

Dog Training

Use food to train the dogs. I find that small pieces of carrots work best, or you could mix small pieces of hot dog, cheese, or carrots.

Please train before you feed their meals. You will have better success. If they have a good training session, feed them immediately afterward so that they connect the training with the feeding.

Lesson 1

1. Call the dog's name using a consistent voice tone. When the dog makes eye contact with you, praise the dog enthusiastically, e.g., "good dog", then give him a treat. Walk away, then repeat Step 1 again. If the dog ignores your call, get up close, let him smell the treat, then proceed with step one. This step can be practiced any time of the day or night.

2. While holding a treat, call the dog's name. When he makes eye contact, praise him, then walk backward enticing with your hands held forward and cupped. If he does not follow, entice him with kissing sounds and by opening and closing your hands so that he can see/smell the treat. This should get the animal to follow. Allow his nose to touch your hands. Stop, give him the treat, then praise with "good dog" and pet him.

3. Take the dog's favorite toy and swing it in the air enthusiastically, while encouraging the dog to play. Toss the toy, then quickly run to it. The dog should run to pick up the toy. If he does, quickly praise him with "good dog", give him a treat and pet him. If he ignores his toy, pick it up and toss it again. If he ignores the toy a second time, entice him by following Step 2 above, i.e., entice with kissing sounds, etc.

Lesson 2

Review the three steps in Lesson 1.

1. Sit

With the dog near you, call his name. Hold the treat out to him in your hand. Bring hand toward your body and upward over the dog's head, which will cause him to sit. Say the word "Sit". As he sits, praise with "good dog" and give the treat. Pet on the head if he is very enthusiastic.

2. Down

From the sit position, while holding a treat in your hand, tell the dog "Down" and motion to the dog to go down by lowering your hand or patting the ground in front of him. If he is tentative about going down, you may gently move his leg downward so that he understands your command. Once he is down, give him the "good dog" praise then give him the treat. If he does this quickly, you may pet him on the back, from his head to his tail.

3. Stand

From the down position, tell the dog to "Stand" while holding a treat in your hand close to the dog's nose. Move your hand away from the dog's nose in a parallel position and take a step back with your left foot. This will cause the dog to stand. Praise him with "good dog" and give him a treat. From this position you can practice the "Sit, Down, and Stand" commands a few times.

4. Finish

Without a leash

A. Stand facing the dog. While holding a treat, place your left hand by the dog's nose and make an outward then backward then circular motion and bring your hand forward and up your left side. The dog should follow and come to sit at your side. Praise him with "good dog" and give him a treat. When you are

ready to relax, tell the dog “play, play”, then he will know it’s okay to release his position.

With a leash

B. Attach a leash to the dog’s collar. Stand facing the dog. Hold the leash loosely in both hands, along with the treat. Place the treat on top of the leash so that the dog can see/smell it. The dog should follow your backward motion as described in A. above. You should NEVER TUG at the leash, but simply provide guidance.

Lesson 3

Holding the leash

Place the lock side of the lead on the ground and hold with the left foot. Slip the thumb of the right hand into the loop of the six-foot lead then loop again so that the lead falls loosely next to your leg on the right-hand side.

Another way to hold the leash is to loop it around both hands.

Practice a quick pull and release (tug) to the side. The pull can be either to the right or to the left. Never pull up.

Working with the Dog

To work with the dog on the leash, place a choke chain on the dog in the “P” position. Be sure the chain is high up on the neck. There should be about 2-3" of slack at the loop. If there is more, the chain is probably too long.

When working with the dog on leash give:

Command

Tug

Signal (tap the side of your left leg to let dog know where to position)

Praise (only if dog responds)

Repeat the process if the dog fails to respond

Begin the lesson with the dog on your left-hand side, with the leash in front of you, held in the right hand and down on the side by your right leg. Give the dog the “Heel” command, tug, signal, and praise as you slowly begin walking. You may pet the dog’s side of the head if he stays near your side. You may also give verbal praise.

If the dog begins to stray as you are walking, give a verbal command of “ugh, ugh”. If he responds, praise the animal. There is no need to tug. If he does not respond to the verbal command, say “No” and simultaneously give a quick tug, signal the dog’s position, and praise him when he responds. If the dog strays to the left, the tug should be to the right; if the dog walks in front of you, tug to the left.

Right Turn About

As you approach the corner with the dog at your side and the leash held loosely, quickly make a right turn allowing the dog to move a few feet ahead of you. As you command “Heel”, gently tug, signal the dog’s position and praise.

Stay or Leave your dog

On your walk, with the leash held loosely, stop walking and give your dog the “Sit” command a few feet before he reaches the location you want him to be. DO NOT TUG! As he sits, position yourself so that the dog is on your left-hand side. Hold the leash in your left hand. Give the dog a verbal “Stay” command and the hand signal for stay using your right hand. (The hand signal for stay is the palm held upright.) Pivot around so that you are facing your dog. Let the dog stay from 30 seconds to one minute or longer. You may give the signals again if the dog starts to wonder or lie down. If the dog starts to lie down at any time,

wait until just before his elbows touch the ground and give the “ugh, ugh” command. If this does not get his attention, then give the “No” command, tug, and praise when he responds.

Return to your Dog (for me)

To return to your dog after the stay position, pivot around to the right behind and around your dog so that you return to where the dog is situated on your left-hand side. Return the leash to your left hand. Praise the dog if he remained in his stay position. If he releases from his position, start over by getting him to sit in front of you. When you are done with this lesson, tell him, “play, play!”

Lesson 4

Practice the following turns:

Turn against your dog (U-Turn to the left, toward your dog)

Begin walking with your dog in the neutral position. Hold the leash in your right hand. Stop. Step back with left leg and turn. Simultaneously tug on the leash, and command “Heel”. As you do this, bring the leash behind your back and switch to the left hand. Signal the dog’s position and praise the dog if he obeys. Continue forward. Switch the leash to right hand.

Left turn about

Begin walking your dog. Switch the leash to your left hand. Slow down. Place your left foot in front of the dog as you signal the stay position. Pivot in front of the dog and go back. Signal the dog’s position.

Practice the following two stays:

Sit-Stay

From the neutral position, command the dog to “Sit”. Praise the dog if he obeys. To correct, say “No” as you tug the leash and command the dog to “Sit” once again. Give the hand signal for “Stay”. Pivot around to the front of the dog and walk backward to the end of the leash, while commanding the dog to stay. (Use both verbal and hand signals.) Hold the leash loosely in the left hand. Take the right hand and place underneath the leash with the fingers under the leash and the thumb over the leash. If the dog moves from his position, say “No” as you move the right hand upward to give the leash a tug. Command him again to “Sit, Stay” and praise. (The upward movement with the hand is the signal for sit.) Have him hold this position for a minute or so.

At the end of the work session, and from the “Sit, Stay” position, ask the dog to come. Reel in the leash as you move backward and command him to “Sit” in front of you. Pet and praise.

Down the dog (Down-Stay)

Standing beside your dog from the heel position or neutral position, switch the leash to the left hand. Take your left hand, in a palms-down position, and place on the leash as close to the dog as possible and gently push down toward your left heel as you command the dog “Down”. If the dog resists, you may use your right hand to gently push his front legs down. Command him to “Stay”. Hold leash in your left hand. Praise. Pivot in front of the dog. Stay close. Have him “Stay” for a minute or so. To correct: command “No” as you tug in a downward movement, then command “Stay” and praise.

Lesson 5

Sit, Stay

From the neutral position walk your dog, then command him to “Sit”. When he sits, give him the “Stay” command as you continue walking forward to the end of the leash. Be sure to glance backward should you need to correct your dog. Correct by tugging on the leash and giving the “Sit and Stay” commands. Have the dog hold this position for 30 seconds to a minute.

Down your dog

From the neutral position, while holding the leash in your right hand, “Down” your dog using your left hand to signal. DO NOT HOLD LEASH NEAR COLLAR AND PULL. Gently tug on the leash if needed. Have the dog hold this position for about one minute.

Stand your dog

From the neutral position, while holding the leash in your right hand, command your dog to “Stand”. As the dog rises, pet his underbelly and give him the “Stay” command. Pivot in front of him and stay close. Hold this position for 30 seconds to one minute.

Should the dog start to sit, lift him gently from his underbelly as you give the “Stand and Stay” commands. You may need to reposition the dog in the neutral position. Pet his tummy. Give the stay signal and pivot in front. Stay close.

Recall

From the neutral position, have your dog “Stay” as you pivot out to the end of the leash. Have the dog hold this position for 30 seconds to one minute. Command the dog to “Come” as you move quickly backward for ten steps while reeling in the leash. The dog should come to a halt in front of you and sit. Praise.

Lesson 6

This lesson is to add polish to the commands your dog has learned.

Sit

As you walk your dog, command your dog to “Sit”. The trainer must stop as he makes this command, allowing the dog a few seconds to respond before correcting him. Praise him when he responds appropriately.

Come

From the “Sit” position, leave your dog and have him hold that position for 30 seconds to one minute. Command your dog to “Come” as you step backward for 10 steps. The dog should sit directly in front of you, facing you. If he needs correcting, reposition him with gentle tugs. Or have him heel, take a few steps and have him sit.

Down

From the neutral position, command your dog to “Down”. The trainer should stand erect with no body motion, except for the hand signal and voice command “Down”. Praise the dog. If the dog ignores your command, correct, then praise.

Stand

From the neutral position, command your dog to “Stand”. The trainer should stand next to the dog and keep the leash short while holding it in the right hand. As you make the command, lead off with your left foot and place the left hand with top finger touching the dog belly close to the hind leg. The dog will stop when his hind leg touches your finger. Praise the dog. Hold this position for thirty seconds. Pivot to the front of the dog, so that he is facing you.

Finish

Face the dog and hold the leash in your right hand. Place your left hand under his chin. Motion the dog with your hand to your left as you take a step back and the dog makes a semicircle and comes to sit at your left side. Praise. If the dog has problems with this, assist with gentle tugs of the leash. Make sure the dog is sitting straight at your side. If not, quickly command the dog to “Heel”, take a few steps forward and command the dog to “Sit”. Repeat this step until the dog sits straight at your side.

Heel

As you walk your dog, you will be working on the position of his head. The ideal position is for the animal to make eye contact with you, his head looking toward your leg. If he is in the correct position, but his head

(attention) is elsewhere, correct with “No” and gentle tugs as necessary. Be sure to praise when he responds. And praise exuberantly if he is in the ideal position without coaching.

Exercise Finish

From the standing position, command your dog to “Come”. Take one or two steps forward, and command the dog to “Sit” as you motion upward with your hand. If the dog does not respond, command the dog to “Heel” and try again.

Lesson 7

1. Stand and Down

Have the dog the in the neutral position. With the leash in the left hand and the treat in the right (show the dog the food), command the dog to “Stand” and when he responds, give him the treat. Quickly command the dog “Down” by placing another treat about two inches behind his front paws. Praise. Repeat several times, making sure that the dog’s elbows hit the ground first.

2. Sit and walk away

From a walking position command the dog to “Sit”, give the “Stay” command and continue walking to the end of the leash. Praise the dog and leave in this position for about 30 seconds. Return to the neutral position. Praise and pet when he responds.

3. Heel and down

From a walking position command the dog “Down”. Praise. If he fails to respond, correct by placing your left hand on top of choke chain and gently pushing down and toward the back as you repeat the “Down” command. Praise and pet when he responds.

4. Recall

With the right hand underneath dog’s chin, motion with the left hand to the left and outward until the dog returns to a neutral position. Command the dog to “Sit” if needed.

Lesson 8

1. Down out of motion

From the neutral position command your dog to “Heel”. Take a few steps, switch the leash to the left hand, place the right foot in front of the dog, command the dog down moving the right hand down, and place the treat between the two front paws. To correct, tug the leash toward you, say “No”, then praise and pet.

2. Sit—from the front position

Stand in front of the dog. While the dog is in the down position, hold the treat in your right hand and lift as you command the dog to “Sit”. If he fails to respond, tug upward while holding the leash in the left hand. Give the command “No”, step forward and move the right hand upward, and again give the command “Sit”. Pet and praise when he responds. – OR –

From the down position, step in front of the dog. As you lift your right hand, command the dog to “Sit”. Step forward and let the dog see the treat. Step back with the treat in your hand so that the dog follows it, then bring your hands up and command the dog to “Sit”. To correct, with the leash in the left hand, tug toward you as you give verbal and hand signal to “Sit”. Praise and pet when he responds.

Down—from front position

From the sit position, leave your dog. Face the dog and command him “Down”. Lift the right hand and hold a treat in it as you do this. To correct, tug toward you with left hand, say “No”, and move right hand in a downward motion as you command “Down”.

Lesson 9

1. Stand from Heel Position

With your dog sitting at your left side, command your dog to "Stand". Step with your left leg and place finger under his belly to hold left leg. Stand beside the dog, then leave your dog. Hold position for 30 seconds to one minute.

2. Stand out of Motion

As you are walking, command your dog to "Stand". Step with your left leg and place finger under his belly to hold left leg. Stand beside the dog, then leave your dog. Hold this position for 30 seconds to one minute.

3. Stand—from the frontal position

Face your dog and stand close by. Hold the leash in the right hand. Command your dog to "Stand" as you pivot slightly to the left and hold your finger under the dog's belly by the dog's left leg.

4. Down/Stand—Practice until he sets his elbows down first

5. Send out

Have him "Sit and Stay". Walk away and place food on a dish. Then return to the heel position. Point with your left hand and finger and command the dog to "Go". After he eats the food off the dish, entice him to come to you with treats and kiss sounds and walk him a few feet further from the food dish then before. Have the dog "Sit and Stay", and start the process all over again. If he fails to obey, get him closer to the food dish. Repeat this process three or four times.

Lesson 10

Review all prior techniques. Buy a pinch collar and long leash.

Lesson 11

Review all prior techniques. Introduced pinch collar. Focus on dog paying attention and making eye contact. Practice the sit out of motion and down out of motion techniques. Practice down/stand. Use treats, as necessary. Make sure elbows hit the ground first.

Lesson 12

Down out of Motion

From the sit/stay, or down/stay position leave your dog. Stand in front facing the dog. Do a Recall—run backward, hold the leash in left hand, when he is 18–24 inches from you, stop, raise your right hand to motion down, command "Down". To correct, snap leash with the left hand, command "Down" as you place your right hand on choke chain (buckle) and gently push down and toward the dog. Command "Stay" and quickly walk out to the end of the leash.

Down out of Play

From the sit/stay position, release the dog by giving the command "Play". Run back and forth with him. On the second turn, run ahead of him, command "Down" with your right hand, while holding the leash in your left hand. Make sure that you are only 18–24 inches away. To correct, snap leash with the left hand and place your right hand on the choke chain as you gently push down and toward the dog. Command "Stay" and quickly walk out to the end of the leash.

Recall out of Play

Motion the dog to "Come". (He should be in a sit/stay position or down position.) When he is 18-24 inches away, command "Down". Correct by snapping the leash with the left hand and placing your right hand on the choke chain as you gently push down and toward the dog. Command "Stay" and quickly walk out to the end of the leash. Have him stay for one minute. Return to your dog and praise.

Lesson 13

"In Place Turns"

Right turn about

Step back with the right leg as you command "Heel". Pivot with the right leg as you motion the dog's position with your left hand. Command the dog to "Sit".

Left turn about

Hold the leash in the left hand. As you step in front of the dog, hand signal the dog to stay. Quickly, give the "Heel" command while signaling the leg position. Take two steps forward and command the dog to "Sit".

Turn against your Dog

Step back with your left foot as you command "Heel". Pivot with the right leg as you motion the dog's position with your left hand on your left leg and switch the leash from your right hand to your left hand. Command the dog to "Sit".

Techniques to practice

Practice the down/stand technique. Place the treat just between his front paws. Also, whenever you see him stretching with his behind in the air, say the word "Bow" and praise him.

Lesson 14

Practice "in place" turns. Take the dog around other animals/distractions while you train him to focus on you. Pay special attention to the head position.

THE END FOR NOW