



## Basic Obedience Commands

These are basic obedience commands that every dog should master. It makes them a better companion and sets them up for success in training in other areas.

REMEMBER, training requires patience and timing is *everything*. The reward must be given a split second after the desired behavior is offered.

The reward can be affection/praise, a treat or a toy. Just substitute their favorite reward for the treat mentioned in the exercises. If using treats, use something of high value. Don't use kibble or something they get all the time if possible.

When you first start training, do these exercises in an area with very few distractions so the dog will focus on you. As your training progresses, move into areas with more distractions. This will teach your dog to focus on you when they hear a command and make them more manageable in public situations.

### To train SIT

#### Option 1

1. Stand facing the dog with a treat in your hand. Have the dog on leash and if needed, put your foot on the leash to keep the dog from backing away or jumping to take the treat from your hand.
2. Raise the hand with the treat over your dog's head and toward their tail and say "SIT."
3. For most dogs, as their head rocks back to follow the treat, their bottom will usually hit the ground.
4. If this doesn't work after a few tries, you may have to help the dog into the sit position, so proceed to option 2.
5. Example: <https://youtube.com/shorts/n93JMBO4cpg?si=acv11kJkLOS2sT1D>

#### Option 2

1. To do this, you will place the dog to your left side – again with your foot on the leash if necessary.
2. As you raise the treat with your right hand over the dog's head, use your left hand to push the dog's bottom to the ground and say, "SIT."
3. As soon as the dog's bottom touches the ground – give the treat.

### To train DOWN

1. Have the dog sit.
2. If needed, place your foot on the leash. Put the treat in front of the dog's nose and move the treat toward the ground.
3. Usually, the dog will lay down to follow the treat.
4. If not, don't force the dog's shoulders down, but shorten the leash under your foot just a little and ask again, putting the treat in front of the dog's face and move your hand toward the ground.
5. Example: [https://youtube.com/shorts/HESkzNspDnA?si=Ov7rSqZdu\\_QaM4qb](https://youtube.com/shorts/HESkzNspDnA?si=Ov7rSqZdu_QaM4qb)

### To train PLACE

Choose a place that you want your dog to go if you need him to calm down. This can be a mat, a dog bed, a kennel – any place you choose. Make sure the location is out of the way (in a corner or against a wall – not in the middle of the room).

1. Lure the dog to the location with a treat and say the word "PLACE" and give the treat.
2. At this point – don't worry about the dog sitting or laying down. Right now you are simply teaching the location. Once the dog goes to "PLACE" consistently, you can add the sit or down.
3. After taking the dog to the location and saying the word "PLACE" and treating them for a day or two, walk about 3-5 feet away from the location, point to it and say "PLACE" and toss the treat

onto the spot you want them to go. Once the dog is doing this consistently, move further away and don't use the treat until the dog is on the spot you want.

4. Make sure to go to the dog (on his place) with the reward to reinforce the behavior of going to the place.
5. Example: <https://youtube.com/shorts/48He6esPUyE?si=L2PLqsE8G2eZRyYm>

### **To train STAY**

Before training this, the dog should know "SIT" and offer it consistently when asked. You will need a 6 ft leash to train this command. The hand signal for "STAY" is placing your palm in front of the dog's face as you say the word. The hand signal is quite helpful and easily trained at the same time as the command.

1. Place your dog on leash and ask for a "SIT."
2. As you say the word "STAY," place your palm in front of the dog's face and then step right in front of the dog. If he doesn't move, give a treat. If he does move, start over, but this time as you say "STAY" and place your hand in front of his face, have a treat in that hand to keep him focused as you step in front of him. If he doesn't move, allow him to have the treat. Do this until you can offer the command and hand signal without using the treat. Repeat this 3 times per session, a few sessions a day until you can consistently move in front of the dog without him moving.
3. The next step is to repeat the process above, but this time, take one step backwards away from the dog. Wait 1 second, then step up and offer praise and the treat. Continue increasing time and distance until you can get at least to the end of the 6 ft leash and the dog stays for 1-2 minutes in place.
4. Example: <https://youtube.com/shorts/7PuOVt0MNqM?si=avnShnKSA8hJyHwz>

### **To train COME**

You can train this at any time – even before the dog knows sit. You want the dog to be familiar with the word "COME" as a solid recall can help in many situations and is easy to teach.

There are two variations here.

#### **Option 1**

1. In a secure area (can be indoors or in a secured yard), wait until the dog is occupied with something else.
2. Call his name and say "COME!" and run away from the dog. Most of the time – the dog will immediately chase after you.
3. Face the dog as he approaches and reward with praise and the treat of your choice.
4. Example: <https://youtu.be/nO-p8-85Qp0?si=3z2HmeWlbbLWrEqj>

#### **Option 2**

The second way to train this is once your dog has a consistent "STAY."

1. With the dog on a long leash (at least 6 ft), put the dog in a SIT or DOWN and tell them to stay.
2. Back away from the dog to the end of the leash.
3. Say the dog's name and "COME" and if the dog comes to you, reward.
4. If the dog doesn't immediately move toward you, give a gentle tug on the lead. Praise and reward when he moves toward you.
5. Example: <https://youtube.com/shorts/Kvj96L5oCjU?si=eyTtLkW6LjrK94A8>

### **To train WATCH ME**

1. Hold a treat in your hand and hold both hands out at shoulder height (T-shape).
2. Say "watch me." The dog will want to look at your hands because they know that is where the treat is.

3. Wait until the dog makes EYE CONTACT. As soon as that happens, say “GOOD!” or “YES!” and give the dog the treat. If the dog is trying to jump to get the treat, ask for a SIT and then step on the leash to keep the dog from being able to jump up during this exercise.
4. The key to this is PATIENCE. Don't repeat the command. Wait for the dog to figure out what you want, get eye contact, and then reward.
5. Example: <https://youtube.com/shorts/CbvNlc1ls4o?si=Y1K-CgJo772SXXKlc>