



## Day Training Homework 1-3

### Your Routine:

- Conditioning Come (1 minute)
  - You can cut back to 1 minute this week, as long as your dog has not been having trouble with the exercise.
  - This week you should be making it a bit harder on them, try to lose them, make lots of turns, look for the dog to get distracted by something else (sniffing, another dog outside, squirrel, food, someone arriving home, etc... but you don't want to create the distraction try and make them natural.) the correction will be the same, and by this point all of your corrections should be firm snaps.
- Work heel in a Square w/ quarter turns left or Right(3 squares w/out a correction)
  - You will now be working your heels in a square pattern, doing quarter turns to the (left 2 days, Right 2 days), with the same goal of successfully completing 3 times around w/out needing to correct your dog.
  - You will be helping the dogs on the turns for now, by adjusting them when you are turning
- Thresholds "Kennel Up" (3 successful leaving crate 3 successful entering crate)
  - If you crate your dog, make sure you are working the threshold every time you bring them in/out of the crate. We use the "kennel up" command for going into the crate, and we expect them to wait in the crate until we give them a command, usually "come," or "heel."
    - When you open the door to the crate, tell them to "wait" and begin to slowly open the door.
      - If they try to rush out, you are going to close the door on them, not hard enough to hurt them, but it should be sudden (See video). We want them to understand that we will let them know when it is safe/ok to leave, this will be much more important when we move to entering/exiting the car!
      - Once they are waiting patiently and not trying to rush out, put their pinch collar on (being ready to close the door again on them if they decide to rush out at this point) and then, after a pause, attach the leash. We want this to be very strongly built into their head, and we don't want them to think you interacting with them is giving them permission to leave.
      - After the leash and collar are attached, call them "come" or "heel," for this exercise you will be continuing to work them, but you should use this exercise whenever you are letting your dog out of the crate, and after you ask them to "come," or "heel," would be when you give them the release command. It is better to make the release structured,



because then they are not getting anxious over trying to get out, they will start to get excited for the commands, in their minds, the “come,” or the “heel” are what allow them to leave the crate.

- Sit (3 successful sits w/out correction)
- Down (3 successful downs w/out correction)
- (Sit)Stay (30seconds-5minutes)
  - If your dog has been doing ok with staying while you walk a sizable circle around them, we are going to start working on duration, if they are having trouble, do not move on to this exercise, but contact me, so we can figure out what is going on.
  - As before, from heel, tell your dog to “stay” and drop the leash in front of them. You should have a watch, clock, stopwatch, etc... to keep track of the time, and you would start it right after you drop the leash.
  - Walk 5-10 feet in front of the dog, and turn to face them.
    - Watch the dog, and if it looks like they are going to break the stay, remind them “stay,” if they are distracted, make a small noise or snap to get their attention away from the distraction, do whatever you have to (while remaining in the same spot) to get them to stay. You want your dog to have every opportunity to complete the exercise correctly, so when they do get up the correction is entirely their fault.
    - You do not want your dog to lay down when they are in a sit-stay, if you see them start to lay down, again, try and get their attention, (see video) bring your arm up from in front of you in the “sit” signal, remind them, “no, sit-stay,” and if they do lay down, return to their side, pick up their leash, ask them to heel turn in a circle to the left to put them back into the same spot, and snap up “sit-stay.”
- Sit, Wait, Heel(3 successful exercises)
  - This exercise will help to reinforce the “heel” command as a position.
  - From a heel, ask your dog to “sit,” tell them “wait,” and take a few steps forward. Then, after a pause, you are going to ask them to heel, and tap your left leg with your right hand, inviting them over.
    - You should be removing the slack from the leash while they are coming closer to you, and when they get to your side your left hand should be making minor leash adjustments to make sure that your dog comes to the right spot, and you can then spot them on their sit.
    - You should move right into the next “wait... heel” when your dog is sitting you do not have to heel them out of it before the next exercise.



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Date	Time Worked	Commands Worked	Notes

**EXTRA CREDIT!!!: Take a video of yourself doing your routine with your dog, and send it to us and your dog will receive an extra special treat!!!**

Please contact me if you are having trouble or if you have questions about the training, or the program! Remember to take advantage of your discounted private lessons, during and after the program!

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