

# Contents

# THE DOG'S WAY

This course is designed to be a progression of skills. Though it is tempting to go directly to the lesson that you really want to work on, PLEASE STOP yourself. Follow the course in order and achieve each competency along the way and you'll be pleasantly surprised by the results!

Best of luck,  
**Sean McDaniel**

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## INTRODUCTION AND THEORY

# THE DOG'S WAY

The philosophical underpinnings of this program are crucial to your success. Your first homework assignment is to watch the 'Introduction and Theory' lesson for the Dog's Way DVD Training Course and answer the following questions to ensure that you have a solid grasp of the theoretical information before watching and practicing lesson one. Some people find it useful to scan through the questions prior to viewing the video to highlight the information in the questions.

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PLEASE ANSWER THE FOLLOWING QUESTIONS from the introduction lesson.

1) The Dog's Way DVD Training Course follows a general 'three-step process':

- a. Relationship \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_

2) We can skip some of these steps and go ahead if we have a smart dog or we've done a lot of training with our dog in the past.

True

False

3) We should act *exactly* like dogs act with one another because we have all the tools and skills that dogs have.

True

False

4) "Minimum threshold of effective communication" is the mixture of ...

- a. Posture \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_

... that "makes the point" and affects our dog's behavior.

5) The “Progression of Difficulty” has three elements that make any task more or less challenging for your dog.

a. What you’re doing while your dog is doing a task

b. What’s going...

c. How...

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### **HOMEWORK FROM THE INTRODUCTION**

- Complete all questions in the introduction section
- Get a regular six foot leash
- Determine and buy whichever training-collar you feel is going to help you achieve the “minimum threshold of effective communication” with your dog on a walk.

**NOTE:** You may need to experiment with different collars to find out which collar works best for you and your dog.

### **NEXT STEP AFTER HOMEWORK IS COMPLETE**

Watch Lesson One



# LESSON ONE

## Walking on a Loose Leash and Relationship

# THE DOG'S WAY

Lesson One is a very foundational lesson. It is the most information “packed” lesson in the series. Mastering the concepts and techniques in this lesson will make every other thing you do with your dog much easier. Take some time to understand and practice the exercises in Lesson One with your dog before moving on to the next lesson.

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### QUESTIONS FROM LESSON ONE

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1) The goal for this lesson is:

Our dog walks on a \_\_\_\_\_ leash with us.

2) Rather than being overtly dominant or domineering in your general interaction with your dog, your “play-acting” role in this lesson is to pretend to be a little more \_\_\_\_\_ towards your dog.

3) We praise or interact positively with our dog for only 2 reasons right now. These are:

- a. Our dog makes a... \_\_\_\_\_
- b. Our dog governs... \_\_\_\_\_

4) What are the two body language signals that we’re looking for our dog to exhibit in this lesson?

- a. Speed... \_\_\_\_\_
- b. Head... \_\_\_\_\_

5) I should keep the leash loose almost all the time and give my dog the full length of the leash to have freedom to make the decision to follow me.

True

False



6) What role is the leash playing in a training session?

- a. a physical control tool.
- b. a communications tool.
- c. a nice fashion accessory.

7) It's important to keep tension on the leash and pull our dog in the direction we want him to go with a lot of force so he knows we're in charge.

True

False

8) It's important to think of the leash as a \_\_\_\_\_ tool, rather than a "physical control" tool.

9) The initial game of "tag" means, I go in the opposite direction from where my dog's nose is pointed to see if my dog can change direction and "choose" to follow me.

True

False

10) The mix of posture, vocalization and physical contact that "makes the point" without over-communicating is called: "Minimum..." \_\_\_\_\_

11) The second "game" we play with our dog, once they become more attentive, is called: Approach and \_\_\_\_\_

12) The three elements that make any distraction more or less severe are:

- a. Distance \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_

13) The two reasons we don't want tension on the leash are:

- a. It's against state law, and impolite.
- b. We don't want our dog's opposition reflex to kick in and we don't want our dog to be able to feel where we are through the leash.
- c. We don't want to break the leash and it's unsafe.

14) If our dog jumps up on us or anyone else, we don't say anything, but we immediately use the hand that is picking up the slack to give our dog a quick \_\_\_\_\_  
...to the side while we also ignore him.

15) If you find yourself in what seems to be the “leash version of an argument” then you need to...

- a. Explain to your dog why it's important to you that they follow you.
  - b. Turn around, walk away more definitively and “pop” the leash more clearly (perhaps using the two handed grip if needed).
  - c. Take up strength training so it's easier to drag your dog home on a tight leash.
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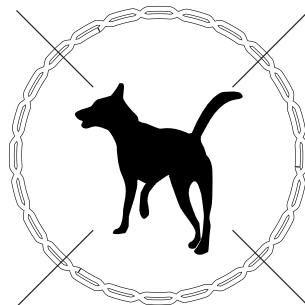
## **HOMEWORK FROM LESSON ONE**

- Take the field card (1a) for “playing tag” out and go for a walk with your dog. Play the game of “tag” the whole time starting the moment you put the leash on your dog. This may include walking down the hallway on your way to the front door and all the way out your front door. You should start seeing some “speed governing” and “head checking” within the first several minutes.
- Progress to playing “approach and retreat” in the next couple of days. Use the field card (1b) as a reminder of key “Do’s” and “Don’ts” for this activity as well.
- Actively coach your dog through governing their nervous system by settling them when they over-react to stimuli on the walk.

## **THE NEXT STEP AFTER DOING HOMEWORK FOR A COUPLE OF DAYS...**

**Check your Competency** – You should be finding that your dog is walking on a loose leash more often than not in a medium distraction environment. If you find that you’re praising a lot for “following decisions” and the number of “leash-pops” that have been necessary have decreased quite a bit then you’re ready to move on to Lesson Two. Most folks find that in a few days they feel ready to move forward with Lesson Two. If you aren’t progressing to Lesson Two in a few days consider these problem solving possibilities:

- 1) Make sure you’re practicing on every walk and at least once a day.
- 2) Make sure you don’t go for “regular walks” (while not playing this game – “just to get your dog some exercise”. This loose leash walking exercise has to be your default for a while.
- 3) Upgrade your “pops”. If you’ve been popping the leash at a 1 or 2 out of 10 level, then experiment consistently with a 3 or 4 level of “pop” and see if that reaches your dog’s “minimum threshold of effective communication”.
- 4) Experiment with an upgraded collar. Try the next collar up and put both collars on your dog for the next walk. Switch back and forth and see if you notice a difference in the level of awareness in your dog.



# LESSON TWO

## Revisiting the “Sit!”

# THE DOG'S WAY

### Competency Check

You may be feeling that your walks are still a little artificial, and that you are still making a lot of extra turns on your walks. However, you should be finding that your dog is walking on a loose leash more often than not in a medium distraction environment. If you find that you're praising a lot for “following decisions”, and the number of “leash-pops” that have been necessary have decreased quite a bit, then you're ready to move onto Lesson Two.

### In this lesson

We revisit the “Sit!” command to begin setting up the formula for any verbal command and begin talking about why your dog may not be able to do a ‘sit’ now in a real life setting.

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### QUESTIONS FROM LESSON TWO

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#### 1) I can skip the “Sit!” lesson if:

- a. We've done “Sit!” already at a class with our dog
- b. Our dog is a really smart breed and doesn't need to worry about the basics
- c. My dog can sit after only one command that is given from a distance; hold the sit for up to 4 minutes under heavy multiple distractions until released and I know exactly what to do if my dog isn't consistent at that exercise.

#### 2) The three-part formula for any verbal command is:

- a. location, location, location
- b. Say sit only three times and then offer the dog a treat to motivate the sit
- c. Say it once, it's not optional, keep doing it until we give the release command

- 3) In the “teaching phase” of any lesson, we just show the dog what position we expect them in by placing them into the position with intermittent, “pressure and release” guidance.

True

False

- 4) To place a dog into the sit we should use:

- a. Constant pressure
- b. Intermittent pressure
- c. Louder angrier sounding commands

- 5) In the teaching phase, when a dog gets out of a sit before we say BREAK, it's best to:

- a. Start the exercise all over again and hope your dog gets it right next time
- b. Catch your dog at the precise moment that she starts to get out of the sit by tightening the leash and placing your dog back into the sit position.
- c. Have your dog watch the video lesson directly to understand more clearly what they're supposed to do.

- 6) Approximately how many repetitions does a dog need before they start to understand an exercise?

- a. 3 times
- b. 22 times
- c. 50 times

- 7) The three elements in the progression of difficulty are:

- a. What you're doing while the dog does the task
- b. What's ... \_\_\_\_\_
- c. How ... \_\_\_\_\_

- 8) We praise a dog for two reasons. What are they?

- a. The dog makes \_\_\_\_\_ that we like.
- b. The dog governs their \_\_\_\_\_ in a way that we like.

- 9) What are the three elements that make any distraction more or less severe?

- a. Distance \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_

- 10) How does the leash communication change after getting out of the teaching phase?

We give a quick \_\_\_\_\_ upward with the leash rather than just replace the dog into the “sit” position.

**11) What is the 4th rule of training distractions?**

All training distractions are... \_\_\_\_\_

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**HOMEWORK FROM LESSON TWO**

**PREVIOUS LESSONS**

- Continue Lesson One walking on a loose leash as often as you can, but do at least one good long walk per day. Continue to build up proficiency in loose leash walking by using greater distractions.

**NEW! - HOMEWORK FROM THIS LESSON**

- Introduce the SIT exercise during your next walk during the loose leash walking.
- During your walk, practice the SIT for about 12-15 repetitions.
- Introduce a couple of mini-training sessions throughout the day. Do 5-10 repetitions in each mini-session.
- Introduce distractions during the SIT.
- Build up the time in the SIT incrementally to two minutes.

**NEW! - PRACTICAL FRONT DOOR HOMEWORK**

- Have your dog begin to drag the leash around as they're hanging out with you around the house.
- Do approach and retreat with friends and family coming in the front door.
- Instruct friends and family to ignore your dog until the dog settles.
- If your dog jumps, give the "pop" to the side to identify the jumping as a mistake.
- If your dog wants to crazily "nose vacuum" the visitor's pants, then give a quick sharp "pop" back with the leash away from your visitor.

**THE NEXT STEP AFTER DOING HOMEWORK FOR A COUPLE OF DAYS...**

**Check your Competency** – Besides becoming more solid in all your previous work, your dog should be able to sit for 2 minutes with at least 5 distraction objects being used around them before moving onto Lesson Three.



# LESSON THREE

## Walking in the “Behind” position

# THE DOG'S WAY

### Competency Check

- You should be experiencing an increase in the quality of the loose leash walking – that means fewer “pops” and more praise for “following” decisions and more games of “approach and retreat” with higher distractions.
- You should be able to have your dog sit on command and hold it for 2 minutes, while you are still standing near them, with at least 5 distraction objects used during the exercise.

### In this lesson

We ask our dog to be more particular about where they walk in relation to us. We introduce the “Behind!” command that gets our dog to walk casually behind us.

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### QUESTIONS FROM LESSON THREE

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- 1) The goal for this lesson is:  
...our dog walks in the semi-circle \_\_\_\_\_ us after we give them the command “behind”.
- 2) The first couple of times we introduce this command to our dog we should:
  - a. Simply turn away from our dog as soon as they cross the midline of the circle to go in front of us.
  - b. Walk faster to stay ahead of our dog.
  - c. Tell our dog repeatedly to walk behind us again and again until they respond.
- 3) In the behind exercise, if we use the leash to stop our dog from crossing the midline, what three things should we do simultaneously after stopping our dog’s forward progress?
  - a. Loosen the leash, walk forward, and praise our dog for being in the right position behind us.
  - b. Hold the dog back, tell them they were bad for being so close to us, and walk faster.
  - c. Turn around, face our dog, and look them in the eye to intimidate them.

4) When a dog “parks”, or stops in a spot on a walk, and won’t move further you should:

- a. Tell your dog that they need to follow you more – usually saying “please” helps.
- b. Get a treat out to motivate them to come with you – sometimes leaving a trail of treats behind you will help.
- c. Playact like you’re oblivious, and give your dog progressively snappier “pops” on the leash until they resume walking – then verbally praise them once they begin following you again.

5) If your dog keeps crossing the midline to go into the front part of the circle, you should make the crossing of the line more of an “event” by stopping everything and creating the buffer space between you before moving forward.

True

False

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### HOMEWORK FROM LESSON THREE

- Continue ‘Lesson One’ walking on a loose leash as your default on leash walking exercise.
- Take the field card, for Lesson Three, on your next walk and introduce the walking “behind” command to your dog *after some regular loose leash walking*.
- Get your dog to transition in and out of the “walking behind” position many times on a walk.
- Your first goal in the “walking behind!” exercise is to **be able to STOP ONCE with your dog remaining in the behind position prior to saying “Break!”** Once they stop behind you, say “break!” and back up to let them pass you and praise them for being somewhere else other than behind you.
- Work up to being able to do multiple stops after one behind command.
- After your dog can do multiple stops, begin using a distraction or two in the front part of the circle as you stop.

### THE NEXT STEP AFTER DOING HOMEWORK FOR A COUPLE OF DAYS ...

#### Check your Competency

- Be able to do multiple stops before saying “break” after one “behind” command.
- Be able to do at least one stop with a distraction object being thrown in the front part of the circle.
- Spend about a half of your walking time practicing walking in the “behind position”.



# LESSON FOUR

Walking in the “With Me!” position

THE  
DOG'S  
WAY

## Competency Check

Before moving onto Lesson Four, you should be:

- Increasing the quality of the loose leash walking – that means fewer and fewer “pops” and more praise for following decisions and more games of “approach and retreat” with higher distractions. IF YOU'RE NOT FINDING that the number of ‘pops’ is continuing to decrease, then make the remaining ‘pops’ that you do have to do “sharper”. You may also want to experiment with an upgraded collar for a while.
- Able to have your dog sit on command and hold it for 2 minutes while you are still standing near them *with more than 5 distraction objects* used during the exercise.
- Spending more time in the “walking behind” position with more distraction. Have a goal of spending about a half of your walk in the “behind” position.
- Front door homework: your dog should be more settled and less reactive with friends and family coming into the house now. Jumping up should be decreased dramatically by this point.

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## QUESTIONS FROM LESSON FOUR

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1) The goal in this lesson is:

- a. Our dog learns that you are stronger than they are.
- b. Our dog learns to walk next to you in a semi-guided short leash walking position.
- c. You learn to hold your dog's head in place with constant tension.

2) The side step technique should be used:

- a. When our dog pulls us forward.
- b. When our dog wants to lean out towards an object to the left of us.
- c. When our dog walks too slowly.



3) The “with me” position is most usefully applied, in real life, in areas like:

- a. Colorado and Wyoming.
- b. The vet’s office or pet store.
- c. Big open field’s at the park.

4) Since this is a semi-guided walk, once you stop in the “with me” position, you should say “with me” every time you start moving again.

True

False

5) When you release your dog from walking in the “with me” position you say:

- a. “Go away!”
- b. “Break!”
- c. You don’t say anything.

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## HOMEWORK FROM LESSON FOUR

### PREVIOUS LESSONS

- Keep upgrading “walking on a loose leash” and “walking behind” work.
- **Increase the basic sit in front of you to 3 minutes** and use more distraction objects.
- Keep practicing your dog’s front door exercises with approach and retreat when friends and family come into your house. You can challenge your dog more now by asking house guests to act a little more normally. You can then assess how much interaction your dog can handle at the front door. You should still be prepared to “actively coach” interactions with the leash and with praise for good behavior.

**NOTE:** *Remember that we’re staying away from meeting new people and dogs on your walk right now.*

### NEW! - HOMEWORK FROM THIS LESSON

- Start spending a good portion of your walk in the “with me” position. Alternate between loose leash walking, the “behind” command and the “with me” position throughout your walk.
- Practice the “side step” in the “with me” position with mild and medium distractions right now. Focus on getting the timing of the technique before using this in a high distraction situation.
- Practice the “sit” from the side in the “with me” position, and increase the amount of time and distraction you use in this position. Have a goal of increasing the SIT next to you to the point where your dog sees this as interchangeable with the SIT from the front.

## THE NEXT STEP AFTER DOING HOMEWORK FOR A COUPLE OF DAYS ...

**Check your Competency** – Before moving onto Lesson Five, you should be very comfortable with the finesse of the “with me” position and be able to pass medium level distractions and have your dog stick next to you as you side step.



# LESSON FIVE

“STAY!”

THE  
DOG'S  
WAY

## Competency Check

Before moving onto Lesson Five:

- “Loose leash walking” and “walking behind” should be very solid now.
- Your dog's basic sit should be solid up to 3 minutes with more than five different distractions.
- Your dog should be spending a large part of your walk in the “behind” position and you should be able to stop multiple times in that position while using several distraction objects in front of you.
- You should be very comfortable with the finesse of the “with me” position and be able to pass medium level distractions and have your dog stick next to you as you side step past those distractions.
- **Front door homework:** your dog should be more settled and less reactive with friends and family coming into the house now. Your dog should understand that jumping is never a good idea and friends and family should be able to act more normally when they come in.

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## QUESTIONS FROM LESSON FIVE

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- 1) The initial “STAY!” exercise should be practiced with less distraction and for a shorter time than the regular sit exercise you’ve been used to.

True

False

- 2) The step by step approach in the “STAY!” exercise allows us to:

- a. Quickly get information to our dog and use posture to emphasize what we want.
- b. Look strange while training our dog.
- c. Learn to dance better.

- 3) The “STAY!” exercise allows us to begin:
- K-9 patrol work.
  - Separating from our dog so we can apply the “sit” in real life.
  - Competition sports.
- 4) Once your dog is able to stay in the basic SIT/STAY position for several repetitions you can:
- Stop doing homework for the week.
  - Begin introducing distractions and increasing how long your dog can “STAY!”
  - Take the leash off for all future lessons.
- 5) When you release your dog from the “STAY!” you say:
- “Go away!”
  - “Break!”
  - You don’t say anything – just let your dog get up whenever they want to.
- 6) Once you’ve increased your dog’s proficiency in the “STAY!” using distractions and time:
- You can begin leaving your dog in a sit while you go to work all day.
  - You can begin dropping the leash and moving further away from your dog.
  - Taking the leash off completely for all future training session.
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## **HOMEWORK FROM LESSON FIVE**

### **PREVIOUS LESSONS**

- Keep upgrading and challenging your “walking on a loose leash”, “walking behind” and “with me” work.
- Increase the basic sit in front of you to 4 minutes** and use a greater number and more varied kinds of distraction objects and/or practice in higher distraction areas.

### **NEW! - HOMEWORK FROM THIS LESSON**

- Introduce the basic SIT/STAY exercise in your homework sessions. Progress by using distractions and increasing the length of time in the “STAY!” Work up to 2 minutes with at least 5 distractions.
- Front door exercises:** Begin to use the “with me” position to take your dog up to the front door when people arrive. Stop a couple of feet away from the visitors. Sit your dog next to you while you talk to your visitor. DO NOT HOLD YOUR DOG IN PLACE! Use the leash to guide!
- Front door exercises: CHALLENGE** – after a couple of days of practicing the STAY try doing the STAY when people enter your house.

**NOTE:** You may have to actively coach your dog with the leash for jumping or getting mentally wound up once you say “Break” from the Stay. Some dogs have to work very hard to hold the Stay, and initially take the “Break” command to mean, “All rules are over and you can do anything now!” A couple of days of coaching after the “Break” command in this setting and your dog will understand what you want.

- **Meal-time mini workout:** do a mini (5 minute) homework session before each meal.

**Check your Competency** – Before moving onto Lesson Six, your dog should be able to do a 2 minutes STAY with at least five distraction objects being used in the exercise.



# LESSON SIX

Come & finish into heel position

THE  
DOG'S  
WAY

## Competency Check

Before moving onto Lesson Six:

- “Loose leash walking” and “walking behind” should be **very solid** – keep practicing though.
- Your dog’s **basic sit** should be solid up to **4 minutes** with more than five different distractions.
- You should be very comfortable with the finesse of the **“with me” position** and be able to **pass medium/high level distractions** within several feet.
- You should feel **competent using many types of distractions** with your dog now.
- **“Stay”** should be up to **2 minutes with 5 different distractions**. You might be able to do a **drop leash “Stay”** in many situations if you’re working consistently.
- **Front door homework:** Your dog should be able to do a decent STAY at the front door when folks come into your house. **BE AWARE** that you may have to coach the ‘BREAK’ command during front door work – some dogs take the “break” after a “stay” to mean all rules are suspended and go back to some of their crazy behavior. Monitor this closely by holding the leash and coaching your dog through the rules AFTER you say “break”.
- You should be consistently doing your (5 min) micro homework lesson before each meal.

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## QUESTIONS FROM LESSON SIX

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1) We initially start to introduce the COME command while our dog is:

- a. Near a wild animal.
- b. In the middle of the street.
- c. From the SIT/STAY position.

- 2) Now that you know several practical obedience skills to practice with your dog, it's important to:
- Only practice sit during the weekend when it's sunny.
  - Randomly interchange obedience skills during your homework, so your dog can't pick up your pattern of practice and just has to pay attention to you.
  - Start using full sentences to describe clearly to your dog which skill you're going to practice so your dog doesn't get confused.
- 3) If your dog veers off to one side as they're coming over to you after the COME command, like they're going to run past you, you should:
- Quickly jump in front of them so it looks good when your dog stops.
  - Say "COME!" again so your dog remembers what they're doing.
  - Back away in the opposite direction from your dog and "pop" the leash towards you to motivate your dog to redirect themselves toward you.
- 4) If your dog turns towards a distraction during the SIT, at the end of the COME exercise, instead of sitting facing you, you should:
- End the exercise and stop doing homework for the day.
  - Yell at your dog to show them how upset you are that they aren't paying attention to you.
  - Use the leash and your other hand to "steer" your dog quickly into the right position just as they perform the crooked sit.
- 5) Once your dog gets a little better at the basic COME on leash, you should:
- Begin tossing a distraction object to the side just as you call your dog to see if they can do the exercise with a distraction around.
  - Take your dog to the off leash park and see if they can come to you without wearing a leash.
  - Start saying the command repeatedly as they COME to reinforce what they're doing.
- 6) The FINISH into the HEEL position is done after:
- Your dog is really tired so it's easier.
  - Many years of rigorous training.
  - Your dog comes over to you in response to the COME command and sits in front of you.
- 7) To increase the proficiency in the FINSH into the HEEL position:
- Start repeating the command to remind the dog of what you're doing.
  - Begin to decrease the amount of leash guidance and back and forth steps you use to entice your dog into the right position.
  - Practice this exercise while dangling a raw piece of steak from your left pant pocket (note: this particular technique is not recommended in grizzly bear habitat).

8) If your dog slows or stops during the COME exercise:

- a. Back up faster or turn around a run away from your dog to motivate faster movement from your dog.
- b. Call them again because they probably forgot what you were doing.
- c. Yell, "BAD DOG!" really loudly, wave your arms, and make yourself as big a scary looking as possible.

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## HOMework FROM LESSON SIX

### PREVIOUS LESSONS

- Keep upgrading your walking on a "loose leash", "walking behind" and "with me" work.
- Continue as many mini (5 - 10 min) homework sessions throughout the day as you can
- Front door exercises: continue practicing the "With me!", "Sit!", and "Stay!" when people come in to your house.

### NEW! - HOMEWORK FROM THIS LESSON

- Introduce the basic on leash COME exercise in your next homework session. Progress through using distractions. If your dog becomes really solid on leash you may start calling them from a 'drop leash' STAY in lower distraction settings.
- Micro session before feeding (NEW): After you've prepared your dog's meal, leave your dog on a SIT/STAY some distance away from your feeding area. Use the COME command to call your dog over and SIT them in front of you before putting the food bowl down. Work up to practicing the FINISH into the HEEL position with this scenario as well.
- **Basic SIT:** progress to being able to do a **5 minute sit** with multiple distractions.
- **Basic STAY:** progress to a **3 minute STAY (on leash)** with multiple distractions (begin dropping the leash for many of your "stays").

**Check your Competency** – Before moving onto Lesson Seven, your dog should be able to do all the stuff listed above and be proficient at that COME exercise while distractions are used.





# LESSON SEVEN

## Meeting and greeting people

# THE DOG'S WAY

### Competency Check

Before moving onto Lesson Seven:

- “Loose leash walking”, “walking behind” and “with me” should be very solid – keep practicing though.
- Your dog’s **basic sit** should be solid up to **5 minutes** with more than five different distractions.
- You should feel competent using many types of distractions with your dog now.
- **“Stay”** should be up to **3 minutes with 5 different distractions**. You should be able to do a drop leash STAY in many situations if you’re working consistently.
- You should be **calling your dog over on leash easily** with some distraction objects being used and you should be getting better at the finish into the heel position.
- You should be consistently doing your (3-5 min) mini-homework lesson before each meal.
- **Front door homework:** your dog should be more settled and less reactive with friends and family coming into the house now. Your dog should understand that jumping is never a good idea and friends and family should be able to act a little more normally when your dog is settled. You’re dog should be able to do a decent STAY at the front door when folks come into your house.

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### QUESTIONS FROM LESSON SEVEN

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1) The three rules for our dog when we’re walking up to meet people on a walk are:

- a. If I say OK the dog can: jump up on them, race up to them and then lick them in the face.
- b. Get all goofy, wag your tail and lunge.
- c. Go up at the owner’s speed, sit, and remain calm while being petted.

2) What we say when we announce to our dog that we're doing the "going up to meet someone" ritual is:

- a. "Get him!"
- b. "Be nice killer!"
- c. "Let's go say hi"(in reality I can say whatever I like as long as it's consistent and makes sense)

3) When the person has petted our dog for a few seconds, we end the petting session by saying:

- a. "STOP PETTING MY DOG –YOU'RE TAKING UP VALUABLE TRAINING TIME!"
- b. End of line!
- c. That's enough – BREAK- Let's go!

4) In the **first couple of days** of practicing the new meeting people ritual, we should:

- a. Structure the exercise with people you know will easily follow your directions to help you.
- b. Use department store mannequins to make it easier on your dog.
- c. Hold tension on the leash constantly to show your dog that you're in charge.

5) When taking our dog up to a person to "say, hi!" it's important to:

- a. Go up to the person quickly so they don't run away
- b. Let our dog jump up on them so we don't stunt our dog's creativity
- c. Develop a good set of directions for the person so they can help you in the way you need them to.

6) In the first few days of practicing "meeting people" make sure you give your dog a break between each meetings and only meet one or two people at a time so:

- a. You don't have to talk so much.
- b. You don't run out of people to meet.
- c. Your dog doesn't become overwhelmed due to the 4th rule of training distractions – which is, that all training distractions are cumulative.

7) In the first couple of days of practicing meeting people:

- a. Make sure you really tire your dog out with some extra walking or obedience homework prior to meeting people so they have less pent up energy.
- b. Bring a portable video player to watch the lesson at the same time you're meeting people.
- c. Tell the people you meet to be as crazy as possible - just to see what happens!

## HOMEWORK FROM LESSON SEVEN

### Previous Lessons

- Keep challenging your “walking on a loose leash”, “walking behind”, walking “with me” and “stay” work with greater distractions and for longer periods of time.
- Continue as many mini (5 - 10 min) homework sessions throughout the day as you can.
- **Front door exercises:** continue practicing the “with me”, SIT, and STAY when people come in to your house.
- Continue challenging the “on leash” come exercise and the finish into the heel position. Begin adding more distractions if your dog improves. You may even be calling your dog while they drag the leash after a ‘drop leash’ “stay” exercise.

### NEW! - HOMEWORK FROM THIS LESSON

- Begin meeting new people. Begin practicing with people you feel are going to follow your directions. Remember, start easy and direct people through a more structured meeting process at first and then gradually let your dog handle more real life situations.
- Once your dog is good at this; **begin meeting at least five new people a day until this begins to seem much easier for your dog.**



# LESSON EIGHT

## Stay Back!

# THE DOG'S WAY

### Competency Check

Before moving onto Lesson Eight:

- “Loose leash walking”, “walking behind” and “with me” should be very solid – keep practicing though.
- Your dog’s **basic sit** should be solid up to **5 minutes** with more than five different distractions.
- You should feel competent using many types of distractions with your dog now.
- **“Stay”** should be up to **3 minutes with 5 different distractions**. You should be able to do a drop leash “stay” in many situations if you’re working consistently.
- You should be **calling your dog over on leash easily** with some distraction objects being used and you should be getting better at the finish into the heel position.
- Your dog should be able to “come” to you from a drop leash stay.
- You should be meeting at least 5 new people a day easily now.
- You should be consistently doing your (3-5 min) mini-homework lesson before each meal.
- **Front door homework:** your dog should be more settled and less reactive with friends and family coming into the house. Your dog should understand that jumping is never a good idea and friends and family should be able to act a little more normally when your dog is settled. Your dog should be able to do a decent STAY at the front door when folks come into your house.

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### QUESTIONS FROM LESSON EIGHT

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1) The goal in phase one of the “stay back” exercise is:

- a. Your dog rolls over on his back on command.
- b. Your dog stops their forward progress when you turn and say, “stay back”.
- c. Your dog learns to not run into traffic.

- 2) It's important that we don't react or correct our dog until our dog "breaks" the rule by ACTUALLY crossing the line, because:
- a. Our dog may hire a lawyer and successfully sue us.
  - b. We want to convey to the dog it's their responsibility to keep "themselves" on the right side of the line.
  - c. This is a trick question – dogs aren't capable of learning boundary commands.
- 3) The goals in phase two of the "stay back" command are:
- a. Your dog can do this exercise for 10 minutes while you throw a steak on the other side of the line.
  - b. We want the dog to know they can move around behind the line and that the line doesn't apply to the person.
  - c. Our dog can do this exercise during a rain storm and a snow storm.
- 4) When you first introduce this exercise to your dog:
- a. Do some extra obedience work that your dog is good at to mentally "warm up" your dog and get them in a working mind set.
  - b. Explain the whole lesson thoroughly to your dog in complete sentences so your dog understands what you're trying to teach them.
  - c. Be sure to do the exercise at the county fair near the livestock pens.
- 5) When we begin dropping the leash and moving further away from the line; if your dog crosses the line, and then jumps back to the correct side of the line before you get there to correct them, we should:
- a. Praise them for realizing they had made a mistake.
  - b. Explain the exercise again in even more complete sentences.
  - c. Recreate the mistake by taking the dog to where they crossed the line and then correct them back anyways.
- 

## **HOMEWORK FROM LESSON EIGHT**

### **Previous Lessons to keep working on:**

- "Loose leash walking", "walking behind" and "with me" should be very solid – keep practicing though.
- Continue as many mini (5 - 10 min) homework sessions throughout the day as you can
- Front door exercises: continue practicing the "with me", SIT, and STAY when people come in to your house.
- Continue challenging the "on leash" come exercise and the finish into the heel position. Begin adding more distractions as your dog improves. You may even be calling your dog while they drag the leash after a drop leash "stay" exercise.
- Continue meeting at least 5 new people a day using the new 'greeting' people exercise.

## **NEW! - HOMEWORK FROM THIS LESSON**

- Begin practicing the 'stay back' command around your house.
- Start with phase one for a day or two to get your dog used to the idea that the command means - "stop your forward progress!".
- Once your dog is stopping without you having to display much "blocking" posture, and you believe they understand the command, then start introducing phase two. Recall that phase two is: re-crossing the line several times to start teaching your dog that they can move around behind the line and that the line doesn't apply to you (the person).
- After several days of practice you may begin challenging the exercise with distractions on the 'forbidden' side of the line. Work up to 3-5 distractions being used during your exercises.
- If you really want a challenge do the toy-fetching challenge after your dog can do the regular "stay back" command really well with basic distraction.

## **NEW! – IN HOUSE LEASH PROTOCOL**

At this point in the training, begin using a short two foot line and progress to a 6 inch tab on your dog's collar rather than having them drag the leash around. Be aware that you will be transitioning back and forth for a while between these different training leads and you will definitely use the dragging leash for higher distraction scenarios around your house.

**Check your Competency** – Before moving onto Lesson Nine, your dog should be able to do all the stuff listed in all previous work and be proficient at temporary boundary work with heavy distraction.



# LESSON NINE

## Permanent Boundaries and 'sending' your dog to a specified place

# THE DOG'S WAY

### Competency Check

#### Before moving onto Lesson Nine:

- "Loose leash walking" and "walking behind", and the "with me" should be very solid – keep practicing though.
- Your dog's basic sit should be solid up to 5 minutes with more than five different distractions.
- You should feel competent using many types of distractions with your dog now.
- You should be meeting at least 5 new people a day easily now.
- Front door homework: You should be able to do a drop leash STAY in many situations if you're working consistently.
- You should be calling your dog over on leash easily with some distraction objects being used and you should be getting better at the finish into the heel position.
- Your dog should be able to "come" to you from a drop leash stay.
- Your dog should be able to hold a "stay back"/temporary boundary for 2 minutes with 5 different distractions.
- You should be transitioning back and forth using your 2 foot line, and tab for some of your "in house" mini training sessions.

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### QUESTIONS FROM LESSON NINE

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#### 1) The two differences between temporary and permanent boundaries are:

- a. Temporary boundaries are for small dogs and permanent boundaries are for large dogs.
- b. There's no command that sets up a permanent boundary and a permanent boundary is released by calling your dog with the "come" command.
- c. There are no differences between the two types of boundaries.

2) The formula for 'sending' your dog to a specified place is:

- a.  $E=MC^2$
- b. Before sending your dog, place a raw steak where you'd like them to end up and leave small bits of meat in a line leading to the place you want them.
- c. Initially, escort and guide your dog over to the desired location and then, with each new trial, let your dog do more and more of the effort for going over to or getting into that place.

3) Permanent boundaries are often used:

- a. If your dog is really disobedient.
- b. At places where there's a safety issue like the front door or the car doors.
- c. Between states in the USA.

4) Sometimes permanent boundaries can be used as convenience policies in places like:

- a. Central Europe.
- b. Carpeted areas of your home, flower beds in your yard, or the kitchen.
- c. Permanent boundaries are never used as convenience policies and, in fact, permanent boundaries have been outlawed in 17 states.

5) We should practice permanent boundaries a lot, and be skeptical about applying them in real life, until we've proofed our dog with all kinds of heavy distractions for a long time because:

- a. Sean said so.
- b. It always takes exactly 184 repetitions to proof a dog's skill.
- c. Often your dog's life will depend on their ability to respect these boundaries consistently under heavy distraction.

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## **HOMEWORK FROM LESSON NINE**

**Previous Lessons to keep working on:**

- Keep challenging "walking on a loose leash", "walking behind", "with me" and "stay" with greater distractions and longer periods of time.
- Continue as many mini (5 - 10 min) homework sessions throughout the day as you can
- Front door exercises: continue practicing the "WITH ME", SIT, and STAY when people come in to your house.
- Continue challenging the "on leash" COME exercise and the FINISH INTO THE HEEL position. Begin adding more distractions if your dog improves. You may even be calling your dog from a "stay" exercise while wearing a tab or short line.
- Continue meeting at least 5 new people a day using the new 'greeting' people exercise.



## NEW! - HOMEWORK FROM THIS LESSON

- Begin practicing the 'permanent boundary' for one location. Choose one boundary area and get good at that before adding a second and third permanent boundary area.
  - **IMPORTANT NOTE:** *Once you begin teaching your dog a permanent boundary at a place like the front door, you will have to go through the "phase 1" and "phase 2" steps just like in the "stay-back"(temporary boundary) lesson to teach your dog that they can move around behind the line and that the line doesn't apply to the person.*
- With your "people visiting your house" work - BEGIN using your temporary boundary "stay-back" command to keep your dog out of the entry when people arrive.
- With your mini-workouts before meals BEGIN using the "stay-back" to keep your dog out of the feeding area. See if they can hold that boundary while the food bowl is on the ground for 20-30 seconds and build up that time progressively before releasing them to go eat.

**Check your Competency** – Before moving onto Lesson Ten, your dog should be able to do all the stuff listed in all previous work and:

- Be proficient at one permanent boundary and be able to be sent from 8-10 feet away into one place like your car or their crate or bed.
- Be able to hold temporary boundaries ("stay-backs") when people enter your house and before feeding for up to a minute.



# LESSON TEN

## Introduction of the Down

# THE DOG'S WAY

### Competency Check

Before moving onto Lesson Ten:

- “Loose leash walking”, “walking behind” and the “with me”, should be very solid – keep practicing though.
- Your dog’s basic sit should be solid up to 5 minutes with more than five different distractions.
- You should feel competent using many types of distractions with your dog now.
- You should be meeting at least 5 new people a day easily now.
- **Front door homework:** You should be able to do a drop leash STAY in many situations if you’re working consistently.
- You should be calling your dog over on leash easily with some distraction objects being used and you should be getting better at the finish into the heel position.
- Your dog should be able to “come” to you from a drop leash stay.
- Your dog should be able to hold a “stay back”/temporary boundary for 2 minutes with 5 different distractions.
- Your dog should be good at one **permanent boundary** and be able to be **sent to one place**.

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### QUESTIONS FROM LESSON TEN

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1) The down command is a “big deal” for some dogs because:

- a. Dogs don’t naturally know how to lie down on the ground.
- b. You may not have the right treat recipe for the down command to work.
- c. The down position is inherently a submissive position.

2) The actual definition of “obedience” is:

- a. Doing something because someone is paying you to do it.
- b. Doing what someone asks you to do when there’s nothing better to do anyways.
- c. Doing what you’re supposed to do, precisely when you’d rather not do it.

3) The obedience command that is usually most functional for having your dog next to you at a park bench or at a sidewalk table at a coffee shop for an extended period of time is:

- a. “Come!”
- b. “Sit!”
- c. “Down!”

4) The first 50 – 60 repetitions of the introduction to the down is considered the “teaching phase” – which means we:

- a. Pop the leash really hard and yell at our dog if they don’t down on command immediately.
- b. Have your dog watch the whole DOWN lesson with you on video before trying the down exercise so your dog understands exactly what you’re doing.
- c. Just want to *show our dog where we want them* after we say down in much the same way we did when we introduced “sit”.

5) After the ‘teaching phase’ of the down we can begin:

- a. Doing off leash “downs” next to a busy road.
- b. The next lesson in the course.
- c. Using our foot on the leash to direct and guide our dog in the down and begin taking our dog through the progression of difficulty.

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## **HOMEWORK FROM LESSON TEN**

### **Previous Lessons to keep working on:**

You should be in a good working routine now and you should have a good idea of the skills you need to practice a little more. Continue to challenge and increase your dog’s skills in all areas but work particularly on the skills at which you need the most work. Be sure that your mini-homework sessions, your micro-workouts before feeding and your long walks as well as your “*visitors to your house*” exercises are still all a regular part of your workout schedule.

## **NEW! - HOMEWORK FROM THIS LESSON**

- 1) Take your dog through the teaching phase for the down. That's (50 – 60) repetitions (remember those aren't all at one training session) of just showing them where you want them after you say down. Do this with no distractions.
- 2) After your dog starts to understand what you want, begin weaning them off the need for you to be down next to them. At this stage, begin using your foot on the leash to guide them into the down and working up to popping down towards the ground with your foot on the leash. Remember to stand on the short leash for many repetitions while you take your dog through the progression of difficulty. Recall that there should be no tension on that leash while you stand on it so your dog feels like they're doing the work of staying in the down themselves. You should have your foot on the part of the leash that will allow the dog to feel tension as their elbows begin to rise off of the ground a couple inches.

### **Check your Competency – Before moving onto Lesson Eleven:**

Your dog should be able to down on command, and hold that down for 3 minutes with 2-3 objects of distractions being used during the practice.



# LESSON ELEVEN

“Leave it”

THE  
DOG'S  
WAY

## Competency Check

Before moving onto Lesson Eleven:

- “Loose leash walking” and “walking behind” and “with me” should be very solid – keep practicing though.
- Your dog’s basic sit should be solid up to 5 minutes with more than five different distractions.
- You should be meeting at least 5 new people a day easily now.
- Front door homework: You should be able to do a drop leash STAY as well as the “STAYBACK” in many situations if you’re working consistently.
- You should be calling your dog over on leash easily with some distraction objects being used and you should be getting better at the finish into the heel position.
- Your dog should be able to “come” to you from a drop leash stay.
- Your dog should be good at one permanent boundary and be able to be sent to one place either your car or their ‘bed’.
- Your dog should be able to down on command and hold that for 3 minutes with 3 different distractions.

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## QUESTIONS FROM LESSON ELEVEN

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1) The definition of “leave it” for us is:

- a. Spit the remote control out of your mouth.
- b. Don’t jump up on the person you’re meeting.
- c. Turn away and ignore that thing that you are showing interest in.

**2) When we say “leave it” we should:**

- a. Pop the leash simultaneously with the command.
- b. Offer the dog something they like better to lure them away from the object of interest.
- c. Pause a moment to see if the dog will turn away and ignore the object – then pop away from the object.

**3) After we’ve said “leave it” and we’ve then “popped” the leash to direct our dog away from the object; once they’ve initially turned away, we should be ready to “pop” with the leash again if our dog:**

- a. Turns back to try a second, or third, look or sniff or lick as they’re moving away.
- b. Doesn’t also lie down.
- c. Doesn’t do anything wrong, but we just feel like popping the leash for no apparent reason.

**4) If our dog starts to perform some other obedience skill, like sit, after the leash is popped when you’re practicing “leave it”:**

- a. Explain to your dog that they’re doing the wrong exercise.
- b. Praise them anyways to reinforce their sitting skill.
- c. Move away a little faster off to the side until they run out of leash and then “pop” the leash as they run out of the full length of the leash.

**5) A permanent “leave it”:**

- a. Is impossible with dogs.
- b. Comes with no command and only the consequence of the “pop” away from the object.
- c. Is a command that tells your dog to stay away from your mother’s hair right after she gets back from the hair dresser.

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**HOMEWORK FROM LESSON ELEVEN**

**Previous Lessons to keep working on:**

You should be in a good working routine now and you should have a good idea of the skills you need to practice a little more. Continue to challenge and increase your dog’s skills in all areas but work particularly on the skills at which you need the most work. Be sure that your mini-homework sessions, your micro-workouts before feeding and your long walks as well as your “visitors to your house” exercises are still all a regular part of your workout schedule.

## NEW! - HOMEWORK FROM THIS LESSON

- Introduce the “leave it”. Gradually, work up to harder “leave it” objects for your dog to turn away from.
- **INCREASE YOUR DOWN SKILL – work up to a 10 minute** down with at least 5 objects of distractions being used.

### Check your Competency – Before moving onto Lesson Twelve:

- With the “leave it” command, your dog should be able to easily turn away and ignore almost anything on command and you should have a few “permanent leave its” that you’ve instituted around the house.
- Your dog should be able to down on command, and hold that down for 10 minutes with 5 objects of distractions being used during the practice.



# LESSON TWELVE

“Working around other dogs”

THE  
DOG'S  
WAY

## Competency Check

Before moving onto Lesson Twelve:

- “Loose leash walking”, “walking behind” and “with me” should be very solid – keep practicing though.
- Your dog’s basic sit should be solid up to 5 minutes with more than five different distractions.
- You should be meeting at least 5 new people a day easily now.
- Front door homework: You should be able to do a drop leash STAY as well as the “STAYBACK” in many situations if you’re working consistently.
- You should be calling your dog over on leash easily with some distraction objects being used and you should be getting better at the finish into the heel position.
- Your dog should be able to “come” to you from a drop leash stay.
- Your dog should be good at one permanent boundary and be able to be sent to one place
- Your dog should be able to down on command and hold that for 10 minutes with 5 different distractions.

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## QUESTIONS FROM LESSON TWELVE

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- 1) The main “game” you’ll play when working around other dogs is:
  - a. Fetch.
  - b. The dog version of Monopoly.
  - c. A finessed version of “approach and retreat” from lesson one.



**2) Friendly or polite dog to dog body language consists of:**

- a. A tight high tail carriage with a curled lip.
- b. Loud barking and frantic jumping.
- c. Anything that's the opposite of the big, tight, dominant dog pose.

**3) When your dog is near other dogs they may find it easier if you position yourself:**

- a. In a way that makes you look afraid of the other dog.
- b. Behind your dog so they are on the "front lines".
- c. As a buffer between the two dogs.

**4) If your dog gets mentally all "wound up" when another dog gets closer to you, you should:**

- a. Tell them, "good dog, be nice – be a good dog!" in a friendly calm voice and pet them until they settle down.
- b. Let them run up to the other dog and "just figure it out" because dogs always come to a peaceful resolution to their disputes about who's in charge.
- c. Tighten the leash and move in to their space while saying "settle down!" – then create some more space between you and the distraction dog, to turn down the intensity of the distraction; then re-approach the dog to see if your dog can handle the closer proximity and stay mentally stable.

**5) Now that you've completed all 12 lessons you can:**

- a. Stop doing homework sessions completely.
- b. Begin telling everyone you know how they should train their dogs.
- c. Achieve the competency for lesson twelve and then login to do the bonus lesson.

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**HOMEWORK FROM LESSON TWELVE**

**Previous Lessons to keep working on:**

You should be in a good working routine now and you should have a good idea of the skills you need to practice a little more. Continue to challenge and increase your dog's skills in all areas but concentrate particularly on the skills at which you need the most work. Be sure that your mini-homework sessions, your micro-workouts before feeding, and your long walks as well as your "visitors to your house" exercises are still all a regular part of your workout schedule.

## **NEW! - HOMEWORK FROM THIS LESSON**

Begin working around other dogs. Pet stores and parks are always great. Doing obedience practice in the parking lot of the off leash park is a really good challenge.

**NEW! - Length of time for the down**

**Work your dog up to being able to hold a 30 minute down.**

**Check your Competency** – Before moving onto the bonus lesson:

You should be able to walk near dogs and do all your basic obedience in fairly close proximity to dogs before moving on.



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