



Santa Monica Paws

Trainer: Theresa Chern (310) 488-1232

Dog Obedience INTRODUCTION Level 1- Week 1

1. Practice Calming Ovals

Securely hold the leash placed against the center of your body –between your sternum and belly-button. Be neutral in your stance, do not treat, and do not talk to your dog or give any attention. With your dog to your left, begin walking clockwise at a SLOW pace (a dawdling gait), in an oval pattern. The oval can be about 6 feet long. Do not jerk or pull on your dog, just keep your hands in place and keep walking. Use “big feet” large steps at turns in the oval if your dog crosses in front of you. When your dog is walking calmly, and focusing more on you than the outside environment, you can start figure eights. Eventually you will add distractions at the end of the oval pattern.

2. Teach your dog to give you undivided attention (Focus Cue)

Reward your dog *every time* he responds to his name. Say his name, and as soon as he looks at you, click (say “yes!” or “good!”) and treat. You can make the task more difficult by moving the position of your hands or increase the time you expect eye contact. Be sure to reward your dog whenever she looks at you-even if you did not ask for it. If you click (say “yes! or “good!”) you must treat, but treats are not the only reward for a dog. A reward is anything your dog considers valuable to her-food, toy, touch, look at her, cuddle, tug, car ride, walks, play in the park. However, a click (“yes!” or “good!”) must be followed by a treat or another significant reward to be effective!

3. Teach your dog to remain where he is until a release word is given

A RELEASE word such as “OK” or “Go Play” or “Break” lets the dog know that her task is complete. Your dog should continue doing what she was asked until she hears her release word. When you begin training a new behavior, be sure to give your release word quickly. You want your dog(s) to succeed, so set her up for success! Be consistent with your release word –you will be using it forever!

4. Teach your dog to sit when asked.

SIT may easily become your dog’ s default behavior-the behavior that you ask for to make all other behaviors stop. Your dog cannot jump if she is sitting; she cannot run if she is sitting; you get the idea. Secure your leash to a fence, table leg, or other sturdy place. Hold a treat right in front of your dog’ s nose-too high and she will jump, too low and she will bow her head. Place the treat just in front of her nose. Raise the treat back towards her eyes and ears and finally her tail. As her nose follows the treat, her head tilts back, and her rear end should hit the ground. Immediately click (say “Yes!” or “Good!”) and treat. Only use a word, in this case “sit” when your dog understands what she is supposed to do-after at least 20 to 1,000 repetitions. If your dog continues to jump for the treat, reposition your hand and hold the treat closer to your dog’ s nose as your move the treat back towards her eyes, ears and tail. You can also try this in an area of a room where she has no other option but to back up into furniture or into the corner of a wall.



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5. Teach your dog to walk without pulling

Chose to walk your dog on either your right or left side. When you want him to be next to you as you pass other dogs and people, keep him to one side or the other – do not allow her to wander back and forth as this time. When you are just out walking with no others around, she can certainly walk on either side. Begin by placing your leash in one hand with the handle looped over your thumb and the slack of the leash fan folded into your hand. Keep your leash loose, making sure there is enough slack where the leash doesn't drag on the ground but also you are not putting too much tension in the leash by holding it too tight. Hold treats in the other hand (or in a pocket pouch). The closer your hand is to your dog's collar the more control you will have of your dog. To help your dog focus on you, turn and face your dog. As ***you begin to move backwards, encourage your dog to move forward with you- you will be facing each other. Take 2-3 steps and pivot so that you are next to your dog. Continue now in a forward motion for 3-4 steps. When your dog stays in tune with you, click (say "Yes!" or "Good!") and treat.*** If she "checks out" you have taken too many steps. Start again by going backwards, pivot and forward.

6. Reward all Good Behavior all the time!

Be on the lookout for all behaviors you would like your dog to continue. For example, **every time your dog is calmly sitting or lying down, praise and treat him. Ignoring him for this behavior teaches your dog that being calm is not rewarding.**



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Introduction to BASIC DOG TRAINING SKILLS -Week 1

Welcome to you and your dog as you embark on the wonderful process of training your dog. During the next 60-90 minutes I will be helping you to train the dog you want to live with. Time permitting, I will continuously cover the basics in succession, including Sit, Down, Come, Wait, Stay, Leave It, Loose Leash Walking without Pulling, and Polite Greetings. Gradually, you will need to add more distractions, less food rewards, and creative games to keep your dog mentally challenged.

As you begin training and expect new behaviors from your dog, remember that they do not read this. You will need to provide her with the tools necessary- practice behaviors in the real world, not just the kitchen; provide them with enough exercise so that your dog does not have to make up her own games; give her the training to give you behaviors you want to see rather than telling her what NOT to do. After all, she is a dog and dogs do what makes them feel good. Remember, dogs do nothing to spite you- they were just unclear of the rules-the rules you have to set consistently

nd be consistent on.

GOALS

To teach your dog to give you **undivided attention**

To teach your dog to remain where he is until a **release word** is given

To teach your dog to **sit** when asked

To teach your dog to **wait** behind a barrier

To begin teaching your dog to **walk without pulling**

To teach your dog to sit when you approach (**no jumping**)

To teach your dog "tag me" and "ping pong" – the beginning of **come**

Accomplishing These Goals

Goal 1: To teach your dog to give you undivided attention

Undivided **ATTENTION** is a behavior that is necessary for learning to take place!

- Reward him *every time* he responds to his name!
- Reward him *every time* he looks at you, NOT at the treat!
- Make the TASK more difficult by moving your hands out to your sides or repositioning them and increasing the time you expect eye contact

REWARD: anything your dog considers valuable- treat/food, toy, touch, tug, car ride, walk, play time.

CONDITIONED REINFORCER: Click, YES! or GOOD!

UNCONDITIONED REINFORCER: Treat, touch, toy, feed meal, touch, look, play time, car ride, etc...



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NO REWARD MARKER (NRM): is a no response paired with a marker sound ("Eh-Eh") to the behavior for a period of time. Generally 5-7 seconds. This allows you to reset and try the cue again.

Goal 2: To teach your dog to remain where she is until a release word is given

A **RELEASE** word such as "OK" or "Go Play" or "Break" lets your dog know that her task is complete.

Goal 3: To teach your dog to sit when asked

Goal 4: To teach your dog to wait behind a barrier

Wait is used to inform your dog that she is to remain in position until she hears her release word. Wait means "**don' t move until I release you.**" Wait is used at doorways, car doors, elevators, crate doors, in front of food dishes, at crosswalks, and so on- where your dog may be anxious to move but you don' t want her to until you make sure it is safe.

Goal 5: To begin teaching your dog to walk without pulling

One of the biggest challenges that people experience is having their dog **WALK without pulling**. Up until now, your dog may have pulled you on your walks, pulled to see another dog, pulled to see another person, pulled to see what that piece of paper was, and so on. She is not suddenly going to be cured- it will take patience, time, and consistency on your part to **undo (counter-conditioning) those familiar and comfortable (for her) behaviors.**

Once your dog understands that by keeping her attention on you and she gets a reward, add more steps forward-but no more than 10 steps forward this week. Try to get 10 steps solid by next week. If she can already accomplish 10 steps without pulling or swaying back and forth in front or behind you, then add more steps.

Goal 6: To teach your dog to sit when you approach (no jumping/4 feet on the floor)

Good manners include having your dog **keep all four paws on the ground** when someone approaches her. A lot of us would call this "NO JUMPING" but because we are doing our best to always be positive, we are not going to say NO JUMP, we will use our NO REWARD MARKER sound paired with a quick NO.

- Tether your dog to a post, tree, doorknob, or other sturdy object.
- Approach your dog, if she jumps up quickly turn and walk away. Say nothing! We are teaching her that unwanted behavior causes you to leave her.
- Approach her again. If she does not jump up, quickly click or say "yes!" or "good!" and treat. Tell her how good she is. It won' t be too long before **she realizes that sitting (or at least not jumping up) will cause good things to happen and jumping up causes good things (your attention, treats, toys) to go away.**



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Goal 7: To teach your dog “tag me” and “ping pong” – the beginning of COME.

Playing games with your dog increases the positive relationship between you. Games also keep the training light and happy. It would be great if you could treat all the behaviors as games – your dog will be more willing to learn and you both will have more fun accomplishing your goals. Two fun games this week will be “tag me” and “puppy ping pong” . They are the beginning of teaching **COME**.

To play “tag me” , hold your leash so there is just enough slack that your dog has room to freely move about, but cannot get around you.

Have a treat in your hand that your dog can see and smell. Show your dog the treat, scramble backwards, and hold the treat to your body (knees, ankles, or wherever your dog’ s nose will end up when she arrives at you!)

Call your dog’ s name. When she gets to you, click (say Yes! or Good!) and give her the treat. Hold your hand next to your body-if you reach out, she will think she only has to come in to arms length-we want her to think she has to come right up to you to get her treat.

To play “puppy ping pong” , you will need at least one more person to stand opposite of you. Each person needs to have some treats and a clicker or a “clucking” sound.

Take turns calling your dog’ s name –as each person calls her name, your dog should **“tag up”** before the next person calls her name. She then goes to that person, “tags up” and runs to the next person calling her name.

By teaching your dog that when she hears her name and comes running to the source of the caller, she will get a reward, and you will get a dog who reliably answers to her name whenever and wherever she hears it.

**Give treats for everything good or right your dog does. All unwanted behaviors should be ignored.*