

# SIT

The purpose of this class is to show you a few of the methods of how to get your dog to sit.

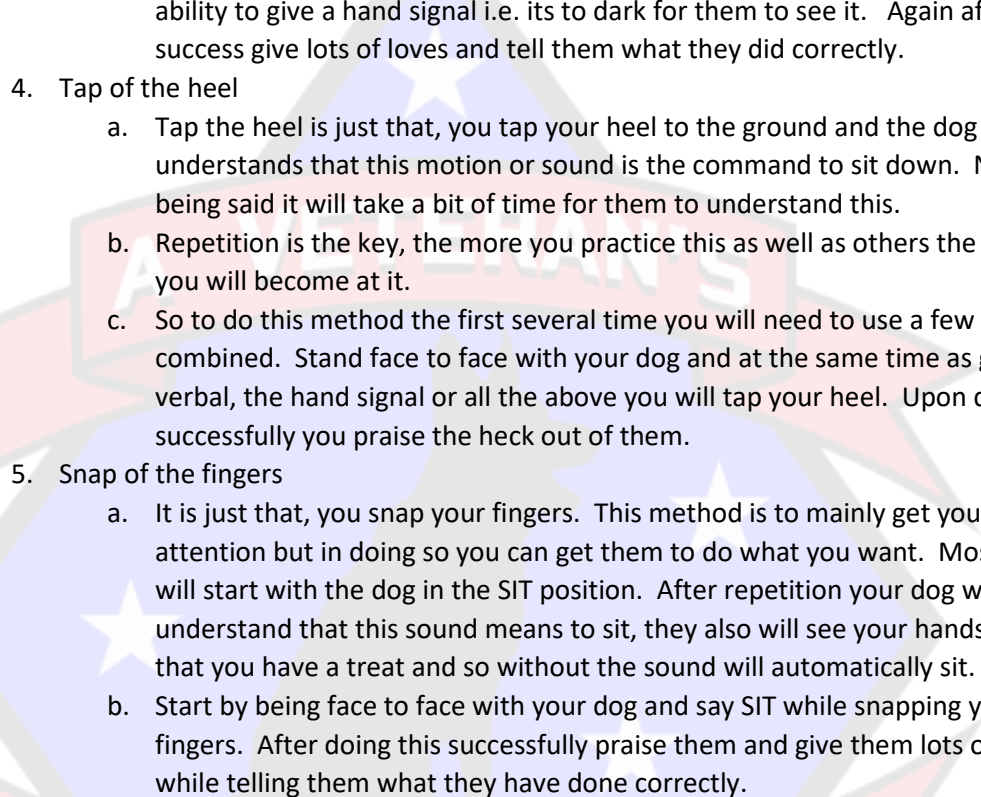
## **content:**

- Different methods to get your dog to SIT
  - Verbal
    - Combination of treat and verbal command
  - Hand signal
    - Combination of treat and hand signal
  - Tap to the rear
    - Combination of treat and tap to the rear
  - Tap of your heel
    - Combination of treat and tap of your heel
  - Snap of the fingers
    - Combination of treat and snap of the fingers

## **Methods**

Before starting ensure that everyone understands that you should not train with your dog while in a agitated state. Be patient and calm.

1. Verbal
  - a. Standing face to face with your dog in a normal speaking voice tell your dog to SIT.
  - b. After several times introduce a combination of a treat and verbal. Not all, but most dogs love treats and are extremely food driving. After every time that they SIT correctly without repeating yourself give them plenty of ata-boy's and treats. This in turn will promote good behavior and automatic Sitting when called form.
2. Hand signal
  - a. Use of a hand signal comes in several forms but you will see us generally use one due to what it looks like you have in your hand.
  - b. We generally use your middle, index and thumb pushed together and pointed upwards. When this is presented to them they will SIT, now this being said; do not expect them to immediately SIT the first time that you show them. It takes time and practice.
  - c. Show them your fingers pointing upwards and say SIT. If they do not SIT immediately present them a treat in your fingers that are pointed upwards and say SIT. Upon doing this successfully present them the treat and give plenty of ata-boys.
3. Tap on the rear
  - a. When Telling them to SIT, giving the hand signal, and giving them treats do not work we move to a tap on the rear or a guide to the sitting position.

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- b. You will do this by stating SIT and tap the rear with your fingers or saying sit and guiding them into the SIT position.
      - c. This style of command is used a lot when you must be quite or do not have the ability to give a hand signal i.e. its to dark for them to see it. Again after every success give lots of loves and tell them what they did correctly.
    4. Tap of the heel
      - a. Tap the heel is just that, you tap your heel to the ground and the dog understands that this motion or sound is the command to sit down. Now this being said it will take a bit of time for them to understand this.
      - b. Repetition is the key, the more you practice this as well as others the better that you will become at it.
      - c. So to do this method the first several time you will need to use a few methods combined. Stand face to face with your dog and at the same time as giving the verbal, the hand signal or all the above you will tap your heel. Upon doing this successfully you praise the heck out of them.
    5. Snap of the fingers
      - a. It is just that, you snap your fingers. This method is to mainly get your dog's attention but in doing so you can get them to do what you want. Most actions will start with the dog in the SIT position. After repetition your dog will understand that this sound means to sit, they also will see your hands and think that you have a treat and so without the sound will automatically sit.
      - b. Start by being face to face with your dog and say SIT while snapping your fingers. After doing this successfully praise them and give them lots of loves while telling them what they have done correctly.

**Closure:**

In closing we have covered the SIT command and the different methods of doing it.

- Verbal
- Hand signal
- Tap to the rear
- Tap of your heal
- Snap of the fingers

As well as all the combinations that you can get out of these. Always remember that after every successful attempt that you praise your dog with ata-boys and tell them exactly what they did correctly. This type of praise is good, and your dog will associate this behavior with what they did correctly.