

FIRST TRAINING LESSON

HEEL POSITION

The dog is on your left side. No matter whether the dog is sitting, standing or lying down, his right shoulder is next to your left leg.

SIT

With the dog standing near you, place your left hand, palm down on the dog's back near the tail. Give the command: *DOG, SIT* and at the same time, pull straight up on the leash with your right hand and push straight down on the dog's rump with your left hand. PRAISE your dog when he is sitting.

SIT & ACCEPT PRAISE

With the dog sitting in heel position, **praise** him profusely with voice and hands. If he moves, correct him with the leash and the *NO* command. Have the dog sit again and repeat the exercise until he no longer moves while you are praising him.

SIT-STAY

With the dog sitting in heel position, bring the palm of your hand in front of the dog's nose, at the same time giving the command *STAY*. Pivot and face the dog. (You should be no more than one step in front of him). Count to 5 and pivot back to heel position. PRAISE! If the dog moves, correct him with the leash and voice and start over. The correction should be made just as the dog starts to move. Increase the time slowly so that you are up to 30 seconds by next lesson.

PAY ATTENTION (WATCH ME)

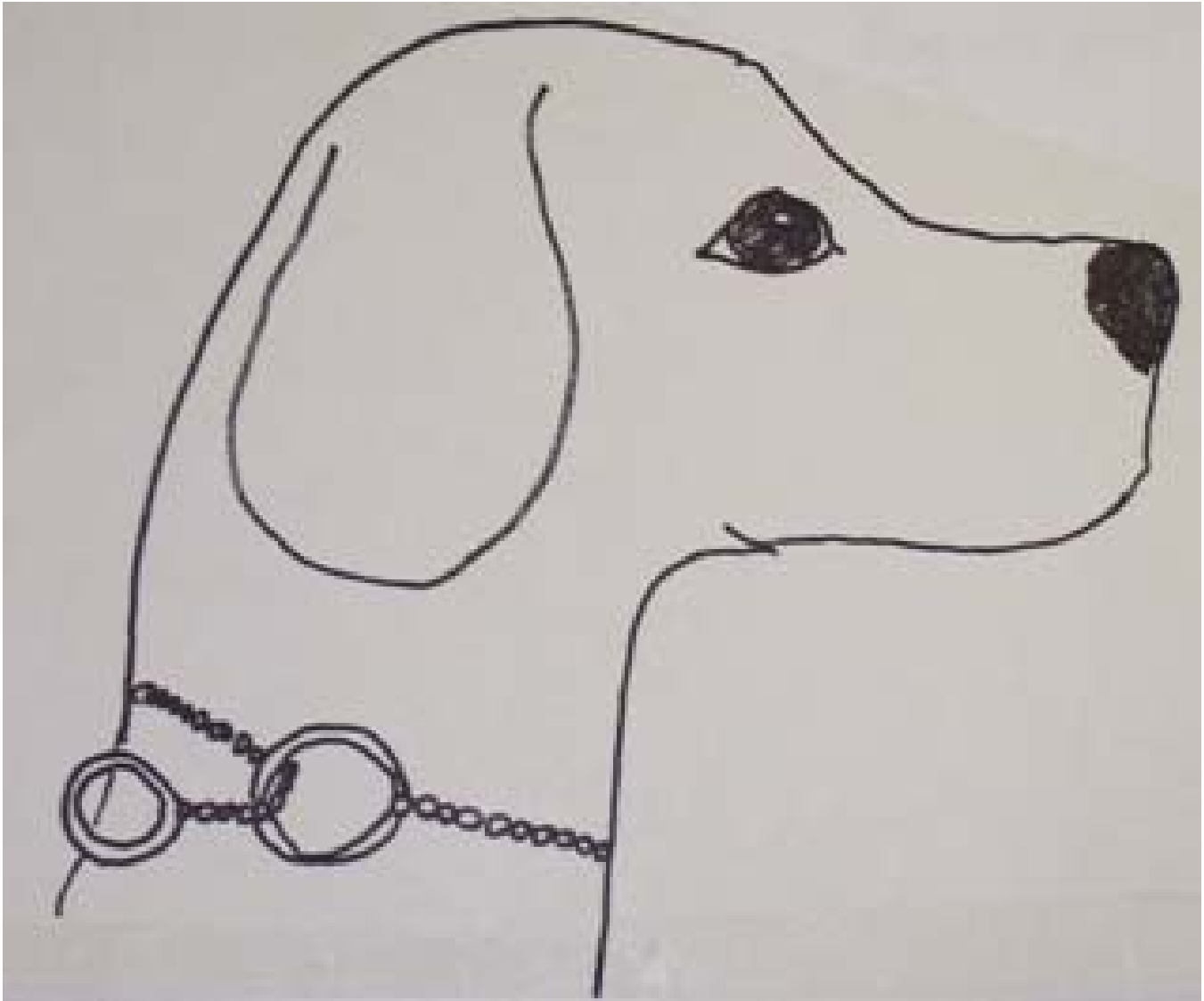
With the dog sitting in heel position, look down at the dog and say his name and *WATCH ME*. Use food or a squeaky toy to get him to look up and praise him when he does. Use gentle leash corrections, food and your voice to get him to look up and respond to the *WATCH ME* command. This command is very important. If you get your dog's attention it will make everything else so much easier. This command will be used every time you lose your dog's attention during any exercise throughout the course of training.

GENERAL COMMENTS

Work with your dog at least 10 – 20 minutes twice daily. Be enthusiastic about what you are doing and your dog will be a willing worker. Be sure you are consistent in your commands and corrections and make your dog obey you EVERY time. Remember the word *NO* means STOP. Use this word only when your dog is misbehaving. Don't forget to reward your dog when he does it right – the best reward is LOVE and PRAISE because you always have them with you (but food is another good one).

Your voice is very important. Do not ASK your dog to obey you, TELL him.

PROPER USE OF A TRAINING COLLAR



DOG ON YOUR LEFT SIDE

CHECK IT EACH TIME YOU TRAIN

DAILY TRAINING LOG

Work with your dog once or twice daily for 15 – 20 minutes to prepare for the Fair.
Write in the exercises you practiced during each of your at home training sessions.

WEEK	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							