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## **BEGINNER II OBEDIENCE Week #1 Homework**

We all want a wonderful and obedient dog that is well-behaved both in the home and out in public! Your dog should listen and obey even though he is in an unfamiliar place with new sights, sounds, and distractions. We will build on the behaviors learned in Beginner I Class and strengthen those behaviors to teach your dog to be happily obedient dog.

This class will focus on working your dog through the 3 “D’s” (DISTANCE, DURATION, & DISTRACTION). When working on the 3 “D’s” remember: NEVER TRY TO WORK THEM ALL AT ONCE!!!! Choose 1 to work on at a time - if you work 2 or 3 it will be too confusing for your dog. Gradually, with a lot of patience and practice you will be able to incorporate all 3 “D’s” at once!

- **DISTANCE** will be teaching your dog to work further away from you.
- **DURATION** will be teaching your dog to hold a behavior for a longer amount of time.
- **DISTRACTION** will be teaching your dog to hold a behavior regardless of distractions around you. This type of training will help you out in the real world!

### **ATTENTION:**

1. Distance: Slowly move around dog and hold eye contact for 10 seconds.
2. Distraction: Stand in front of your dog and hold eye contact as someone walks by.
3. Duration: Stand in front of your dog and work up to 1 minute solid eye contact.

### **SIT STAY: (WORK THIS IN A ‘STAND’ AND ‘DOWN’ AS WELL!)**

1. Distance: Put your dog into a sit stay and take one step off to the right, return to C & T!
2. Distraction: Put dog into sit stay and hold position as someone walks by.
3. Duration: Put dog into sit stay and hold position for 10 seconds.

### **WAIT FOR RECALL: The goal is to teach your dog to pause before a recall.**

Ask your dog to sit - do not C & T. Pivot in front of your dog, pause for a brief moment and then back up a few steps, calling your dog’s name and the word “Come” in an excited, happy voice. When your dog takes a step toward you, C & T. Work to add the word “Wait” and a hand signal.

1. Distance: Put dog in a sit / wait - go to the end of the leash and call dog.
2. Distraction: Set up your own “tunnel recall” as demonstrated in class.
3. Duration: Work the “popcorn recall” as demonstrated in class.

### **Training Commands for the week:**

- **SIT:** The goal of this exercise is to have your dog sit politely beside you.
- **STAND:** The goal of this exercise is to have your dog standing still.
- **STAND FOR EXAM:** The goal of this exercise is to have your dog tolerate an exam.
- **DOWN:** The goal of this exercise is to have your dog lying down beside you.
- **ATTENTION:** The goal of this exercise is to have your dog’s attention on you.
- **DROP IT:** The goal of this exercise is to teach your dog to drop an object on command.
- **POLITE MEETING:** The goal of this exercise is to teach your dog to offer a “Sit” instead of jumping up.
- **RECALL:** The goal of this exercise is to have your dog come when called.
- **WAIT:** The goal of this exercise is to teach your dog to wait for a command.
- **POLITE LEASH WALKING:** The goal of this exercise is to have your dog walking politely beside you on-leash.
- **LEAVE IT:** This is an exercise to keep your dog safe from forbidden items.
- **STAY:** The goal of this exercise is to teach your dog to stay in place.
- **UH - OH:** This negative marker simply tells your dog he’s not earning a C & T.



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## **BEGINNER II OBEDIENCE Week #2 Homework**

### **CONTROLLED WALKING:**

1. Distance / Duration: Have dog walk nicely at side for 5 - 10 paces.
2. Distraction: Have dog walk nicely at side as someone walks or jogs by.

### **Loose Leash Walking:**

Everyone wants a dog that will walk nicely without pulling. Consistency is important when training, **especially** when training your dog to walk nicely. Here are some tips to help your walks with your dog be enjoyable.

- Use a **training harness** such as an EasyWalk. Your instructor can fit your dog correctly. A regular harness will encourage pulling. A training harness will prevent pulling and allow you to train for the correct behavior easily.
- Tire your dog out before his walk with an active play session. A tired dog will be less apt to pull.
- Always have your treats and clicker during a walk and reward frequently for polite walking.
- If your dog is pulling, you should not be moving forward. Stop and refuse to move until your dog stops pulling. If you are consistent, your dog will quickly learn that pulling gets him nowhere.
- Penalty yards! Put a treat or toy several feet away from your dog and back him to a starting point. Allow him to walk toward the item and if he pulls, back him up to the start point. Each time he pulls you must return to the start point. Eventually he will learn that pulling will get him further from the item! This is a great game for kids!

### **OFF / MEETING & GREETING:**

1. Distance / Duration: Have dog in a sit stay, have people stand 5 feet away. See if dog can hold the sit stay while you engage the person approaching in a conversation for 10 seconds. If dog goes to jump, tell your dog "OFF" and ask them to sit. C & T dog's stay!
2. Distraction: Have dog in a sit stay, have people approach quickly, laughing or talking loudly and have that dog hold the position. If dog goes to jump, tell your dog "OFF" and ask them for a sit. If dog holds sit stay, C & T.

### **ATTENTION:**

1. Distance: Slowly move around dog and hold eye contact for 15-20 seconds.
2. Distraction: Stand in front of your dog and hold eye contact as someone walks /jogs past.
3. Duration: Stand in front of your dog and work up to 1 minute solid eye contact. You should be around 30 seconds while under distractions.

### **SIT STAY:**

1. Distance: Put your dog into a sit stay and take one step off to the side, return to dog C & T!  
Tell your dog to stay, take a step off to the front of your dog. Return, C&T.  
Tell your dog to stay, walk half-way around dog. Return, C&T.  
Tell your dog to stay, walk completely around your dog. C&T if successful.
2. Distraction: Put dog into sit stay and hold position as someone walks by quickly or jogs past.
3. Duration: Put dog into sit stay and hold position for 15-20 seconds.

**Work the 3 "D'S" in the DOWN STAY and STAND STAY the same as the sit stay!**



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## **BEGINNER II OBEDIENCE Week #3 Homework**

### **CONTROLLED WALKING:**

LEFT CIRCLES: With your dog on your left, make a nice, large circle to the left. (Your dog on the inside of the circle.)

RIGHT CIRCLES: With your dog on your right, make a nice large circle to the right. (Your dog on the outside of the circle.)

This is tougher because your dog will want to cut in front of you.

1. Distance / Duration: Have dog walk nicely at side for two left and two right circles.
2. Distraction: Have dog walk nicely at side while you circle around a person.

### **RECALL:**

1. Distance: Put dog in a sit / wait - If in a secure area, go just beyond the end of your leash and call dog. This is where a long lead comes in handy, especially for outdoor work. If in an unsecured area, have someone hold dog's leash and run with him as he comes running to you.

2. Distraction: Have someone walk near the dog as you call him to you. If he goes to that other person instead, make sure he doesn't get unintentionally rewarded!

3. Duration: Work the recall several times a day. Your dog should automatically come to you without really thinking!

#### **Three Rules of Recall:**

1. **Never call your dog if you can't reinforce the command.** In the early stages of training you must make sure if you call your dog you can assure he will come to you. This means only practice recall while your dog is on-leash. Once your dog learns to come reliably when called you can move to off-leash work in a secured area.
2. **Never call your dog if you are angry at him.** If your dog has done something to upset you, please don't call him in an angry tone or yell at him while he's coming to you. We need to always make recall a positive thing!
3. **Never call your dog and then do something 'bad' to him.** If your dog is having fun outside, don't call him to put him inside. At this stage of training, we never want to teach your dog that a recall = the end of fun.

#### **Fun Recall Games:**

- **Toss a Treat:** 1 Person. Show your dog a treat and toss it away from you, allowing him to go find the treat. Once he finds it, call him to you and give him another treat when he comes.
- **Hide & Seek:** 1+ Person. When your dog is distracted, sneak out of the room and hide. Call him and give him a treat when he finds you! This game can have as many people hiding as you'd like, just make sure only one person at a time calls the dog.
- **Popcorn:** 2 People, both should have the same treat. Take turns calling your dog between both of you. Once he gets in the habit of running back and forth, switch up who's turn it is to call him!
- **To and Fro:** 2+ People, all should have the same treat. Stagger each person at opposite corners of the room. One at a time, each person takes a turn calling the dog. This will help your dog come when called for everyone!
- **Tunnel:** 4+ People, only the person calling the dog has a treat. One person holds the dog and one person calls the dog through a 'tunnel' made up of the others. The 'walls' of the 'tunnel' act as distractions!

### **LEAVE-IT:**

Continue this exercise while increasing the difficulty for your dog. Use something that he seems to be drawn to, like a dirty tissue or sock. Remember, you always need to have something better than the leave-it item means to your dog!

This is only until your dog learns what leave-it means and eventually, we will fade them off the reward by going to a variable reinforcement schedule.

### **SIT STAY: (Work the 3 D's in a DOWN STAY & STAND STAY as well!)**

1. Distance: Put your dog in a sit stay and take 2 steps off to the side, return to dog, C & T!

Tell your dog to stay, take 2 steps off to the front of your dog. Return, C & T.

Tell your dog to stay, walk half-way around dog. Return, C & T.

Tell your dog to stay, walk completely around your dog. C & T if successful.

2. Distraction: Put dog into a sit stay and hold position as someone walks or jogs past.

3. Duration: Put dog into a sit stay and hold position for 25 - 30 seconds.



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## **BEGINNER II OBEDIENCE Week #4 Homework**

### **CONTROLLED WALKING:**

1. Distance / Duration: Have dog walk nicely at side for 15 - 20 paces.
2. Distraction: Have dog walk nicely at side as someone walks toward you while swinging / holding a bag or similar object.

### **AUTOMATIC SIT: The goal is to have your dog sit when you stop walking.**

Hold your leash & clicker in your right hand, treats in your left. Walk nicely with your dog - take a few strides, and the stop. Tell your dog to "Sit" and use your right hand to give your dog the hand command. When your dog sits, C & T, and continue to walk!

1. Distance / Duration: Have dog walk for 5 paces then sit, 10 paces and sit, 15 and sit, etc.
2. Distraction: Have dog walk nicely at side and sit as someone walks by.

### **PASS-BYS:**

This is part of the CGC test. This lets people know that your dog is under your control at all times, even when faced with having to walk past another dog. Sometimes the dog you are passing may not want your dog to visit him. This is for safety and is also part of being a well-mannered pooch!

We will demonstrate this in class and we ask you to practice it when you are out in public with your dog. Ask a friend who owns a nice dog to help you with this exercise.

**Peaceful Parting: Your dog needs to be comfortable being under control by another person. There will be times you will need to leave your dog in someone else's care (for a grooming appointment, the vet's office, daycare, etc.) You want your dog to be calm and confident during these times, not fearful or in distress. Have someone hold your dog while you calmly back away. Only return to your dog when he is calm and relaxed, not fussing or anxious.**

### **Other things to practice this week:**

**Grooming:** Your dog should allow you to brush his entire body, pick up his feet, clean his ears, and wipe his eyes.

**Handling:** Your dog should remain calm while he is held, picked up, gently restrained, and while his collar is handled.

**Massage:** Your dog should remain calm while you rub and touch his entire body.