



Obedience Recap Week 1

Today in class you learnt:

- Engagement walking
- Paws – for impulse control
- Its your choice or pattern game – for settling your dog and/or reducing jumping
- Stay
- The importance of play and rewards in training

Important markers used throughout the course:

- “YES” = tells your dog they have done the right thing and a reward is coming.
- “FREE” = end of the exercise

Value of treats vs distractions

(please note the value of treats varies depending on the individual of your dog, so you may have to figure this out!)

**** Training in a high distraction environment may require a higher value treat - whilst learning****

For example; John was using kibble to reward his dog at obedience because thats what he was using at home, but Spot just didn't seem interested and wasn't listening. John decided to use Ziwi Peak and found his dog was a lot more responsive and this made the initial stages of learning occur quicker. Remember food isn't forever !

Examples of treat values :

Kibble = in home training

Liver treats = back yard training

Ziwipeak = out the house training

Prime100/cheese = high distraction environment (out on walks)

Chicken = the big bucks! Save for recall practice (or use a super favourite toy)

Engagement walking (focus, engagement)

- With your dog on lead, start walking in your back yard. Before your dog gets to the end of the lead to pull, change directions and when they follow you, mark with “YES” and reward.
- Remember the more directional changes you do, the better focus you will create.
- Talk to your dog when the lead is loose and praise them when the correct behaviour is given.
- Practice until you cant create tension in the lead and your dog follows you at each turn. Then progress to the front yard or in proximity to minor distractions.

Paws (impulse control)

- Find an item that is elevated and obvious for your dog to practice on (phone book, container, sturdy pot etc.)
- With your dog on leash, point to the chosen platform and say “PAWS” as you gently guide or lure them if you need to with a piece of food.
- Once your dogs paws are on the platform say “YES” and reward.
- Repeat “YES” and reward in quick succession.
- Use “FREE” and allow dog to get off the platform.
- Start to build the duration (time) your dog is on paws by saying yes with a treat every 2seconds before “Free” (this should build to 5 seconds) eg: “paws, yes, treat, wait 2 seconds, yes, treat, wait 2 seconds, FREE” Don’t worry if your dog doesn’t understand “FREE” just yet. As you use it more they will. Remember to add a lil movement when saying it- move away from your platform so its more obvious they can step off.
- If your dog is hesitant about stepping up, use a flat item such a towel and transfer it onto another item once their confidence grows.

**remember if your dog steps off the platform without you saying “FREE”, gently guide them back on but offer no reward for breaking the command. Wait on PAWS for a couple of seconds before saying “FREE” to allow them off.

Stay (impulse control)

- Either from your step or from sitting.
- Flat palm in front of your dog. Say “STAY” and count to 3.
- You don’t need to take any steps away yet.
- Mark with “YES” and then release with “FREE”
- Repeat, slowly increasing the amount of time your dog is in position.
- If they break the stay, return to your dog, reset and repeat.
- Reduce the time if your dog is distracted or continues to break.

Its Your Choice game (to reduce jumping)

1. Have a handful of treats in one hand.
2. Hold that hand against your chest, flat and open.
3. Wait for your dog to stop jumping to get the food.
4. Use your other hand to give your dog 1 treat from the hand by your chest.
5. Move the hand against your chest down your body a lil further.
6. If your dog doesn’t jump give them a treat.
7. If they do jump, move your hand further up your body and repeat.

Week 1 goals before coming into week 2:

- Dog has an understanding of the cue “PAWS”
- Dog can hold PAWS duration for over 15 seconds.
- The more you practice the more duration you will achieve.
- Your dog can stay with you at the end of your lead.
- You and your dog can implement engagement in the backyard and your dog constantly follows you.
(We nickname this ‘drunk walking’)
- Dog responds when using your “YES” and “FREE” markers.
- You have practiced either a pattern or its your choice game.

Don’t forget to have fun and enjoy the time bonding with your dog :)



Obedience Recap Week 2

Today in class you learnt:

- Adding duration to “PAWS”
- Switch on/switch off with “PAWS”
- Directional change – “THIS WAY”
- Distance with “STAY”
- Loose lead walking progression, adding a cue – “LETS GO”

Paws duration

- With your dog on leash, point to the chosen platform and say “PAWS” as you gently guide them on. Once your dogs paws are on the platform say “YES” and reward.
- Continue to build the duration (time) your dog is on paws by saying yes and rewarding with a treat every 5 seconds before “Free” (this should build to 30 seconds) e.g. “paws, yes, treat, wait 5seconds, repeat then FREE”
- Add a lil movement when saying “free” and move away from your platform so its more obvious they can step off.

**remember if your dog steps off the platform without you saying “FREE”, gently guide them back on but offer no reward for breaking the command. Wait on PAWS for a couple of seconds before saying “FREE” to allow them off.

Paws switch on/off game

- With your dog on paws, release them and play for about 10-15 seconds, then direct them back to paws and count to 10.
- Release them and repeat x 5.
- Change up the amount of time they are on paws and the amount of time spent playing, so it doesn't become predictable. This game is to help settle them quickly and assist with impulse control.

Directional Change

- When practicing your Loose Lead walking, use the cue “this way” before changing direction/turning around. If your dog walks on your left, turn to your right.
- When utilising ”this way” to move away from a distraction, make sure you are talking more to your dog in an upbeat tone to keep their focus on you whilst performing the direction change - so they don't become focused on the distraction causing the lead to tighten. REMEMBER – tight lead means you have lost your dogs focus, stop, regain focus and continue. This may be an indication you are too close to a certain trigger, i.e – other dogs or people.

Stay with distance

- Practice in a low distraction environment.
- With your dog on lead, using a flat palm hand signal (no treats in hand) say “STAY” and take a step back, RETURN back to your dog, YES, treat.
- Aim to take a few steps away from your dog to build distance BUT create distance according to your dogs abilities. If your dog keeps breaking the stay, you may need to reduce how many steps back you are trying to do. Don’t try to push your dog too quickly.

Loose Lead Walking

- Remember your setup, leash in your hand/over thumb on one side, dog & treat pouch on the opposite side.
- Week two is to be practiced in the backyard/front yard depending on how your dog is doing.
- Cue “lets go” to start walking.
- If your dog pulls we STOP and change direction.
- “YES” cue to mark wanted behaviour, treat as reward.
- 5 treats to reward best behaviour walking according to your goals. (10min training session)
- Reward for focus and engagement on you!
- Talk to your dog, keep them engaged.

Week 2 goals before coming into week 3:

- Dog has an understanding of the cue “PAWS” and no luring needed.
- Dog can hold “PAWS” duration for over 30 second-1 minute.
- Dog can easily be directed to “PAWS” during switch on/off game.
- Dog is pulling less, focusing and checking in with you more.
- Can achieve LLW in the front yard.
- You have reduced the amount of treats delivered to your dog.
- Dog should be able to stay whilst you take 5-10 steps away in a low distraction environment.
- Your dog should be start to understand the ‘THIS WAY” cue and turn with you, some may even turn as you say the cue as they are watching your body language.

Don’t forget to have fun and enjoy the time bonding with your dog :)



Obedience Recap Week 3



Today in class you learnt:

- Changing “PAWS” onto various objects
- Increasing duration and distance with “STAY”
- Recall basics
- Door manners introduction

Paws transfer

- Now that your dog is familiar with “PAWS”, its time to start transferring this skill onto various items so your dog understands the exercise no matter what you use. You can use any item that is safe and stable, such as a bench, play equipment, an eski lid or anything within the environment that can be easily distinguished from its surroundings.
- Remember when practicing on something new or in a new area, go back to basics before adding duration and distance.

Recall basics

- When practicing recall its important you are more interesting than the potential distractions around you.
- Be a lil silly.
- Use movement and your voice to keep your dog motivated.
- To begin, stand with your dog, on lead, calmly, then quickly move away from them in any direction, say your recall word and when they follow you, mark with “YES”, reward, then stand still. Be calm, then repeat. Because you are stopping and starting at unpredictable intervals, your dog will start focusing on you, to guess when you are going to move again.
- There are variations on this, but movement and excitement is the key.
- Consider using lots of pats or play with your dogs fave toy as a reward.
- **YOU MUST ALWAYS BE ABLE TO FOLLOW THROUGH IF YOU SAY YOUR DOGS RECALL WORD.** If you are in a situation where you don’t think your recall word will work yet, be as silly as you can be, but don’t use your recall word, say anything but. If you use it and your dog ignores you, your recall word will start to lose value.
- Never punish your dog for returning to you.

Door manners (home version)

- With your dog on lead, walk towards your door
- Stop at a distance where you can reach the door
- Ask your dog to “WAIT”. There’s no need to ask for a sit.
- Move towards the door. If your dog stays where they are, say “YES” and treat
- Slowly progress to opening the door, giving the cue “WAIT” each time.
- If your dog breaks, say “UHUH” , walk back from the door and reset.
- Once you can open the door all the way, start stepping out and back in again, marking with “YES” when you return to your dog.
- Next add your release cue “ FREE” and start walking out the door after your dog has waited.
- Remember to use a long lead or back tie for safety, in case your dog breaks.

Week 3 goals before coming into week 4:

- Your dog can perform paws on various objects for 30 seconds plus, with you stepping away and returning.
- Your dog responds to your recall word at home and in the front yard.
- Your dog will wait at your front door, on lead, until released.

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Obedience Recap Week 4



Today in class you learnt:

- “PAWS” with distance, duration and distraction
- Recall with distance and distraction
- Door manners progression
- ”TOUCH”

Paws transfer

- Its now time to piece everything together. Start practicing “PAWS” everywhere. Choose what you will work on in each session – distance, duration or distraction and start combining all these slowly when out and about.
- Remember if your dog is too distracted, move further away and go back to basics.
- Practice the switch on/off game to create engagement.

Recall with distance

- For safety we suggest always using a long lead on your dog when doing distance work, unless you are in an enclosed area.
- Allow your dog to be distracted but not fixated, momentarily. Such as having a sniff, looking at something in the distance.
- Say your dogs name to get their attention
- When they respond, say your recall word.
- Start moving away from them if they don’t respond immediately.
- Be fun, exciting and reward profusely when they get to you.
- Then release with “FREE” and repeat.
- Remember to allow your dog to back to what they were doing occasionally when recalling them, as it serves as a secondary reward also. Lots of incentive to return to you !

Door manners (home version)

- With your dog on lead, using your “WAIT” cue, start walking in and out of various doorways and any threshold you can utilize for training.
- Increase the amount of time your dog has to wait for.
- With your dog on a back tie or long lead, walk to your letterbox or an item further away from your door, and back again.

Touch

We teach touch for a variety of reasons. Some of which include creating a target for recall practice, to increase your dogs confidence, to create focus, to redirect your dog away from something, to assist with other commands and trick training.

- Place a flat palm, hand on its side, in front of your dogs face.
- Wait for your dog to investigate and touch your hand.
- Mark with “YES” and reward.
- Repeat until your dog is clearly ‘bopping’ your hand with their nose when you present it.
- Now add the cue “TOUCH” as you present your hand.
- Do multiple “TOUCH” before marking “YES” and rewarding your dog.
- Start moving and saying “TOUCH” to create engagement.
- Add touch into your recall training, as a target for your dog to aim for as they get to you.

Now practice, practice, practice !

- Keep your sessions small, no longer than 15 minutes to maintain enthusiasm.
- Remember the 3 D’s in training – Distance, duration and distraction.
- Mix up your sessions to keep it interesting !

Don’t forget to have fun and enjoy the time bonding with your dog :)