

BASIC: Week 4 Lesson

- A: HEEL- correction
- B: WAIT- verbal only
- C: UNDER- leash lure only
- D: SPEAK- reinforce
- E: ROLL- reinforce
- F: BED- reinforce
- G: OUT- reinforce

Lesson A: Heel correction

Reason:

To put a little more pressure on the pup to perform the command on his own
Graduates use this command when they need the dog on their left side (e.g.: opening nonautomatic doors which swing open to the right), to move the dog from any position to their left side and in crowded conditions where dog must be directly next to the chair

How to teach:

Begin by giving the SIT command

Move so that you are directly in front of the puppy with his nose almost touching the front of your legs

Give the Heel command

The pup should move into position with minimal encouragement

If the pup fails to start moving tell him don't and follow with a leash correction in the direction of the heel position

When the pup moves towards the heel position praise and encourage him

When the pup sitting in the heel position praise him and tell him "Good Heel"; go ahead and give him a food reward at this time

Tell the puppy "Release" when you finish the Heel command or tell him to Stay and repeat the above sequence

Tips:

Keep sessions short

When the pup is moving into the Heel position from a position facing the handler, the pup should walk toward the handler and turn a tight circle slightly behind the handler in order to move into the proper Heel position

If the puppy Sits out of position, simply tell him "Heel" while taking one step forward with the pup; praise the puppy once he sits in the proper position

If the puppy sits too far behind, encourage him up to you while giving the Heel command, or you may walk forward as described in the previous tip

Homework

Practice the Heel command as described above at least 6 times per day

Lesson B: Wait (see lesson #3)

Lesson C: Under leash only

Reason:

To teach the puppy to move under objects (e.g.: tables, desks, chairs, etc.) and automatically lie down

The Under command puts the puppy in a place which is safer for themselves and others

Once the Under command is learned, many pups prefer this command as it provides a safe, quiet place similar to a wolf's den

How to teach:

Begin by standing directly next to a standard sized table or desk with the puppy

Lure the puppy underneath the table by having him follow the leash and tell him "Under"

The pup should Under and turn around so that he is facing the handler

If the puppy is hesitant, you may correct or encourage him. If you have to return to the lure (treat or toy), be sure to practice this exercise at home so that the pup relies only on the leash lure

The puppy should do an automatic down; if not, give him the Down command

Tell the pup "Good Under" and give him a reward (toy or treat)

When the exercise is finished, give the Release, the Let's Go or the Here command according to your next exercise

Tips:

Keep sessions short

If necessary, use the leash to lure the puppy all the way into position (except for the Down) so that he learns exactly what to do

If the puppy does not do a Down on command, correct him straight downward just as you would at any other time

Remember not to repeat the Under or Down command

Homework

Practice the under command as described above at least 5 times per day

Lesson D: Speak and Quiet

Reason:

To teach the puppy to Speak and Quiet on command

This helps to control noisy dogs by putting barking on command only

Used by graduates to gain other people's attention when they are unable to: (e.g.: if they have fallen out of their chair or have an emergency and the attendant is in another room)

How to teach:

Tie the puppy on a three-foot leash to an eyehook on the wall or a steady table

Produce a lure that is guaranteed to make the pup very excited (e.g. toys, favorite treats, hot dogs, food bowls with food in it, etc.)

Temptingly show the lure just out of the puppy's reach

You may have to play with a toy or shake a food bowl to build the puppy's frustration level

Most pups will bark when they become frustrated

As soon as the puppy gives the slightest bark (even a whisper), tell him excitedly "Good Speak" and give him the lure

After a few seconds, remove the lure (unless it was a treat) and begin the exercise again

Tips:

Take the time to determine what excites the puppy most

Some dogs grasp this concept faster than others; the key is to build the frustration level

It is easy to build a puppy's frustration around mealtime; place the puppy in a small fenced area or on a three foot tie down and run back and forth shaking his food bowl;

When the puppy barks, say "Good Speak" and immediately give him a piece of his food

If you cannot get a puppy to bark, try opportunity training; whenever the puppy barks say "Good Speak" and give him a favorite treat (SEE YOUR TRAINER BEFORE YOU TRY THIS METHOD)

Homework

Practice the Speak/Quiet command 3 times per day

When the puppy is consistently barking when frustrated, try saying the Speak command before producing the lure; continue to say "Good Speak" and give him the lure immediately afterwards

Lesson E: Roll

Reason

To teach the pup to roll onto his back on command

Used for grooming, health checks and belly rubs

How to teach:

Begin by giving the down command

Using a treat, lure the pup's head over his back and this will cause him to slowly roll over in order to keep the treat in sight

When the pup is lying on his back, say "Good roll", give him the treat and calmly rub his belly

Give the release command

Tips:

Keep sessions short

Keep your hand steady as you lure the pup into position

Place your hand on his belly just under his rib cage to help him relax

You may need to physically help the pup complete a roll in order to teach him the proper position; follow with praise and a treat

Vary the amount of time that the puppy is in a roll

Practice so that he does not anticipate the release command

Begin teaching this exercise in a calm environment

Homework:

Practice the roll command as described about 3 times per day; work up to a 15 second roll-stay

Lesson F: Bed (see lesson #2)

Lesson G: Out (see lesson #2)