

TEACHING A DOG TO SIT



GOAL: At the end of training, the dog will sit for hand signal or verbal cue if desired.

NOT TO FORGET:

To lure new behaviors, your treats must be good enough to act as a "magnet" for the dog's nose. For each step, give the cue once as directed (food lure, hand signal, verbal cue etc). If dog gets it right (gives the desired behavior), feed him the treat. If not, wait a few seconds to give him a chance to respond. If after that he does not, or if he walks away or does something else, get dog's attention and try again.

GRADING RULES:

Work in sets of 5 tries.

- If the dog gets it right 4 or 5 times out of 5, move to next step.
- If the dog gets it right 3 times out of 5, repeat the current step.
- If the dog gets it right 1 or 2 or times out of 5, drop to the previous step.
- Always reward the dog in a sit position. If he gets up when you're reaching for treats after a distraction, get him back into a sit before giving him the treat.

THE PLAN:

| Step | What the dog needs to do to get treats | # right |
|------|---|---------|
| 1A | <p>Move the treat SLOWLY up & back over the dog's head. As he cranes his neck back, his rear will usually move toward the ground. Let the dog lick at the treat with his head as you wait for the sit, & give the dog the treat just as his rear hits the ground.</p> <p><i>*What if the dog won't sit after 3 tries? Move to Plan B, below</i></p> | |
| 2A | <p>Use a hand motion similar to that in step 1, but with no food in your hand. At the end of the motion, freeze in place & wait as long as the dog is still focused on you. When his rear hits the ground, feed him from the other (non-signaling) hand.</p> <p><i>*If you have to drop back from this step twice, move to Plan C, below.</i></p> | |

If the dog backs up during luring, try luring the sit with an obstacle like a wall or rolled up towel behind the dog.

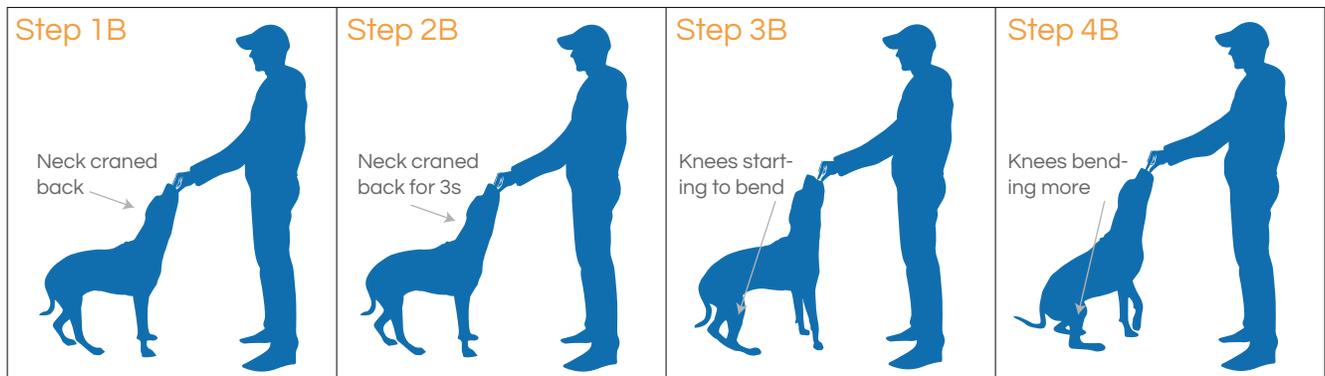


THE PLAN (cont):

| Step | What the dog needs to do to get treats | # right |
|------|--|---------|
| 3A | To teach the dog to sit on a verbal cue, give the verbal cue, then hand signal. Over time the dog will start to sit on the verbal cue. | |

PLAN B: What if the dog won't sit for a food lure on step 1A?

| Step | What the dog needs to do to get treats | # right |
|------|--|---------|
| 1B | Lure the dog's head up & back as far as possible without the dog stepping backward, then feed. | |
| 2B | Repeat step 1B, but now feed after the dog cranes his neck upward for 3s. | |
| 3B | Use same luring motion as in above steps, feed when the dog bends knees slightly. | |
| 4B | Repeat step 3B but feed when the knees bend more. | |



PLAN C: What if the dog won't sit without food in your hand on step 2A?

| Step | What the dog needs to do to get treats | # right |
|------|--|---------|
| 1C | Repeat the luring motion with food in hand, hidden under your thumb. | |
| 2C | Repeat step 1C but now feed from your other (non signaling) hand. | |
| 3C | Go to step 3A | |

