



LEASH WALKING

Walking on a relaxed leash does not mean that your dog is walking right alongside you. This is a casual leash walk which means both you and your dog can stroll along in comfort. With these techniques, our goal is for the leash to be relaxed, not pulled tight. In an ideal world, the leash should form a shape similar to “J” with lots of slack in the leash. For casual training, it is not a requirement, only that your dog isn’t yanking your arm out of the socket! There are two different methods for teaching your dog how to walk on a relaxed leash:

METHOD #1 “TREE ROOTS”

(This method is easier on the owner but takes longer for the dog to understand)

- Attach your leash to your dog’s collar or harness
- When the leash is relaxed and your dog is not pulling, use your clicker and give your dog a treat
- **As soon as your dog pulls** to the end of the leash, plant your feet firmly and stand still, ignoring your dog
- Wait for your dog to get bored and give some slack or if they sit down. Once that happens, use your clicker and give your dog a treat
- When the leash is relaxed, begin walking again
- If your dog runs to the end of the leash, **stop moving and stand still**, ignoring your dog until they return slack to the leash. Repeat the use of the clicker and give him a treat every time he returns to you

METHOD #2 “FAST TURN”

(This method is easier for the dog to understand but can make the owner dizzy)

- Attach your leash to your dog’s collar or harness
- **As soon as your dog pulls to the end of the leash**, quickly turn around and start walking swiftly the opposite direction
- While your dog is walking to catch up to you, use your clicker and praise the relaxed leash
- As soon as your dog pulls to the end of the leash, repeat your turn and swift walk in the opposite direction
- When your dog stops pulling, click and praise, walking at a better pace for both of you

A FEW NOTES:

- **Do not pull back on the leash**, as this will encourage your dog to pull against you
- **Make sure that you are praising and speaking to your dog when they are walking correctly.** One of the biggest mistakes owners make is not praising when their dog is doing things correctly.
- Use the command “Let’s Go” to encourage your dog when walking so they don’t get it confused with other commands.
- **Make sure you are holding the leash correctly!** Thumb through the loop, not your entire wrist.