



# Advanced Class One

## About This Class

You have survived beginner classes and now you're ready for something harder. Welcome to Advanced class! In these courses, your dog will be pushed hard to behave during distractions (some of which are very, very distracting!). Many of our cues have been broken up into multiple parts to make it easier for our owners and dogs to learn and enjoy themselves during the training sessions.

The advanced behaviors we will be learning can be frustrating to both dog and owner, so if you find yourself getting frustrated, please **do yourself a favor and end the training session with something simple**, like sit. Ending a session on a good note will make you feel better and encourage your dog as well. By this point, your dog should be well versed in basic cues and willing to respond to them quickly without always needing a treat for their efforts.

## Sit With Distractions

Our dogs know the Sit cue already, so now it's time to make it even harder! By adding distractions to our Sit Cue, we are teaching our dog to keep themselves in that position despite what is happening around us. This is easiest to practice with a second person, but can be done alone as well.

- Tell your dog to "Sit"
- 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 seated, **make sure to praise and reward them**. Use your clicker if you are training with one.
- As your dog becomes better about remaining seated, move the distraction 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 sitting at all times, 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.

## Heel Part One

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.

First, we must get our dog into the correct position to start Heel, which is called the “Finish” position:

- Take a treat and hold it in your left hand.
- Starting with the treat at your dog’s nose, use the treat to lure your dog closer to you by using a tear drop shaped motion.
- As soon as your dog has **their front legs lined with yours**, give them the cue to Sit.
- Click and treat

Practice just doing the “Finish” position until you and your dog are comfortable with the movement. For those of us who have bigger dogs, you may have to take a step back then forward again, to give your dog room to complete the behavior before bringing them into the sit position.

To practice the first part of heel, you should remain indoors. Find the longest wall of your home (a hallway or a room wall) and practice your “Finish” so that your dog is sitting between you and the wall. This will help your dog pay attention to you and not wander away from your side. Some dogs feel very cramped in this position, so make sure they have enough room to feel comfortable.

- Get your dog into the “finish” position between you and the wall
- Hold your leash in your left hand, with as little slack as possible
- Holding a treat in your right hand, have your arm rest across your stomach so your dog can smell the reward
- Say “Heel” and **take only a couple of steps**, starting with your left foot first

Your dog should be rewarded after only two or three steps. The key to this is to advance slowly. You do not want your dog to push past you and pull forward, so by starting with only a couple of steps, we ensure they don’t get too far. Our goal is for you to be able to walk the entire length of the wall by the end of the week without having to stop. Starting with a couple of steps at a time ensures a better result, so even if you want to go faster, take your time with this behavior.

Whenever you stop after practicing Heel, you should place your dog into a sit position. We want it to become automatic for your dog to sit when not moving forward on their leash. This keeps your dog safe when you stop at crosswalks and prevents your dog from wandering into the street or getting in the way during a sporting event.

## Place / Mat Part One

Teaching your dog “place” is an excellent way to help them settle down. You can teach your dog to go to their place when you have company over, or a spot to keep them in public, which can help increase confidence in unusual situations. Many tricks can begin with “place” as well as other activities, such as agility.

Place is a mat, bed, or blanket that you can easily take with you anywhere you go with your dog, and that you will teach your dog to lie down on, on cue. The more comfortable the mat, the easier the training will be. It is best to start with a brand new item that your dog has never seen or used before, since this will become their special space.

- Lay your mat on the floor, when your dog sniffs it, looks at it or shows any interest at all, click and put the treat on the mat
- Practice this for a while, rewarding any behavior – EXCEPT for grabbing it!

Having your dog see their mat as a positive experience is very important. We want them to enjoy seeing this particular item

- If your dog begins offering behaviors, like sitting on the mat, or standing on it, use your clicker and give them a treat.
- If your dog begins laying down on the mat, use your clicker and give them a special, high value treat!
- If your dog does not offer behaviors, use your down cue, and ask them to lay down on the mat. When they do, click and give them a special, high value treat
- After you have given your dog the down cue about 6 times, pause and see if your dog will lay down on their own. If they do, click, and reward your dog with 2-3 special, high value treats.

We want your dog to understand that any behavior on the mat is rewarded but laying down gets the best rewards.

**Remember:** Do not use any cue with this behavior yet

## Helpful Training Hints:

- If you **find yourself getting frustrated** with a lack of progress, **give your dog an easy cue** that they do almost automatically and **end the session on a good note**. Your frustration can feed into your dog and make training less fun than we want. It's better to walk away for a little while and come back to it when everybody is feeling better.
- When giving your dog a cue, do not ask it to do something. Make sure your voice is gentle yet firm, showing that you **expect** it to be done
- Make sure you are displaying proper posture when working with your dog! Slouching = lacking confidence! Keep your shoulders back and your spine straight with your head up.
- Make sure the collar is appropriately sized, allowing two fingers of space, no more and no less.
- Just because your dog is cute doesn't mean they deserve treats! Make your dog work for **EVERYTHING** you give them!
- **Play with your dog's feet, ears, mouth and tail**. By using treats when you touch these parts of the body, your dog will find it less stressful. Conditioning them to be used to these touches will make it easier for you to trim nails and for your vet to do an oral exam and get your dog's temperature