

Three-star

The exercises at THREE-STAR level build on the exercises from TWO-STAR level. The front and heel positions are again tested this time with sit finishes and with no props. There are many new exercises added at this level; these are primarily to start clarifying the dog's understanding of the heel position.

Additional verbal and physical cues can no longer be given throughout each exercise. Just a single verbal and/or physical cue for each exercise (or additional single cues as stated in specific exercises). Dog 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 are to be completed 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 7 exercises in that Test**, and the dog and handler should remain in view the entire time.

Test A

Exercise 1 – Find front

Exercise 2 – Stay and call to heel

Exercise 3 – Change of position (in heel position)

Exercise 4 – Heel and pivot left

Exercise 5 – Pivot

Exercise 6 – OPTION – Side-step or back steps

Exercise 7 – OPTION – Spin or hold object

Test B

Exercise 1 – Stay and call front

Exercise 2 – Stay and call to heel

Exercise 3 – Stay and change of position

Exercise 4 – Heel and right 180-degree turn

Exercise 5 – Pivot

Exercise 6 – OPTION – Side-step or back steps

Exercise 7 – OPTION – Go round or hold object

DESCRIPTION OF EXERCISES

Test A

Exercise 1. – Find front (from front angle)

Call front from a minimum of 45-degree angle (i.e. dog not coming in a straight line directly to front position). Dog to sit in the front position once arrived (additional sit cue can be given). Call from either treat toss or from a stay. Dog to find straight front position with no prop.

EXERCISE START: Handler standing still. Dog either on a stay a minimum of 1.5 metres in front of and facing handler (minimum of 45-degrees off centre – right or left); or dog heading out to a treat toss thrown a minimum of 1.5 metres in front of handler (minimum of 45-degrees off centre – right or left).

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

Exercise 2. – Stay and call to heel.

Leave dog in a sit stay, handler walks forward a minimum of 4 normal steps. Handler stands still for a minimum of 2 full seconds without turning around. Handler calls dog to heel position, dog sits in the heel position and maintains the position for 1 second. Dog to find straight heel position with no prop. A separate cue (verbal and/or physical) can be given for the STAY, the HEEL and the SIT.

EXERCISE START: Handler standing next to dog. Dog in sit position.

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

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

Change of position from down or sit, to stand in heel position. Can use prop (platform or mat) if desired.

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

EXERCISE FINISH: Dog in stand position next to handler. Handler standing upright and dog maintaining position for a minimum of 1 full second.

Exercise 4. – Heel and left pivot

Dog to start in stand position next to handler. Handler to take 3 slow steps forward and make a 90-degree pivot left and then halt. Dog to move forward with handler and pivot hindquarters through the 90-degree turn to maintain heel position. Handler to step on the spot to accurately complete the 90-degree turn. Dog can end with a

stand or sit but should have pivoted hind quarters to end in the heel position next to handler.

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

EXERCISE FINISH: Handler standing still. Dog to be in a sit or stand in precise heel position.

Exercise 5. – Pivot

Dog to move with handler through a 180-degree right turn. Handler to step on the spot to complete the 180-degree turn. Dog can commence and end with a stand or sit but must be either stand to stand, or sit to sit. Dog should finish in accurate heel position.

EXERCISE START: Handler standing still. Dog either sitting or standing still in heel position.

EXERCISE FINISH: Handler standing still. Dog to be in precise heel position, in the same position (stand or sit) as starting position.

Exercise 6. – OPTION – side-step or back steps

SIDE-STEP

Dog to sit in heel position. Handler takes single step to the right. Dog to move with handler and then sit again in heel position. Dog to take hind quarters so as to ensure the finishing sit is accurately in a straight heel position. A separate cue (verbal and/or physical) can be given for the HEEL and the SIT.

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

EXERCISE FINISH: Handler standing still. Dog in a sit in heel position.

BACK STEPS (optional - front or heel position)

Dog to back up a minimum of one full body length. This can be next to handler in heel position or facing handler in front position. If performed in heel position the handler moves with the dog, if performed in front position the handler is to remain stationary. A continuous verbal and/or hand signal can be used. Dog is to maintain straightness throughout the backward steps.

EXERCISE START: Dog standing either in heel position or facing handler.

EXERCISE FINISH: Dog standing either in heel position or facing handler.

Exercise 7. – OPTION – Spin or Hold object

SPIN

Dog to complete a 360-degree spin left or right. Handler's choice of position – dog can either be in front of handler or next to handler. Handler can be stationary or if in heel position handler can be moving forward. (Handler can lure the spin with their hand but no food in hand).

EXERCISE START: Dog either facing handler or in heel position.

EXERCISE FINISH: Dog either facing handler or in heel position.

HOLD OBJECT

Dog to hold object (e.g. toy or article or dumbbell) for a minimum of 3 full seconds. Dog may be in sit or stand but should be mostly still during the 3 second hold (minor mouthing and head movement allowed). Dog can either pick up object off ground or surface; or dog can take object from handler. If dog takes object, dog is to reach forward and take object, not have object pushed back into mouth. Dog may be offered continuous verbal encouragement for the hold but no physical assistance (i.e. chin rest).

EXERCISE START: Dog's starting position is optional.

EXERCISE FINISH: Three seconds after dog commences hold.

Test B

Exercise 1. – Stay and call front.

Leave dog in a sit stay, handler walks forward a minimum of 4 normal steps. Handler about turns to face dog. Handler remains still for 2 full seconds. Handler calls dog to front position. Dog to sit in the front position once arrived (additional sit cue can be given.) Dog to find straight front position with no prop and maintain for 1 full second.

EXERCISE START: Handler standing still with dog sitting in heel position.

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

Exercise 2. – Stay and call to heel.

Leave dog in a sit stay, handler walks forward a minimum of 4 normal steps. Handler stands still for a minimum of 2 full seconds without turning around. Handler calls dog to heel position, dog sits in the heel position and maintains the position for 1 second. Dog to find straight heel position with no prop. A separate cue (verbal and/or physical) can be given for the STAY, the HEEL and the SIT.

EXERCISE START: Handler standing next to dog. Dog in sit position.

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

Exercise 3. – Stay and change of position

Leave dog in a sit or stand stay, handler walks forward a minimum of 4 normal steps. Handler about turns to face dog. Handler remains still for 2 full seconds. Handler then cues the dog to DOWN. Dog to change to the down position. Once in down position, handler to return around behind dog and back to the heel position. Dog to remain in down position for a further 2 seconds. A separate cue (verbal and/or physical) can be given for the STAY, and the DOWN. An additional STAY cue can be used on the return if required. Can use prop (platform or mat) if desired.

EXERCISE START: Handler standing still. Dog in either sit or stand position next to handler.

EXERCISE FINISH: Dog in down position next to handler. Handler standing upright and dog maintaining position for a minimum of 1 full second.

Exercise 4. – Heel and right 180-degree turn

Dog to start in stand position next to handler. Handler to take 3 slow steps forward, then make a 180-degree right about turn and walk 3 further slow steps forward. Dog to move forward with handler and maintain heel position with the handler through the 180-degree right turn and additional forward steps. Handler to step on the spot to accurately complete the 180-degree turn. Handler should return on the same path they started. Dog can end with a stand or sit but should have maintained heel position throughout exercise.

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

EXERCISE FINISH: Handler standing still. Dog to be in a sit or stand in precise heel position.

Exercise 5. – Pivot

Dog to move with handler through a 180-degree pivot left. Handler to step on the spot to complete the 180-degree turn. Dog can commence and end with a stand or sit but must be either stand to stand, or sit to sit. Dog should move hindquarters to finish in accurate heel position.

EXERCISE START: Handler standing still. Dog either sitting or standing still in heel position.

EXERCISE FINISH: Handler standing still. Dog to be in precise heel position, in the same position (stand or sit) as starting position.

Exercise 6. – OPTION – side-step or back steps

SIDE-STEP

Dog to sit in heel position. Handler takes single step to the right. Dog to move with handler and then sit again in heel position. Dog to take hind quarters so as to ensure the finishing sit is accurately in a straight heel position. A separate cue (verbal and/or physical) can be given for the HEEL and the SIT.

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

EXERCISE FINISH: Handler standing still. Dog in a sit in heel position.

BACK STEPS (optional - front or heel position)

Dog to back up a minimum of one full body length. This can be next to handler in heel position or facing handler in front position. If performed in heel position the handler moves with the dog, if performed in front position the handler is to remain stationary. A continuous verbal and/or hand signal can be used. Dog is to maintain straightness throughout the backward steps.

EXERCISE START: Dog standing either in heel position or facing handler.

EXERCISE FINISH: Dog standing either in heel position or facing handler.

Exercise 7. – OPTION – Go round or hold object

GO ROUND

Dog to go around a cone or pole placed a minimum of 1 metre from handler. Dog can go either clockwise or anticlockwise around cone or pole. Dog to start next to handler. Handler to remain stationary and send dog with a verbal and/or physical cue.

EXERCISE START: Handler facing cone or pole. Dog sitting or standing next to handler.

EXERCISE FINISH: Dog completed turn around cone or pole and be returning to handler.

HOLD OBJECT

Dog to hold object (e.g. toy or article or dumbbell) for a minimum of 3 full seconds. Dog may be in sit or stand but should be mostly still during the 3 second hold (minor mouthing and head movement allowed). Dog can either pick up object off ground or surface; or dog can take object from handler. If dog takes object, dog is to reach forward and take object, not have object pushed back into mouth. Dog may be offered continuous verbal encouragement for the hold but no physical assistance (i.e. chin rest).

EXERCISE START: Dog's starting position is optional.

EXERCISE FINISH: Three seconds after dog commences hold.