

CLICKER TRAINING—POSITIVE REINFORCEMENT

FIRST SESSION—we must teach that the sound of the clicker is GOOD. *It means the dog has done the right thing and you promise YOU will give the dog a treat.* It is like saying “YES” to the dog. It is an excellent way to teach the dog when he is not on leash and by your side. So the dog not only obeys on leash but off leash. **JUST NOT OFF LEASH** when away from home and safe area. 1st year dogs(1 A) exercises are all on leash, 1 B has few off leash exercises.

THE CLICKER IS **NOT A TOY**- IT IS AN AIDE TO HELP THE DOG LEARN
If the clicker sound is abused it will mean nothing to the dog!!!
 After a behavior is learned, we phase out the clickers and treats and replace with the praise “GOOD DOG” and touches.

Don't give **COMMANDS** that the dog doesn't know. You are teaching a foreign language to your dog. So don't confuse him.

He will learn to ignore or worse **DISOBEY**.

The WORDS we use will be CUES after the dog has done the right behavior

If the dog does the wrong thing **IGNORE HIM** (*no touching, no eye contact, and no words*) *WAIT the good behavior will happen.* If the behavior is terrible and we must say **NO—GROWL** and use words like **HUH- HUH; AH-AH; or ACK** in a growly tone

FIRST BEHAVIOR: SIT

NO WORDS—NO COMMANDS -JUST WAIT even if your dog knows the word
FIRST time the dog **SITS—CLICKS—TREAT** immediately in that order

Then when the sit is getting very quick **CLICK—TREAT—SAY “GOOD SIT”—PET**
 Be aware of the dog's body language (He will be watching your body language) so you will be teaching hand signals and body movements without thinking about it.

WATCH when the dog is just about to SIT say “SIT” (say **ONE TIME ONLY**)

If the dog sat C/T (CLICK & TREAT)

If the dog didn't sit LURE THE DOG INTO SIT then C/T. Lifting the head with treat lure - helps to lower the rear for a sit.

NOW as sits are getting obedient on command; wait just a few seconds then C/T

RELEASE COMMANDS with “*ALRIGHT; RELEASE; YES*”

If you always release your dog from sit then when we start teaching **STAY** this will help. He will wait till released before proceeding to the next command; so actually he is waiting or staying in the sit till you say it's Okay to move—that is a **STAY**.

But let's wait to teach stay later. **We have 11 weeks of lessons and practice before the fair so if you follow the plan we will have obedient dogs for show day!!!!**

If you use good body language the dog is more likely to follow; walk proudly- head up- shoulders up. Leaders are calm- no tension, no yelling; assertive people (or dogs). Be consistent, talk and praise your dog so he knows what is going on. And have **FUN**.

By week 2 --Sit refresher lesson: ___ Sits should be on cue now; if you can say the command; say **ONLY ONE TIME**. Don't say a sentence for the dog to obey. **Start rewarding randomly the sits; only the best sits. If dog is targeting your hand - make him work for an empty hand signal; not just food as a lure.** When your dog obeys an empty hand signal; **give a jackpot reward**. As we start walking the dogs, our stopping will be a signal for dog to sit.

SECOND BEHAVIOR: WALKING ON LOOSE LEASH or "LET'S GO" -- Later this will become a "HEEL"

Start walking forward; if leash is loose or slack in leash C/T; if dog is pulling STOP MOTION *hesitate*; then try again C/T as you get slack. Can also do the leadership turn.

For Bad PULLERS do Penalty yards walk backwards few steps- after dog comes back to you, take one step forward C/T. Keep repeating until dog gives into walking with you. You may have to walk backwards 3 steps then 1 step forward- don't be in a hurry to get somewhere. But, do be exciting to follow do turns left and right; circles, figure 8's keep the dog guessing where you are going and he may miss out going with you.

When we stop walking, the dog will need to start sitting by your side. If your dog happens to do this correct early in the training process, give nice reward. This way he will want to repeat the behavior so the good reward comes again.

VERBAL language example; dog is sitting and you are ready to start walking.

"Okay, Let's Go." HUMAN start walking with LEFT LEG FIRST- body language; this will be his signal to start walking.

Stop- HALT: Tighten grip on leash, pull back slightly on leash, just before you take your last step; again this will be his signal you are going to stop. Stop with your feet together- practice marching drills. LEFT Foot forward- few steps - tighten leash - stop- sit.

Once stopped say "*SIT*" ONE TIME dog will sit. Now C/T

This becomes a sequence behavior; dog walks with you, stops and sits- then C/T= REWARD

"About Turn"

Handler-person stops and stands on right foot. Pivot (hold right foot on ground and turn around so you can walk in the opposite direction) and your dog will walk around you on the left side. As you master turning do not turn so fast or take such large steps the dog can not keep up with you. You are to work as a team.

Hint About turn is Away from the dog!

Reward good sits, loose leash walking, random rewarding schedule on behaviors learned.

THIRD NEW BEHAVIOR: WAIT OR STAY

Sit move 1 STEP (your right foot) from dog; hand in front of face (STAY COMMAND SIGNAL) say "Wait" reserve "STAY" when we have idea what wait means. THEN immediately *back to dog C/T*

Dog is sitting, give hand signal- body language, and say "WAIT", move your right foot, go back to the dog, C/T; if dog does not move start facing the dog. Move- walk to new area then repeat. DO repetition of 10 times; Practice loose leash walking, sitting and waiting in several areas inside and outside.

Help your dog to succeed not fail; progress with the following schedule as long as your dog is being successful. Going too fast will hurt in the long run; if your dog never breaks a stay, even a short one, is better than going so fast in the schedule and having to correct the dog for breaking the stay.

Progress schedule:

Monday: Right foot 1 step- count 1, 2 then return C/T; repeat 10 times.

Tuesday: Right foot 1 step- count 1, 2,3,4,5 then return C/T; repeat 10 times

Wednesday Right foot 1 step- count 1-10 then return C/T; repeat 10 times

Thursday Right foot 1 step- count 1-20 then return C/T; repeat 10 times

Your Right foot movement is now a signal to NOT move.

****if dog is holding the stay** @ 1 step**

Remember your left foot movement signaled the dog to move with you, now at this step it doesn't. So, be careful here the dog may get confused. We don't want the dog to fail here. Only give the wait command one time **DO NOT REPEAT.**

Friday: 2 steps right foot first; immediately return to dog C/T; repeat 10 times

Saturday; 2 steps right, left; count 1, 2 return C/T; repeat 10 times

Sunday, 2 steps -right, left count 1, 2,3,4,5, return C/T; repeat 10 times

Monday, 2steps -right, left count 1-10; return C/T; repeat 10 x

Reward the very best Sits, the walking next to your left hand start calling this "HEEL"

RETURN TO YOUR DOGS

Dog is sitting ask to WAIT: Go back to 1 step in front of dog but return to dog the correct way of circling the dog and returning to his side.

Approaching the dog face to face; your left side is going to the right of the dog circle behind the dog coming back to his right side. Dog never moves-only the handler moves; keeping your left side to the dog as you move around the dog.

EXERCISE FINISHED -REWARD YOUR DOG

Continue increasing distance on sit stay with 10 repetitions again then progress to 5 steps scheduled like last week; then 10 steps. If you get good at 10 steps for 5 seconds progress to 10sec-20-40-60 seconds; if he breaks a stay go back to shorter time and a shorter distance and progress SLOWER. DO IT RIGHT; SET YOUR DOG UP FOR SUCCESS **Don't expect too large of distance too soon; doing so can set your dog up for failure and the dog only staying as long as he wants- not as long as you command. Remember you only have to be 6 foot away and 60 seconds for the dog show.**

FOURTH NEW BEHAVIOR

DOWN is the same as Sit

Get the dog tired then wait for him to LIE DOWN then C/T; C/T “GOOD DOWN”; Clicker sound is now a true signal to dog; so the sound marks the behavior you want- DOWN”. When the dog lies down, and you click- he can come to you, you can go to him, or toss the treat to him on the floor. Right now we are just trying to get a new behavior to happen. Then we name the behavior with a (CUE- DOWN). Example; dog lies on the floor, CLICK, toss treat, “GOOD DOWN”. Then we will progress to “Down” as a command- when we know the dog understand the command connected with the down behavior. You can teach this one at anytime, anyplace, on or off leash. Practice it while doing homework, eating or watching TV.

Lessons: Heel, Sit, Stay, and Return to your dogs. Clicker can be phased out on learned behaviors; randomly rewarding *ONLY really great performances*. Use the clicker for new behaviors and commands that have not been perfected yet. If a behavior is giving some difficulty to perfection- break the steps down and reward each step as dog is successful. Remember to ask for help if you have any problems.

FIFTH NEW BEHAVIOR: DOWN/STAY

Start the down stay just as we did the sit stay. Take one step (RIGHT foot) away from your dog and immediately return. C/T

Use the same progression chart for Sit/Stay on week 3. ONLY progress as fast as your dog is being successful. Slow down if your dog is breaking the stay. Reward the sequence;

Down; Stay, return, C/T.

Schedule

Day 1 - 1 step; count 1,2; return- C/T; repeat 10 times in different locations.

Day 2 - 1 step; right foot; count 1, 2,3,4,5 then return- C/T; repeat 10 times

Day 3 - 1 step; right foot count 1-10 return- C/T; repeat 10 times

Day 4 - 1 step; right foot count 1-20 return- C/T; repeat 10 times

Day 5 - 2 STEPS right-left count 1,2 return- C/T; repeat 10 times

Day 6 - 2 STEPS right-left count 1,2,3,4,&5 return- C/T; repeat 10 times

Day 7– 2 STEPS right-left count 1-10 return- C/T; repeat 10 times in different locations.

Day 6 or 7 if dog is doing wonderful at staying- never getting up you can start

Down /stay and return to your dogs;

Down, ask the dog to stay, step away right foot first, turn face the dog, then return to your dog, circling behind the dog. “Exercise finished” and reward your dog.

Continue working on this exercise; getting further from the dog --3 steps, then 4 until you can get to the end of the leash- 6 foot.

Sixth New Behavior: COME- RECALL

POSITION SIT/STAY

Leave your dog- go to end of leash

Call your dog- he should come straight to you eagerly, C/T.

>>>If you do not have a GREAT come on your dog, get someone to help you.

Practice with a helper holding your dog;

Helper you are to hold the dog until you feel he is excited about getting to the handler (4-H member).

Handler you are going to do things to get the dog excited about getting to you (say "Come" as the dog is coming and C/T). **By not saying come to a dog, who may have learned to ignore the word come, we are going to change his thinking.** We want very excited eager COMES.

If you do not have a helper; turn away from dog take few steps away from the dog; then allow the dog to catch you. Hopefully he will want to come follow you, if so say good come and reward with click treats or pets. Each time a dog approaches you he needs to check in- this is a good time to give "the touch" for your approval. After you get a nice quick come, which is directly to you; ask him to sit if front of you. Once this portion of the task is going well you may proceed to the finish part of this behavior.

New behavior: Dog returns to his position "Finish"

Position Sit/Stay--recall; dog comes straight to you

Step 1. Ask dog to sit again- this time he will be facing you, C/T.

Step 2. The dog is going to walk around you- (going to your right side; behind you) and return to his normal position on the left side-C/T. To help the dogs with this difficult maneuver-Handler will place leash in right hand take one step backward with right foot; this gets the dog to move with the leg movement. Ask dog to move and walk behind you as you place leash in left hand (behind your back). Left foot steps forward, back into the position you were; and the dog moves into the "heel" position beside you; C/T

When dog starts to get the idea and is moving "Say heel"

Heel becomes the cue word to move around you and get back into position to walk.

Step 3 command "sit" on your left side again. C/T

Step 4. Exercise Finished you may pet your dog.

As this maneuver becomes better you will not move your right foot and the dog moves when you switch hands and say heel. And phase out the C/T when it becomes reliable. Then phase out the movement and have the command heel meaning to return to the left side.

The way to remember who goes around whom: **The one that is moving goes around the stationary one.** Dog recall- dog is moving- coming to handler so the dog walks around the handler. Handler leaves the dog and returns- person is moving so handler walks around the stationary dog.

Heel and sit should be accomplished well enough that you do not have to be C/T at all or at least only occasionally- the "best ones."

Stays should be up to a random reinforcement- C/T -Be sure you are only saying "Stay" one time. DON'T REPEAT ANY COMMANDS.

NEW BEHAVIOR: STAND FOR EXAM

Dog is sitting; pull gently on lead, if he stands on all 4 feet C/T Say "good Stand"; sometimes it helps to take one small step to get the dog from the sit to a stand on all 4 feet. Or you can place hand under dog's belly to lift dog; when dog stands C/T SAY "Stand". Get the behavior, reward it C/T, the give it a name.

If that doesn't work well- take leash (handle end) go under dogs belly use the leash as a cradle to lift the dog. Say "Stand" C/T as you get the behavior to happen.

Once the dog will stand on command; then get a stand/stay; you will be ask to leave your dog just as in the sit and down. The judge will touch your dog, examine, and then you will return to your dog.

You have now learned all the different behaviors it will take to compete at the fair. Just practice these behaviors daily correcting and making them better and better each day. You have several days to practice for perfection and you will have a well obedient pet to enjoy and show off at the fair.

Start practicing walking straight down the sidewalk or driveway making 90 degree turns. A typical pattern goes sit, walk forward, halt -sit, left turn, slow pace, normal pace, about turn, right turn, fast pace, about turn, halt sit.

NEW- PATTERN FIGURE 8'S

And we will start doing figure 8's as a pattern to complete for fair.

Figure 8 is done around 2 poles. You enter the area around the poles facing the judge.

Judge =X (or wall)

Pole =P

Dog handler = H

D dog

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                X
            P          P
            d H
  
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Judge will tell you may go either direction. She will ask if you are ready; you reply "Yes Sir" or "Yes Mam". You step forward ask dog to "heel " and go around a pole, back to the center in a figure 8 walking around each pole, stop and "Sit' as the judge directs. Proceed as judge instructs till exercise finished, then you can praise and exit.

PATTERNS- individually

Walk straight lines: do 90 degree turn, stop-sit, heel with speed changes, about turn, leave your dog- recall

Long Sit and long down are done as a group; in a line side by side; starting at 60 seconds; possibly up to 3 minutes

Good luck. I hope you enjoyed this method and have learned how to start training any behavior or trick by the use of a clicker. Now practice-practice- practice-practice-and more practice. Call me anytime you have a question.

HOW TO BE A GOOD LEADER

All members of the family (**human and pets**) become the dog's pack. In dog language **someone needs to be the leader** for this pack to survive; so if the humans are not being good leaders **the dog will be the pack leader**. Not all dogs are born or equipped to be a leader just like all humans are not president of the USA. It will be hard to convince the dog that some young people can be a good leader. The dog will know the young person is not capable of caring for him or her self; so the dog will not want to take commands from them. But, by doing the techniques I will teach you, we can help the dog to abide by the new rules and commands from everyone in the family. All members of family need to share responsibilities of feeding, housebreaking and playing. **Leaders supply these things in the pack**. The little things you do may seem meaningless to you but have great significance to the dog.

Eye contact, touching you, eating any food, running out the door all can be very meaningful to the dog.

Dog nudges your hand for attention--- you pet

Dog is lying on floor – you walk around dog

Lying in bed in choice spot—you crawl into what space is left

Sitting in a chair or getting up from one and the dog claims the space

Play games (Fetch or tug of war) dog ends the game by taking toy under bed or table

*In these cases **WHO is in Charge HUMAN or DOG***

Tug of war is game of strength if dog wins he believes he is stronger than you and better suited for leadership. Game can be played but win the game by teaching a release to the dog and you end game. **If dog's teeth every touch you –YOU END the game** he learns to be careful.

On the other end is the submissive dog- **Submissive urination** is a signal of “*I will do what you want me to*” Don't make a big deal about cleaning up AND **don't PUNISH**

Games-Win the majority of games- end game before dog tires, keep exciting; put those toys up in your possession—balls, Frisbees, tug ropes.

Dog has his own toys- chew, rawhides, Kongs things you don't play with

Sleeping places- Leaders get choice spots, comfy beds and chairs and pillows. Young dogs may need to be crated- denned for the first year or longer. Dogs can love the crate or den.

Movement of Pack- Leaders goes first- out doors, from room to room, up stairs

Eating – Leaders eat first and *would never beg*; Put dog out of room at meal time if can't refuse begging eyes; or make dog lie on his place (bed) during meal time then feed him after your mealtime.

To help against **object guarding** (*FOOD*) feed meals-

1. Occasionally one kibble at a time
2. Feed half; take bowl away; add second half;
3. Halfway through eating add a really good treat to bowl. The dog will realize hands don't take food away but give good things.

Dogs are intelligent they can train owners to do marvelous things. Dogs just want to be Dogs. We need to think like the dog and we can train the dog to be POLIET. Don't try to treat the dog as human baby; this can confuse the dog and most likely cause behavioral issues.

HOW TO BE A PACK LEADER

1. Focus on dog's nose or their forehead between their ears. Making eye contact can be confrontational and you may not be aware of the test from your dog.
2. Touch them gently on their side- shoulder area EVERY time they come to you when it is feasible.
3. "This is a gentle touch of 2 seconds- to say I'm here for you."
4. A leader is a 'director' rather than a 'controller'. Use it firmly and 'in concert' with the animals movement when turning them. Turn with the dog not a spin. You want the dog to yield to your body and the immediate space around you.
5. Take note of your emotions: if they are strong (low or high), you may want to forego working with the animal at that time. Animals don't tolerate overages very well. 'Discipline' without the fire and immediately within 3 seconds.
6. Center yourself (breathe, at least) before working with your dog.
7. Ignore the animal upon returning from work, school, outside, etc., until they leave you alone completely and then call them to you to touch them gently.
8. Touch then speak (if you must speak at all...)
9. Disallow them on furniture without expressed permission.
10. . Pick up any food that is not eaten within 10 minutes or so. Gesture eat out of their bowl before feeding them or spit on their food without them seeing it.
11. Turn your back and fold your arms when they jump up rather than pushing them down.
12. Notice what their concerns are immediately and address them with a touch and turn.
13. Enjoy "Pack Time" at least twice a day! At Pack time give whole body massage; groom and work on desensitizing feet to the touch. Use it wisely!

"LEADER TURN"

The dog is positioned on your left side, walking with you. You will step into and in front of your dog turning to the left. This is a 360 degree turn- full circle, and keeps you going in the same direction of travel. This is an excellent maneuver for dogs wanting to walk in front of you- wanting to take charge of the walk, or just not wanting to do what is ask of them. You will not be ask to do this in your obedience work; but learning to do this turn for leadership will be very helpful. When doing for leadership you will turn 360 degrees; then "touch" the shoulder for the "I will take care of you" signal.

This maneuver is to mimic dog behavior when the faster dog outruns the slower dog and they turn-the slower dog submits to the faster- the leader dog.

The first of the obedience behaviors is:

"ABOUT TURN"

Is a 180 degree turn and changes the direction you were walking from clockwise to walking counter-clockwise. This is an obedience maneuver and you will be asked to do this in your routine. This is the opposite of the leader turn. The about turn: the handler and dog stop momentarily, the handler pivots on their right foot and the dog walks around you; then you proceed walking in the opposite direction. We will use this often in changing direction each practice session.

4-H DOG DICTIONARY

SIT – on handler's left side, facing same direction. Sit is squarely over dog's hind legs; butt firmly on ground

HAND SIGNAL—left hand lifted slightly.

WALK—forward with handler on left side.

HEEL—dog is walking politely on left side of handler. Dog's head next to handler's left leg.

Signal—step first with left leg.

HALT—Stops forward motion.

Signal by lifting leash slightly as to tighten grip on leash

ABOUT TURN—reverses direction you are going. Handler does a 180 degree turn.

Pivot on your right foot; spinning with your left foot. The dog moves with with your left foot so he walks around you.

STAY—dog remains in a position (sit, down or stand) as handler moves away.

Signal- use a stop sign hand signal. You step with right foot.

LEAVE YOUR DOGS—as in a sit/stay or down/stay **move away with your right leg first**; only leave as far as your leash will allow – 6 ft.

NEVER LET GO OF LEASH IN FIRST YEAR

RETURN TO YOUR DOG—after a stay and leave at prescribed distance, you return to your dog by approaching dog's left side and circling dog; keep your left leg next to dog and return to his right side.

DOWN—comfortable position for dog best if can get the Syphx lion look.

Signal move hand down- opposite of sit signal.

RECALL—used after a sit/stay; will call your dog to you. He comes and sits in front of you- facing you.

FINISH—dog returns to your left side similar to return to your dogs only dogs circle handlers. **This ends the exercise and dog receives a "Good Dog Pet"**.

STAND FOR EXAM—dog stands on all four feet while Judge inspects (or touches the) dog.

Signals in blue are almost invisible to audience but enough for dog to notice

Signals in orange are visible to everyone

CALL ME WITH ANY QUESTIONS. BECKI 812 603 4786