

One-star Level

The aim of this level is to provide a fun introduction to dog training for new trainers and/or new dogs.

It sets up the basic principles of front and heel position and starts to look at the very beginnings of stability exercises.

Additional verbal and physical cues can be given throughout each exercise, however dogs cannot be physically manipulated into position or lured with a toy or food.

A tug toy or food can be used at the conclusion of each exercise. Food can either be kept in a container nearby or in the handler's pocket. No treat pouches to be worn.

All exercises can be completed either on or off leash.

This level requires minimal space and can be conducted indoors or outdoors.

There are two separate tests available at this level – Test A and Test B. You can choose to complete either one or both.

The video should be unedited, **it should show all 5 exercises in that Test**, and the dog and handler should remain in view the entire time.

Test A

Exercise 1 – Find front

Exercise 2 – Find heel

Exercise 3 – Change of position (in heel position)

Exercise 4 – Sit or stand stay

Exercise 5 – Down stay

Test B

Exercise 1 – Find front

Exercise 2 – Find heel

Exercise 3 – Change of position (in front position)

Exercise 4 – Sit or stand stay

Exercise 5 – Down stay

DESCRIPTION OF EXERCISES

Test A

Exercise 1. – Find front

Call from either treat toss or from a stay (minimum 1.5 metres). Dog to maintain either a sit or stand in the front position once arrived but must maintain the position for 1 second. Can use prop (platform or mat) if desired.

EXERCISE START: Handler standing still. Dog either on a stay a minimum of 1.5 metres in front of and facing handler; or dog heading out to a treat toss thrown a minimum of 1.5 metres in front of handler.

EXERCISE FINISH: Dog sitting or standing straight in front position maintained for a minimum of 1 full second.

Exercise 2. – Find heel

Call to left heel position from either a treat toss or from a stay (behind the handler's body). Dog to maintain either a sit or stand in the heel position once arrived but must maintain the position for 1 second. Can use prop (platform or mat) if desired.

EXERCISE START: Handler standing still. Dog either on a stay a minimum of 1.5 metres behind and facing handler; or dog heading out to a treat toss thrown a minimum of 1.5 metres behind handler.

EXERCISE FINISH: Dog sitting or standing straight in heel position maintained for a minimum of 1 full second.

Exercise 3. – Change of position (in heel position)

Change of position from sit or stand, to down in heel position (no luring with food, no treat until person has stood up and dog remained in down position for a full 2 seconds). Can use prop (platform or mat) if desired.

EXERCISE START: Handler standing still. Dog in heel position in either a sit or a stand.

EXERCISE FINISH: Dog in down position next to handler. Handler standing upright and dog maintaining position for a minimum of 2 full seconds.

Exercise 4. – Sit or stand stay

Sit or stand stay – approximately 1 meter distance. Leave dog in position and turn to face dog. Dog to maintain position for a minimum of 10-seconds. Handler can either pivot out and back, or handler can walk around behind dog to return to heel position. Dog must remain in position from when the handler leaves to a minimum of 1 full second after the handler returns. Can use prop (platform or mat) if desired.

EXERCISE START: Handler standing still. Dog in heel position in either a sit or stand position.

EXERCISE FINISH: Handler returned back to heel position and maintains stillness for a full 1 second.

Exercise 5. – Down stay

Down stay – approximately 1 meter away. Leave dog in position and turn to face dog. Dog to maintain position for a minimum of 15-seconds. Handler can either pivot out and back, or handler can walk around behind dog to return to heel position. Dog must remain in position from when the handler leaves to a minimum of 1 full second after the handler returns. Can use prop (platform or mat) if desired.

EXERCISE START: Handler standing still. Dog down in heel position.

EXERCISE FINISH: Handler returned back to heel position and maintains stillness for a full 1 second.

Test B

Exercise 1. – Find front

Call from either treat toss or from a stay (minimum 1.5 metres). Dog to maintain either a sit or stand in the front position once arrived but must maintain the position for 1 second. Can use prop (platform or mat) if desired.

EXERCISE START: Handler standing still. Dog either on a stay a minimum of 1.5 metres in front of and facing handler; or dog heading out to a treat toss thrown a minimum of 1.5 metres in front of handler.

EXERCISE FINISH: Dog sitting or standing straight in front position maintained for a minimum of 1 full second.

Exercise 2. – Find heel

Call to left heel position from either a treat toss or from a stay (behind the handler's body). Dog to maintain either a sit or stand in the heel position once arrived but must maintain the position for 1 second. Can use prop (platform or mat) if desired.

EXERCISE START: Handler standing still. Dog either on a stay a minimum of 2 metres behind and facing handler; or dog heading out to a treat toss thrown a minimum of 2 metres behind handler.

EXERCISE FINISH: Dog sitting or standing straight in heel position maintained for a minimum of 1 full second.

Exercise 3. – Change of position (in front position)

Change of position from sit or stand, to down in front position (no luring with food, no treat until person has stood up and dog remained in down position for a full 2 seconds). Can use prop (platform or mat) if desired.

EXERCISE START: Handler standing still facing dog. Dog facing handler in either a sit or a stand (distance is handler's choice – can be immediately in front of nose).

EXERCISE FINISH: Dog in down position in front of handler. Handler standing upright and dog maintaining position for a minimum of 2 full seconds.

Exercise 4. – Sit or stand stay

Sit or stand stay – approximately 2 meters distance (no leash or leash on ground). Leave dog in position and turn to face dog. Dog to maintain position for a minimum of 10-seconds. Handler can pivot out and back, or handler can walk around behind dog to return to heel position. Dog must remain in position from when the handler leaves to a minimum of 1 full second after the handler returns. Can use prop (platform or mat) if desired.

EXERCISE START: Handler standing still. Dog in heel position in either a sit or stand position.

EXERCISE FINISH: Handler returned back to heel position and maintains stillness for a full 1 second.

Exercise 5. – Down stay

Down stay – approximately 2 meters away (no leash or leash on ground). Leave dog in position and turn to face dog. Dog to maintain position for a minimum of 15-seconds. Handler can either pivot out and back, or handler can walk around behind dog to return to heel position. Dog must remain in position from when the handler leaves to a minimum of 1 full second after the handler returns. Can use prop (platform or mat) if desired.

EXERCISE START: Handler standing still. Dog down in heel position.

EXERCISE FINISH: Handler returned back to heel position and maintains stillness for a full 1 second.