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BEGINNER I OBEDIENCE Week #1 Homework

The clicker is a training tool to help your dog offer a correct behavior for a reward. Teach your dog the click equals a reward by clicking *once* and giving *one* treat. Remember, no rapid-fire clicking and don't give multiple treats for one click. **1 Click = 1 Treat (C&T)!** Practice inside every room of your home and outside. Several sessions a day are best.

- **Click Once (in and out).** Do not rapid-fire click. Deliver a treat when you click, even if you clicked by accident.
- **The timing of the click is the most important.** Remember, the click **MARKS** the behavior. If you are asking your dog to 'Sit', you want to click **IMMEDIATELY WHEN** he sits, not before. Deliver the treat after you click.
- **The click ENDS the behavior.** Don't be concerned if your dog moves out of position once you click. The click is a sign to him that he's done the behavior correctly and that the behavior is finished.
- **Click toward the desired behavior.** If your dog doesn't understand the behavior, giving a click when he makes any type of attempt toward the desired behavior is a great way to let him know he's on the right track!
- **Clicker training is POSITIVE.** Don't attempt to mix physical corrections (leash corrections, forcing your dog into position, etc.) with clicker training; your dog will easily become frustrated and lose confidence in you.

Exercise: Too little isn't enough, too much is worse!

Your dog needs proper exercise and stimulation to thrive. It's important to make sure your dog gets enough exercise as well as enough quiet time in his crate to nap. **Don't** over-exercise your dog. **Don't** allow your dog to be by your side constantly; your dog needs to learn how to be crated comfortably alone. An over-tired and over-stimulated dog is difficult to train! Daily, your dog should have several short exercise sessions and then crated nap time.

Please track your dog's daily exercise and nap schedule this week and bring to class next week for discussion.

Training Commands for the week: (Remember, use the HAND SIGNALS only this week – NO verbal commands yet!)

- **SIT: The goal of this exercise is to have your dog sit politely beside you.**
Hold one treat under your thumb with your palm facing up. Slowly lure your hand over your dog's nose and up back over his head. Keep your hand low to prevent jumping. As his head rocks back, his behind should go into a sit. Immediately click & treat (now called C & T) when your dog sits.
- **STAND: The goal of this exercise is to have your dog standing still.**
With one treat, lure your dog into a sit (as explained above). When he sits, do NOT C & T; instead quickly place your palm at his nose, slowly luring him from a sit into a stand. C & T! Your hand should be flat at the dog's nose - and keep it stationary. We don't want him walking, but simply standing up in place.
- **STAND FOR EXAM: The goal of this exercise is to have your dog tolerate an exam.**
Your dog needs to be comfortable being examined by a groomer, the vet, or by you & your family. For this exercise, give him the hand signal for "Stand." Have a really great treat in your hand and allow your dog to nibble on it. While he's focusing on the treat, take your free hand and run it down your his back. Lift each leg, touch his ears, face, stomach, tail, etc. Keep your hands very slow and calm - it will make him feel more secure.
- **DOWN: The goal of this exercise is to have your dog lying down beside you.**
Ask your dog to sit but do not C & T. With a treat in your hand and your palm facing down, slowly lure his head down toward the floor by bringing your treat from his nose to his toes. When he is lying down, C & T!
Remember, you don't have to see the complete behavior all at once - C & T any movement toward a down!
- **ATTENTION: The goal of this exercise is to have your dog's attention on you.**
Stand up straight. Touch a treat to your dog's nose and then move the treat between your eyes. When he looks at the treat, C & T! Slowly increase the amount of time your dog is looking up at the treat by talking quietly to him. This will help keep your dog's focus on you and tell him he's doing the right thing! This week at home, work on getting 5 seconds of solid eye contact.
- **WAIT: The goal of this exercise is to teach your dog to wait for a command.**
We'll start by teaching your dog to wait for food from your hand. Take his collar with your left hand and hold a flat palmed right hand with treat & clicker about a foot away. When he stops pulling for the treat, C & T! Work with the "Wait" command with his food bowl and toys. Don't allow your dog to grab from your hand.

PLEASE REMEMBER TO BRING YOUR DOG'S EXERCISE / NAP SCHEDULE AS WELL AS HIS FAVORITE TOY NEXT WEEK!



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BEGINNER I OBEDIENCE Week #2 Homework

Exercise Plan: Your instructor will review your dog's daily exercise and nap schedule. Try to follow your instructor's recommendations this week and see if it helps improve your dog's behavior.

Training Commands for the week: (Remember, use the HAND SIGNALS only this week – NO verbal commands yet!)

- **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.
- **WAIT:** The goal of this exercise is to teach your dog to wait for a command.
- **ATTENTION:** The goal of this exercise is to have your dog's attention on you.
Hold the treat at your nose like you've been practicing. Now we want to teach your dog he gets the C & T when he looks in your eyes, not at the treat! Hold the treat 3 inches away from your face. Your dog will look at the treat. Allow him to figure it out on his own! Don't call or talk to him, have patience and when he looks in your eyes, C & T! Next, hold the treat at arm's length away from your face, C & T when he looks in your eyes.
- **DROP IT:** The goal of this exercise is to teach your dog to drop an object on command.
Offer your dog a toy and once he puts his mouth on it offer him a treat instead. When he drops the toy, click and give him the treat. At this stage of training, always offer your dog a trade instead of just grabbing something from his mouth. Practice this exercise with two toys (trade one toy for the other) and two chew toys / bones.
- **OFF:** The goal of this exercise is to teach your dog to respect your space.
Hold a fist full of treats at your puppy's nose and wait. Keep your fist still! It is normal for him to paw, lick, and chew on your hand. The second your dog stops nosing your hand and pulls away, C & T! If during this exercise he nibbles your hand too hard, tell him "OUCH!" Only C & T when your dog is not touching your hand.
- **POLITE LEASH WALKING:** The goal of this exercise is to have your dog walking politely beside you on-leash.
Hold your leash & clicker in your right hand and a treat in your left hand. Stand directly in front of your dog and place the treat at his nose. Move backward 4 - 5 steps and encourage your dog to follow by keeping the treat low and in front of his nose to prevent jumping. When he has followed you for 4 - 5 steps, C & T! Slowly increase to about 15 steps. Keep this exercise short, exciting, & fun! Practice in every room of your home and outside. Once your dog is following you consistently, add the pivot. Show your dog the treat (as explained above) and after taking 4 - 5 steps backward, turn to your right so your dog is now on your left side. Hold your hand close to your left thigh and keep your dog focused on the food. When he is beside your left leg, C & T!

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!

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.



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BEGINNER I OBEDIENCE Week #3 Homework

Grooming / Gentle Handling Basics:

- Your dog needs to be handled daily – **no exceptions!** Your dog must get used to having his collar touched. Your dog also needs to learn to accept a gentle collar grab and be comfortable under gentle restraint.
- Don't wait until your dog is 'older' to start grooming or handling exercises. If your dog is a breed that will need frequent professional grooming, he should have had his first professional appointment before 4 months of age in order to have him acclimated to the grooming process. Short, frequent grooming sessions are best.
- Wipe your dog's eyes and clean his ears frequently. Brush your dog daily and make grooming a routine.
- If your dog fusses or pulls away, do not allow it. Only stop the exercise when he is calm and not resisting. Remember, you are not hurting your dog, you are teaching him to quietly accept being handled and groomed.
- If you don't feel you can trim your dog's nails without cutting into the quick (and making him bleed), have a professional show you how to correctly trim his nails. Your dog will need his nails trimmed very frequently. If your dog's nails are touching the floor when he is standing, they are too long.

Training Commands for the week: Add the verbal command with the hand command. Say the command only once!

- **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.**
Make sure you have a treat in your hand when a person approaches. Ask your dog to sit – he must stay sitting in order to be patted. Do NOT allow anyone to un-train your dog by patting him if he's jumping! If your dog jumps up, give him the "Off" command and immediately ask him to sit again. Only C & T once he's sitting.
- **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.**
- **RECALL: The goal of this exercise is to have your dog come when called.**
Practice this exercise ON-LEASH only to begin. Wave a treat in front of your dog's nose while saying his name and "COME" in an excited voice. C & T on the FIRST step he takes toward you.

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!



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BEGINNER I OBEDIENCE Week #4 Homework

- **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.
- **OFF:** The goal of this exercise is to teach your dog to respect your space.

To remind your dog that jumping isn't allowed, tell him "Off" and turn your back on him if he jumps on you. Do not turn around until he is no longer touching you. Do not step on your dog's toes, push him off, or touch him physically – doing these things will give him attention and reward his jumping. Only by ignoring him and giving him no attention for jumping up will he learn that it is not acceptable. If your dog is jumping up on something else (a counter, table, etc.) tell him "Off" and immediately ask him to sit. If he attempts to jump up again, give him a time-out in his crate.

- **POLITE MEETING:** The goal of this exercise is to teach your dog to offer a "Sit" instead of jumping up.
- **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.
- **RECALL:** The goal of this exercise is to have your dog come when called.
- **UH - OH:** This negative marker simply tells your dog he's not earning a C & T.

Your dog is not a robot and will not always follow every command you give. If you ask for a command and he doesn't obey, tell him "Uh - oh!" and turn your back on him, ignoring him for a few seconds. Then try the original command again. Don't give up – work with your dog until he obeys your original command.

- **LEAVE IT:** This is an exercise to keep your dog safe from forbidden items.

Your dog will never get an item that you deem as a "leave-it" item! Place an item such as a tissue, paper towel, or other tempting forbidden object under your shoe. (No open toed shoes for this exercise!) Wait for your dog to ignore it and then C & T! Toss the treat a short distance from your foot to give yourself time to pick it up. Once your dog has stopped trying to get the item under your shoe, show him your "leave it" item. Tell your dog to "Leave it" and place the item on the ground, several inches from your foot. If he ignores the item, C & T! If your dog does attempt to get the item, quickly cover it with your foot and start over.

It's time to wean your dog from the Clicker and rely more on verbal praise!

When teaching a new behavior we use **CONTINUOUS REINFORCEMENT**. Each time your dog offers a behavior he receives a C & T. This type of reinforcement is ideal for the early stages of training because it results in quicker and more consistent learning. Every time you teach your dog a new behavior continuous reinforcement should be used. Once your dog is familiar with the behavior, he is ready for **VARIABLE REINFORCEMENT**. Now, each time your dog performs a behavior, he may receive a C & T or a release word. A release word is a marker to tell your dog he offered the correct behavior! This release word will take the place of the C & T; you will give your release word and praise!

- **When to use CONTINUOUS REINFORCEMENT (CLICK AND TREAT):** If your dog is still uncertain about a behavior, in a new place, around new people, or other distractions. Use Continuous Reinforcement when teaching any new behavior.
- **When to use VARIABLE REINFORCEMENT (RELEASE WORD):** When your dog is consistent in a behavior in every setting (home, outside, and with distractions) and if your dog seems to be bored with a behavior.

Either C & T or use your release word - NOT BOTH! Be unpredictable - don't follow any set pattern. Don't choose a release word that you say regularly in order to avoid confusing your dog. Everyone should use the same release word.

Other things to practice this week:

Peaceful Parting: Practice getting at least 10 steps away from your dog while someone else holds / restrains him.

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.



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BEGINNER I OBEDIENCE Week #5 Homework

Training Commands for the week: Add the verbal command with the hand command. Say the command only once!

- **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.
We will teach your dog to "Stay there and don't move until I release you!" To work on stay, remove all food from your hand. Ask your dog to sit. Once he sits, instead of a C & T, pause and quietly stand in place for a few seconds. If your dog holds the sit, C & T! Practice the same exercise in the Stand position and the Down position.
- **UH - OH:** This negative marker simply tells your dog he's not earning a C & T.

Fun tricks to teach your dog this week! Please teach your dog a trick (or two) for next week's graduation!

- **SPIN:** Teach your dog to spin in a circle. Put a food lure at your dog's nose and slowly lead your dog in a circle. C & T as soon as your dog completes ONE circle! Practice in both directions.
- **GIVE PAW:** Teach your dog to shake. (No food lure) Gently tap or touch behind the dog's ankle and when dog lifts foot, C & T! To teach "High Five", move your hand up toward dog's shoulder to encourage him to lift his paw higher. C & T! Keep working until you can hold your hand above dog's head and he extends his paw up to meet your hand.
- **CRAWL:** A belly crawl across the floor. Get dog in a DOWN - hold a food lure at dog's nose (keep food toward the ground!) and slowly move lure away from the dog. If your dog stays down and moves forward, C & T! Gradually increase the amount of forward movement before you C & T.
- **ROLLOVER:** Roll all the way over! Get dog in a DOWN - hold food lure near dog's nose and lure his head back over his bum. Go very slowly so dog can follow lure - if dog goes on his side, C & T! Then try again and lure dog onto his back - C & T! Eventually get to where dog will roll entirely over. Work this one slowly, and C & T for every inch of improvement.
- **BANG:** Play dead! Get dog in a DOWN - hold food lure near dog's nose and lure his head back over his bum (like the first step of Rollover!) When dog goes on his side, C & T!
- **DANCE:** Teach your dog to stand up on his hind legs and walk upright or dance. To start, get your dog in a sit. Now take a cookie and put it at his nose, luring him up. C & T for any progress standing up on his back two legs. This will take a lot of concentration and balance on your dog's part, so work slowly. Eventually, your dog should be able to balance fully upright (walking like a human) and even spin in a circle!
- **SPEAK:** Your dog can learn to bark on command! Find a situation in which your dog usually will bark (someone knocking at the door, etc.) When he barks, give him a hand signal (we will give you an example or you can make one up) and tell them "SPEAK" - C & T each time they obey. Eventually, they will learn to get rewarded for barking (ON COMMAND!) Remember - once you teach SPEAK - you can teach QUIET!
- **QUIET:** Your dog can learn to STOP barking on command! Once your dog has learned the SPEAK command (see above), you can teach him to stop barking immediately. To start, encourage your dog to SPEAK - when he does, tell them "GOOD DOG - NOW QUIET" and make a shushing hand signal. As soon as your dog is quiet, C & T. With repetition, you will teach your dog to be both vocal and quiet on command.