

Dog Gone Smarter LLC



A life coach for your dog

Change the way you & your dog thinks, in just

12 weeks
Workbook



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The Dog Gone Smarter LLC

Twelve Week Obedience Course Workbook



Workbook for **Students.**

Introduction

Congratulations on choosing to get yourself and your dog trained!

During this course you will learn to: build a positive relationship with your pup and teach her important life skills. You will learn how to safely and correctly increase your dog's sociability, and gain skills that will help you avoid future behavioral problems with your dog.

Most importantly, your dog will LEARN TO THINK and to better control his impulses.

Impulse control and problem solving skills together lead to increased confidence and improved behavior.

All of these skills together create a **calmer, happier, and a more self-controlled dog!**

Weekly Syllabus

Before we get started ...

Where do we meet, Who to bring, What to bring, FAQ, Do's and Don'ts, Preparing for Week 1, plus park and class rules.

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Short Leash Basics, Sit and Down - Hand Signals, Rewarding Basics

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Week 2

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Weekly Syllabus

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Level 1 Graduation

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Week 7

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Sit, Down, Side+, Recall, Wait, Healed Leash Walking, Contrarian Walk, PIRT

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Weekly Syllabus

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Advanced Sit, Down, Side; Advanced Recall; Healed Leash Walking; Adv Contrarian Walk, Advanced Learned Helplessness, PIRT

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Advanced Sit, Down, Side; Advanced Recall; Healed Leash Walking; Adv Contrarian Walk, Advanced Learned Helplessness, PIRT

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Week 10

Review Sit+, Down+, Side+, Advanced Recall and Wait, Advanced Rewarding (Shifting Focus), Advanced Learned Helplessness

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Week 11

Review Sit+, Down+, Side+, Advanced Recall and Wait, Advanced Rewarding (Shifting Focus), Advanced Learned Helplessness, Long Leash

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Weekly Syllabus

Week 12

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Additional Dog Gone Smarter Training Resources.

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Before we Get Started



Before we get started, let's review where and when we meet, plus what to bring with you for class!

When do we meet?

Level 1

Start Date: April 30th

End Date: May 20th

When: Sundays | 10am - 11am

Level 2

Start Date: June 11th

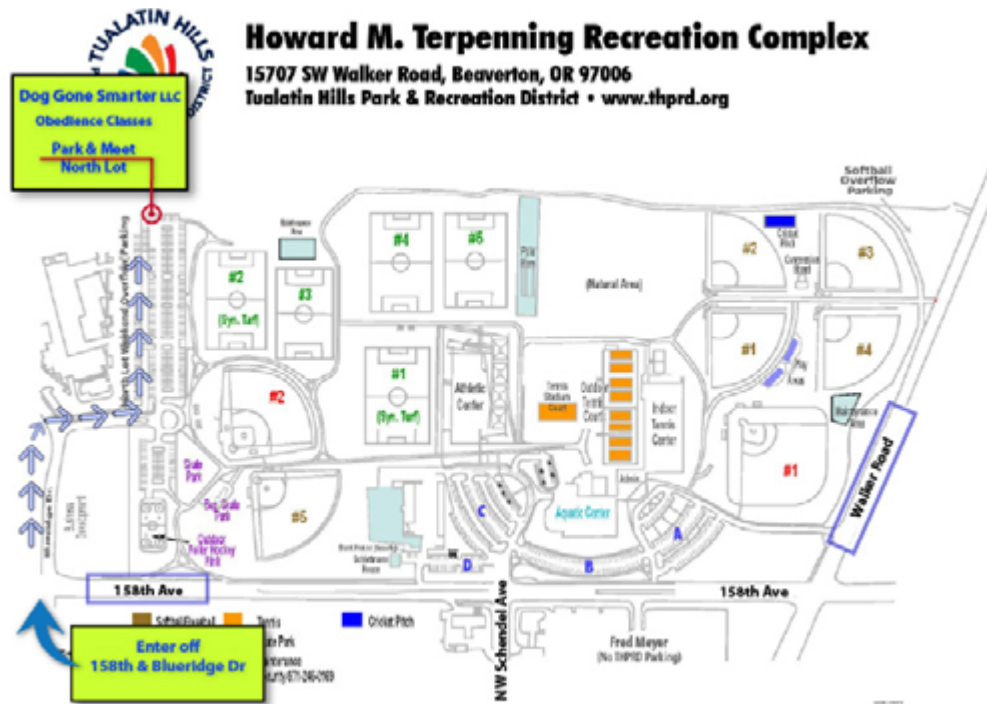
End Date: July 2nd

When: Sundays | 10am - 11am

Please arrive 15 minutes before the start of class to ensure ample time for your dog to acclimate and

to also relieve himself **before** we get started. This is also a good time to review skills.

Where do we meet?



H.M. Terpenning Recreation Complex

15707 SW Walker Road, Beaverton OR 97006

North Entrance, North Lot

You may park in the North Lot of Terpenning Park. We assemble on Day 1 at the East end of this parking lot (see map). If full, meet at the Skate Park.

What to bring

Collars & Leashes

- Martingale or Chain Collar
- 4' - 6' Dual Handle Leash
- 15' Dog Lead

Treats

- We recommend single ingredient (High-Quality) HQ-treats.
- Buy 5+ varieties, combine and divide into portions.
- Place portions in a small tin, such as an Altoid mint tin.

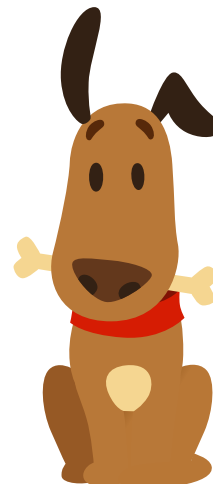
Misc Items

- Water, Pet Bowl, Towel
- Rain Coat, Sunscreen
- Dog Poop Bags



Park and Class Rules

- Dogs must be leashed at all times during class and while on the park grounds.
- Please keep talking to a minimum.
- Please keep all questions during class brief and topical to the discussion at hand.
- Save other questions till the end of class.
- Please limit attendance to you and your pup. It is best to leave kids and family at home.
- Please only bring dogs that are enrolled in the class.
- Submit vaccination records to DGS before first day of class.



1 Week



Topics covered this week: **Short Leash Basics, Sit and Down, Hand Signals, Rewarding Basics**

This Week:

Short Leash Basics, Hand Signals for Sit & Down, Rewarding: Basics

Welcome to Week 1!

This week we will be covering the basics of walking your dog on a short leash (4' - 6'). The first training walk you will learn is called the casual walk. Your pup should keep up with your pace, not pull or jump or lunge.

Next, we will teach you how to train your dog to Sit & Down with hand signals. Lastly, we will discuss treat rewarding basics. We will also include the advanced skills and concepts of: “Oh well”, leash anchoring and treat shaping.

A little about how this eBook is organized... Look to this page at the start of each week - for tips to learn

how to best prepare for this week's training. For instance, it is generally recommended that you read through each week's training **in advance** of the start of class. To even better **prepare yourself for class**, try to step thru each of the lessons with your dog. When you attempt new skills and train-

ing, find a location to train that is suitable. A **suitable training area** is large enough to provide a safe, private, predictable experience. If there are multipliers (dogs, children, etc.) present, your training area should be spaced far enough away to allow you to anticipate and respond to interruptions.

Skill

The Casual Walk

Short Leash Basics

Equipment: 4' - 6' Leash | High Quality Treats

Key Points: Keep Leash Loose, Lead Predictably

Be predictable and consistent. Walk slowly at first, then casually alter your pace a bit every few minutes. Be natural, be alert, be purposeful. Create a puzzle and let your pup discover the rules, boundaries and rewards.

Avoid overt corrections or reacting to your dog's misbehavior. Don't talk with the leash, loose focus, chit-chat, listen to music or let your mind wander while training your pup.

Walk with your pup as if you are both riding a tandem bike.

The Do's

- **Maintain a Loose Leash**
- Lead and Connect w/Pup
- **Use Boredom, Frustration**
- Coach Audibly
- **Be a Slow Moving Train**
- **Reward Attentiveness**

The Don'ts

- Avoid a Taught Leash
- Don't Follow
- Avoid Reacting, Impatience
- Don't Command, Overcorrect
- Don't Pull or Correct w/Leash
- **Don't Reward Naughty**



Pro Tips

Anchoring

Leash Anchoring

Equipment: 6' - 15' Leash | High Quality Treats

Key Points: **HOLD LEASH - HANDS LOCKED IN SMALL OF BACK**

Anchoring is a technique of holding the leash with two hands, locked into the small of your back.

When you walk your dog holding the leash in this manner, you are prevented from



pulling the leash to communicate with your dog.

When Anchoring, use your body, verbal cues, and treats to shape your dog's walking behavior (e.g. distance from you, positioning, attentiveness, etc.).

The Do's

- Use your body to direct
- Alter your pace, direction

The Don'ts

- Don't pull leash with hands
- Don't walk if dog is naughty

Treat Rewarding: Basics

Rewarding

Equipment: High Quality Treats

Key Points: **HOW TO KNOW IF YOU REWARD NAUGHTY**

Whenever you reward your dog, you also reward him for the level of deference and respect he is expressing at the moment



of reward. Does your dog **accept** your treats or **take** them? Do you feel his teeth? If so, he is likely being rewarded for naughty. Stay tuned for more...

The Do's

- Slow Attentive Reward Giving
- Pay Attention, look 4 Naughty

The Don'ts

- Don't Reward Taking of Treats
- Don't Reward Naughty

Skill

Sit and Down

Sit and Down

Equipment: 10' - 15' Leash | High Quality Treats

Key Points: Be Patient, Be Subtle, “Oh well”

1. With a few HQ-Treats in your hand, obtain your dog's attention with a subtle hand signal, sound or gesture.
2. When your dog comes within arms reach, allow him to sniff the hand containing the treats.
3. Raise the treat hand slowly higher above your dog's nose.
4. With the treat above your dog's head, slowly move the treat towards your pup's tail.
5. With a little creativity, you can “Shape” your dog into a sit by maneuvering the treat as described above.
6. Reward your dog as soon as he sits. **REPEAT 1-6 three times.**
7. Next, Shape your pup into a down by using a second treat in your hand to ‘pull’ him towards the ground. Ensure belly is on the ground.
8. Reward your dog!
9. **REPEAT 1-8 three times.**

The Do's

- **Be Subtle**
- Have fun. Treat it as a puzzle.

The Don'ts

- **Avoid a Commanding Presence**
- Don't avoid an “Oh well”

“Oh well.”



If your pup loses interest during a skill, say “**Oh well**” and turn your attention away from your dog for 15-sec or 30-seconds.

Return your attention to your pup,

and repeat the skill that produced the undesired behavior.

If your pup again fails to even attempt the skill, say “Oh well” and withdraw your engagement, turning your back to your pup.

Wait 15 sec, attempt skill again.

Skill

Hand Signals

Dog behaviorists teach hand signals before verbal signals, for two principle reasons.

First, dogs pick it up faster. With a hand signal, there is no tone to interpret, or subtle change in tempo or wording to decipher by your



dog. Hand signals provide clarity established thru consistency and simplicity.

Secondly, with a hand signal it is much easier to present a puzzle for your pup to solve (e.g. if your pup sits just after you raise your

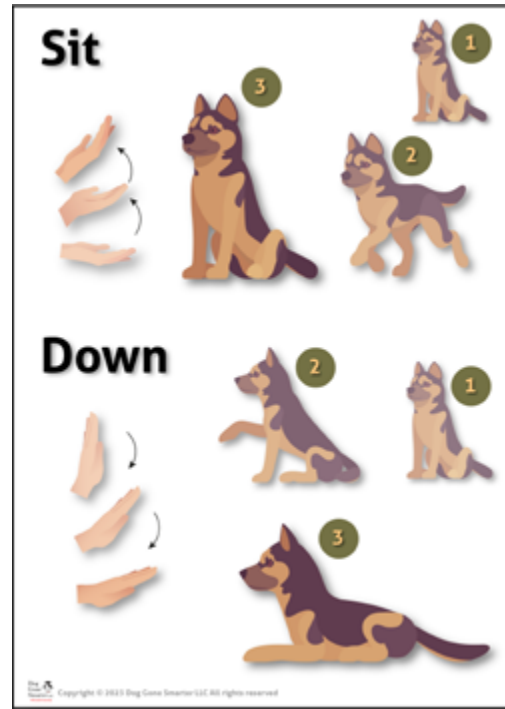
The Do's

- **Be patient and subtle**
- Always have HQ treats at hand
- 15-sec “Oh well.” if ignored
- Alternate w/ 30-sec “Oh well”

The Don'ts

- **Don't insist** (coach or be quiet)
- Don't Demand
- Don't Escalate If Ignored
- Don't Make the Exercise Too Easy

Sit and Down



hand, he may receive a reward) without the distraction of interpreting the meaning of your tone.



Habit Tracking.

Short Leash Training

When did you practice

Short Leash Walking?

A	M	T	W	T	F	S	S
M	●	●	●	●	●	●	●
P	M	T	W	T	F	S	S
M	●	●	●	●	●	●	●

Sit and Down

When did you practice Sit

and Down?

A	M	T	W	T	F	S	S
M	●	●	●	●	●	●	●
P	M	T	W	T	F	S	S
M	●	●	●	●	●	●	●

Hand Signals

When did you practice

your Hand Signals?

A	M	T	W	T	F	S	S
M	●	●	●	●	●	●	●
P	M	T	W	T	F	S	S
M	●	●	●	●	●	●	●

Verbal Signals

When did you practice

your Verbal Signals?

A	M	T	W	T	F	S	S
M	●	●	●	●	●	●	●
P	M	T	W	T	F	S	S
M	●	●	●	●	●	●	●

Rewarding Basics

When did you practice

slow, attentive rewarding?

A	M	T	W	T	F	S	S
M	●	●	●	●	●	●	●
P	M	T	W	T	F	S	S
M	●	●	●	●	●	●	●

Think Again.

Which skill did you find the easiest, and why?

- I practiced more than 3
- I practiced more than 5

Details:

Which skill did you find the hardest, and why?

- I practiced more than 3
- I practiced more than 5

Details:

When rewarding your pup, did he Take or Receive?

- Mostly Takes
- Mostly Receives

Details:

Week



Topics covered this week: **Short Leash Pulling Rx; Side, Sit and Down - Verbal Signals, Rewarding: Taking v. Receiving**

This Week:

Short Leash Pulling Rx, Verbal Signals for Sit & Down; Side, Rewarding: Taking v. Receiving

Welcome to week 2!

Our focus this week will be to review last week's skills and to build upon them.

We will be introducing verbal signals to your dog's sit and down, plus we will discuss advanced

rewarding.

In addition, we teach a key new skill this week: **Side**. **Side is a very, very important skill.**

Our behaviorist uses Side to teach calm deference in all our misbehaving or fearful pups.

To prepare for this week's training, be sure to review last week's skills & read thru this chapter before class.

This week we will be continuing our short leash training, so be sure to practice, practice, practice.

This week we will teach you how to respond to your pup pulling on the leash.

We will also extend the training for Sit and Down, by add-



ing verbal signals.

An important new skill this week will be the introduction of **Side**.

Although a seemingly simple skill on the surface, a well done

side will absolutely improve your pup's impulse control, deference, trust and patience!

Skill

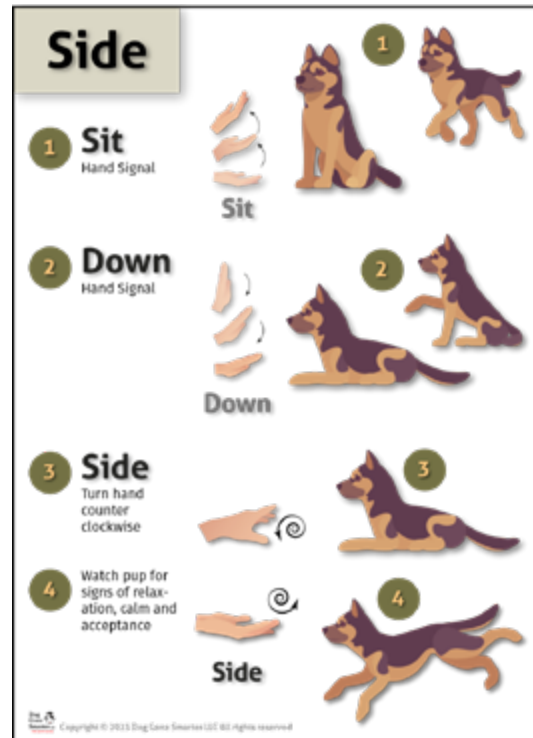
Side - Hand Signal

Side - The Basics

Equipment: High Quality Treats

Key Points: Don't Command, Shape Your Pup Into Side

1. Start by subtly getting your pup's attention. Once he comes close enough, raise your hand requesting a Sit.
2. Then lower your hand to request a Down.
3. From Down, position your hand **as though you are turning a door knob** - about 6" - 12" in front of your pup's nose. Turn your hand clockwise from palm down to up, to request a Side.
4. Immediately after the hand signal, use a treat to Shape your pup from Down to Side.



Shape your pup's position by drawing your treat hand in close to his body from his nose, under his chin, towards his neck, and down along his body towards the side of his chest.

Use the treat to draw his nose up from his chest, along his ribs to the center of his back.

To follow the treat, your pup will need to stand or fall over into a side. If he attempts to stand, then perform a 15-sec "Oh well."

Continue attempting to lead him by his nose, so as to coax his body into a Side - with his head laying on the ground, and all four paws outstretched and relaxed.

Pro Tips

Pulling Rx

Leash Pulling Rx

Equipment: 10' - 15' Leash | High Quality Treats

Key Points: **LEAD, PLAN, ANTICIPATE | BE CONSISTENT**

Guidelines	Related Technique
<ol style="list-style-type: none"> 1. Lead With Your Body 2. Maintain Your Pace 3. Lead, Don't Follow 4. Anticipate, Don't React 5. Don't Reward Naughty 	<ol style="list-style-type: none"> 1. Try Leash Anchoring 2. Be A Slow Moving Train 3. The Contrarian Walk 4. Planning Potty Breaks 5. Long Leash Training



Lead with your body (and not your hands), in a confident, calm, and consistent manner.

Choose your direction and pace forward and don't always follow the pathway.

Plan your stops and avoid reacting to your pup's behavior.

Review Week #1 and review Leash Anchoring. When you Anchor the leash you should maintain a steady slow pace and not stop if your pup stops.

In the upcoming weeks we will teach The Contrarian Walk, How to Plan Potty Breaks, and more!

The Do's

- Lead and Anticipate
- Calm, Consistent, Confident
- Pay Attention To Your Pup

The Don'ts

- Don't Follow or React
- Don't Be Emotional
- Don't Get Into Your Head



Pro Tips

Rewarding +

Advanced Rewarding

Equipment: High Quality Treats

Key Points: YOUR PUP RECEIVES / DEFERS / TRUSTS

Receiving v. Taking

This is one of the most important concepts you will learn in this course. **Understanding the difference between your dog receiving a reward and your dog taking a reward, is key to ensuring you only reward good behavior.**

I have met many a smart, skillful



and yet poorly behaving dog - simply because the pup has been rewarded for being willful, imposing and naughty. Often rewarded for simply performing tricks - tricks that lacked requirements for deference or trust.

Signs of Receiving

- Lips and Tongue accept Treat
- Dog Sits or Lays at Your Side
- A Relaxed Expression/Gaze
- A Calm, Patient Demeanor
- Thoughtful Responsiveness

Signs of Taking

- Teeth meeting the treat
- Dog stares or blocks you
- You see whites of dog's eyes
- Fast breathing, whimpering
- Signs of impatience, paws

The Do's

- Reward slowly & purposefully
- Reward with dog at your side
- Reward aligning with You

The Don'ts

- Don't reward teeth, barking
- Don't reward insistence
- Coach and don't placate

Habit Tracking.

Short Leash Training

When did you practice

Short Leash Walking?

A	M	T	W	T	F	S	S
M	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
P	M	T	W	T	F	S	S
M	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Sit, Down and Side

When did you practice Sit,

Down AND Side?

A	M	T	W	T	F	S	S
M	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
P	M	T	W	T	F	S	S
M	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Hand Signals

When did you practice

your Hand Signals?

A	M	T	W	T	F	S	S
M	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
P	M	T	W	T	F	S	S
M	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Verbal Signals

When did you practice

your Verbal Signals?

A	M	T	W	T	F	S	S
M	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
P	M	T	W	T	F	S	S
M	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Advanced Rewarding

When did you practice ad-

vanced rewarding?

A	M	T	W	T	F	S	S
M	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
P	M	T	W	T	F	S	S
M	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Think Again.

Which skill did you find the easiest, and why?

- I practiced more than 3
- I practiced more than 5

Details:

Which skill did you find the hardest, and why?

- I practiced more than 3
- I practiced more than 5

Details:

Does your pup Take or Receive his treats?

- Mostly Takes
- Mostly Receives

Details:

Suggested Reading.

Article: Deep Dive #2

This article discussing an advanced technique call PiRT. With PiRT, you will learn to help your pup to think, relax, trust and defer.



[Click Here](#)

Article: Why We Train

Learn how training your dog can help your dog's ability to reason, use self-control and even restrain his core impulses.



[Click Here](#)

Article: Is My Dog Anxious

Do you know the difference between your pup's expression of distress and her expression of joyful excitement?



[Click Here](#)

Week



Topics covered this week: *Advanced Sit, Down, Side, Recall & Wait - Hand Signals, The Contrarian Walk*

This Week:

Advanced Sit, Down, Side Hand Signals for Recall & Wait The Contrarian Walk

Welcome to week 3!

This week we will begin to introduce more advanced concepts and skills.

We will teach you about multipliers, what they are and how to use them to **strengthen**

your pup's deference, impulse control and patience.

Also this week: Hand Signals for Recall & Wait and a new very important leash technique called: **The Contrarian Walk!**

To prepare for this week's training, be sure to review last week's skills & read thru this chapter before class.

In preparation for this week's training, I would encourage you to **practice Sit, Down, and Side (hand signals) several times per day, in several different locations inside and outside of your home.** Be patient with yourself and with your pup.



Attempt the hand signals for Recall & Wait. Also, practice your leash walking skills and try out The Contrarian Walk in your yard, neighborhood or park.

The Contrarian Walk is another technique with potential for profound impact on your pup's behavior.

Skill

Sit+ Down+ Side+

Advanced: Sit, Down, Side

Equipment: 10' - 15' Leash | High Quality Treats

Key Points: Multipliers Create Extensibility

Multiplier: Duration

1. Start by subtly getting your pup's attention and once close by, request a Sit (hand signal).
2. Increase the **duration**/time before you provide a verbal bridge (e.g. "Good Boy.") or any acknowledgment or reward.
3. Request a Down, again with a hand signal.
4. As before, **increase the time** before any reward is provided.
5. Request a Side (hand signal) and add time as before.
6. Randomly increase and decrease the duration of the skill and the duration between the skill request & skill reward.

Multipliers

What are Multipliers?

"Multipliers are important amplifiers used to develop, generalize & sustain new behavior, cognitive reasoning processes & impulse control."

Excerpt from *The Brain Game* by Erik Muenster BADC

The Big Multipliers are

- Distance
- Duration
- Domain
- Diversions
- Disruptions
- Diversification

<p>Distance</p> <p>How far are you from your pup?</p> <p>Recommended Distances 1' - 15'</p>	<p>Duration</p> <p>How long do you want your pup to perform activity?</p> <p>Recommended Duration 1 - 60 seconds</p>	<p>Domain</p> <p>The Location and Context present when the skill is requested.</p> <p>Recommended Domains Home Yard Park</p>
<p>Diversions</p> <p>How does your pup perform during random diversions.</p> <p>Recommended Diversions Fauna Kids Dogs</p>	<p>Disruptions</p> <p>Gradually introduce aversive, frenetic, startling events and noises.</p> <p>Recommended Disruptions Traffic Barks Knocks</p>	<p>Diversification</p> <p>Integrate skills into everyday situations, various times of day, various groups</p> <p>Recommended Diversifications Meals Walks Guests</p>

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7. Milestones: 5 sec, 15 sec, 30 sec, 1 min
8. Duration includes: time of skill and time from request to reward.

Handling Naughty

If you are performing these advanced skills correctly, Multipliers will elicit more naughty behavior.

Respond as before - with patience, the deliberate and focused timing of rewards and attention, and most importantly - the liberal use of "Oh well."

Skill

Sit+ Down+ Side+

Advanced: Sit, Down, Side

Equipment: 10' - 15' Leash | High Quality Treats

Key Points: Oh Well is you friend, use it, Mark with Verbal Rewards

Multiplier: Distance

1. Employ the Distance Multiplier as you have with Duration.
2. With your dog a distance away, subtly get you her attention and request a Sit.
3. If she continues to approach, emit the short aversive sound "Pssst." The sound should last about a second or less.
4. If your pup continues approaching, turn and walk away.
5. Restart at step 1 until your pup quickly Sits when signaled.
6. Verbal reward as soon as your pup Sits to your hand signal.
7. Repeat above again now with the Down skill & hand signal.

Multipliers

What are Multipliers?

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Excerpt from *The Brain Game* by Erik Muenker BADC

The Big Multipliers are

Distance	Duration	Domain
Diversions	Disruptions	Diversification

Distance How far are you from your pup? Recommended Distances 1' - 15'	Duration How long do you want your pup to perform activity? Recommended Duration 1 - 60 seconds	Domain The Location and Context present when the skill is requested. Recommended Domains Home Yard Park
Diversions How does your pup perform during random diversions. Recommended Diversions Fauna Kids Dogs	Disruptions Gradually introduce aversive, frenetic, startling events and noises. Recommended Disruptions Traffic Barks Knocks	Diversification Integrate skills into everyday situations, various times of day, various groups Recommended Diversifications Meals Walks Guests

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8. Repeat steps 1 - 6 with the Side skill also with only a hand signal.
9. Increase Distance: 1' - 15'

Handling Naughty

If you are performing these advanced skills correctly, Multipliers will elicit more naughty behavior.

Respond as before - with patience, the deliberate and focused timing of rewards and attention, and most importantly - the liberal use of "Oh well."

Skill

Sit+ Down+ Side+

Advanced: Sit, Down, Side

Equipment: 10' - 15' Leash | High Quality Treats

Key Points: Titrate the Multiplier

Multiplier: Domain

1. Employ the Domain Multiplier in a similar fashion as you have with Duration and Distance.
2. With your dog in a new Domain (i.e. location) such as a park or your backyard, subtly get your dog's attention and request a Sit.
3. Your dog will likely have difficulty performing Sit, Down and Side quickly and effortlessly in novel locations / situations.
4. Titrate the level of excitement to match your dog's ability to perform the skills, with your dog only demonstrating moderate resistance and difficulty.

Multipliers

What are Multipliers?

"Multipliers are important amplifiers used to develop, generalize & sustain new behavior, cognitive reasoning processes & impulse control."
Excerpt from *The Brain Game* by Erik Muenker BADC

The Big Multipliers are

Distance	Duration	Domain
Diversions	Disruptions	Diversification

Distance How far are you from your pup? Recommended Distances 1' - 15'	Duration How long do you want your pup to perform activity? Recommended Duration 1 - 60 seconds	Domain The Location and Context present when the skill is requested. Recommended Domains Home Yard Park
Diversions How does your pup perform during random diversions. Recommended Diversions Fauna Kids Dogs	Disruptions Gradually introduce aversive, frenetic, startling events and noises. Recommended Disruptions Traffic Barks Knocks	Diversification Integrate skills into everyday situations, various times of day, various groups Recommended Diversifications Meals Walks Guests

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5. Learning how to titrate your pup's Multipliers is key.
6. Let your pup's reaction guide you, but never rule you.

Handling Naughty

If you are performing these advanced skills correctly, Multipliers will elicit more naughty behavior.

Respond as before - with patience, the deliberate and focused timing of rewards and attention, and most importantly - the liberal use of

“Oh well.”

Skill

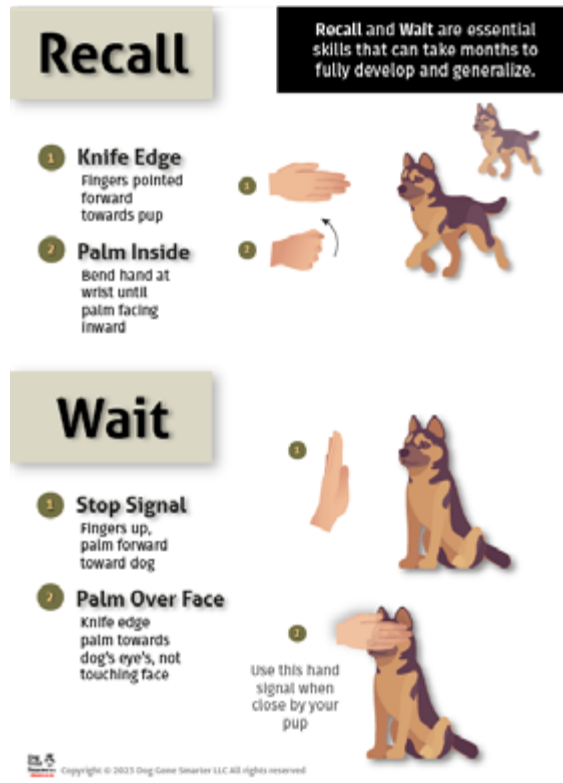
Recall - Hand Signal

Recall - The Basics

Equipment: 6' - 15' Leash | High Quality Treats

Key Points: Make Eye Contact First

1. Start by subtly getting your dog's attention by making eye contact. Then make a knife edge with your hand, pointing fingers toward your pup's nose.
2. Bend your arm so as to face your hand palm inwards.



Wait - Hand Signal

Wait - The Basics

Equipment: High Quality Treats

Key Points: Maintain Eye Contact

1. Start by subtly getting your dog to Sit at a distance.
2. Raise your hand to form a Stop Signal - fingers pointing up, palm facing dog.
3. Continue as without the verbal reward...
4. Step backwards while maintaining eye contact with dog.



5. Say "Psst," if your pup moves. If pup remains sitting, verbally congratulate and reward.
6. Repeat with longer distances.

Recall and Wait are two very important basic skills that every pup must learn to perform expertly, even with the addition of significant Multipliers.

Pro Technique

The Contrarian Walk

Equipment: 6' - 15' Leash | HQ Treats

Key Points: Lead, Alter Pace

Contrarian Walk

See related image on next page ->

The Contrarian Walk is a powerful training tool to teach your dog to follow your lead.

You will need a long leash and an open field or large park, one that contains secluded portions that are largely absent of nearby distractions...



1. Start in the middle of a large field.
2. Anchor the leash (with both hands) to the small of your back.
3. Begin walking in any direction.
4. Allow your dog to walk as far away from you as the leash will allow.

5. Immediately before (or at the moment) the leash reaches its limit, turn opposite your dog's direction and walk away.
6. It may turn into a bit of a dance at times, with your dog swinging wildly around you like a circling satellite or racing past your side to regain the lead.
7. Repeat steps 4 -6, until your dog attenuates his pull.
8. Remember, when Anchoring the leash - don't pull with your arms, only 'pull' with your body, by walking in an opposite direction of your pup's every whim.

The Do's

- Lead predictably when your dog is attentive and deferent.
- Be a bit sporadic and random when your dog loses his attentiveness, pulls or becomes willfull.

The Don'ts

- Don't pull with your arms or communicate in any way with the leash.
- Don't get frustrated, **let your dog get impatient and bored** with pulling and being willfull.

Contrarian Walk

- Follow the two dog owners as they take their pups on Contrarian Walks in the park.
- Notice how the owner walks opposite to their dogs direction of pull.
- It takes time before your dog grows frustrated and attempts to predict your behavior.
- In attempting to predict your direction, your pup will become more attentive of you.
- Be patient. This walk will motivate to follow.



Suggested Reading.

Article: Deep Dive #1

This article discussing a more advanced version of Sit and Down. I suggest attempting the steps on your own, and returning to class with questions.



[Click Here](#)

Article: Building Pup's Confidence

Learn about counter-conditioning and positive reinforcement. Two powerful and effective tools to help build assuredness and boost confidence.



[Click Here](#)

Article: How Your Pup's Brain Dev...

“How Your Pup’s Brain Develops” is another short article providing insight into how your pup emotions develop.



[Click Here](#)

Habit Tracking.

Sit+ Down+ Side+

When did you practice Advanced Sit, Down, Side?

A	M	T	W	T	F	S	S
M	●	●	●	●	●	●	●
P	M	T	W	T	F	S	S
M	●	●	●	●	●	●	●

Short Leash Walks

How many short leash training walks?

A	M	T	W	T	F	S	S
M	●	●	●	●	●	●	●
P	M	T	W	T	F	S	S
M	●	●	●	●	●	●	●

Hand & Verbal Signals

When did you practice your Hand Signals?

A	M	T	W	T	F	S	S
M	●	●	●	●	●	●	●
P	M	T	W	T	F	S	S
M	●	●	●	●	●	●	●

Wait & Recall

When did you practice Wait & Recall?

A	M	T	W	T	F	S	S
M	●	●	●	●	●	●	●
P	M	T	W	T	F	S	S
M	●	●	●	●	●	●	●

The Contrarian Walk

When did you practice the Contrarian Walk

A	M	T	W	T	F	S	S
M	●	●	●	●	●	●	●
P	M	T	W	T	F	S	S
M	●	●	●	●	●	●	●

Think Again.

Which skill did you find the easiest, and why?

- I practiced more than 3
- I practiced more than 5

Details:

Which skill did you find the hardest, and why?

- I practiced more than 3
- I practiced more than 5

Details:

Does your pup Take or Receive his treats?

- Mostly Takes
- Mostly Receives

Details:

Week



Topics covered this week: Advanced Sit, Down, Side; Recall & Wait - Verbal Signals, Advanced Contrarian Walk, Learned Helplessness

This Week:

Advanced Sit, Down Side

Recall & Wait - Verbal Signals

Adv. Contrarian, Learned Helplessness

Welcome to week 4!

This week we will be **adding new Multipliers** to Sit, Down and Side. We will also add Verbal Signals to Recall & Wait.

The Contrarian Walk will get a refresh, with Multipliers.

New this week will be a focus on Learned Helplessness and how it impacts your dog's behavior and impedes her ability to control her impulses. **We will add cognitive options** to your pup's responses to feeling helpless and reactive.

To prepare for this week's training, be sure to review last week's skills & read thru this chapter before class.

In preparation for this week's training, add Multipliers to create **Advanced Sit, Down, and Side.**

Review Recall/Wait.

Practice all of these skills several times per day, in several different locations, inside and outside of your home.



The Multipliers to focus on are:

- **Domain:** Alter the environment
- **Distance:** Goal is 6', then 10'.
- **Duration:** Goal is 30 seconds.
- **Disruptions:** Add novel noises

Multipliers are the best way to generalize your dog's responses to various people, in various places, in different situations.

Skill

Sit+ Down+ Side+

Advanced: Sit, Down, Side

Equipment: 10' - 15' Leash | High Quality Treats

Key Points: Titrate & Vary the Multiplier

Multiplier: Domain

- Employ the Domain Multiplier.
Replicate these Domains:
 - Near a playground (safely)
 - Adjacent busy parking lot
 - Outside busy dog park
 - In various parks
- Request Sit, Down, Side with Hand Signal.
- Request Sit, Down, Side with Verbal Signal.
- Your dog will likely have difficulty performing Sit, Down and Side quickly and effortlessly in these locations / situations.
- Titrate the level of environmental excitement to match your dog's ability to perform

Multipliers

What are Multipliers?

"Multipliers are important amplifiers used to develop, generalize & sustain new behavior, cognitive reasoning processes & impulse control."
Excerpt from *The Brain Game* by Erik Muenker BADC

The Big Multipliers are

Distance	Duration	Domain
How far are you from your pup?	How long do you want your pup to perform activity?	The Location and Context present when the skill is requested.
Recommended Distances: 1' - 15'	Recommended Duration: 1 - 60 seconds	Recommended Domains: Home Yard Park
Diversions	Disruptions	Diversification
How does your pup perform during random diversions?	Gradually introduce aversive, frenetic, startling events and noises.	Integrate skills into everyday situations, various times of day, various groups
Recommended Diversions: Fauna Kids Dogs	Recommended Disruptions: Traffic Barks Knocks	Recommended Diversifications: Meals Walks Guests

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the skills. [With your dog only demonstrating moderate resistance and difficulty.]

Handling Naughty

Multipliers will elicit more naughty behavior. Respond as before - with patience, the deliberate and focused timing of

rewards and attention, and most importantly - the liberal use of **"Oh well."** Look for and reward incremental success by your dog.

Vary your Multipliers.

Skill

Sit+ Down+ Side+

Advanced: Sit, Down, Side

Equipment: 10' - 15' Leash | High Quality Treats

Key Points: Oh Well is you friend, use it, Mark with Verbal Rewards

Multiplier: Distance

1. Adjust the Distance Multiplier.
2. With your dog approximately 10 feet away, subtly get you her attention and request a Sit.
3. If she continues to move, emit the short aversive sound "Pssst." The sound should last about a second or less.
4. If your pup continues approaching, say "Oh well," turn and walk away.
5. Restart at step 1 until your pup Sits until rewarded.
6. Verbal reward as soon as your pup Sits to your hand signal.
7. Repeat above again now with the Down skill & Side signal.

Multipliers

What are Multipliers?

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The Big Multipliers are

- Distance**: How far are you from your pup? Recommended Distances: 1' - 15'
- Duration**: How long do you want your pup to perform activity? Recommended Duration: 1 - 60 seconds
- Domain**: The Location and Context present when the skill is requested. Recommended Domains: Home, Yard, Park
- Diversions**: How does your pup perform during random diversions. Recommended Diversions: Fauna, Kids, Dogs
- Disruptions**: Gradually introduce aversive, frenetic, startling events and noises. Recommended Disruptions: Traffic, Barks, Knocks
- Diversification**: Integrate skills into everyday situations, various times of day, various groups. Recommended Diversifications: Meals, Walks, Guests

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8. With all skills, attempt with a Hand Signal and with a Verbal Signal.
9. Increase Distance: 15'

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rewards and attention, and most importantly - the liberal use of "Oh well." Look for and reward incremental success by your dog. Vary your Multipliers.

Skill

Sit+ Down+ Side+

Advanced: Sit, Down, Side

Equipment: 10' - 15' Leash | High Quality Treats

Key Points: Multipliers Create Extensibility

Multiplier: Duration

1. Start by subtly getting your pup's attention and once close by, request a Sit (hand signal).
2. Increase the **duration**/time before you provide a verbal bridge (e.g. "Good Girl.") or any acknowledgment or reward.
3. Request a Down, again with a hand signal.
4. As before, **increase the time** before any reward is provided.
5. Request a Side (hand signal) and add time as before.
6. Randomly increase and decrease the duration of the skill and the duration between the skill request & skill reward.

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How does your pup perform during random diversions.	Gradually introduce aversive, frenetic, startling events and noises.	Integrate skills into everyday situations, various times of day, various groups
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7. Milestones:
15 sec, 30 sec, 1 min
8. Duration includes: time of skill and time from request to reward.

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rewards and attention, and most importantly - the liberal use of "Oh well." Look for and reward incremental success by your dog.
Vary your Multipliers.

Skill

Sit+ Down+ Side+

Advanced: Sit, Down, Side

Equipment: 10' - 15' Leash | High Quality Treats

Key Points: Multipliers Create Extensibility

Multiplier: Disruptions

1. Start by locating a Domain that contains frenetic and or startling sounds, such as loud traffic, dogs or wildlife, or maybe some nearby screaming kids.
2. Subtly get your pup's attention and request a Sit (hand signal).
3. Multipliers: Vary the **distance** from you and **duration** your pup sits or lays down, when performing skills within this Domain.
4. Vary the **duration**/time before you provide a verbal bridge (e.g. "Good Boy.") or any acknowledgment or reward.

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the dog game
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5. Vary the Disruptions. Include barking dogs, knocks at the front door and phone calls as Disruptions.

Handling Naughty

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rewards and attention, and most importantly - the liberal use of "Oh well." Look for and reward incremental success by your dog.

Vary your Multipliers.

Skill

Recall - Verbal Signal

Recall - The Basics

Equipment: 6' - 15' Leash | High Quality Treats

Key Points: Make Eye Contact First

1. Start by subtly getting your dog's attention by making eye contact. Then make a knife edge with your hand, pointing fingers toward your pup's nose.
2. Say "<Dog> Come," while...
3. bending your arm so as to face your hand palm inwards.

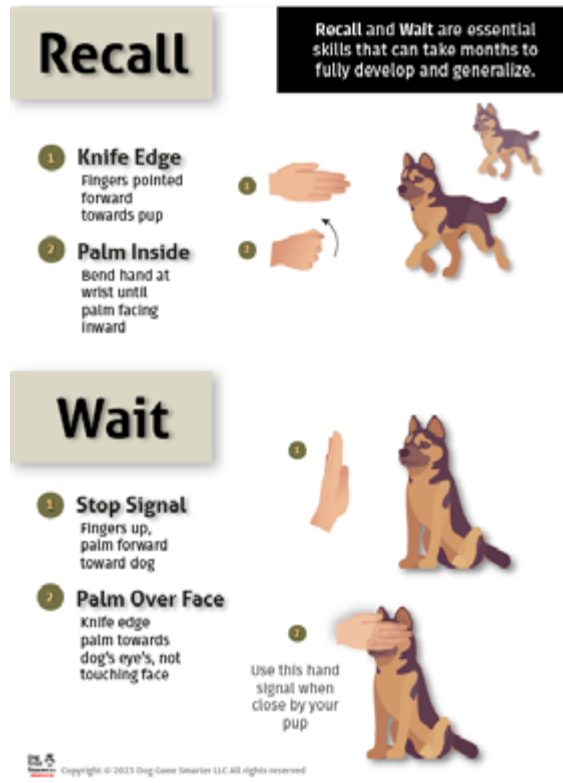
Wait - Verbal Signal

Wait - The Basics

Equipment: High Quality Treats

Key Points: Maintain Eye Contact

1. Start by subtly getting your dog to Sit at a distance.
2. Say "<Dog> Wait," while...
3. raising your hand to form a Stop Signal - fingers pointing up, palm facing dog.
4. Continue as without the verbal reward...
5. Step backwards while maintaining eye contact with dog.



6. Say "Psst," if your pup moves. If pup remains sitting, verbally congratulate and reward.
7. Repeat with longer distances.

Recall and Wait are two very important basic skills that every pup must learn to perform expertly, even with the addition of significant Multipliers.

Pro Technique

Adv. Contrarian

Advanced Contrarian Walk

See related image on next page ->

Equipment: 15' - 20' Leash | HQ

Key Points: Be Unpredictable If Ignored

As you have probably recognized by now, The Contrarian Walk is a powerful training tool to teach your dog to follow your lead.

For our advanced version of the Contrarian Walk, use a longer 15' - 20' leash.



Find an open field / large park, an area that contains private portions that contain few nearby distractions...

1. Start in the middle of a large field.
2. Anchor the leash (with both hands) to the small of your back.
3. Begin walking in any direction.
4. Allow your dog to wonder as far away from you as leash allows.

The Do's

- Increase the obstacles
- Vary your directions and pace
- Be unpredictable when ignored

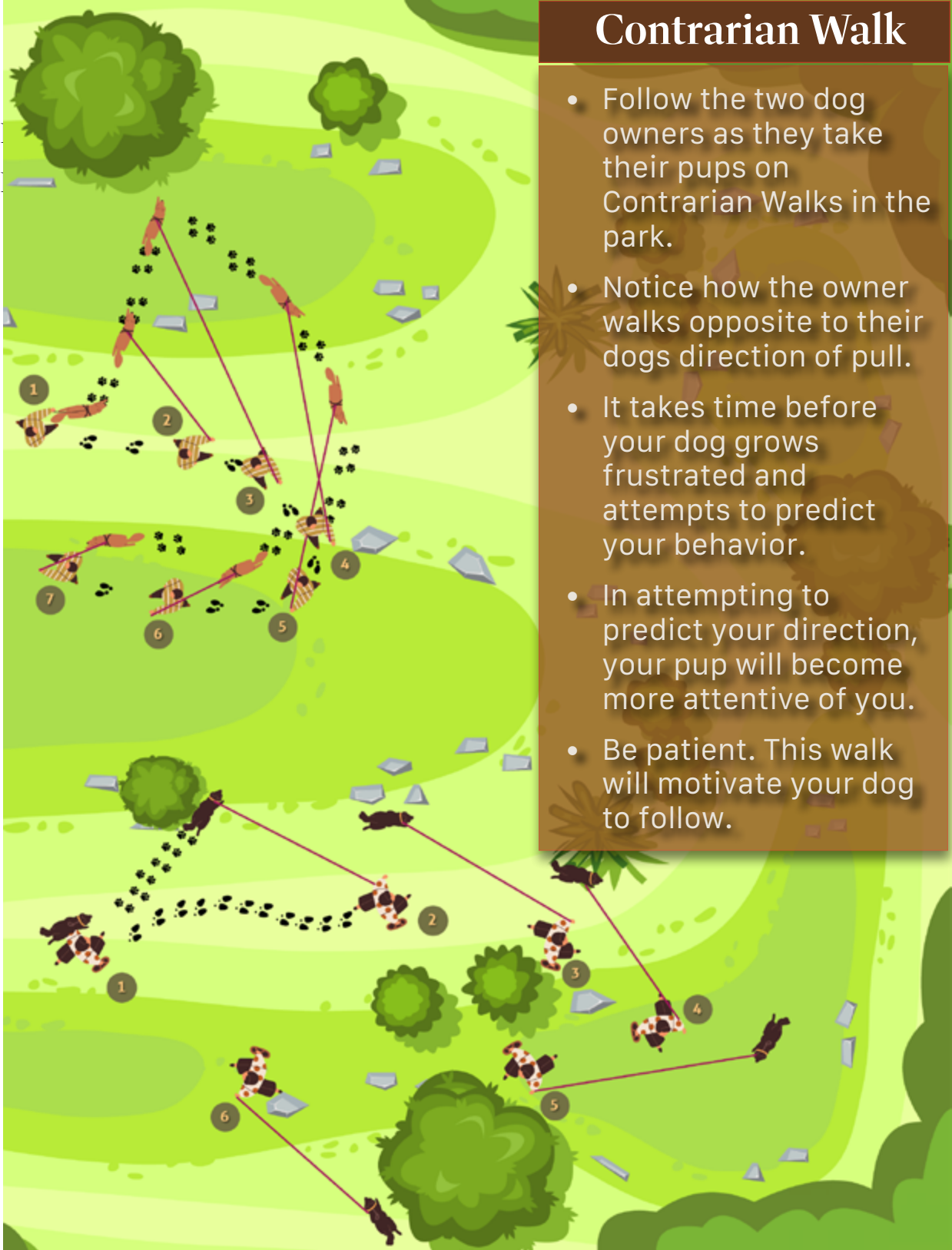
5. Immediately before (or at the moment) the leash reaches its limit, turn opposite your dog's direction and walk away.
6. Utilize nearby structures such as trees and lamp posts and allow the leash to check your dog's advance.
7. Allow your dog to free himself.
8. Keep the challenges simple at first. Then gradually increasing the complexity required to free oneself.
9. Add additional Multipliers:
 - Domain: Increase the Environmental Energy
 - Distractions: Increase type and intensity of distractions.

The Don'ts

- Avoid theatrics
- Don't be overly erratic
- Don't allow dog to get bored

Contrarian Walk

- Follow the two dog owners as they take their pups on Contrarian Walks in the park.
- Notice how the owner walks opposite to their dogs direction of pull.
- It takes time before your dog grows frustrated and attempts to predict your behavior.
- In attempting to predict your direction, your pup will become more attentive of you.
- Be patient. This walk will motivate your dog to follow.



Skill

Learned Helplessness

Advanced: Sit, Down, Side

Equipment: 10' - 15' Leash | High Quality Treats

Key Points: Multipliers Create Extensibility

Multiplier: Duration

1. Start by subtly getting your pup's attention and once close by, request a Sit (hand signal).
2. Increase the **duration**/time before you provide a verbal bridge (e.g. "Good Boy.") or any acknowledgment or reward.
3. Request a Down, again with a hand signal.
4. As before, **increase the time** before any reward is provided.
5. Request a Side (hand signal) and add time as before.
6. Randomly increase and decrease the duration of the skill and the duration between the skill request & skill reward.

Multipliers

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7. Milestones:
5 sec, 15 sec, 30 sec, 1 min
8. Duration includes: time of skill and time from request to reward.

Handling Naughty

If you are performing these advanced skills correctly, Multipliers will elicit more naughty behavior.

Respond as before - with patience, the deliberate and focused timing of rewards and attention, and most importantly - the liberal use of "Oh well."

Suggested Reading.

Article: Deep Dive #1

This article discussing a more advanced version of Sit and Down. I suggest attempting the steps on your own, and returning to class with questions.



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Article: How Your Pup's Brain Dev...

“How Your Pup’s Brain Develops” is another short article providing insight into how your pup emotions develop.



[Click Here](#)

Habit Tracking.

Sit+ Down+ Side+

When did you practice Advanced Sit, Down, Side?

A	M	T	W	T	F	S	S
M	●	●	●	●	●	●	●
P	M	T	W	T	F	S	S
M	●	●	●	●	●	●	●

Learned Helplessness

How many learned helplessness training walks?

A	M	T	W	T	F	S	S
M	●	●	●	●	●	●	●
P	M	T	W	T	F	S	S
M	●	●	●	●	●	●	●

Hand & Verbal Signals

When did you practice your Hand Signals?

A	M	T	W	T	F	S	S
M	●	●	●	●	●	●	●
P	M	T	W	T	F	S	S
M	●	●	●	●	●	●	●

Wait & Recall

When did you practice Wait & Recall?

A	M	T	W	T	F	S	S
M	●	●	●	●	●	●	●
P	M	T	W	T	F	S	S
M	●	●	●	●	●	●	●

Adv. Contrarian Walk

When did you practice the Adv. Contrarian Walk?

A	M	T	W	T	F	S	S
M	●	●	●	●	●	●	●
P	M	T	W	T	F	S	S
M	●	●	●	●	●	●	●

Think Again.

Which skill did you find the easiest, and why?

- I practiced more than 3
- I practiced more than 5

Details:

Which skill did you find the hardest, and why?

- I practiced more than 3
- I practiced more than 5

Details:

Does your pup now Take or Receive his treats?

- Mostly Takes
- Mostly Receives

Details:

Week



Topics covered this week: *Advanced Sit, Down, Side Recall & Wait - Verbal Signals, Advanced Contrarian Walk, Learned Helplessness*