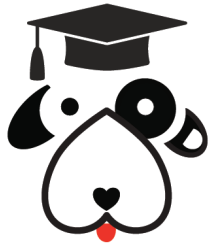


Dog Gone Smarter LLC



A life coach for your dog

you & ^

Change the way your dog thinks, in just

6 weeks

Level 1
The Basics



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Dog Gone Smarter LLC

A life coach for your dog

presents

**CHANGE THE WAY YOU & YOUR DOG THINKS,
IN JUST 6 WEEKS**

**LEVEL 1
THE BASICS**



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.

Page 9

Week 1

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

Page 10

Week 2

Short Leash Pulling Rx, Sit and Down - Verbal Signals, Side, Rewarding: Avoiding Behavioral Problems

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Week 3

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

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Weekly Syllabus

Week 4

Advanced Sit, Down, Side, Recall & Wait - Verbal Signals; Advanced Contrarian Walk, Learned Helplessness

Page 38

Week 5

Advanced Sit, Down, Side, Recall; Sit-Down Stay; Advanced Rewarding & Uncovering Behaviors, Casual Long Leash, Learned Helplessness +

Page 51

Week 6

Review. Focus on Advanced Sit-Down-Side, Recall/Wait, Attentiveness, Advanced Behavior Shaping, Signaling Sounds, and more!

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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!

Where do we meet?

We will meet for our first group class at Terpenning Park (see below for specific directions). During future class sessions, we may meet at other nearby locations, such as AmberGlen Park, Tonkin Field across

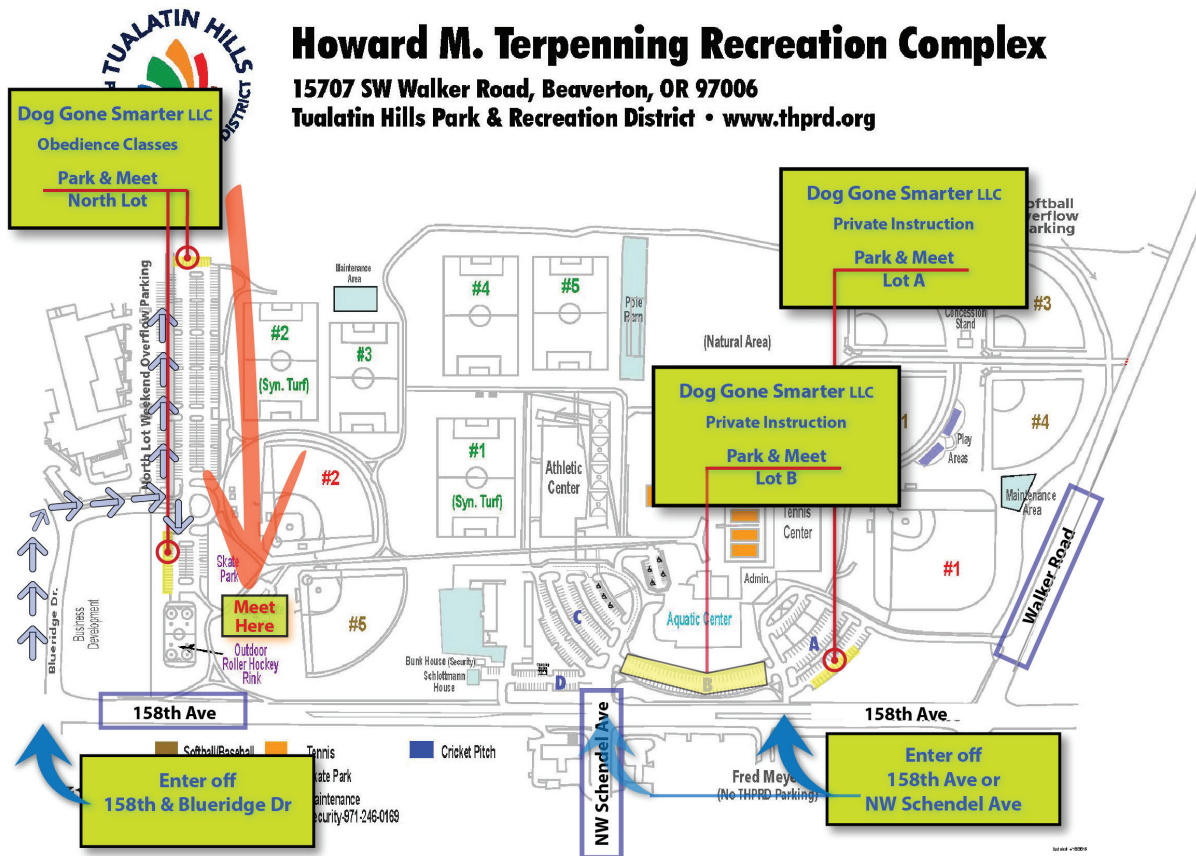
from Hondo Park, or the Hillsboro Fairgrounds and Sport Complex. Directions to these locations are available on our website, by selecting **Directions** under the **More** menu. [Click here to visit page.](#)

H.M. Terpenning Recreation Complex

15707 SW Walker Road, Beaverton OR 97006

North Entrance, North Lot

We suggest that you park (anywhere) in the North Lot of Terpenning Park. We assemble on Day 1 near the grove of trees adjacent to the Roller Hockey Rink and Skateboard Park (see map below).



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.

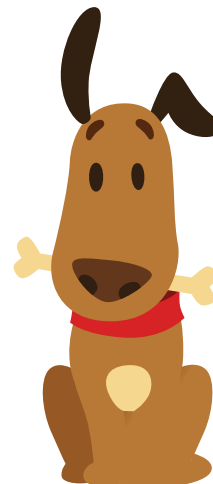
Misc Items

- 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 on

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



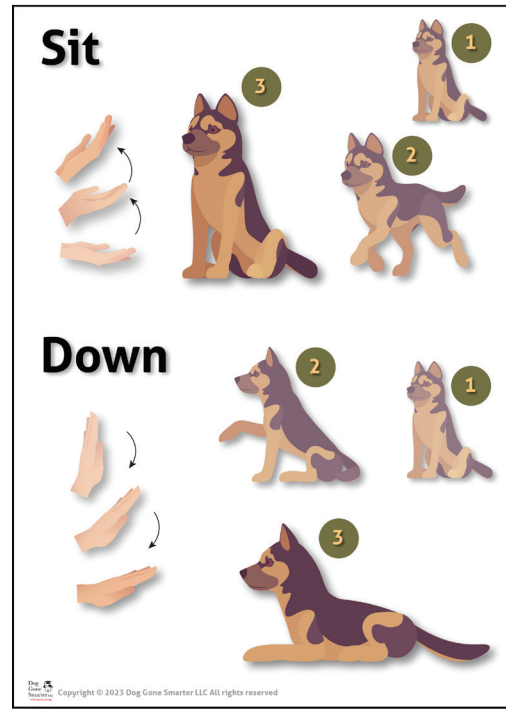
dog. Hand signals provide clarity established thru consistency and simplicity.

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”

Sit and Down



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

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



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:

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](#)

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 adding verbal signals.

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

Although a seemingly simple

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

