



Day Training Homework 1-2

Your Routine

- Conditioning Come (2 minutes)
- Work heel in a circle (3 large circles w/ out a correction)
 - Try varying speeds this week.
 - After you have started heeling, say heel and speed up, say heel walk slow, say heel and break into a little jog, etc... If your dog is easily distracted, working heel very slowly will be difficult but rewarding especially when the distractions start coming around, but only move on to this if they are doing good with their heel in general.
- Thresholds (3 successful exercises w/out needing a correction for breaking heel)
- Sit (3 successful sits w/out correction)
 - While at a “heel” give your dog the “sit” command
 - If they sit, give them praise, but make sure they don’t get up from their sit, and then ask them to “heel” and start walking forward. Repeat until you get 3 of these perfectly without having to correct them.
 - If the dog does not sit, snap the leash straight up, repeating “sit”, if they still do not sit, snap up slightly harder, again repeating “sit”, if they still do not sit, lightly snap up, “sit” and touch the base of their tail, applying pressure until they sit and then give them big praise. (you are not forcing the dog to sit, you should just be applying pressure to get the dog to sit on its own)
- Down (3 successful downs w/out correction)
 - While heeling come to a stop and prompt/assist your dog to a sit. From the sitting position, drop the dogs leash in your left hand, and ask your dog to “down”
 - If they down, pet them, and give them praise, again making sure that they do not get up, then “heel them away, repeating the exercise until you get 3 downs w/out needing to correct the dog.
 - If your dog does not down, give a medium correction by snapping down and back (towards your ankle) and repeat “down”, if they still do not down, escalate the correction a little harder, again repeating “down”, and if he still does not down, lightly snap down and back, and prompt them to down by applying pressure in between their shoulder blades, applying more until they down, and give them big praise when they do. (You should not be forcing the dog down, just applying pressure until they down on their own.)
- (sit) Stay (3 separate circles around the dog w/ them in “stay” w/ out breaking)
 - Put your dog in a “sit”, tell them “stay” and quickly walk a circle around them.



- You can walk in front of them or behind them, do whichever is easier for them at first, but eventually you will do both.
- You can repeat stay if you think the dog is going to break, but you do not want to constantly repeat the command, or that will become the command and it will be harder for them to stay for longer periods of time.
- As they get better start by walking more slowly around them, and then increase the size of the circles (ONLY if they are consistently doing well with the previous difficulty).
- **Wait (3 separate circles around the dog while repeating “wait” w/out breaking)**
 - Exactly the same as the “Stay” exercise, but you are using the wait command, and you can repeat it more often.
 - The distinction between “stay” and “wait” is the state of mind that we want out of the dog.
 - “Stay” should mean: Stop moving, regardless of anything else that happens, and I will come get you when it is time to get up. We are telling them to relax, and that they are going to be there for awhile.
 - “Wait” should mean: stay here, but be ready for me to ask you to do something. We are telling them to remain alert and ready for the next command.



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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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