

# Skill 1: The Sit

► **LURING.** Touch a treat to your dog's nose, then with the treat in your fingertips and your palm facing up, lure up above her nose. As she looks up, her rump touches down. Marker: "good." Do not use the verbal cue. Praise her, touch her collar, and then offer the treat last. See Week One, page 70.

► **YOUR DOG'S REAL-LIFE REWARDS SYSTEM.** Lure your dog to sit for everything: before meals, walks, playtime, and socialization. For example, when it's time to take her for a walk, before you put the leash on her and go out the door, request that she sit. This teaches her that when she sits, good things can happen for her; it becomes your dog's way to say "please." See Week Two, page 83.

► **MODIFYING THE HAND SIGNAL FROM LURE TO CUE.** As your dog achieves 80 percent success when luring, introduce the slot machine (slowly withdrawing treats) and reward jackpots for the best behaviors. Keep your eyes focused on her so that you don't miss a thing. See Week Two, page 85.

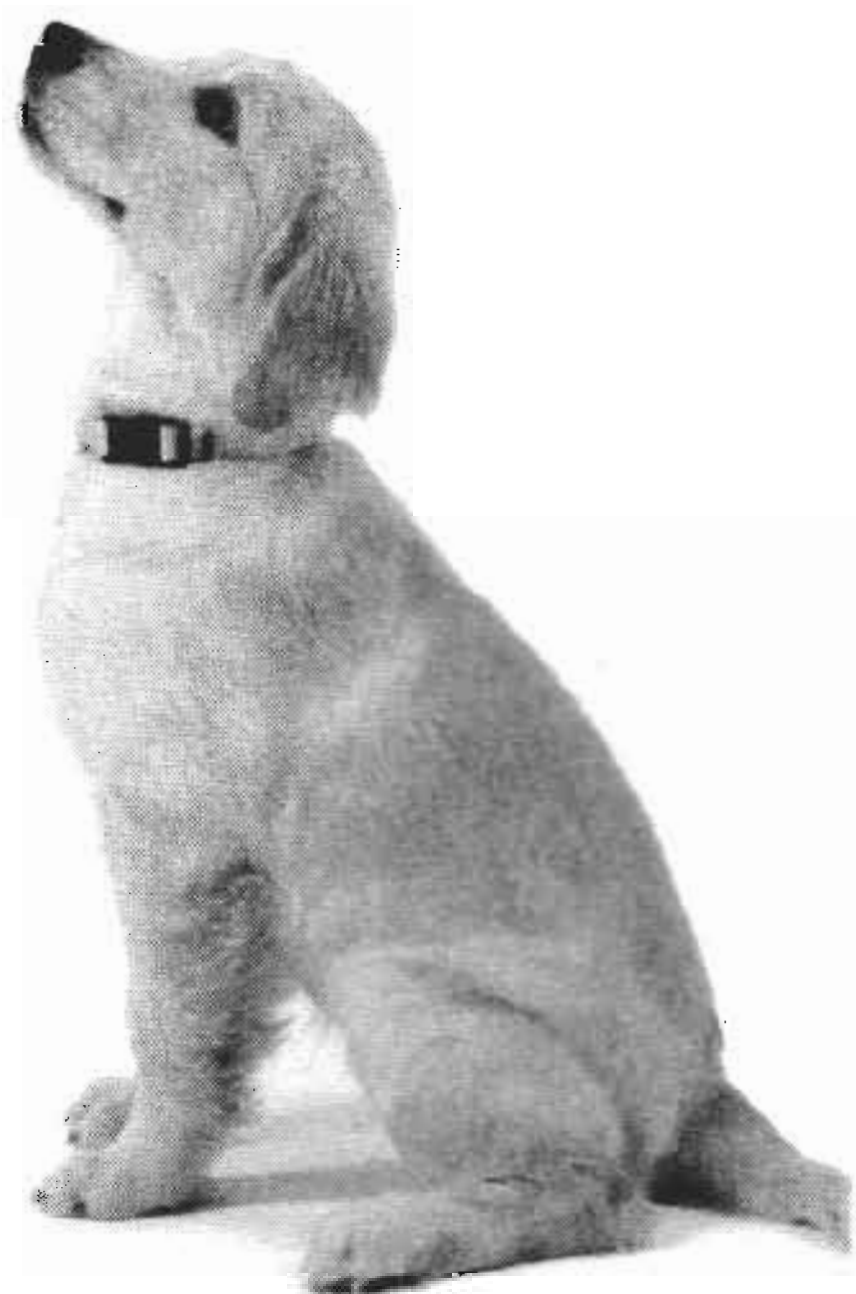
► **WITHDRAWING TREATS.** Use the hand signal cue without treats. Hold the treat in the non-cueing hand. See Week Two, page 86.

► **ADDING THE VERBAL CUE.** Once your dog is fluent with the visual cue (using only your hand signal), you may name that behavior using the verbal cue "sit." In this Fundamentals Training Program, always continue using the visual hand signal at the same time you say any verbal cue, because the repeated pairing helps your dog understand the link between the two. See Week Three, page 98.

► **GENERALIZED SITTING.** Use the cue at random moments on walks, in crowds, and in situations and environments that are more distracting than your dog is used to. *New skill.*

► **EVERYDAY SITTING.** Withdraw treats altogether in places that are familiar to your dog. Add new places, new distractions, and more distance so that she understands that although the setting and situation have changed, the behavior you're requesting is the same. Keep up the everyday habit of the real-life rewards system where your dog sits for everything. *New skill.*

Even the youngest puppy wants to please—you just have to keep her focus.



## Skill 2: Recall

➤ **LURING, PART ONE.** Lure your dog to move toward you from a few steps away. Have a partner hold your dog by a leash as you lure by drawing the treat toward your knee, and then have your dog sit. Reward on the *sit*. If your dog doesn't sit, just reward on the *recall*. Once that skill has been acquired, add the *sit*. No verbal cue. See Week One, page 73.

➤ **LURING, PART TWO, WITH AN ADDED VERBAL CUE.** Continue the *recall* lure you learned in Part One, adding the verbal cue “[Dog's name], come here.” Once your dog is fluent with this step, increase the distance one foot at a time (as long as the dog continues being successful), up to 10 feet. As you get farther away, make sure you are the most interesting thing in your dog's view, because he may not notice the treat. Be happy and animated as he runs to greet you. See Week Two, page 87.

➤ **RECALL-AND-SIT COMBINATION WITH RELEASE.** During supervised play, interrupt with a *recall* after about one minute. Use the recall cue that is currently most fluent for your dog: ideally, his name plus “come here,” plus a hand signal (bring hands together and crouch). *Release* him back to another minute of play. This exercise works best when your dog has a human or dog partner to play with. See Week Three, page 98.

➤ **ADDING DISTANCE AND DISTRACTION.** Practice luring with a verbal cue and *recall-sit-release*, adding distance up to 10 yards. Add mild distractions, such as a toy held by a partner, or a partner walking in the other direction. Do the turn-and-run exercise described in Week Four, page 113.

➤ **GENERALIZED RECALLS.** Practice the cue outdoors, in a location with minimal distractions. Arrange supervised playdates in a backyard or park (inside a fenced area) to practice on a leash. Gradually increase the distance at which you recall your dog every minute or two, starting at a distance of a few feet and increasing only as your dog proves fluency. Adding distance requires careful supervision so that your dog doesn't run away. *New skill.*

➤ **RECALLS EVERY DAY AND EVERYWHERE.** It is important to incorporate recalls into your dog's daily routine to help keep him focused on you throughout the day. I don't recommend withdrawing treats altogether for quite some time—even many years—as *recall* cues are typically among the most difficult for dogs to maintain in generalized situations. It's best to be careful and safe. Don't expect your dog to have *recalls* mastered for every situation every day. *New skill.*

## Skill 3: Leash Walking

► **FIRST STEPS TOGETHER: “BE A TREE.”** Whenever your dog pulls on her leash, stand firm, draw your hands to your chest (as you hold the leash handle), and wait. When your dog looks back at you, mark “good” and recall her as you did in the “puppy come here” recall. If you lure her to sit in front of you, it blocks her ability to run around you. When she arrives, praise, treat, and walk in the opposite direction. Assume that these walks will not be for distance, but just back and forth. If your dog stays close to you without being asked, reward for that. See Week One, page 76.

► **TETHERING.** Tether your dog’s leash handle to your belt as you walk around your home and go about your business. Reward your dog for staying close and focusing on you. See Week Two, page 82.

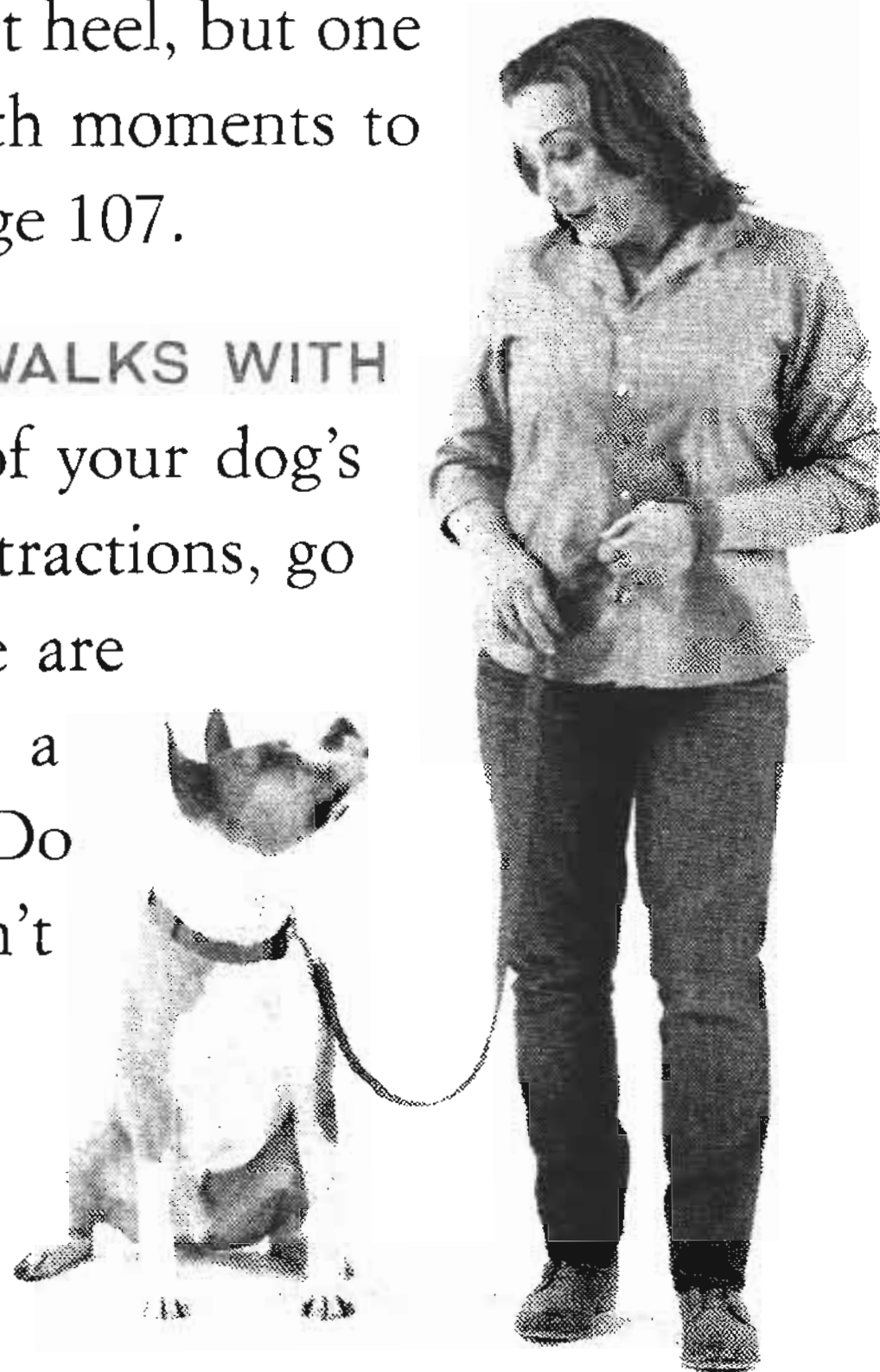
► **TROUBLESHOOTING: LEASH PULLING.** Continue doing the “be a tree” exercise. Play Follow the Lure to increase your dog’s focus on you. Anticipate when she is about to pull ahead and, before she can pull, lure in another direction. For Follow the Lure, see page 144.

► **WALKING EXERCISE: CHANGING DIRECTION.** Intentionally change directions often as you walk, luring your dog, and helping her to follow your changes. Weave around obstacles. See Week Three, page 97.

► **WALKING EXERCISE: INFORMAL HEELING.** Have your dog generally walk at your side. Mark “good heel,” praise and reward her randomly (slot machine technique) while continuing to walk. Practice quick starts and stops. Use tethering. Reminder: This is not a perfect heel, but one to keep your dog walking alongside you with moments to sniff, pee, and be a dog. See Week Three, page 107.

► **INFORMAL HEELING: REAL-WORLD WALKS WITH DISTRACTIONS.** When you are confident of your dog’s ability to focus on you while facing mild distractions, go to a dog park or another place where there are increased distractions *and* a way to make a quick and safe exit if things don’t go well. Do not force your dog to do something he isn’t quite ready for. *New skill.*

Keeping your dog’s focus will help you both navigate potentially dangerous distractions.



## Skill 4: Down

➤ **LURING.** Start with your dog in a *sit* in front of you. Lure by holding a treat between your fingertips, palm facing down, and sliding the treat slowly toward your dog's chest. Keeping your dog's attention on the treat, draw your hand down. When your dog touches down, mark "good down," praise, and treat. Use hand signal only, no verbal cues. See Week Two, page 89.

➤ **PUPPY PUSHUPS.** Cue your dog with your hand signal to *sit*, then *down*, then *sit* again. Mark each response (say "good" after every *sit* or *down*), and lavish the praise and reward with the food treat only after the full rep (one rep = *sit, down, sit*). As she becomes fluent, add complexity starting with an extra *down* at the end and building toward an extra Puppy Pushup before you give the reward. When your dog learns more cues and dog tricks, include them in the Puppy Pushups routine. See Week Three, page 99.

➤ **ADDING THE VERBAL CUE.** Lure your dog into the *down* and add the verbal cue as she starts to respond. Remember that you are establishing a link between the hand signal and the verbal cue, so that your dog understands that this behavior also has a name. See Week Four, page 115.

➤ **INCORPORATING THE VERBAL CUE WITH PUPPY PUSHUPS.** When introducing all verbal cues the process is straightforward: After your dog understands your hand signal fluently, you are able to tag on a name. Once you have established the link between the visual and verbal cues, your dog will respond to both. Since your dog already knows how to do Puppy Pushups, tag on the verbal cues "sit" and "down" along with the visual hand signals. See Week Four, page 115.

➤ **DOWN AND SIT AT A DISTANCE.** Add distance one foot at a time, mixing random verbal and hand cues for *sit* and *down*. Initially, reward with treats at each small increase of distance (go to your dog and treat her for each success), and then begin to withdraw treats. Also combine this with longer *stay* exercises (see below). *New skill.*

## Skill 5: Stay

➤ **COOKIE SIT AND TAKE IT.** This exercise prepares your dog to learn to stay by having him sit quickly and look to you for help instead of going after a cookie without your permission. Wrap about half of your dog's leash

around your hand to shorten the tether enough that your other hand can comfortably reach his nose when he pulls forward during this exercise. With your dog sitting at your side and your hand that holds his leash “glued” to your hip, touch a treat to his nose (with your other hand) and let him sniff it. Next, toss the treat a few feet in front of him and stand still as he tries to get the treat (but cannot reach it because you’re holding the leash short). When your dog looks back at you, mark it (say “good”), then cue him to sit with your hand signal, mark once more when he sits (say “good” again), and then immediately direct him to take the treat (point to it and say “take it”) as you quickly unwrap the leash from your hand. See Week Three, page 100.

► **COOKIE SIT-STAYS.** Similar to *cookie sit*, but now add waiting time before releasing your dog to take the cookie. See Week Three, page 100.

► **STAY: THE CONVENTIONAL CUE.** As your dog sits in front of you, slide your outstretched palm gently toward his face as if stopping traffic, and say “stay.” Keep your hand in position while you intermittently give treats for staying. Mark “good stay,” praise, and reward him with another treat that you have in your other hand. The goal is to teach your dog that the longer he remains in the *sit-stay*, the more treats he will get. The better he stays, the fewer treats he will *need* because he now understands what he is being rewarded for. At first, keep the *stays* short and sweet, then build up his staying power slowly and successfully. As your dog builds up his *stay* power beyond 30 seconds, insert another cue to *stay* in the middle of that *stay* time (and reward for success) so he understands that longer *stays* get more rewards. See Week Three, page 103.

## Skill 6: Standing Pose

► **LURING.** While your dog sits at your side, hold a treat in your fingertips and slowly lure her forward. As she moves to a standing pose to sniff the treat, mark it (say “good”), praise, and let her have the treat. As she gains success, practice this behavior starting with her sitting at your other side. Repeat the sequence to ultimate success as she learns to *pose* and remain steady while waiting for the treat to come to her. See Week Four, page 115.

► **THE VISUAL CUE.** Use the same setup as with the hand signal luring into a *pose*, but this time only pretend to hold a lure in your fingertips. When your dog follows your pretend lure, mark (say “good”), then praise and give her a treat with your other hand. See Week Four, page 116.

➤ **ADDING VERBAL CUES.** Once your dog is fluent with the *pose* cue starting on either side of you, add the verbal name “pose” once she is fully standing. See Week Four, page 117.

➤ **POSE FROM DOWN POSITION.** Once your dog is fluent with *posing* from the *sit* position on either side of you, and you have successfully named the verbal *pose* cue, start at the *down* position and use both the hand signal and verbal cue until she becomes fluent. See Week Four, page 117.

➤ **CUE COMBINATIONS: ADDING POSE TO PUPPY PUSHUPS.** Once your dog is fluent with the *sit-down-sit-down* Puppy Pushup combination, and she *poses* fluently from both a *sit* and a *down*, mix the three cues—*sit*, *down*, *pose*—and randomize the pattern. See Week Four, page 127.

## Skill 7: Settle Down

➤ **SETTLE DOWN.** While he’s in a *down* position, silently reward your dog as if you’re a human vending machine with six to eight treats, one at a time. As he relaxes and settles, mark (“good settle”), feed the remaining treats (if any), then count to five silently and slowly, mark (say “good”), praise, reward, and *release* him. The reward for a well-performed *settle* is the happy release, lavish praise, and petting for a job well done, possibly leaving him eager to try it again. Don’t end the *settle* behavior with another treat or he may link the last treat to your *release* cue and may subsequently think he should jump ahead of you and release himself before you do. See Week Four, page 125.

➤ **SETTLE WITH REWARD.** Once your dog has acquired the above *settle*, eliminate the human vending machine and give him a visual hand signal, such as an open hand over his head, as you verbally cue the word “settle.” After about five to eight seconds, mark, praise, and reward, but do not release him. Jackpot initially to let him know that he is getting it. Once he gets it, increase the total time that you have him settle, with mark-praise-reward feedback every 8 to 10 seconds. Once he can settle fluently for 30 seconds, introduce the slot machine technique (withdraw treats randomly), with the ultimate goal of phasing out the treats completely, as you would with all successfully learned behaviors. For longer *settles*, you can reward with a stuffed Kong for a minute or two, and then take it away using the *off and take it* trade technique. Phase out the treats (withdraw them using the slot machine technique) once he has become fluent. See Week Four, page 125.

➤ **REAL-LIFE SETTLE.** When your dog is with you in a public place—while standing in line at the bank or at a friend’s home—practice *settle*. Mark, praise, and reward (jackpot initially). *New skill.*

## Skill 8: Release

➤ **RELEASE: VERBAL CUE.** During all supervised play periods, drop your dog’s leash—assuming that you’re indoors or in a fenced-off area so that he can’t run completely away—and say “release” with a happy voice. See Week Two, page 91.

## Skill 9: Off and Take It Trades

➤ **TAKE IT: COOKIE SIT-STAYS (REVIEW).** The *off and take it* trade builds on the *cookie sit-stay* behavior, so please review that skill so that your dog is fluent before you progress to the next stage. Remember to make it fun so that she will want to play this “game” some more. See the *cookie sit-stay* review in this chapter on page 135, and the detailed lesson in Week Three, page 100.

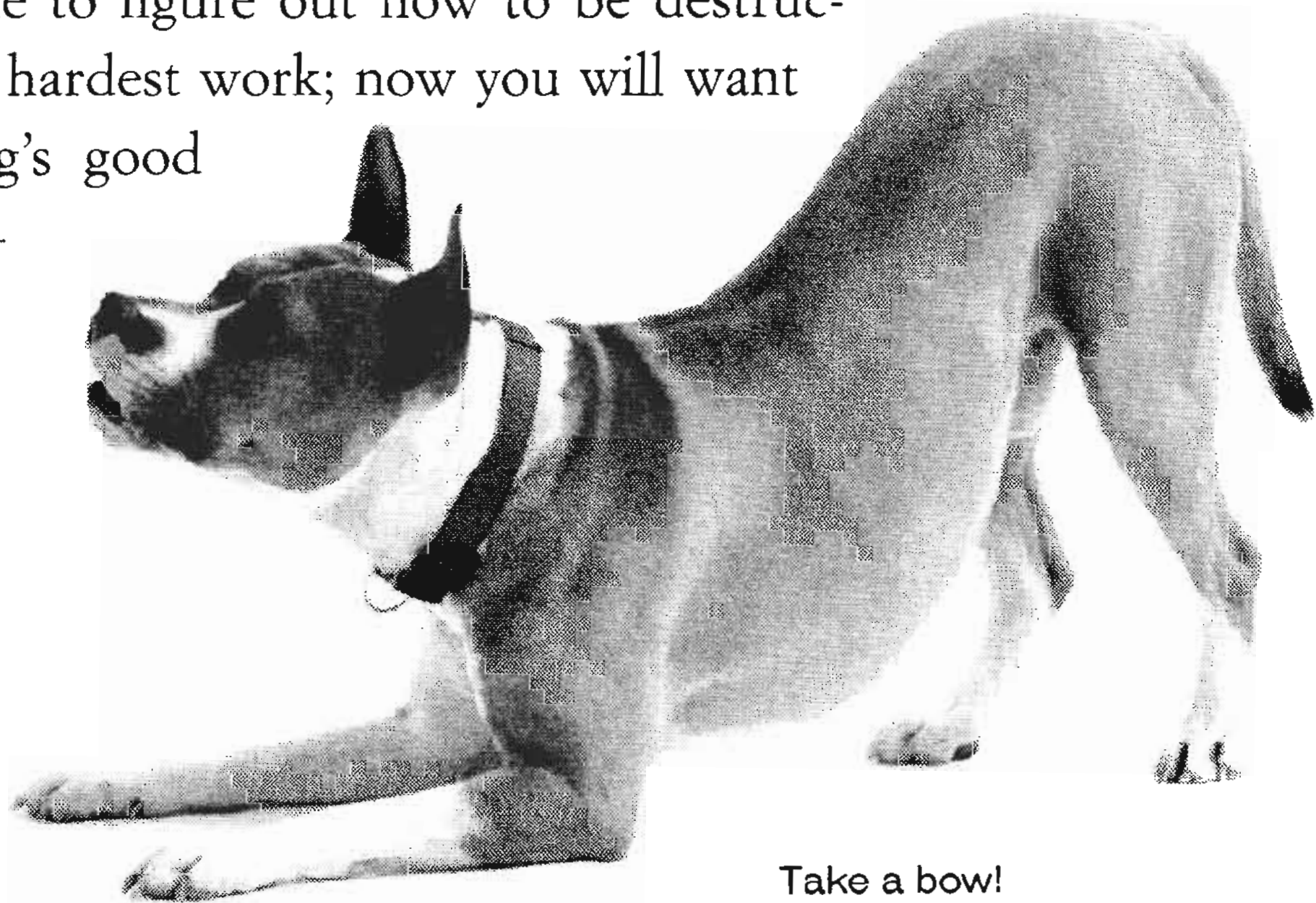
➤ **TAKE IT EXERCISE.** Put one treat in your fingertips at your dog’s nose level, pivot just your hand—don’t move your arm—and say “take it.” Mark (say “good”), and repeat immediately. See below for the *off* part of this trade. See Week Three, page 105.

➤ **OFF AND TAKE IT TRADE, PHASE 1.** Do three *take it* exercises one after another, and then on the fourth do *not* say “take it.” When your dog tries to take the treat, say “off” suddenly and loudly enough to be slightly shocking. Typically, the dog will back away and look up at you, trying to understand what you want. As soon as she moves even the slightest little bit away from your hand, mark (say “good”) and give her the treat, praising her lavishly in the happiest tone of voice you can muster up. Once she seems to understand the “off” and “take it” directions, increase the delay between *off* and *take it*. See Week Three, page 104.

➤ **OFF AND TAKE IT TRADE, PHASE 2.** Pair the *off* cue with *take it* at your dog’s food bowl to diminish food guarding. Use a stuffed Kong reward or other item that she values as much as or more than her food bowl. See Week Four, page 117.

Congratulations! You and your dog have done it. You have created a spirited bond. You are a team. It might be a good idea to bookmark this Quick Guide and take a few moments to flip back through the pages of the Fundamentals Training Program as you review each cue. You could probably turn to just about any page at random and recall a specific breakthrough, challenge, or story that makes you laugh . . . or just shake your head because what once seemed impossible is now becoming ordinary.

Visit [positivelywoof.com](http://positivelywoof.com) to download a free certificate that you can fill out and display proudly. If your dog could high-five, this would be the time to do it. The good news is that the chapters ahead will actually teach him the High Five and other tricks, along with full-fledged canine good citizenship. As you'll see, continuing your training will strengthen your dog's bond with your family, keep him focused on figuring out how to earn more rewards, and give him less time to figure out how to be destructive. You've done the hardest work; now you will want to maintain your dog's good behaviors with consistent practice.



Take a bow!