



# ADVANCED CLASS TWO



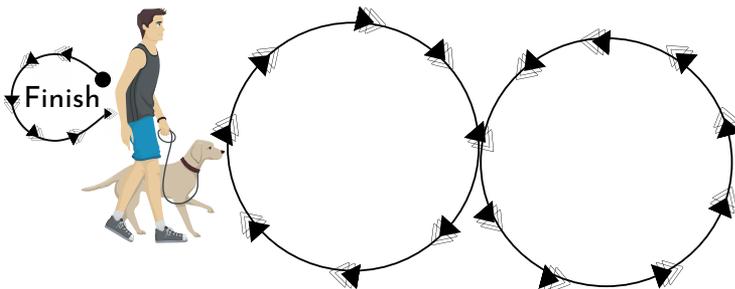
## HEEL PART TWO

Heel teaches your dog how to walk close to you, which is ideal for big crowds like sporting events. The AKC requirement for heel states that it should be done on the left side. If do not have the AKC Canine Good Citizenship award as a goal, you may choose to heel on whichever side you prefer.

Heel is extremely difficult for dogs to understand as it's not natural to remain so close to a moving body for so long while ignoring the world around them. Because of this, we break Heel up into three different parts to make sure that your dog learns it smoothly and with the least amount of frustration for both of you.

This is the second part of learning the heel behavior. We will be adding turns to our heel cue and working on getting our dog to pay more attention to us as we move.

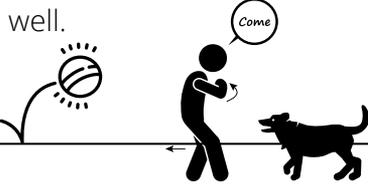
- 🐾 Get your dog into the correct "finish" position that we learned last week.
- 🐾 Tell your dog to heel and start with your left foot forward
- 🐾 Begin walking **slowly, in large figure eight patterns**. Go slowly, you don't want to get dizzy doing these too fast!
- 🐾 **When your dog walks beside you and is actively looking at you** during the patterns, make sure to click and praise their good behavior.
- 🐾 Stop at random spots throughout the figure eight pattern and ask your dog to sit.



By making your dog sit every time you stop, you continue to form the habit we began last week. Having the habit of sitting at your side every time you cease movement will keep your dog safer (and be quite impressive!)

**If you have an opportunity to give your dog a treat while walking in the heel position, do so!** Rewarding your dog with a treat when they are looking directly at you and moving tightly at your side is an excellent reinforcement to their good behavior. If you only treat when they sit, your dog won't realize that the treat was for the good Heel, but only for that sit. We want them to be encouraged during the heel behavior as well.

## COME WITH DISTRACTIONS



Come is a behavior your dog should be comfortable with by now. Just like Sit and Stay, we are now going to make our stay harder by adding distractions while our dog performs that behavior. This is easiest to practice with a second person, but can be done alone as well. Practice in a fenced in area, like a dog park, or on a long leash so you can ensure your dog won't be able to ignore you.

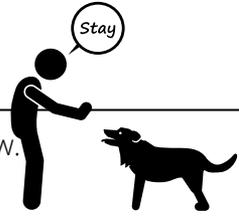
Set up your distraction (Loud children, squeaky toys, other dogs, etc.) at a distance

- 🐾 Call your dog to come to you with the distractions active
- 🐾 If your dog goes toward the distraction, use the leash to re-direct your dog's attention back onto you. You can use the "Leave it" cue during this as well, to help reinforce the correct behavior.
- 🐾 When your dog arrives in front of you, praise heavily and give them a treat. Make sure your dog sits when completing the come cue.

If your dog ignores the distraction, slowly begin moving the distraction closer to the dog and making it a larger temptation. This can help ensure your dog will obey your cue even with very large distractions (like somebody rattling a treat bag, a squeaky toy, or exciting thing).

If you find your dog getting too distracted by the activity, stop the distraction and return them to a regular sit. Begin again with more distance between the distraction and the dog while using a smaller distraction.

# STAY WITH DISTRACTIONS



Stay is a behavior your dog should be comfortable with by now. Just like Sit, we are now going to make our stay harder by adding distractions while our dog performs that behavior. This is easiest to practice with a second person but can be done alone as well.

- 🐾 Tell your dog to “Stay” (this can be in the sit or down position)
- 🐾 Begin your distractions (from a distance as possible). Try something small at first, like a bouncing ball or some fun animal sounds (Youtube has a lot of sound effects).
- 🐾 When your dog remains still, **make sure to praise and reward them**. Use your clicker if you are training with one.
- 🐾 As your dog becomes better about remaining still, move closer to the dog and make the distractions more exciting (Dropping a loud metal dog bowl, using a squeaky toy, an excited sounding friend, etc.)

The goal is to keep our dog in the same spot, through all sorts of strange sound effects or behaviors going on around them. If you find your dog getting too distracted by the activity, stop the distraction and return them to a regular sit. Begin again with more distance between the distraction and the dog while using a smaller distraction.

## PLACE PART TWO



Now that your dog is offering behaviors on their mat, it's time to make it harder!

- 🐾 Get your dog to lay down on their mat
- 🐾 Give your dog a release cue, move a few steps away from their mat.
  - 🐾 If your dog gets off of the mat, stand quietly and ignore them.
  - 🐾 If your dog returns to the mat, use your clicker and begin giving treats again as before.

Repeat the step above multiple times, giving the cue and walking away from the mat. Slowly begin to increase the distance you step away from their mat. Don't forget to also approach your dog while they're on their mat.

When your dog is consistent about returning and laying down on the mat each time, you can start adding time to the “Down on the mat” behavior. Even if your dog is great at stay regularly, you must treat this as a new behavior, so only do a few seconds at a time. If your dog gets off the mat before you give the release cue, pick up the mat and ignore them for about 30 seconds, then lay down the mat and try again. **Do not use the cue “Stay” during this.**

When your dog will go to their mat and lay quietly on it for an extended period of time, you can finally add your verbal cue “Place” or “Mat”.

🌀 Practice sending your dog to their “Place” from longer and longer distances, and eventually, anywhere in the house.

Finally, after your dog will go to their “Place” from anywhere in the house, you can begin adding distractions, like clapping or jumping and slowly work up to harder, more difficult ones like running children.