Please indicate any problems your dog is currently having.

Is your dog on any medications? No \_\_\_ Yes \_\_\_ Please explain \_\_\_\_\_

**Main purpose in taking class:**

\_\_\_\_\_



**Front on the Recall:** Remind your dog to 'front' when your dog does the first few recalls each day. But, by graduation your dog must sit in front automatically –without a verbal or moving hand signal. Gradually do a few recalls without *telling* your dog to front. Hold your hands still at your waist as a target. Sequentially increase the distance to 30 ft. on the light line over the course of the week.

**Group Stays:** For the test, make sure you leave your dog in the required position (sit or down). If there is matting, sit your dog on it so he doesn't slide on the floor. The judge will tell the group to all to leave together at his direction. (Right foot!) Do not stare at your dog during the stay. Cross your arms and stand so it doesn't look like you're going to call. If your dog breaks, *do not go back or correct during the test*. Follow the judge's directions.

In practice start the stays on light line at 10 ft. but reduce your time to 1 and 3 minutes. As the week progresses, slowly add time, distance and distractions. Do not go too far too fast. No further than 20 ft. Increase distance only when your dog is steady at each given distance with distractions

**Relax, you can do it! ☺**

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## WEEK SIX (& FOREVER AFTER)

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**\*\*\* USE IT, DON'T LOOSE IT! \*\*\***

**Congratulations!** You have made great progress with your dog. You've learned how to handle your dog and make it respond reliably to commands in distracting situations. Put this knowledge to work in your every day life. After all, that's why you came to obedience class in the first place. When your dog displays behavior that is not acceptable, such as sneaking out a door, bothering guests obnoxiously, not riding nicely in the car etc., consider which obedience command or correction could be applied to remedy the situation.

**Transitioning to off leash:** Over the next few months, keep a long, light line dragging on your dog when you are with him outside. Always have your throw chain or transmitter ready. Train a few minutes daily inside and outdoors to reinforce obedience commands while the dog is on the light line. While you can control the responses, set up varied distractions and work in different areas. After a few months, when your dog has resisted many strong temptations, *always* comes when called, and heels reasonably well on the light line, start to shorten the line GRADUALLY. Careful! Just one foot at a time, over several weeks (or months) until it is a leash length. Don't hurry through this stage. As more time goes by, you will reach a point in training where you know that your dog would be under control even if there were no light line at all. Be careful! Don't remove it entirely, but cut it until it just hangs down to the ground. After more time elapses, you'll be able to transition to just the Tab.

In the house, you may notice that your dog doesn't respond well to your commands unless he is on the dragline. This is normal for most dogs. KEEP him ON THE DRAGLINE until he no longer tests you, even when highly distracted. Be consistent until obedient responses become a way of life. Don't give commands that you are not going to enforce. ALWAYS FOLLOW THROUGH or don't say anything! Until your dog is trustworthy loose in your home, keep him confined when you are gone and REMOVE the dragline.

**Reinforcement never ends.** Dogs will continue to 'test' their obedience training occasionally. It is more likely to occur if you haven't kept up with periodic obedience drills. Run through the exercises regularly, distractions and all. **Apply** what you've learned to everyday life applications. Use the techniques you have learned to continue to improve your dog 's responses. Make good behavior his WAY OF LIFE.

☆**The next step:** You are encouraged to continue training your dog. When you graduate from this class, ask your instructor about the next step, for solidifying off-leash work, learning retrieving, and fun jumping exercises under the supervision of a qualified instructor. Whether you wish to increase your dog 's reliability off leash around the home or compete with your dog, the intermediate class offers a structured and enjoyable learning environment in which to achieve your goals. Ask your instructor how to qualify for enrollment.

**Care Dog Training Academy –Unleashing the Possibilities**  
Founded 1970 Mary Mazzeri 847-426-5089

## WEEK FIVE

TRAIN FOR THE "MARRIAGE", NOT JUST FOR THE 'WEDDING'!  
(Life) (Test)

### Heeling:

Continue to practice on the light line. Your dog must wear its TAB. Arrange the light line along the ground before you bring your dog to the training area. Attach both the line and the leash to the collar. Do a little warm up heeling on leash. Continue to test your dog with distractions. If your dog is cooperative, let the light line drag on the ground. NEVER GRAB THE LIGHT LINE WITH YOUR BARE HANDS OR BURNS CAN RESULT.

If your dog leaves the heeling POSITION, TAG it with your Throw Chain, *step on* the light line, take the TAB, and correct him back into the heeling pattern- KEEP MOVING! Praise cooperation. After a minute, put the leash back on to work on fixing sloppy heeling and straighten sits.

**Ecollar:** If your dog leaves the heel position, keep walking, tapping the button rapidly on medium and command "Heel" until your dog returns to position. Step on the line and help your dog if needed.

After a few minutes of heeling, when your dog resists temptations and the impulse to 'take off', be sure to praise it for making the effort to move along attentively in the heel position. If your dog seems confused or 'freezes up', pick up the line at about 10 ft. (from your dog's collar) and keep moving forward until the dog follows. Praise enthusiastically when your dog 'arrives' in the heel position. Drop the line and keep moving.

### *Practicing for the test and real life...*

**Heel on leash or light line:** When practicing, use distractions and correct when your dog is inattentive or not in heel position by using 1) a change of direction, 2) a change of speed; or 3) an automatic sit correction. When your dog is being attentive, practice the exercises with smooth turns, starts, and halts without extra cues or commands. Delay and reduce the amount of praise. Teach your dog to 'trust your silence'. Save praise for your dog's best efforts only.

Practice with both leash and light line attached to your dog. When your dog is doing well, stop and remove the leash so your dog is just dragging the Light line. Start heeling past distractions and be prepared to use your Throw Chain/Line correction or Remote transmitter techniques. Praise for every good effort to resist temptation. By the next class your dog should heel on the light line with reasonable accuracy for 2-3 minutes. Also continue leash heeling to polish the fine points – straighten sits etc. on the leash). Remember to release your dog only when it's being attentive.

For the final test the judge wants to see a 'finished performance'-no corrections. (At home practice smooth turns unless your dog needs a correction.) During the test, walk BRISKLY and Command "Heel" every time the judge says "Forward". When he says 'Fast' –RUN!. For 'Slow' –reduce your speed. When you hear 'Halt', allow yourself 2 steps to slow down and stop. Do not correct unless the judge asks you to. The exercise will include several Forward and halt commands with right, left and about turns. Praise only after the judge says "Exercise Finished." Hint: ***There may be distractions during the test.***

**Stand for Exam:** Your dog will do this on a light line. Take time to stand your dog comfortably –with a 'leg in each corner'☺. Be sure your dog is 'settled'. Remove both hands from your dog before you tell him to STAY. Walk only 2 steps (6 ft.), then turn to face your dog (DO NOT Back Away). Leave the line on the ground. When the judge says "Return", walk around your dog back into the heel position. Wait for the judge to say "Exercise finished" before releasing your dog.

**Recall on light line** Follow the judge's orders during the test. You will only be allowed one command and signal together to call your dog. You may not bend or move your hands, hold them still at your waist as a target.

Vary the length of time before you call your dog from the sit stay. Continue practicing four sit stays in between each Come. Vary distance on the light line. You can use a throw chain to tag his fanny if he runs by or gets distracted. Step on the line, grab the TAB, and pop your dog back to your FRONT.

**Ecollar:** If your dog isn't coming, or coming too slowly, start nicking ON A CORRECTIVE LEVEL as you repeat the "Come" command. Always end on praise.

**E Collar:** After the Come command is given, be prepared to tap and repeat the command anytime the dog starts to become distracted (sniffing, veers off course etc.) Remember to target the front and praise for attention.

**STAYS: ON LONG LINE** Arrange the line by simply heeling with your dog dragging the line until the line is laying straight out behind you, then do an about turn and halt. (This works for the recall too.) If your dog tends to break stays, calmly go to your dog to make the correction with the tab. Too many mistakes/corrections means you're going too far or too long too soon. Extend the distance on the stays gradually. Sit stay: Practice for 3 minutes.

**Ecollar:** If you are working on the remote, nick for sniffing or fidgeting as you repeat the "Stay" command.

**GO TO PLACE:** Continue to work the Place exercise in one new location every day. Your dog should still be on the long line when you practice this outdoors and on a dragline or tab when you practice this indoors. Give your command and point, but don't. See if your dog will start without your help. If he waits more than 2 seconds to move, take him there very quickly. Your dog should now stay on the place for 10 minutes at a time. Be nearby to be sure you can enforce your dog stays. Make it practical. E.g. While you watch TV or eat dinner, when guests are visiting.

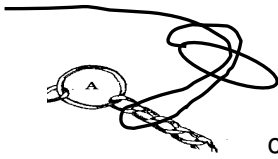
**Ecollar:** Give dog first command without stim. If it doesn't move within three seconds, start tapping on a somewhat higher level, guide with the leash and repeat the command until your dog is on the pad. If your dog doesn't respond to the level you're working on, either go up a level or start tapping on red (same level).

## WEEK FOUR

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### HEELING on the Light Line

The light line is used to bridge the gap between on and off leash. The COOL DOWN and the Long line have laid the foundation for this step. Your dog must wear its TAB. Untangle and arrange the light line on the ground. Attach both the line and the leash to your dog's collar, tie the other end of the light line around your waist.



← **Attaching the light line** to the tab or collar. Making a loop on one end of the light line can save a LOT of time. The line just below this loop can be passed back through the loop without having to tie and untie the line. This loop can be placed over the live ring of the collar and tightened up. This week tie the other end around your belt or waist. Be certain you have securely attached the line on the dog's tab or collar. NEVER GRAB THE LIGHT LINE WITH YOUR BARE HANDS OR BURNS CAN RESULT.

Do a little warm up heeling on the leash first. Once your dog has settled into position, come to a halt and carefully remove the leash. Give your 'Heel' command, pat your left leg, and move out! If your dog heels, be quick to praise it. If your dog leaves the heeling POSITION, TAG it with your Throw Chain. Walk on the light line to grab the TAB, and correct your dog back into the heeling pattern- KEEP MOVING! Praise cooperation. After a minute, put the leash back on to work on problems. Once the dog is working well, praise and repeat the procedure.

**E Collars:** Those using E collars should start tapping as soon as the dog leaves the heel position as you step on the line. Keep tapping until the dog is back in heel position. Calmly walk down the line, take the TAB and move the dog back into the heel position. Praise *enthusiastically* and KEEP MOVING!

**STAND FOR EXAM:** Leave your dog on a stand stay with your long line on the ground between you. Walk only three steps away. Have someone briefly run his or her hand over your dog's back. Correct if needed as learned last week and repeat the exam. Return, praise and release 6 x a day.

**E Collars:** As your dog begins to sit or move, stim on very LOW level continuous until you gently reposition your dog into the stand. Praise calmly.

**RECALL** This week you will do a Mixed Series of **Recalls and Sit-Stays** on your long line:

- Each day start with a 10 ft Target plate recall. After your dog eats the treat or retrieves the toy from the plate, call him back quickly, remind it to 'front-sit' using a food lure to sit in front.
- Repeat the Target Plate Recall, Come and Front at a 20-ft. distance. Target without the lure in hand.
- Do a one minute sit stay at the end of your 15-ft. long line and return to praise your dog.
- Do a recall (Come command) from the sit stay at 15-ft.
- Do a Target Plate Recall at 15-ft.
- Do a 15-ft. Sit stay for 1 minute.

Line handling: The Long line is pre-arranged on the ground in front of the dog. Pick up the end of the line *while facing away from your dog*, arrange it behind your right leg and hold in the left hand. If the dog doesn't move when called, correct the dog by moving *away* from the dog. Use the back of your leg to step back into the leash, giving a 'remote' correction from the end of the line.

**E Collar:** Repeat command as you tap on a corrective level.

If your dog breaks the sit position before you call it, correct it back into a sit stay with the leash.

**E collar:** As the dog breaks position start tapping at a corrective level and take it back into sit position

*As the dog is approaching, give the "Front" command and use the target signal.* If you are successful at four steps, gradually move out to the end of your line for subsequent recalls. This week the target signal should still be used, but keep food out of sight in a shirt pocket or a toy tucked under your shirt or jacket shoulder - until the dog is sitting attentively. Make the reward randomly 'appear' when the dog is sitting attentively and looking up at you. Other times just praise and pet.

The distance should gradually be extended by clipping your 6 ft. leash to the end of the 15-ft. long line. Distractions should be used, such as having someone rolling a ball parallel or perpendicular when the dog is coming. Follow through with praise or corrections. Continue to mix in Random recalls on the long line when your dog is distracted. **End with a sit stay. Call your dog from a sit stay only rarely and only when it is sitting very steadily.**

## WEEK THREE

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### HEELING Long line review

Repeat last week's work with you and your dog 'wearing' the long line. Start with long line in hand and then just drop it as your dog is moving.

**Throw Chain** rules still apply. Do NOT throw the chain if your dog is looking at you. If your dog seems genuinely confused or 'freezes up', hold the line at about 6 ft. from your dog's collar and just keep moving until the dog begins to follow. Be sure to praise enthusiastically once your dog 'arrives' in the heel position then drop the line and keep moving. When your dog resists the impulse to 'take off', it's time to stop and praise him for cooperation and effort, even if not precise in his position.

**Distractions:** Mid-week, when your dog is doing well, start heeling past distractions and be prepared to use your Throw Chain or Remote correction techniques. Praise for every good effort to resist temptation. By the next class your dog should heel on the long line with reasonable accuracy for 1-minute intervals. Polish the fine points – straighten sits etc. by taking hold of the line close to your dog's collar. Remember to release your dog only when it's being attentive.

**Note:** Without the electronic collar, the process of going off leash will take approximately 10 additional weeks of training. Training your dog how to respond to commands when it is distracted is very important.

**E collar:** Tap the transmitter at any point where your dog becomes distracted or leaves the heel position. Use the leash to direct your dog back into the heel position. (Keep tapping until your dog returns to heel position.)

### RECALL:

Once your dog is consistent with the target plate recall, set up distractions to occur as you call your dog back to you. These should be temptations such as having someone else toss a toy just as your dog is coming back. Tag it with the throw chain and snap him in with the leash if it goes to the distraction.

**E collar:** If you are training with a remote, nick the button and repeat the 'Come' command if your dog goes toward the distraction. Praise all correct responses and continue to target the sit in front. The recall always ends with your dog sitting in front- settle for no less. You no longer have food in your hands. Hide it in a shirt pocket. *Randomly* reward your dog's *best* efforts with a treat, play, a toy or tons of praise. Dogs like variety!

**Introduce STAND for Exam:** Practice leaving and returning around your dog while it is standing. If your dog is very steady on the stand, stand alongside of it and have someone else briefly touch your dog's back. If your dog is not steady, continue to have your helpers 'examine' your dog while it is *sitting*.

**E Collar:** If your dog breaks the stand position, start low level stim as you say 'Stand!', and calmly take the dog directly back into a stand in the same location. (The left arm is lifting under the belly. Keep tapping until the dog is standing where it started. The other hand is pulling forward on the collar under the dog's chin.) Praise.

**STAYS:** Clip your 6 ft leash to the end of your long line to add distance from your dog on sit and down stays. When you add distance, shorten the time temporarily. Practice stays of varying duration and distance. If your dog stays in position when you return, occasionally give him/her a treat. Please be sure that your dog is getting the treat while it is staying! For the sit, bring the treat to his mouth after you have returned to heel position. For the down, place the treat between your dog's front feet as you say "Good stay". The food is only used very occasionally for your dog's best efforts. Give it to the dog while it is *still on the down stay*.

**Ecollar:** Nick with the remote if your dog starts to sniff, change position, or leave the location. Be sure to follow through until the dog is holding position again. Help with the leash if needed.

**Go to Place:** Continue to send your dog to a place rug target. Your dog should be going to 'place' without your having to 'escort' it. Practice this in every room in your house. If your dog is cooperating, practice outside on the long line, gradually extending the distance to the rug to 15 ft.

**E collar:** Stim with second command and until dog has acquired the target, also stim if the dog starts to leave the surface until it has returned. Help with the leash if needed.

**★ Next week you will need a Light Line: 25 ft. 1/8<sup>th</sup> inch braided nylon and a tab.**

your dog must come whether you have a reward or not. The dog should not be given the food reward every time. Vary between praise alone, or combine with petting, food, toy or play.

**TARGET PLATE RECALLS** Continue the Target plate recall as you gradually increase the distance that you send your dog -to 15 ft. on your long line. Call it back after it eats the treat. If your dog prefers, you can play with your dog with a toy -after it comes back and sits. Your dog must learn to move when you don't.

**SIT STAY:** By next week your dog should hold the sit stay for 2 minutes at 15 ft. on long line. Your line is on the ground. Do NOT handle the line except to correct. (Correct quietly and consistently.) It is critical that you practice in a new location every day.

**Ecollar:** Start tapping the moment a dog 'begins' to move, end the moment the dog holds the position. If the dog breaks the position, keep tapping rapidly as you repeat the command. Assist the dog in returning to location/position if needed.

**Introduce "GO to PLACE":** Place a pad or thick rug that your dog can easily lay down on, on a contrasting (non-rug) surface. You can help your dog learn more easily if the rug is on a platform or elevated surface such as a porch stoop. Standing about 6 ft away with your dog on leash, point to the pad with the left hand (leash is also in the left hand) and tell it "Go to Place" or "Go to Bed". Walk with the dog at first and guide the dog to the pad. The dog may stand sit or lay down as long as it remains on the pad. It is more stable if the dog sits and eventually you may want to have the dog lay down if you will expect it to remain in position for long periods of time.

**Second day review**, then give command as you point to the pad. Give your dog a chance to initiate, but if he doesn't move, quickly guide your dog to the mat. Give a treat on the 'place' every second or third time. Do not allow your dog to leave the pad until you give the release command.

**Third day on:** Put the pad in a new location each day. Sometimes place a treat on the mat before you send your dog. Your goal is to have your dog go to the designated location, without having to escort it and stay until you release it. Have your dog practice 5-10 minute down stays across the room while you are supervising.

**E Collar:** Start tapping with the command and until 2 front paws are on the rug. (Help the dog get there and stay there. If he tries to leave the pad, tap the transmitter **as** its front paws touch the surrounding surface and until they are back on the surface. Praise.

### ***What is The AKC Canine Good Citizen Award?***

CGC is a certification program that is designed to reward dogs who have good manners at home and in the community. The Canine Good Citizen Program stresses responsible pet ownership for owners and basic good manners for dogs. All dogs who pass the 10-step CGC test may receive a certificate from the American Kennel Club.

Many dog owners choose Canine Good Citizen training for their dogs. The Canine Good Citizen Program lays the foundation for other AKC activities such as obedience, agility, tracking, and performance events. As you work with your dog to teach the CGC skills, you'll discover the many benefits and joys of training your dog. Training will enhance the bond between you and your dog. Dogs who have a solid obedience education are a joy to live with-they respond well to household routines, have good manners in the presence of people and other dogs, and they fully enjoy the company of the owner who took the time to provide training, intellectual stimulation, and a high quality life.

AKC's Canine Good Citizen® (CGC) Program is one of the most rapidly growing programs in the American Kennel Club. There are many exciting applications of this wonderful, entry level that go beyond the testing and certifying of dogs.

Police and animal control agencies use CGC for dealing with dog problems in communities, some therapy dog groups use the CGC as a partial screening tool, and some 4-H groups around the country have been using the CGC as a beginning dog training program for children. Ask your instructor for more information.

## WEEK TWO

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**HEELING ON THE LONG LINE:** Attach the long line to your dog's collar and attach the other end around your shoulder with the line trailing to your left side. Warm up with some heeling while holding the long line with a normal amount of slack. (Allow the rest of the line to drag on the ground.) Step out confidently as you give the 'Heel' command. After you've made a turn or two, a couple of halts, and your dog is heeling well, drop the line from your hand and KEEP MOVING! If your dog is confused, pat your left leg a few times and repeat "Heel" to encourage your dog to follow you.

**Throw chain:** If your dog starts to wander or run away, step on the line and tag his fanny with the throw chain to get his attention. Pick up your line and continue walking to bring him back into the heel position. Praise and drop the line again. KEEP ON MOVING until he settles into the heeling position again. Remember to praise your dog when it *is back in the heel position*. Be subtle about picking up your throw chain. You may wish to attach some brightly colored ribbon so you can find it in the snow/leaves/grass etc.

**Transmitter:** As your dog deviates from heel position, nick at a corrective level and repeat the "Heel" command. Remember to praise when your dog *is back in the heel position*. After a minute, pick your long line back up again and work on straightening/speeding up sits etc. Work back and forth, heeling first holding the long line and then letting go and letting your dog drag the long line.

**Inattention:** Improper heel position and most poor sits are the result of inattention. Many dogs only sit because they 'ran out of leash' after you stop moving (and it didn't). The use of the automatic sit correction will speed up slow sits, improve placement and attentiveness. Hold the line, heel *until dog looks away* and immediately sit correct.

**Ecollar:** As your dog looks away, Tap and halt. Re-play this test until your dog will not look at a distraction. Praise effort, eye contact, and improvement.

**Maintaining Heel Position-** Note: Do NOT move up, over or back to your dog if it is out of heel position when you stop! Teach the dog to move to YOU. Most crooked sits can be straightened by taking a very short, left-handed leash grip, facing straight forward (to keep the 'heel' position relative to the dog) and popping the leash straight ahead. You may have to take a step forward with bigger dogs.

**Ecollar:** Leash held short in left hand. Multi Taps as pressure is put into the leash to bring the dog into heel position. Stop stim when dog has attained heel position. Praise.

**STAND CORRECTION & STAY:** Quietly place your dog in a stand-stay position. Initially, one hand should be 'on the dog' at any given moment as you work your way around your dog. Move calmly around him, touching his side. Return to heel position and praise quietly. Wait 5 seconds before releasing. If he starts to sit, move SMOOTHLY but swiftly to catch him on the way down. If he sits, pop straight-ahead horizontally on the leash AS you re-lift the rear. If he walks forward, shove him straight back –hand into your dog's chest.

**Ecollar:** Low level continuous stim as he starts to move and until the dog is again standing still. Repeat command and reposition if needed. Once he's steady, return around your dog walking back into heel position, praise and release by encouraging your dog to turn around and follow you a few steps.

**Practice Random Recalls** Train your dog as you go about your day. *Inside on drag line and outside on long line*, occasionally call your dog and enforce a response every time. Use the hand signal to target the front. Praise as your dog approaches and after he sits. If he ignores you when you call, use the Throw Chain\* and 'pop' the line. \*If you can't use the Throw Chain, (As when your dog is looking at you or acts afraid, step on the line, go to the TAB and tug the line urgently a few times till you're both back to the place you were when you called him. Bring your dog to a sit in front, wait 2 seconds, then praise and release. If your dog tends to runs past you when you call, instead of sitting in front of you, tag his fanny with the Throw Chain just as it runs by. (Be ready! Step on the line and grab the **tab** to bring him quickly back in front with a sit correction. End with praise. After a few days, call him past distractions or set up some distractions within 8 ft. of where you are standing. End every recall with your dog sitting in front of you.

**E Collar:** As above except, if your dog ignores your Come command or gets distracted along the way, use a corrective level tapping as you repeat the command. Be sure to praise your dog once he's coming.

**Fading Lures:** You will not always have a treat in your hand when you need to call your dog in real life. A shirt pocket is an ideal place to hide them while you make a transition. When you call your dog, use the hand signal without the food and draw his attention up to your face. (Cluck and tap your collar bone.) After the dog sits in front and looks up, you can reach into the pocket and produce the reward. (Food or toy) But remember,

through a thunderstorm, but it will set the dog's response to difficult situations and help it to adapt to the events of life.

Have *everyone* that lives with the pup practice simple obedience commands a few minutes a day. Have the pup earn its attention by asking it to respond to a command for its praise and petting, especially when it seeks affection. (You know, the nudge under the elbow trick.) Be sure to release the dog from the command after it is praised.

Play ball with your dog daily. Toss the ball. If the dog won't give it up, have a few more handy and toss another rather than pry the first one out of its jaws. Exercise tires a dog and they sleep better.

Avoid 'Tug of War' and other practices, which tend to teach the dog to express aggressive-emotional behavior. We don't want it to think it has the right to contest people with its mouth.

Family members who are old enough to carry them out should practice formal obedience training exercises. This helps to avoid the 'Beta-dog syndrome'.

This program of conditioned broad socialization, avoidance of over-emotionality, earning their praise, daily play activity and formal training, can succeed even with a socially deprived pup obtained after 14 weeks. Progress is slower and often difficult for an older dog with a longstanding problem. It takes a great deal of patience and persistence.

Such a wide range of problems springs from over-dependency, we don't have room here to address each one. Actual plans to deal with such problems as over-protectiveness and destructiveness are addressed in the class and also found in the books cited later.

Whatever the behavior problem, one-person dog owners must do some soul-searching regarding your feelings about their dog.

Has the problem got you thinking about getting rid of the dog? If so:

Get rid of the thought or a solution will be impossible. Dogs are sensitive to the feelings of being unwanted. The basis for a solution is commitment.

You (particularly the one-person owner) must examine why you got the dog. What did you want the dog to give you emotionally? How did you picture the dog's adult behavior when you got it?

How is the dog measuring up to those expectations? The answer is generally 'pretty poorly'. Then the next question must be WHY?.

The answer to these lies in the nature of each person's past and present relationship with the type of dog involved.

Have you set behavioral or emotional goals that are unrealistic for your dog? (Most of us do.) Do you understand the basic social needs of the dog? (Most of us don't.)

You need to get educated in order to select and carry out a program of re-socialization and problem correction. Realistic behavioral objectives can be set, the emotionally immature dog can be helped to grow up, and a specific, corrective behavior program can be started.

### **The Basics**

Since the basis for problems arising from over-dependency is an arrest in the maturation process, it follows that re-socializing the dog had best start where this process left off. (See points under avoiding over-dependency). Then, for specific problem-corrections involving chewing, over-protectiveness, etc., ask your instructor for information.

It is satisfying to see a nasty, over-protective two year old dog (emotional age three months) finally start to grow up, enter its juvenile stages and begin to relax. This happens as it responds to and yields to its owner's leadership, learns to play cooperatively, and finally, takes the cues for its emotional attitudes and behavior about other people from its owner rather than from its former self-centered perspective. It can take six months or longer with dogs older than nine months, but owners who succeed say it is one of life's most rewarding experiences.

**These concepts are SO IMPORTANT, you should read this article twice!**

# SPEAK!

Why? Are you going to listen this time?



## ★Curing the Over Dependent Dog

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How does a dog become over-dependent, how do we avoid nurturing the problem and how do we normalize such a dog? Two basic histories are typical with this problem.

The dog has had an overly emotionally intensive relationship during the critical socialization period, (6-14 wks.). It usually continued into the juvenile period. In family situations this may develop into the “Beta dog syndrome”, where the dog is even hostile to other family members and/or outsiders. In other cases the dog may respond mildly, even super-submissively (but not affectionately) to other people, while accepting direction and handling only from ‘its’ person.

The other history involves a dog, which formed its single-person relationship later but was usually socially deprived of other meaningful human contacts. These include many dogs from puppy mills, pet shops, pounds etc., some of which have been rejected, dumped or lost.

All dogs with these backgrounds don’t necessarily become hooked on only one person. The deciding factor in the equation is the owner. *For these people, the dog is extremely important for one of several reasons.*

For example, a recent widow brought a 4 yr. old intact male German Shepherd for help with over-protectiveness and aggressive behavior with visiting family and friends. When her husband was alive, the dog had been super friendly with everyone, even strangers.

Another example: A breeder raised her prize bitch, applying her usual socialization methods, but she did all the actual training herself. The bitch carried the foundation of her hopes for her line. But when it came for others to handle the dog, it panicked hysterically.

A third example involves owners who-because of naiveté or a problem in expressing their own affections-stroke their dogs in ways which stimulate them sexually. Not all these dogs display open sexual responses to such stimulation. In fact, most of them merely appear frustrated, start whining and nudge continually for more of that ‘wonderful stuff’-i.e. non-stop petting. Many of these dogs become downright vicious toward anyone who interferes with their person.

### A Common Element

Let’s discuss the force that is at work in these situations. “Concentration of emotion and mental energy on an idea, person (other animal) or experience” is psychology’s definition of **cathexis**. Dogs are very tuned in to human emotion. When it becomes *excessive*, sensitive dogs tend to return it with increased intensity. Enough of this, especially at critical ages or in critical situations for the dog, creates an obsessive emotional attachment to a person. It has been seen as the most common factor in canine over-dependency. Understand that *some* reasonable *degree* of emotional cathexis is *absolutely necessary* for a healthy human/dog relationship. The problem lies in **excessive** emotional overloading of the dog by its human.

### Avoiding over-dependency

O-D is behind problem behavior-from destructiveness when left alone (social isolation anxiety) to outright over-protective viciousness in the presence of its ‘person’. To fix it we must recognize that it generally involves dogs that are emotionally immature. They have not been allowed enough social exposure as they were growing up or their owners have inadvertently maintained their immaturity by their day-to-day interactions with the dog. Another cause may be some strong fear-producing experience that applied the brakes to emotional maturation. The following guidelines can minimize the chances of raising an over-dependent dog.

Avoid getting any puppy that has been socially deprived between 5-16 wks. of age. Be sure to *continue* your pup’s socialization.

**Avoid** excessive emotional responses (Anger, fear, commiseration, worry etc.) during impressionable experiences. Examples:

- When the dog is at the vet (before, during and after)
- When you are leaving the dog
- When you return -Overly joyous & emotional greetings after a period of isolation
- When your dog meets strangers or other dogs
- When taking car rides

Instead *behave in a way that sets an ‘emotional example’* for your dog to follow. Admittedly, it’s not easy to skip happily around the kitchen when you’ve just accidentally stepped on its paw, or to sing a cheerful tune

and vary distance up to 10 ft. Every 20 seconds or so go back praise or treat your dog if it remains sitting. If he breaks the stay, you must take your dog back on a tight leash and give a firm sit-correction (-snap the leash quickly upward) back into position. (On E-collar, nick and repeat the command.) Try again. Your dog should be successful 99% of the time.

### **Proofing Dogs/Steadying the stays** By Martin Deeley

**Splitting the Mind:** Stressed dogs focus on the owners and break stays to return to them. Most of the time we want focus but in this instance to get the dog to stay, we want to break that focus. There is a technique that depends on whether the dog is food or ball oriented, if not you have to be creative and think of something else to use. This technique I call "Splitting the Mind". What I do many times with a retriever is to teach them first to wait until I send them for a retrieve. Then I stand in front of the dog and throw the ball behind me just a little. I take a step backward and later to the side. If the dog is keen on the ball it watches it, it looks back to you asking can I have it. It hardly notices that you move. I walk back to the dog and then send it -which is the reward of course.

**Step 1:** If the dog does not like to play ball use a cookie. Stand in front of the dog and throw a cookie to the side using either a leash or blocking the way to reinforce stay. Pick the cookie up yourself - make sure it is in reach as you bend down. Keep your eyes on the dog. When the dog remains on stay and thinks you are going to pick it yourself bring it back to him and tell him to 'take it'.

**Step 2:** Now throw a cookie down while the dog is on stay, step to the side and back again, step away and back again. The dog will be splitting his focus on you and the cookie. Return to him, praise the stay and say "Take it". So the dog can only take it after you have returned to his side. Increase the distance and the time before you tell the dog to take it. Now do it without the cookie sometimes and gradually phase the cookie out. Excessive punishment can create a cowed dog, so use this technique to keep him focused on the activity. If there is a focus, it is on waiting for other commands. Stay becomes automatic. If he ever moves, take him back calmly. If he tries to get the cookie, block his way. If you're too slow and the dog gets the cookie, ignore it and do it again so you can block.

**Step 3:** Once the dog is fairly steady, put it on a Stay, remain right there and lay a treat about 3 ft away. After 3-5 sec (count 'em) give the treat to somebody else and IMMEDIATELY give the Staying dog another treat. Continue, gradually increasing the interval the dog must Stay and the interval between giving the treat to another animal and the one to the Staying dog, separately; i.e. increase one interval to criterion, then the other. Only after the Staying dog tolerates 2-3 min of Staying and 2-3 min of interval between giving another animal the treat and getting its own, can you begin moving away from the dog.

**Train your dog around MANY NEW DISTRACTIONS !!!!!** It is Very important to continuously expose your dog to new distractions. Training with distractions teaches a dog to make comparisons and choose wisely. Train in a really different location. Maybe train at a classmate's back yard. (Try going to a farm or coming into town.) Are you applying the training you've learned to your problems in the home? E.g. How can your dog jump all over you or your visitors, if you place him on a Sit-Stay? Let your dog know that praise or corrections are inevitable facts of life. It's his choice. Your responsibility is to follow through and enforce every command that you give to your dog.

***The commands you've been learning are meant to be practical. Think about how to use your commands to suit your life style.***

**DIFFERENTIATE YOUR CORRECTIONS:**

→ Move **calmly** to correct/help a confused or fearful dog.

→ Move **swiftly** to correct a **distracted** dog.

**Ask your instructor about the AKC Canine Good Citizen Award. Your dog may be eligible for this!!!**

#### **AKC's Canine Good Citizen® (CGC) Program** Who Can Participate?

All dogs, including both purebred and mixed breed dogs are welcome to participate in the AKC's Canine Good Citizen® (CGC) Program. Dogs must be old enough to have received rabies vaccines. Owners will sign the Responsible Dog Owners Pledge attesting to having the dog under the routine care of a veterinarian who will work with the owner to determine an appropriate plan and schedule for vaccines and other health care procedures. There is no age limit for the CGC test. A dog is never too old to be a good citizen. Some insurance companies will consider the CGC when deciding whether to insure a home with a dog.

## LEVEL II HOME BASICS WEEK ONE

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### ***Introduction:***

Welcome to the Off Leash Class. You will need all of your Basic equipment plus a tab and a light line. If you are faithful to these exercises week to week, you will have your dog well on its way to off leash control by the last week of class. Please come to class each week with your lessons prepared.

#### **Remember the “Leave It!” CORRECTION**

This correction is used when a dog is out of control or sticking its nose where it doesn't belong. It is used in class and at home (lunging at other dogs, playing too roughly with small children at home, trying to grab inappropriate objects etc.) With medium to large dogs, use a two-handed leash grip about fourteen inches from the dog's collar. Create slack in your leash or drag line and give a hard, sudden jolt turning your dog away from the distraction. As soon as the collar 'connects', (it should cause the dog to move), immediately release the leash tension. The action is somewhat like chopping wood.

#### **HEELING + THROW CHAIN or E-Collar**

The throw chain or E collar and the long line work are the **LINK** between on and off lead control. As with the recall, *it can only be used when the dog is distracted and won't see it thrown*. When heeling tag the dog when it gets distracted or looks away, then quickly turn away from the distraction. Do not tag a lagging dog unless it is very engrossed in its distraction. Be sure you are not turning to look over your left shoulder. This only makes a lagging dog lag further. Automatically run a few steps forward if you can't see your dog in heel position out of the corner of your left eye. Do not look back and *keep moving* after you make a correction.

If your dog looks away for longer than one second, Tag it with the Throw chain or tap the transmitter. Turn away from the distraction, run a step” and “Praise” your dog –which should now be heeling. ‘Re-run’ the dog past the distractions with another turn. If your dog resists the distraction and makes the turn successfully, it should be praised and treated out of the left hand while the dog is in heel position.

#### **Introduce STAND**

Start with your dog sitting. Work calmly. Put your right thumb through his collar (under chin), say “Stand”, take a step or two, and pull straight forward → on the collar as you lift your dog's rear with your left hand. Once your dog is standing, stop any forward motion by blocking your dog's chest with your right hand. Stop sitting by blocking the front of its knee with the left hand and petting the knee. Praise quietly, wait 5 seconds, give a “Free” command. (Turn your dog to release him.) 12 X/day. If your dog sits, just **CALMLY START OVER**. Gradually increase the stand to 10-seconds. (No Ecollar yet on this exercise)

#### **TARGET PLATE RECALLS:** Review On leash

Place your dog in heel position on a Sit Stay command on long line. Let it watch a small treat placed on a plate about 8 ft. away. If it's windy, anchor it with a rock. Hand signal is given alongside your dog's head and moved forward past your dog's eye with the *LEFT* hand. Command dog to: “GO Away!” Walk the dog to the plate if necessary and encourage him to eat the treat. Use lots of praise. Repeat until your dog will go out to the end of the leash freely without you following him to the plate

Next, have a treat ready and start to call your dog back just as he finishes eating the treat on the plate. Call happily! Give him the “Front” command and use your target signal to sit him in front as he returns. Encourage *attention* at the ‘front’ by making sounds that attract your dogs' visual attention. Treat your dog only after he sits and looks up, (just as for the reverse and call exercise.) Send your dog to the plate and Call the dog back three more times. Hold on to the line just in case your dog decides to go somewhere else. Reel him in if he doesn't come when called.

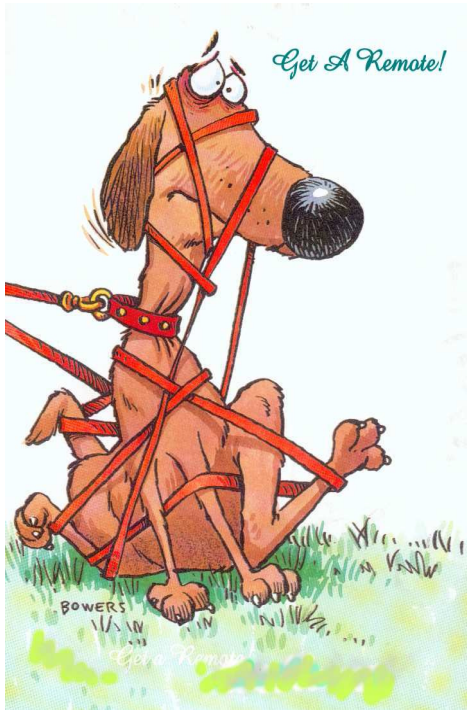
The hand signal, with the lure, should be used every time for the next week. Eventually the signal will tapered off and the food offered rarely and randomly only for your dog's best effort.

If a dog becomes distracted on the way in, pop the leash to regain the dog's attention. Physically guide the dog into the front if necessary. The dog should be praised when it regains attention. Praise is a very important ending to the Come command. If at any time the dog thinks it ‘has a choice’ about sitting at the front, you must calmly sit correct your dog before praising it.

**STAYS:** This week you will lengthen the time your dog stays. Practice Sit and Down stays in new locations. Tie your long line behind your dog, leaving 3-4 ft. of slack in the line. Vary the length of time from 1-3 minutes

## LEVEL TWO Home Basics: Class Syllabus

### Week One



Polishing Heel: Distraction proofing  
Extending Sit and Down Stays: Duration  
Stand Introduction  
Target Plate Recall Intro

### Week Two

Heeling on Long Lines: Tied  
Stand Correction: Stand Stay  
Sit & Down Stays: Distractions  
Go to Place Review (Magic Mat™)  
Recall: Fading Lures & Random Recalls  
AKC CGC Information

### Week Three

Heel on Long Lines: Distractions  
Recall: Long line handling and the Return  
Go to Place: Follow  
Sit & Down Stays: Distance  
Stand for Exam

### Week Four

Heel on Light Lines: Tied  
Stand for Exam on Long Line  
Go to Place: Distance  
Sit & Down: Distance, Distractions, Duration  
Recalls: Intro from Sit-Stay

### Week Five

Heeling on Light Lines: Dragging & Distracted  
Stand for Exam on light line  
Target Plate Recall: Push 'n Pull  
Recalls: From a Sit stay  
Go to Place: Stays  
Preparing for Graduation

### Week Six Graduation!

Heel on leash  
Stand for exam on light line  
Heel on light line  
Recall at 20 ft. on light line  
Sit and Down Stays 1 & 3 minutes at 20 ft. on light line