

WEEK 6: EXERCISES & HOMEWORK



SIT / STAY

In class, we will install the sit / stay foundation following the same steps as the down / stay.

- 1.. 1 sec. treat in open hand
2. 3 sec. treat open hand
3. Step by step walk around
 - a. Test the waters with one step walk around. If your dog is successful, shoot for all the way around the dog. Often (but not always) because this is familiar to the dog, we can skip steps. If the dog struggles, just go back and break into step by step increments as we did before.

REAL LIFE STAYS

The purpose of this exercise is to make your stays more reliable when you are doing different things. When proofing, you need a clear goal to work toward. I.e. I want my dog to stay at 5 ft from me for 20 seconds while I thumb through a magazine.

In class we will be practicing simple proofing, however, you can practice more complex proofing at home. It is always suggested that you work with a training plan which I will explain in just a bit...

- Position your dog in a sit/stay or a down/stay and then...
 - go and sit in a chair, return, reward, and release.
 - Turn your back to your dog, return reward and release.
 - Lie down in front of your dog, return, reward and release.
 - Look quickly around as if something caught your attention and then reward and release.
 - Go to the door and open it as if someone is there, then return, reward and release.
 - Get creative! The more behaviors you do while your dog is holding position, the better off you'll be.

WEEK 6 HOMEWORK

REAL-LIFE STAYS (CONT.)

NOTE: When you first start with these exercises, you want to stay in view of your dog. If you see your dog even begin to break the stay, give the dog a quick correction and reposition and begin again. Remember to work within parameters that are reasonable. Asking a dog to do too much too soon will only teach the dog to fail. Set obtainable goals, and if at any point you hit a failure point, go back to the last successful exercise and try again more slowly.

This is covered in great depth in our Beyond the Backyard class, but the instructions above will help you think creatively if you're going to tackle distraction work as a DIY endeavor.

BUILDING A TRAINING PLAN

1. Describe goal behavior. Example: Dog maintains down-stay for 2 minutes at 5ft from trainer while unpacking groceries.
2. Break the exercise down into attainable goals starting with each distraction.
3. Then re-building distance
4. Then re-building duration. On the next page, you'll find a sample of a training plan.
5. Utilize positive reinforcement markers (click, good, yes etc) only once you have returned to the dog and then follow up with a treat.
6. Utilize No Reward Markers (NRMs – (Oops!, Too bad, etc)) when needed.
7. A No Reward Marker (NRM) is usually a word or sound that tells your dog that whatever they just did has ended the possibility of reinforcement. NRM's are supposed to be neutral in tone and free from disapproval; they simply “mark” the moment of an error.
8. Use Push / Drop / Stick rules and split criteria as needed.

WEEK 6 HOMEWORK

Stay Plan (Down)

Goal Behavior: ex: Dog maintains down-stay for 2 minutes at other end of room (5ft) from trainer while trainer unloads groceries.

Pro Tip: Use Mat for stationing.

	Distance	Duration	Distraction	Day1	Day2	Day3	Day4	Day5
1	None	3 sec	Distraction 1					
2	None	5 sec	Distraction 1					
3	None	3 sec	Distraction 2					
4	None	5 sec	Distraction 2					
5			Keep adding distractions as above until all are accounted for					
6	None	3-5 sec	Pair Distractions					
7	None	3-5 sec	Group All Distractions					
8			Build more distance as you've previously done (if applicable to the context)					
9		Build Duration: 1 3 5 10 15 20 30 60 etc.	Build duration into activity incrementally – as you've done previously.					

You can use this format along with the criteria outlined on the previous page to create any duration behavior.

ANTI-JUMP

The following two exercises are built on one another and will take some time to implement. While we will begin these in the group class, please note that you will continue to work on these after graduation. Please follow Push, Drop, Stick rules for these exercise and split as often as needed.

Anti-Jumping Plan:

1. Install Sit / Stay (use standard plan)
2. Position dog in Sit position. Food coming down slowly from above.
3. At the end of a walk, new person, food coming down slowly from above head
4. Indoor, Animated "devil's advocate" proofing (invite jump)
 - a. adjust this as many times as needed to work up in difficulty
 - b. Indoor, Squeaky toy coming down slowly above head
 - i. adjust this as needed to work up in difficulty – i.e. no squeak, then add squeak.
5. >1 hour outdoor greeting by a trainer (someone who knows the plan. No touching dog.
6. Indoor, New people greeting (no patting)

WEEK 6 HOMEWORK

ANTI-JUMP (CONT.)

7. Greeting new people outdoor on a walk (no patting) (30 seconds between reps)
8. Greeting new people on a walk (no patting) >1 hour on walks
9. If desired, move to Sit to be Patted Plan

Phase 2: Sit to be Patted Plan – Do at home or in level 2 class

In Beyond the Backyard class we will go in depth with additional anti-jump work. If you are a DIY-er though, these would be how to continue your progress at home.

1. Complete Anti-Jump Plan prior to beginning these steps.
2. Trainer puts hand on back for 2 seconds
 - a. Split to reach if necessary
3. Trainer strokes back for 2 seconds
4. Trainer puts hand on head for 2 seconds
5. Trainer strokes head for 2 seconds
6. Waiting at least 30 seconds between reps, trainer strokes head for 2 seconds
7. Generalize: repeat steps 2-6, one new person per set (do >3 people). Vary demographics if possible.
8. On walk, trainer (knowledgeable friend) approaches from 10 feet away and pats
9. On walk, new person approaches and pats – 10 minutes between interactions
10. Trainer pats in a more animated fashion – 10 minutes between interactions
11. New person pats in animated fashion at the end of a walk
12. New person pats in animated fashion



2 INGREDIENTS NEEDED

There are 2 ingredients needed for long-term success on greetings, and until you have both, you're not going to get there.

Anti-Jump Recipe

- Maturity
- Training

Rely on Management (see week 1 handout) until both are present.

WEEK 6 HOMEWORK



VETERINARY HANDLING

If you think about your dog's life and things that get them worked up, Vet Handling is at the top of the list! A lot of families don't bother to prepare their dogs for what they're going to experience at the vet, but it's actually one of the most important skills we can put time in on teaching. It's a vital part of raising a dog. When working on this plan, we work at the dog's pace at all times. Fear is the enemy, so any worry, even in the slightest you want to go back a step. And remember, you can split further if your dog is stuck between two steps.

With no treats in your hands, follow this sequence:

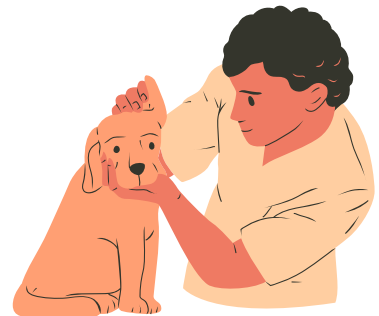
Procedure → THEN → grab treats and pay.

Ears

1. Sit/Stay for 2-hand, 2-second ear touch (right and left)
2. 2-hand, 2-second ear flip
3. 2-hand, 2-second ear exam

Mouth

1. From any position - 1-hand, 1-second muzzle touch
2. 1-hand, 2-second muzzle touch
3. 2-hand, 2-second muzzle touch
4. 2-hand, 1-second lip lift
5. 2 seconds, hand over muzzle
 - a. for dogs that are fearful, teach them to target treats under hand
6. 2-seconds, hand over muzzle, open mouth, insert bait (2-person job)
7. 2-seconds, hand over muzzle, open mouth, tongue depress, insert bait (2-person job)



WEEK 6 HOMEWORK



VETERINARY HANDLING (CONTINUED)

Continue at home with...

Foreleg

1. Sit-Stay for 2-second elbow hold – no lift
2. 5-second elbow hold – no lift
3. 2-second foreleg lift, supporting just below elbow
4. 5-second foreleg lift, supporting just below elbow



Tail

1. Stand for 1-second rear touch – vary locations
2. 1-second light tail grasp
3. 1-second slight lift
4. 1-second tail lift
5. 3-second tail lift

THANK YOU!

You've now got your foundation skills in order! To begin proofing this skills for real-life, check out our Beyond the Backyard class! There we will tackle distraction work, and begin to build reliability in incrementally higher and higher distractions.

Training Never Ends!

You need to keep your behaviors reinforced throughout the life of the dog and we hope you've caught the training bug and will continue to enrich your relationship with future training!

Feedback Welcome!

Thanks again for your support of our family owned business, and if your experience has been a positive one, please consider referring us to your friends and family or sharing your experience with an online review! We are always in need of positive feedback, particularly on Yelp! and Google.

We also appreciate any feedback or constructive criticisms you may have as we are always looking to improve our skills and interactions with you the consumer. Got an idea? Drop us an email!

Thank you!

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