

should be able to participate in lengthier fifteen-minute training sessions.

Remember: At this early phase, your puppy's training should be informal and enjoyable. Try sticking with your program, but don't advance his training beyond your puppy's particular capabilities. If he needs more time and more instruction give it to him. Be certain he can do each exercise you're teaching him correctly, before moving on to his next one.

Do remember these important points:

- Take a comfortable time to get your puppy familiar and confident about his lead leash and whatever collar you decide for him to wear.
- Keep his training segments rather informal and use a variety of the exercises listed in this section so he doesn't get bored, but still progressively learns.
- Do no more than three sessions a day with each lasting only five minutes for the first two to three weeks, until your puppy's tolerance for and interest in learning builds up.
- Rest at least twenty minutes between each training session.
- Feel free to train your dog for up to five days a week, just make certain to take at least two days' rest.
- Conduct his training in an open area free from distractions.
- Set your pack family rules and commands for dealing with your puppy. And stick to them!

WEEK	EXERCISE	SESSION LENGTH	REFRESHER
1	"Sit" - Phase 1, "Come," "Okay," "No"	15 minutes a day, 3 sessions of 5 minutes each.	
2	"Sit" - Phase 2, "Hold," "Leave"	15 minutes a day, 3 sessions of 5 minutes each.	"Come," "Okay," "No"
3	"Sit," "Stay"	20 minutes a day, 2 sessions of 10 minutes each.	"Come," "Okay," "No"
4	"Down" ("Drop") - Phase 1	20 minutes a day, 2 sessions of 10 minutes each.	"Sit," "Stay"
5	"Down" ("Drop") - Phase 2	30 minutes a day, 3 sessions of 10 minutes each.	"Sit," "Stay"
6	"Wait," "Hold," "Leave"	30 minutes a day, 3 sessions of 10 minutes each.	"Down" ("Drop")

**Comment [NS1]:** I didn't see rock hard styling in this, so I did partial formatting without setting or resetting styles. This was mostly so I could make sense of all the text jumbled together. Anything highlighted color is something you should check for whether you actually want that url or text. --Neale

7	"Heel" – Phase 1	30 minutes a day, 3 sessions of 10 minutes each.	"Wait"
8	"Heel" – Phase 2	40 minutes a day, 4 sessions of 10 minutes each.	"Heel"
9	"Heel" – Phase 3	40 minutes a day, 4 sessions of 10 minutes each.	"Sit," "Stay"
10	"Heel" – Phase 3	45 minutes a day, 3 sessions of 15 minutes each.	"Sit," "Stay," "Wait"
11	"Seek" ("Find"), "Stand"	45 minutes a day, 3 sessions of 15 minutes each.	"Heel," "Down" ("Drop")
12	General refresher	60 minutes a day, 4 sessions of 15 minutes each.	All

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- 3) Release his muzzle. As he attempts to get the food, command "Catch." He may drop the food downward or just miss if he flips it up the first few times, so quickly pick it up and throw it to him while repeating the command "Catch."
- 4) Praise him every time he catches the food, whether caught off his nose or from you tossing it to him.
- 5) Start again, from "Sit" position.

Once he connects between your command and his action, try starting him from "Beg" position or make him "Wait" until you give your command before he is permitted to take his food.

## I. "Shake"

This command is normally easily.

- 1) "Sit" position.
- 2) Command "Shake" simultaneously while grasping your dog's forepaw.
- 3) Repeat your command while actually shaking your dog's paw.
- 4) Release with "Okay" and praise him.

It shouldn't take long before your dog is volunteering his paw to you.

## J. “Climb”

Some dogs love climbing ladders, others are absolutely scared of being near one. Which is your dog? The best way to find out is to test him.

Use a ladder with flat, wide steps rather than slippery round rungs, so it'll be much easier for your dog to climb. Also, be certain that once he arrives at the top of your ladder that he can easily get down the other side.

You may need a wooden ramp or place the top of the ladder at a flat roof space.

- Be certain that your ladder is stable. A children's playground slide will also do well. But do be careful, as you want to set a good example as a responsible dog owner for the children and also not take away from their play time and territorial rights.
- With your dog on leash in “Heel” position. Command “Climb” as he approaches the lower rungs. Climb the ladder yourself. You'll probably need to persuade and coaxingly pull him up with you the first few rungs, until he comprehends what you want of him. Command “Climb” again as he does so.

If he acts frightened or doesn't like the ladder, absolutely do not force him to climb it. He should enjoy his activities with you, and just like a human, he can be terrified. So, again, don't force.

## K. “Crawl”

When crawling your dog assumes the “Drop” or “Down” position and crawls to you when you command him to do so.

Your dog will need to know “Drop” command well, before doing this.

- 1) “Drop” position.
- 2) Kneel down on his right side, slightly in front of him.
- 3) With your left hand gently on your dog's back, CLICK the fingers of your other in front of him, to coax him forward. Once he makes the correct movement, command “Crawl.”
- 4) Praise him if he does any little part of this command movement.

This will take patience, but if you're consistent and follow the method you'll achieve good results.

## L. “Jump”

Most dogs love this. Jumping is getting your dog to “Jump” through the upright circle formed by your arms.

- 1) Place a low barrier across a doorway, gateway, or hall so he must jump over it to reach the other side.
- 2) Make him “Sit” and “Wait” for you before the barrier. Command “Come” to you from the barrier’s opposite side. When he’s about to jump, say your command “Jump.”
- 3) Praise him after he successfully jumps your barrier.
- 4) When he’s successfully completed this activity ten to fifteen times, move on to his next stage.

For the next phase, you’ll need another member of your pack family, or a helper.

- 1) Stand over or kneel beside your barrier. Standing or kneeling will depend on your dog’s height and jumping capability. Form your arms into a large arc.
- 2) The other person calls him to entice your dog to jump over the barrier and also jump over your lower arm. Remember to command “Jump” when the dog takes off.
- 3) Each successful jump, gradually close in your arms so they eventually form a circle.
- 4) Remove the barrier and complete more jumps, without it.

You may need to use an incentive for this exercise; if you do, as soon as your dog starts responding to your “Jump” command gradually decrease the food incentive and increase the your verbal praises and hugs. Practice this entire procedure twice per day for five or six days.

## M. “Roll Over”

“Roll Over” means your dog must roll 360 degrees completely over while he’s lying on the ground. Your dog must have know the “Drop” or “Down” commands BEFORE learning this one.

- 1) “Drop” position.
- 2) Roll him onto his side.

- 3) Keep him from rising and gently roll him over onto his back and to his other side, while commanding "Roll Over."
- 4) Praise him once the roll is completed.
- 5) Repeat the process several times until he connects between your command and his action.

## N. Part 7 Review

We used check chain and gentle leader training to teach the following advanced commands:

- Advanced "Sit" and "Stay"
- Advanced "Come" ("Recall")
- Advanced "Seek" ("Find")
- "Beg"
- "Fetch" ("Retrieve")
- "Catch"
- "Shake"
- "Climb"
- "Crawl"
- "Jump"
- "Roll Over"