

# WEEK 3: EXERCISES & HOMEWORK



## WHEN TO ADD VERBAL CUES

### The \$50 Buck Bet

You want to add verbal cues to your sit, down, & stand once you're willing to bet \$50 your dog will do it consistently on a hand signal alone. Adding before the behavior is up and running consistently will slow your progress, so hold off until you're seeing good success on those hand signals. This applies to future behaviors too! You add verbal cues only after the behavior is established.



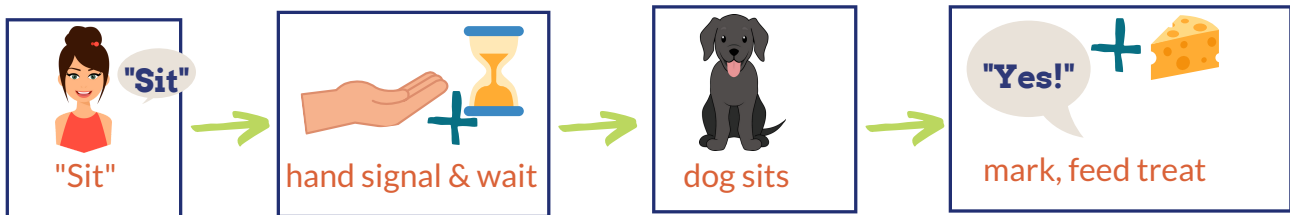
## HOW TO ADD VERBAL CUES

### SIT, DOWN, STAND (AND FUTURE BEHAVIORS)

#### Order of Events

When adding a new element to the behavior, the new element always happens first. This allows the dog to learn that the new element predicts the old element. So your order of events will be as follows:

- 1 Say Verbal Cue: "Sit"
- 2 Wait a beat, then follow with hand signal.  
Wait, and I mean really wait. Don't repeat cue, just hold your position.
- 3 Dog Sits
- 4 Once dog is in position, mark, feed reward. Only if the dog walks out of the session would you reset and repeat, but otherwise, just be patient.



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### RANDOMIZE THE ORDER OF BEHAVIORS

Dogs are excellent at picking up patterns, and so in order for our dogs to learn that each behavior is distinct, we need to break the pattern of, "sit, down, stand, sit, down, stand..." and ask for these behaviors in a randomized fashion. Otherwise, our dogs learn that, "sitdownstand" is one behavior. If your dog is really struggling with this, briefly add food lures back in and then wean back out once they get the idea.

### EMERGENCY RECALL - LAYER 2 OF 3 PREMACK RECALL

You might think of this activity as using grandma's rule to train the dog:  
*"You have to eat your peas before you get your ice cream!"*



Except in this case, we're teaching our dogs, *"You have to leave that item alone and come to me in order to have a chance at getting access to that item."*

**The distraction becomes the reward.**

This is best practiced in a location with minimal distractions early on. Repeat in similar locations as your training from the prior week. Your dog needs to learn that heading away from a distraction is the best answer to gain access to a distraction. This activity takes patience. Lots of it. Your dog will likely blow you off for a good amount of time in the early sessions, but keep with it. Eventually, it will become difficult to stump your dog and they'll recall quickly from various controlled distractions. Practice 3x total each day.

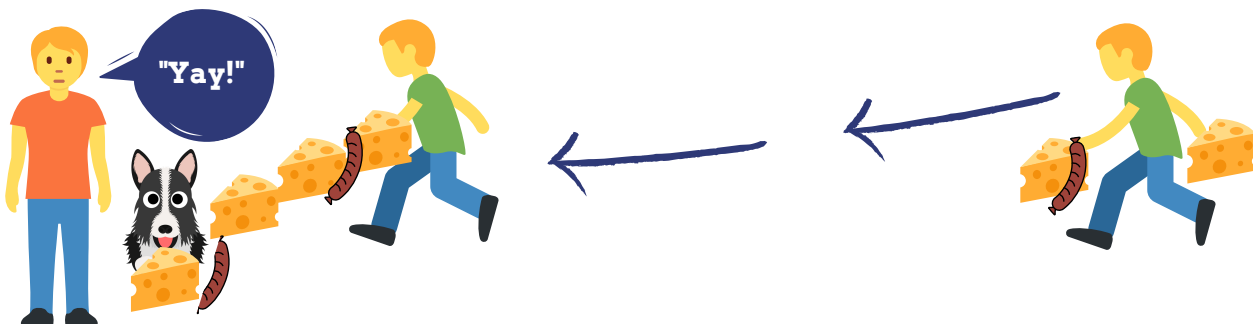


- Have a helper with treats in hand kneel down and allow the dog to sniff at the treats in hand. Helper will hold this position until the dog navigates to you.
- Positioned 10 ft away, you will begin with your cue from last week and then keep calling. And calling. And calling the dog excitedly. This can literally take several minutes. Stick with it!

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### PREMACK RECALL (CONTINUED)

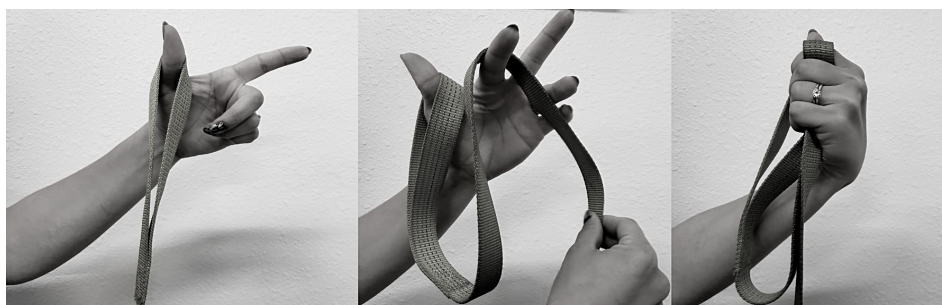
- Your dog needs to learn that blowing you off does not work, and they will need to exhaust trying this option prior to coming toward you. Additionally, dogs need some serious convincing that leaving the distraction will be how they gain access to it. This is turning physics on its head for them. So be patient...
- Once the dog comes to you, prompt a sit. In tandem, the helper will follow the dog to you, and will reward the dog amply (lots of good treats) once in the seated position at your feet.
- If your dog bails on you, helper returns to start position and trial is repeated.



- Repeat 3x daily, again, with a lot of time between each single repetition.
- The first few trials are tedious, but you will see your dog's speed pick up as you continue forward.
- As your dog is successful, prompt a sit, and add a collar grab before treat delivery.

### LOOSE LEASH WALKING - HOLDING THE LEASH

Because we'll need the hand closest to the dog free during loose leash walking, we want you to get into the habit of holding the leash with one hand at your core. This secure hold will make this safe and easy.



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### LOOSE LEASH WALKING

*Choose which side your dog will be walking on. Next, determine the length of leash you will allow and consistently stick to it. We recommend that your dog has just enough leash that when they are in front of you, they can still see you from their peripheral vision but not so much that they can weave across your path. When they're by your side, there should be a "J" in the leash, meaning there is no tension. Consistency is of the utmost importance here, and the number one reason why dogs tend to struggle with this exercise is lack of it.*

#### Using the Learn to Earn/ Flash Lure Method

We're going to be transferring that beautiful sit behavior from sitting in front of us, to sitting by our side. Our goal is to flash the lure at the dog's nose BEFORE they pass us. Think proactive not reactive. Our goal is to get a stop and sit before there is ever tension on the leash, which means we've gotta be fast!

1. Take a quick step forward and then flash the lure in front of your dog's nose before the dog passes you. Wait for sit, reward and take another step, repeating the process.
  2. As your dog improves, try adding another couple of steps between flashing the lure and waiting for a sit.
    - a. Try 3 steps between sits
    - b. Then 4 steps between sits
    - i. etc.
  3. If at any point your dog passes you, just change directions so that you are ahead of your dog and begin again.
- The dog should remain on the same side every time you're practicing
  - The leash is held at your core with the hand farthest from the dog
  - This allows the hand closest to the dog to flash the lure.
    - Flashing the lure across your body will create a weave in front of you behavior by your dog and will cause you to trip.

Notice that the leash is at my core and the hand with the treats is between me and the dog. →



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### LOOSE LEASH WALKING - CONTINUED

- Use the front-clip of your dog's harness for this activity. This will begin to signal to your dog that they're on the clock. There are rules.
- Keep a fast pace initially. Slow it down as you're getting success.
- Start this behavior somewhere you will have an almost 100% success rate. We recommend a hallway or basement to begin.
- Once you're having success there, move to someplace only slightly more distracting.
- Gradually work your way up to more distracting environments. This exercise takes time. It's one of the hardest we teach our dogs, so be patient.
- When going out for regular exercise but before you've got loose leash walking consistency, use the back clip of the harness. This will protect all your hard work.

### LONG LINE WALKS

Because loose leash walking is not a great form of exercise, we recommend long lines for walks where the goal is to expend energy.

- Use the back clip of the harness for these. Never use a front clip or collar, this is a safety issue.
- Use long lines in a park or open space, not in the neighborhood where there's risk of running into the street.
- Opportunistically reward any check-in behaviors with REALLY GOOD stuff like cheese!
- The dog is off the clock on these walks and can zip and zoom and run and roll. It's about 1000x more efficient for burning off energy than a slow walk on a short leash.

### LEAVE-IT

Leave it, taught correctly should be a cue, not a correction. In other words, the goal with leave it is to be aware of the environment you are putting your dog into and preemptively cueing the dog to leave an item before the dog begins to lunge at it.

- Train in 5 set reps, and use push / drop / stick criteria.
- Use No Reward Markers on this exercise

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### LEAVE IT - PART 1 TRAINING PLAN

**Warm Up Step:** With High Value food in closed hand presented at dog's nose – **Dog backs away for 1 second.** In this step, you will keep the hand at the dog's nose until they back away, no matter how long it takes. For this reason, all dogs get 5/5. back away.

**2 Food in Open Hand - 1 sec.**

High value food presented in open hand.  
**Goal: Dog leaves food alone for 1 second.**

**3 Food in Open Hand - 3 sec.**

High value food presented in open hand.  
**Goal: Dog leaves food alone for 3 seconds.**

**4 Repeat 3 seconds, adding verbal cues**

**Add verbal cues.** There are 2. Leave It, and Take It.  
High value food presented in open hand.  
**Goal: Dog leaves food alone for 3 seconds.**

**5 Food on ground, 1 sec. with verbals**

High value food on ground, with verbal cues.  
**Goal: Dog leaves food on ground alone for 1 second.**

**6 Food on ground, 3 sec. with verbals**

High value food on ground, with verbal cues.  
**Goal: Dog leaves food on ground alone for 3 seconds.**

**7 "Accidental" Drop - 1 sec with verbals.**

"Accidental Drop" - with verbal cues..  
**Goal: Dog leaves dropped food on ground alone for 1 second.**

**8 "Accidental" Drop - 3 sec with verbals.**

"Accidental Drop" - with verbal cues..  
**Goal: Dog leaves dropped food on ground alone for 3 seconds.**

#### Additional Info:

- In steps 1 - 4, feed from other hand. This creates a bias away from the food hand.
- If your dog goes for it, just NRM, and remove the treat. Those will count against your 5-set.

**Next, move on to Leave It - Part 2!**

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## Train **FOR** Real Life, Not **IN** Real Life!

### LEAVE IT - PART 2: SETUPS

*Setups are a critical way to move your behavior from very control first to simulated uncontrolled, through to real life. If you start trying to use this behavior without first running through setups where your dog is successful, and you've prevented failure as an option, you will ruin this behavior. Don't skimp on setups! With my own dogs, I keep behaviors in setup mode for sometimes weeks before expecting them to perform in a real life context. Take your time here.*

**These are some examples of how I might "set my dog up":**

- High value but familiar food planted in my living room. Dog on leash, stopping 2 feet from item. Dog leaves item alone on cue for 1 sec, 3 sec.
  - Repeat for 3 sec.
- High value, familiar food planted on a walk, dog stops 1ft short of item. – 1 sec, 3 sec
- High value novel (new to dog) food planted on walk – 1 sec, 3 sec
- Greasy paper towel or other – On floor 3 sec – deliver high value food from hand.
- Toys, socks, goose poops! You name it! Train It!

**Think about your dog's usual suspects and then train with them in setups before using in real life!**

It is critical you don't allow any failure in these setup exercises or your dog will learn to gamble. Training means managing these resources to give your dog the illusion that it never works out for them to just grab as they see fit. When they buy into that idea, you're ready for using in real life!

**Remember: This is a cue, not a command!**  
**Sound like a nice person, okay?**