



## DOWN

**Step #1** – Ask your dog to “Sit.” With your dog sitting, move a treat 2 inches from in front of his nose and *slowly* bring it straight down to the ground at a 90 degree angle.

\*If your dog won't follow the treat all the way down to the ground without getting up from a “sit”, start rewarding baby steps. These are approximations of the final behavior. Inch by inch, simply reward movements of your dog's head moving towards the ground. Do this again and again until your dog brings his head all the way down to the ground. Say “YES!” or “GOOD!” to mark the behavior and open your hand to release the treat.

**Step #2** - Then, *slowly* bring the treat towards you a bit drawing the letter “L”. When your dog's belly finally touches the ground, say “YES!” or “GOOD!” to mark his success.

\*Always go at your dogs own pace.

### The FORMULA for "DOWN"

- a) Take a treat and draw a line slowly down to the ground and wiggle it out (towards you) a bit.
- b) Mark the correct behavior by saying “YES! or GOOD!”, (or by clicking the clicker) and then give your dog a treat.
- c) Release dog from position by saying “OKAY!” or “FINISHED!”

*\*REPEAT PROCESS SEVERAL TIMES*

*From a “sit”, take a treat to the nose, draw a line down to the ground, say “YES!” and give a treat. Release by saying “OKAY!”*

Here's a secret: If you give your dog several treats while they are lying down, they'll end up staying in that position longer.

**Step #3** – Add the word “Down” as you lure the dog with a treat to the ground. (This process of luring your dog with a treat in your hand acts as a temporary hand signal). Reward the behavior!

*\*REPEAT PROCESS SEVERAL TIMES*

*Say “Down”, take a treat to the nose, (Lure with food) down to the ground, say “YES!”, and give a treat. Release by saying “OKAY!”*

**Step 4:** Use an empty hand for the lure (keep the treat in your other hand or in the treat bag) and only bring the treat out *after* your dog’s successful response!

*Say “Down”, Lure (without food) down to the ground (using empty hand), say “YES!”, treat (from other hand) and release, say “OKAY!”*

**Step 5:** Add a brief pause from the time you say the verbal cue “Down”, to the time you lure the dog down with an empty hand (the hand signal). This will help fade the hand signal.

*Say “Down”, PAUSE a second or two, hand signal down to the ground (using empty hand), say “YES!”, treat (from other hand) and release, say “OKAY!”*

**Step 6:** Voice Only. Now you’re going to start using *just* the verbal cue “Down”. Put your hands in a neutral position and only use the word. Wait up to 45 seconds. Practice this before meal times and before you give your dog a bone.

**Step 7:** Add the new hand signal (hand straight up to the side of your head like your raising your hand in class) as you say the verbal cue “Down”. Give your dog up to 45 seconds to think and figure it out. When successful, reward lavishly. End the session on a high note!

