

Beginners Week 1

Pinelands K9



# Agenda

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Sit

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Down

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Stand

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Heeling

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Release word

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10 Minutes Down Stay

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Things to Remember

# SIT

Position your leash above your dog's head, so the end of the collar that's attached to the leash comes up between the ears

- Kneel or stand next to your dog and as you give the command "SIT", tug the leash upward and gently run your hands down the dog's back, past the tail, and push gently against the back of the rear legs to fold them under.
- Praise the dog AS SOON AS they Sit.
- Use only one command.
- Do not keep repeating the command.
- Tell him/her once, then make them sit by showing as described above.
- Never push on the top of your dog's back or hips.
  - This can hurt your dog's back and damage their hip

If your dog is having difficulty on this exercise, you can use food to lure into position until they get the idea of what they are supposed to be doing. (To be shown in class)

# DOWN

- Sit your dog. Position your leash under the chin.
- Place one arm over the dog's shoulder and grab the front legs with your thumbs pointing up.
- As you give the command "DOWN", pull the front feet forward ***gently/lightly*** while pushing down on the dog's shoulder with your body.
- Praise the dog as soon as they lay down.
- They may not stay down for long, so your praise has to be fast.
- Transition your hands to their shoulders to guide them to stay in place

If your dog is having difficulty on this exercise, you can use food to lure him into position until he gets the hang of it.  
(To be shown in class)

# STAND

- Starting with your dog in a SIT position
- Place the rings of the collar under the dog's throat.
- Place your right hand, fingers downward, into the collar. Place your left hand under your dog, palm down
- As you give the command “STAND”, pull your right hand forward gently and parallel to the floor while using your left hand to lightly push your dog up to stand.
- Do not pull so hard on the collar that your dogs feet move forward.
- Use your left hand to block the rear legs from moving forward.

# Release Word

- You should choose a release word (one or two words) for your dog's training
- "Okay" or "All Done", "Yaaay", "Break" "Free"
  - Be sure to choose a word that will not be in conflict with other commands or something in your normal vocabulary
- It should be short and easily understood
- Use this word when an exercise is finished and you're ready to continue.
- When the instructor or judge says, "exercise finished", use your release word and praise for a job well done.
- When you have finished a long down, use your release word.

# HEELING

- The leash is coiled or folded in your right hand.
- Your left hand is on the leash near the collar with enough slack to form a “J” with the leash.
- Both hands should be near your waist towards the left side of your body.
- When you hear the command “Forward”
- Say <dog's name>, followed by the command “HEEL”.
- **Left** foot first start walking, at the same time you give the command HEEL
- Keep your dog's front legs even with your left leg.
- When you hear the command “HALT”. be prepared to sit your dog as described previously.  
PRAISE!

# 10 Minute Down/Stay

- Sit on the floor beside your dog and put him in a "DOWN".
- No toys, no food, no petting. Tell your dog to STAY.
- If the dog gets up, gently put him back down.
- Sit first then down as taught in class.
- Remain patient, calm but persistent.
- At the end of 10 minutes praise and release him using your **release word**. If your dog falls asleep, wake them up, praise them and release him using your release word.
- Practice this 3 times a week. Patience is key.



# Things to Remember

## Collars

- Training collars are to be used only for training sessions (here or at home). It is safer to use a flat collar on your dog when not training.

## Remember

- Remember to give the command ONCE and then follow through and show your dog what you want them to do.

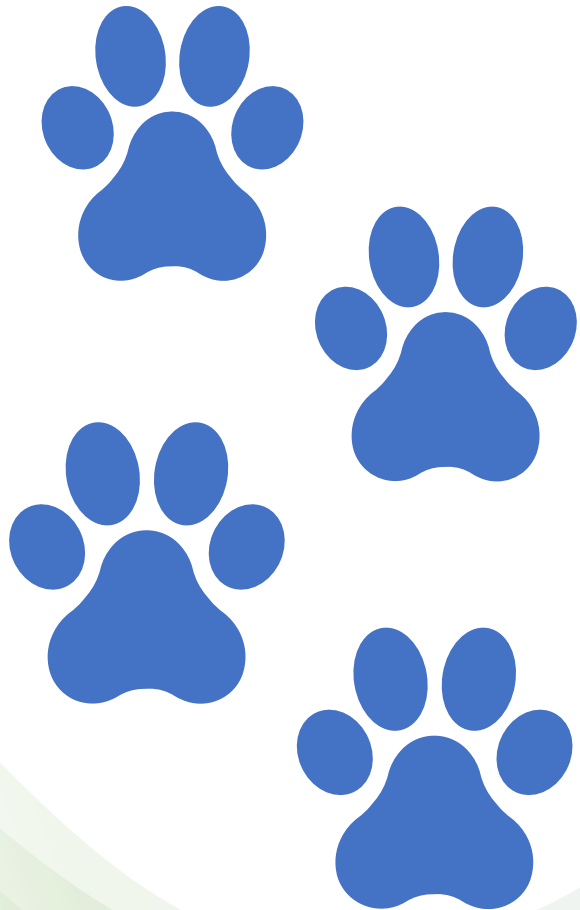
## Do not feed

- Do not feed your dog for at least 2 hours before training. Suggest feeding dogs about ½ hour after resting from a training session.

## Walk

- Walk your dog before training or class so that there are no accidents during a session.

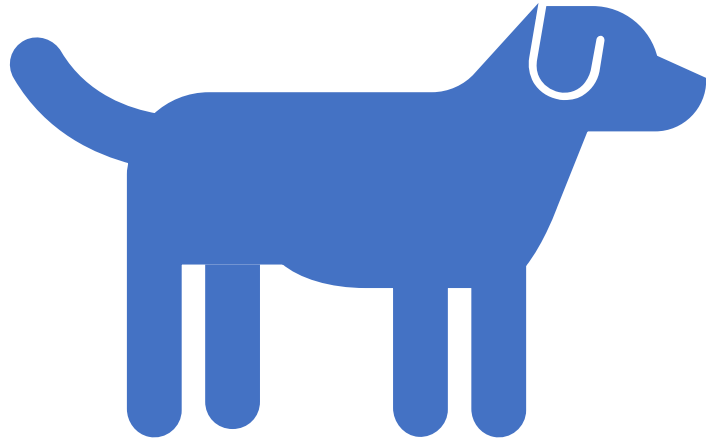
## Things to Remember



## Things to Remember

- Use toys, treats, etc. to keep your dog's attention on you during a session. However, remember the key word is PRAISE (lots of it). Most dogs respond best to this.
- Two short sessions per day are better than one long one. Also you should train your dog at least 5 days per week (class not included).
- Please only use the designated areas for your dog to potty. Here or anyplace else. Do not let your dog pee on anything that someone may have to touch (trash cans etc).
- Always drive slowly when you are in an area with dogs. This includes the 4H when you come to and leave class as well as any dog events you may attend.

# Things to Remember



- Keep treats on hand while training, but try to transition to praise
- Treats should be small and easy to eat
- Make sure collar is on correctly
- Respect the space of other's dogs
- Continue training your dog with what you have learned here.
- Exercise your dog – a tired dog is a happy dog
- Practice, Practice, Practice
- Continue to practice “Sit, Down and Stand” until you can keep your dog in position for 30 minutes. It takes work.
- You can always repeat Beginners class to reinforce what you have learned and have a distracting place to practice it.