



Jeffrey Brian's ~ 7 Requests for Success

SIT!

Move a treat from just above your dog's nose slowly back over his head. The moment his rear touches the ground, say "YES!", then reward with a treat and praise. Say "SIT", only after he has done it reliably 8 out of 10 times.

DOWN!

With your dog sitting, move a treat close to your dog's nose and let him sniff it. Slowly move your hand in a perfectly straight line from his nose all the way down to the ground. Then, slowly move the treat along the ground towards you until he lies flat on his stomach. Say "YES!", then reward with a treat and praise. Next, add the word "DOWN".

STAY!

With your dog sitting or lying down, give the hand signal (a stop sign) about 6 inches from your dog's nose and say "STAY". Keep your voice calm. Begin by rewarding 2 second-stays, then 3 second-stays, and so on.

If your dog breaks the stay, say "Eh-Eh", and start again. A release word like "Finished" or "Okay" ends the exercise. Over time, add the "3 D's" (Duration, Distance & Distractions). Add *duration* first, then *distance*, then *distractions*.

COME!

Point your finger towards the ground two inches in front of your dog's nose. When your dog touches your finger, say "YES", then reward with a treat and praise. Take one step back and repeat. Add more distance gradually.

When you are 80% sure your dog will come to your finger, start adding the word "COME".

NEVER call your dog to come to you for unpleasant things like being confined, reprimanded or leaving the dog park.

DO call him to you for walks, his meals or any real-life REWARDS. Always use a happy and excited tone of voice!

HEEL!

Hold the leash securely. Keep the leash slack (a loose leash) and reward your dog often when he's in the "HEEL" position, a.k.a. "The Batter's Box". Only move forward if the leash is loose and jangly. As soon as your dog tightens the leash, freeze dead in your tracks and don't move forward until you feel the leash go slack. Practice off-leash first in the house, feeding your dog his dinner. Practice on-leash in low distractions area next. Use tastier treats in high distraction areas. On a walk, always keep your energy calm. Also, don't EVER let your dog pull you, even when you're not "training".

LEAVE IT!

Hold a treat closed-fisted. Let your dog sniff your hand but don't move it. When your dog moves his head away, say "YES!", and give him an even better treat *from your other hand*. Once he catches on, say the word "LEAVE IT" as he sniffs. When your dog backs off and stops sniffing - say "YES!", then reward with a treat and praise.

BED!

Take a treat and slowly move your hand towards the bed and place it where you want your dog to go. Reward your dog even for getting one paw on the bed to start. Repeat several times. Next, say the word "BED" as you put the treat down. Repeat several times. Now, pretend to throw the treat (using the same hand motion as before) but this time use the food as a reward, rather than as a lure. This is called "the fake out" - which in turn becomes the actual hand signal for "BED".