

WEEK 4: EXERCISES & HOMEWORK



GETTING TREATS OFF YOUR BODY

A cue is only reliable if your dog will do it whether or not treats are visible.

- Place treat stashes around your house.
 - Be sure these stashes won't create a counter-surfing behavior, so think about places like very high cabinets, in smell-proof jars, etc.
- Your stashes should be available all over your house, but if your dog gets wise to their location, you may need to move them around.
- Prompt a behavior. Mark for correct response.
- ONLY AFTER your dog has performed the behavior will you reach for the treat and deliver.
- When you are having success at 100% rate of pay, decrease down to 80% for a week or 2, then 70% and so on.

Troubleshooting: If your dog stops or slows performing, the drop was too great. Go up the pay scale and taper more slowly.

FIND THE SWEET SPOT!

You are not getting rid of treats all together.

You are aiming to find the spot where your dog can perform for some treats, but will take other forms of pay when you don't have treats around. But again, nobody can live on employee benefits alone, we still require money. Think of treats as the money, affection, praise, etc. the benefits. You have to pay enough for it to remain worthwhile to the dog. Be a good employer and you'll have an outstanding, loyal little worker on your hands.



WEEK 4: HOMEWORK

DOWN-STAY: PART 1

This week we will build foundation behaviors for Stay. Please note that you will NOT name the behavior yet. We will wait to begin adding a verbal cue until we have a solid behavior installed to attach it to. This plan is incremental in nature, but if followed sequentially is an easy way to build a nice stay.

- **Follow Push, Drop, Stick rules, so train in sets of 5!**
- Prepare in advance some highly reinforcing treats.
- Use a Mat to your advantage to teach a stationing activity in conjunction with Stay.

Foundations:

1. Position the dog in down. Feed several treats for holding the down position
2. Food Dangle - 1 second
3. Food Dangle - 3 seconds
4. Food on Ground - 1 second
5. Food on Ground 3 seconds

The Walk Around (circling your dog):

1. Stand upright for 1 second, feed low to dog.
2. 1 step to right, return to front, feed.
3. 2 steps to right, return, feed.
4. 3 steps to right
5. Circle around the dog to right.
6. 1 step to left, return, feed
7. 2 steps to left
8. 3 steps to left,
9. Circle to dog to the left.
10. Circle to left, circle to right, feed.

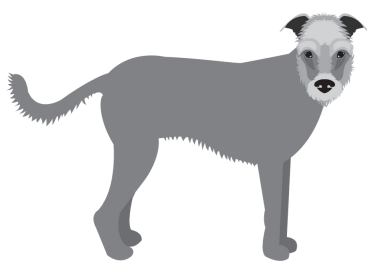


Once you master this in one location, start over in a new location. Avoid the rookie mistake of adding distance or duration before next week's class. Just keep working on this series, starting over in new locations once you've mastered it in the prior.

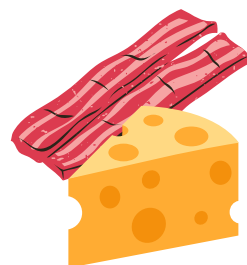
WEEK 4: HOMEWORK

LOOSE LEASH WALKING - TO SINGLE, CONTROLLED DISTRACTION

THE OPTIMAL SETUP:



rewarding



punishing



Point A:

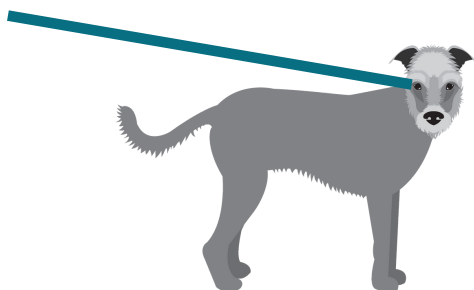
- boring
- free from other rewards & distractions

Point B:

- enticing goods!
- Your goal location

THE PLAN:

- At Point A, holding your leash at your core as we taught last week, no tension on the leash, we are going to stand stationary and wait for the dog to offer both eye contact and no tension on the leash at the same time.
- The moment that occurs, say, "Let's go!" and swiftly walk to Point B. The moment there is tension on the leash, say, "Oops!" and go back to Point A.
 - You are not dragging the dog back, you can encourage them back or just be more patient than them, but they must return to Point A in order to get another shot at getting to Point B.



If dog pulls, NRM, return to Point A



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THE PLAN (CONT.):

All steps toward Point B are considered reinforcing the loose leash, all steps away (back to point A are punishing tension on the leash.

Note that there is nothing going on at Point A. This is very intentional. If we walk away from Point B only to run into more reinforcement opportunities at Point A, we've lost any incentive for the dog to stick with us. You need to be fully in control of the environment right now. A garage or basement or driveway would be good places to start.

You will be on steps 1 and 2 for a long while. Go to your zen place. Be patient. One of my dogs took a full 45 minutes to successfully get to Point B the first time. It's not abnormal for it to take a while!

- Once your dog can successfully get to Point B, you will say, "Sit!" and then offer a big, exaggerated hand signal. If the dog sits, mark, and pluck one of the treats from the stash, and feed. Repeat many times.
- Once you're having good success, diversify your Point B distractions. Use stuff like toys, favorite person, etc. It cannot be uncontrolled distractions like dogs just yet. We'll cover that in Level 2!

TIPS:

If being within a foot of the distraction is just too hard for your dog, make it way easier! Stop 3 feet from the item. When that's going well, stop 2 feet from the item and so on.

Split out these steps as needed for optimal success!



WEEK 4: HOMEWORK

REAL LIFE - NO GOOD!

There's an old saying in dog training, it's that you train for the moment, not in the moment! This is true for all of us. It's not like as children we attended school in the office we'd go to work at in adulthood, we prepare well in advance for our long-term work.

These setups you're doing are like k-12 for your dog. You're preparing them for their jobs through lots of training that allows you to teach them how to do it right.

Let's look at what training in the real world would look like through your dog's lens:



THIS IS AN UNREALISTIC TRAINING ENVIRONMENT RIGHT NOW.

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WEEK 4: HOMEWORK

WHAT SHOULD I DO ABOUT EXERCISE?

When your dog is on a structured walk, meaning there are rules, you will use the front clip of your harness.

When your dog is off the clock, they're likely to pull, etc. use the back clip of your harness.

If you use the same attachment for both types of walks, you're going to create an issue where your dog never understands what the rules are, and as such, you'll ruin their progress. So get in the habit of differentiating walk type using the harness connections.

Last, I know we've talked about this before, but I strongly encourage long line walks with your dog over loose leash walking. It's a better use of your time if your objective is to burn energy. Just always remember to use the back clip of a harness on these. [Our Favorite Long Lines](#)

EMERGENCY RECALL: LAYER 3 OF 3 TRIANGLE RECALL

This is easiest understood by watching the demo, but essentially, instead of starting the dog at the distraction like we did last week, they'll be started well beyond the distraction, and the distraction is now in their way on the way back to the recaller.

The goal is to teach the dog to call THROUGH distractions, not just away from them. Other than that, same rules! 3x daily. Change out distractions frequently, and person managing the distraction comes over and pays when the dog gets to you and you have hold of the collar.



Helper / starting point



Distraction person. Follows dog to recaller and pays.



Recaller