Basic Manners

Doggie Academy

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To keep your training sessions fun and your communication clear, follow these basic training principles.

Training Concepts
- Keep training sessions short (3-5 minutes).
- Only say a verbal cue ("Sit") once, so the dog learns to respond the first time you ask.
- End training sessions with the dog having done something successfully.
- Vary your rewards to keep your dog's interest: food, play, praise, or anything your dog enjoys.
- Training can happen all the time, not just during formal training sessions.

Training Sequence:
When your dog performs the desired behavior, it's your job to clearly tell him that he's done the right thing.
1. Mark the behavior by saying "Yes" or "Good dog" in a happy voice at the moment the dog does the correct behavior.
2. Reward the dog within 1-2 seconds of the correct behavior. Use treats, toys, life rewards, etc.
3. Say "Okay" to release the dog from a long behavior, like Stay. This way, your dog knows when you want him to stop performing the behavior.
4. If the dog makes a mistake, use a No Reward Marker like "Oops" or "Uh oh." It is the opposite of "Yes," marking the moment of the mistake.

Training Sequence:
- For Sit and some other behaviors, get four correct responses in a row before advancing to a more difficult level. This guarantees that your dog knows Step 1 before you move to Step 2. We can set the dog up to fail if we progress too fast.

WEEK 1 REVIEW AND HOMEWORK

Name Game
- Use your dog's name to get his attention, not for punishment.
- Teach your dog that when he responds to his name, there is a positive result.

Review the Steps
1. Say the dog's name once cheerfully.
2. When the dog gives you attention/eye contact, mark with "Yes" and reward.
3. If no response after 5 seconds, try a different voice and/or reduce distractions.

Homework
- Practice 6 times max at one time.
- Practice when your dog doesn't expect it.
- Only use the name for good things, so he will always love listening to you.

Doggie Zen
- Teach your dog to look at you to get whatever he wants.
- This enables the dog to pay attention to you even when there are distractions (like other dogs, food, etc.).

Review the Steps
1. Hold a treat in your hand. Say nothing.
2. Wait for the dog to look at you.
3. When he looks, Mark and Reward with the treat from your hand.

Homework
- Practice with many things your dog wants: toys, meals, the leash...

Sit
- Start by luring with a treat in one hand so the dog can smell it but not eat it. Luring allows the dog to get into a certain position by following the smell.
- Give the cue "Sit" once, and give the dog time to think about how to respond.

Review the Steps
1. Lure with a treat in one hand. Guide the dog's nose slightly up and backwards, which will cause him to lean back into a sit. Get four correct responses in a row.
2. Add the verbal cue "Sit" before you lure with a treat. Get four correct in a row.

3. Remove the treat from signal hand. (It is now a signal, not a lure.) Only reward from your other hand. Get four correct in a row.

Homework
- Incorporate two life rewards as a reward for sitting: access to sofa, opening door to go outside, playing with a toy, etc.

Place
- Rather than simply telling your dog not to jump on guests or beg at the table, teach him the polite behavior of going to his bed instead.

Review the Steps
1. Lure the dog onto the mat.
2. Ask for a Sit (or Down, if your dog knows it).
3. Mark with "Yes" and reward.
4. Get four correct in a row. Then add the verbal cue "Place" right before you lure.
5. Get four correct in a row. Switch the treat to your other hand, hidden behind your back.

Homework
- Gradually increase the distance between you and the mat/bed. Get four correct responses in a row from one foot away, then increase to two feet away, and so on.
- At first, practice when the house is quiet. Gradually increase the distraction level.

For next week: Bring a fun toy that both you and your dog can grab onto.

WEEK 2 REVIEW AND HOMEWORK

Sit with Autohold
Review the Steps
1. Ask for Sit. Dog sits. Pause before you reward.
2. "Okay" to release.
3. After each successful Sit, add another 1-2 second pause for the next time.
4. If dog breaks the Sit, mark with "Oops." Evaluate the environment and start over.

Homework
- Gradually increase duration between rewards.
- Use life rewards, not just treats, as a reward.

Recall 1: Chase Game
- This game teaches your dog that it's rewarding to come close to you.
- This can be practiced on leash.

Review the Steps
1. Starting with dog at your side, say recall cue ("Come") and start running.
2. Use an encouraging voice ("Yay, let's go!") and low, inviting body language, so the dog follows you.
   - Avoid luring your dog with a treat as you run.
3. At the end, reward dog close to your body.

Homework
- Practice in various environments, starting with low-distraction locations.
- Remember to make Come rewarding. If you punish your dog or take away his fun after he comes, he may think twice about coming to you in the future.

Leash Walking 1
- Choose equipment that will make your walk more enjoyable:
  - Front clip harness: good for pullers
  - Head collar: good for pullers but dog must be acclimated to it
  - Back clip harness: not good for pullers, but good for small dogs that lag behind
  - Flat collar: Fine for dogs that never pull, but dangerous for those who do
- In order to have your dog's attention on you, you must pay attention to him, too. Make yourself more rewarding than the surrounding environment.

Review the Steps
1. Have treats in the hand closest to the dog, leash in the other hand, across your lap.
2. As you walk, talk happily to the dog. Be fun!
3. Reward your dog when he looks at you.
4. If he pulls ahead, stop your motion and encourage him to return. Make yourself more fun than the surroundings.

Homework
- Practice in short intervals, about one block long. Start with a quiet block; gradually work your way up to noisy/crowded blocks.

Drop It 1
- We use this command when the dog already has an item in his mouth.
- We want to teach the dog that when he drops something, it's rewarding and fun.

Review the Steps:

Method 1
1. Using a toy, play tug with your dog. In a firm voice, say "Drop it" once.
2. When the dog spits it out, reward with cheers and immediately resume the game.
3. If the dog doesn't let go, manually pop open his jaw, remove the toy, cheer, and resume the game just the same.

Method 2 (Polite Exchange)
1. Share the toy, or play tug.
2. Say "Drop it" and present a treat from your other hand, which was hidden behind your back.
3. When he Drops it, mark and reward with the treat.
4. Once the dog is willingly dropping the toy, say "Drop it" and wait for him to open his mouth. Then give the treat.

Homework
- Practice at this level, sharing a low-value object. Do not ask your dog to drop a chicken bone he's grabbed on the street (yet).

Continue to practice the previous week's behaviors, too!

WEEK 3 REVIEW AND HOMEWORK

Hand Targeting 1
Review the Steps
1. Have treats hidden behind your back in the "reward" hand.
2. Show the signal with other hand: extend your index and middle finger an inch in front of dog's nose.
3. When dog touches fingers with nose, mark "Yes!" and reward from other hand.
4. Get four correct touches in a row from one inch away.
5. Do it four more times, but add the word "Touch" right before you present signal.
6. Increase to 2-4 inches from dog's nose. Get four correct in a row.

Troubleshooting
- Avoid moving your signal hand closer to the dog's nose to "help" him.
- If the dog doesn't touch, wait 5 full seconds. Repeat, but from a shorter distance.

Homework
- Continue adding distance, only a few inches at a time. Always get four correct responses in a row before you make the distance any farther.
- Eventually, only reward "nice" nose touches, not slobbery open-mouth touches.

Recall 2: With Collar Grab
- It's important for your dog to be comfortable having his collar/harness grabbed.

Review the Steps
1. From a short distance, call your dog using your recall word ("Come").
2. Use encouraging sounds and inviting body language as dog approaches you. Make yourself more exciting than everything else in the environment.
3. When dog arrives, give a treat with one hand and gently grab collar with the other hand. Grab close to your body to encourage the dog to come right up to you.

Homework
- Practice in various safe environments, starting with low-distraction locations.
- With a treat secretly in your pocket, surprise your dog with recall exercises throughout the day. (Four per day.)

Leash Walking 2
Review the Steps
Moving Mode rules, when you just need to get from A to B:
(This assumes you are using the proper walking equipment.)
1. Keep your leash short so your dog can't drag you away.
2. Keep moving, even if your dog tries to sniff or greet someone.
3. Body block: put yourself between the dog and any distractions.

Homework
- Practice Moving Mode in short intervals. Get your dog comfortable walking on both sides of you, so you can body block from either side.

Down 1
Review the Steps
1. Lure dog with treat into a Sit (but don't say "Sit"). No reward yet.
2. Draw imaginary "L" with lure, first straight down to floor "from nose to toes," then out, away from dog's body.
3. Once his butt and elbows are on the ground, give him the treat on the floor between his toes. This will keep him in the Down position while eating the treat.
4. After four correct Downs in a row, add the verbal cue "Down" before you lure.

Troubleshooting
- If he pops up while you're luring, just start over.
- If he won't lie down completely, reward for partial downs, encouraging him to get slightly closer to the ground each time.

Homework
- After four correct Downs in a row from Step 4 above, put the treat behind your back in the other hand. Use the same signal as before, but empty-handed. Only reward from the hidden hand.

Continue to practice the previous weeks' behaviors, too!

Hand Targeting 2
Review the Steps
- Follow the same steps as Hand Targeting 1 above, but gradually increase distance.
- Continue using the rule of "four correct in a row" before advancing.
- Be selective about which touches you reward. Don't reward sloppy responses.
- Start rewarding randomly, every second or third touch.

Homework
- Continue adding distance, and reward randomly instead of every touch.

Recall 3: Restrained Recall
- This on-leash activity builds the dog's excitement and drive to run to you.

Review the Steps
1. A helper holds your dog's leash, and you get the dog super excited.
2. You run away across the room. The dog can't follow (yet).
3. When you reach the end of the room, turn to the dog and say "Come!" Your helper will now slacken or (if it's safe) drop the leash.
4. If your dog veers off course, keep making fun noises to encourage him.
5. When the dog arrives, treat and collar grab.

Homework
- You will need a helper for this activity.
- Remember to make yourself more fun than the surroundings.

Leave It 1
- This means, "Whatever you are about to eat/chase/approach, stop!"
- Leave It prevents the dog from doing/eating something naughty, whereas Drop It is used after the dog already has the inappropriate thing in his mouth.

Review the Steps: Part 1
1. Put equally yummy treats in both hands. One is the "temptation" hand (representing garbage on the street), and one is the "reward" hand hidden behind your back.
2. Present the temptation hand, with a treat inside your closed fist. Say "Leave it" once as you present the fist.
3. When your dog stops investigating the temptation hand by pausing, leaning back, or sitting down, mark with "Yes!" and treat from your reward hand.

Review the Steps: Part 2
1. Now, present the temptation treat in an open hand. The moment the dog sees the treat, say "Leave it" once firmly. (If your dog is already watching you, you will present the treat and say "Leave it" at the same time.)
2. If the dog approaches the treat, snatch that hand away. Start over.
3. When your dog does not approach the treat, mark "Yes!" and treat from the hidden reward hand.

Things to Consider
- Make sure the treat is a foot or farther away from the dog.
- The reward always comes from the reward hand, so he never gets that forbidden temptation. Remember to keep your reward hand hidden until he leaves it.
- Your reward treat should always be equally delicious or more delicious than the temptation treat, so your dog learns that leaving it is rewarding and fun.

Homework
- Slowly get the temptation hand closer to the floor. Get four correct in a row at one height before lowering your temptation hand.
- Occasionally tell your dog to "Take It" in an inviting tone.

Down 2
- You should eventually be able to cue Down while you're standing upright.

Review the Steps
1. Start your cue for Down when you are standing, moving your hand down to the floor.
2. After each correct Down response, repeat, but stop your hand movement 1-2 inches higher each time. Your body will straighten a little each time.
3. Continue until you can stand upright and use only a subtle hand motion.
4. If your dog doesn't immediately lie down, hold the position for 5 seconds to let him ponder it. He may be confused because your cue now looks different.

Homework
- Continue gradually elevating your body position until you're standing straight.

Stay 1: Duration
- Three components of a solid Stay: Duration, Distance, and Distraction (3 D's)
- Only practice one D at a time. If you're practicing Duration, limit the Distractions by practicing in a quiet place.

Review the Steps
1. Ask for Sit or Down. You can quietly praise but don't treat yet.
2. Give the Stay "traffic cop" hand signal, then drop your hand.
3. Stand casually, pausing for 1-4 seconds (depending on how bouncy your dog is). Look away from the dog while you stand there.
4. Reward dog calmly with a treat, then "Okay" to release. You choose when he gets up, so say "Okay" before he gets up on his own.
5. Once you get four correct Stays in a row at (say) 2 seconds, increase to (say) 4 seconds.
- If the dog breaks his Stay, give a No Reward Marker ("Oops") and start over.

Homework
- Gradually add duration. Remember that in high-distraction places like sidewalks, you should lower your criteria for duration at first, and gradually work up.

Continue to practice the previous weeks' behaviors, too!

For next week: Bring a rawhide or edible chew toy that your dog likes. It should be long enough for both you and the dog to share holding.

Drop It 2

Review the Steps

- This is the same as Drop It 1, but you will use a higher-value object, such as a rawhide, that you and your dog can share possession of.

Homework

- Continue practicing by sharing a high-value object.

Recall 4: With Hand Target

Review the Steps

1. Say name and "Touch!" and hold target hand close to your body.
2. Verbally encourage your dog as he's approaching, if needed.
3. Once the dog touches, mark with "Yes!" and treat, while the other hand grabs the collar.

Homework

- Incorporate "Touch" into your recall. Reward generously so your dog loves coming to you.

Leave It 2

Review the Steps: Trainer sitting on floor

1. Place the treat on the floor, at least a foot away from your dog. Say "Leave It" as soon as the dog sees the treat.
2. If he approaches the treat, say "Oops," and remove treat. Start over.
3. When he leaves it, mark and reward from your other hand, and remove temptation treat.
4. Get four correct in a row.

Review the Steps: Trainer standing

- Have the dog on leash.
1. Toss a treat, at least a foot away from your dog. Say "Leave It" as soon as the dog sees the treat.
2. If he approaches the treat, say "Oops," and block him from getting it. Start over.
3. When he leaves it, mark and reward from your other hand and remove temptation treat.

Homework

- Occasionally allow your dog to "Take It," too!
- Once you master this indoors, practice it outside.

Leash Walking 3

Homework
- Incorporate the strategies from Leash Walking 1 and 2 as you walk past a distraction like another dog.
- Ask your dog to Sit while you greet a person. Reward the dog for good behavior.
- Think about whether or not you want your dog greeting other dogs while on leash. Some dogs find on-leash greetings stressful.

Stay 2: Distance
- This time we will increase the Distance, but keep Duration and Distraction low.

Review the Steps
1. Tell dog to Stay and give the hand signal. Then drop the hand signal.
2. Take one step back casually and naturally.
3. Return to your dog.
4. Give a treat and release with "Okay." (No treat after "Okay.")
5. If he gets up, say "Oops" and restart. Consider if any of the 3D's were too challenging.
6. At one step away, get four correct in row. Then increase distance by one more step, and so on.

Homework
- Gradually increase the distance. Make sure you get four correct Stays in a row at a particular distance before increasing it.
- If you practice in a distracting environment (like outdoors), initially decrease the distance and work your way back up.

Continue to practice the previous weeks' behaviors, too!

For next week: Bring a low-value item (like a toy) that your dog likes.

WEEK 6 REVIEW AND HOMEWORK

Puppy Pushups
- Ask your dog to Sit, Down, Sit, Down, and so on.
- Randomly reward every few pushups.

Stay 3: Distraction
- We will add Distraction, so keep Distance and Duration relatively low.

Review the Steps
1. Ask your dog for a Sit-Stay or Down-Stay.
2. Step backwards, put a treat on the floor, pause, pick it up, and return to the dog to give it to him.
3. Say "Okay" to release.
4. If he's successful, try two treats in a line. Approach the dog twice to treat, maintaining Stay. Release with "Okay."
5. Repeat with three treats.
6. If he breaks the Stay, mark with "Oops" and start over.

Homework
- Integrate all kinds of distractions into Stay: food, bouncing balls, people, doorbells, etc.

Leave It 3

Review the Steps
1. Follow the steps from Leave It 2, but withhold the reward.
2. This time, wait for your dog to make eye contact with you.
3. When you get eye contact, mark with "Yes" and treat.

Homework
- Take it on the road, asking your dog to leave any number of things.
- Start with low-value temptations like a leaf or plastic bag; reward generously for leaving them.
- When he masters low-value temptations, gradually increase to food, squirrels, etc.

Recall 5: Off Leash
- Use a long leash to simulate the "off leash" experience.

Review the Steps
- Use the techniques from previous Recalls. Always make yourself more interesting and rewarding to the dog than the other things in your environment.

Homework
- Practice in a low-distraction environment first.
- Be generous with treats when your dog does a nice recall!
- If your dog ignores you, reel him in and treat anyway.

Drop It 3
- The dog will have full possession of a low-value item (like a toy).

Review the Steps
- Practice on leash.
- This time, allow your dog to take the whole toy for himself.
- Follow the steps for Drop It 1.

Homework
- Practice on leash until your dog has mastered the behavior.
- Remember to make dropping an object seem like fun!

Food Bowl Elevator
- The dog will learn that the food bowl elevator (you) goes down to the floor when he is politely sitting.
- If he stands up, the food bowl elevator goes back up, and he doesn't get the food.

Review the Steps
1. Ask for a Sit. (This is the only verbal cue for this activity.)
2. Elevator goes down: you slowly crouch to place food bowl on floor.
3. If the dog pops up, the elevator goes back up and you start over.
4. When the bowl is on the floor, release with "Okay."

Homework
- Eventually, place the bowl on the floor, stand back up straight, and then release with "Okay."

Congratulations! It's time to graduate!

We hope to see you & your dog again. Please visit www.doggieacademy.com for information on upcoming classes and private sessions.

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