

One command, enforce, then praise. Work 5 times a week, 15-20 minutes each session. Remember an Exercised dog is a happy dog.

- 1. SIT** - Say name and then sit. If your dog does not obey, immediately pull straight up on the leash until it sits. Release the pressure and give lots of praise.
- 2. DOWN** - Say name and then down. If your dog does not immediately obey, step on the leash. When your dog downs, remove your foot quickly from off the leash so that the dog does not get corrected for being in the down position.
- 3. STAY** - This can be done in a sit or a down, but whatever position you leave the dog in, it must remain in that position until you have released it. To start, tell the dog to either sit or down. Then, *before* you move, hold your hand in front of the dog's face and say stay. Keep the leash in your hand as you distract the dog so that if you need to correct your dog, you may be able to do so immediately.
If your dog is in a sit-stay and it moves, say no and pull straight up on the leash until it sits. If your dog is in a down-stay and it moves, say no and step on the leash until it returns to the down position. Do *not* repeat the commands sit, down, or stay. To release your dog, always go back to the dog's right side, wait a few seconds and then say OK, FREE!!!! in a high, happy voice. When you release your dog, make sure the dog moves and you give lots of praise.
- 4. EASY** - The dog can do anything on its leash, except pull. If your dog pulls, pop back on the leash and say easy.
- 5. Praise Motivated Training** – Be sure to make your sessions fun for your dog. (Praise, Praise, Praise) Remember that Unless you inspect your dog will not respect. You **MUST** be Consistent and Persistent. Do not spoil your pet.
- 6. COME** - This is done on the leash and the long line. Do *not* do off leash recalls until you have gone to advanced class. If your dog is loose for some reason and you want it to come, use a different word like here or let's go. Come is used only when you can enforce the command. Let your dog get distracted, say its name and if the dog looks at you, say come. Immediately begin to trot backwards away from the dog and encourage it with your voice. As the dog gets 1-2 feet in front of you, stop your backwards movement and bring your treat up in front of you, all the way up to your chest. Your dog should automatically sit - if it doesn't, pull straight up on the leash until it does. PRAISE!!! If your dog does not look at you when you say its name, pop the leash just *before* you say come. Finish the exercise as above. If your dog runs past you, turn in the opposite direction and say NO as you pop the leash. Finish as instructed above.

7. OFF - This means to keep your feet off of me and off the furniture. Wave hands back and forth in front of you and say off. If the dog jumps upon you, use your knee to bump it in the chest. Do *not* touch the dog with your hands until all four feet are on the ground. It usually is helpful to practice this with a leash on, so if the dog insists on jumping up, you can give a sharp jerk straight to the ground with the leash. If your dog gets on the furniture and you want it to get off, point to the floor and snap your fingers. Say off and if you do not receive any response, grab the collar and pull it off, then praise.

8. WAIT - This is used when going through doors and coming out of crates. Before opening the door, say wait. The dog is on a loose leash; do *not* hold the dog in place. If you open the door and your dog tries to go through, pop back on the leash and say NO!. You walk through first, then when you are ready for your dog to come in, say OK, FREE!!.

9. LEAVE IT - This means stop whatever you are doing right now. This is the only command to be given in a loud, gruff voice. If your dog tries to steal the object, pop him on the snout with two fingers and say NO!, or give a firm correction with the leash and say NO!.

10. NIGHT NIGHT - This is what you say when you want your dog to go into its kennel. Line the dog up with the kennel and say night night. If your dog does not go in, help it with a firm tug to the collar or leash.

11. GO LIE DOWN - Line the dog up to its bed, point your finger or snap while giving the command go lie down. If your dog doesn't obey, take the leash or collar and lead it to its bed. When the dog is in its down position, place your hand in front of its face and tell it to stay. Tell your dog OK, FREE!!! when you are ready for it to get up.

12. ALPHA BEHAVIOR - #1 When you feed your dog, pretend to eat out of its bowl first. #2 When you reunite with your dog, ignore it until it leaves you alone for 2-3 minutes. Do not talk to them or make eye contact. If they jump on you, just push them off, but in this case do not say off. #3 The first 20-30 feet of a walk, make your dog walk close to you and do the same for the last 20-30 feet of the walk.

THE CRATE – Your dog has learned to be content in its “den” or crate. This is a safe place for your dog while you are out of the house, you have guests, or you have gone to bed. Dogs learn to love their “safe place”. We also have set your dog up on a **feeding schedule**. Normally, they eat between 6-7 AM and again at 5 PM if it is a puppy. Adult dogs can be fed once per day. Dogs should only have food and water “down” for 15

minutes once or twice per day if they are inside dogs. If they are outside dogs, they should have water at all times. Pick water up one hour before coming inside from play. LET THEM OUT AGAIN IN ONE HOUR TO ELIMINATE.

YOUR PUPPY – A puppy that is crate trained is “worked from the crate”. This means that each time we cannot “watch him” we place him in the crate. As soon as you are to watch him again, let him out of the crate to eliminate outside. Do not walk him, say the dog’s name and “go hurry”. You become a post for your dog while he goes. Give him 2-3 minutes, if he does not go put him back in the crate for half an hour and try again. If he does go, praise him and bring him back in the house. “Tether him to you” – keep him in your sight. This will prevent your puppy from wandering off and eliminating in the house. As soon as you cannot watch him place him back in his crate. Watch him for circling, prancing, sniffing the ground, or whining – these are all indications he may need to go out. Keep this up for 3-6 months until he proves to you he will not go in the house. Generally, little dogs/breeds are more difficult to “housebreak”. Larger dogs are generally easier to “house break”. Keep it up and do not give up!! 😊 In the early months before house breaking, do not worry about having to leave your dog in the crate so much, this is part of the process.

ELIMINATING SCHEDULE – Let your dog out about 6-7 AM to eliminate. NEXT – feed/water for 15 minutes than place in crate for half an hour. Let them out again to eliminate. If they do not, place them in the crate until later. Remember that when you let them out of the crate ALWAYS let them eliminate. Your puppy will need to eliminate every 3 hours throughout the day. Go through the same process again at 5 PM. Remember, do not free feed/water! Finally, let them out to eliminate just before you go to bed and start all over again tomorrow.

Please call us with any questions - (770) 888-4177.