

A Quick-Start Guide To Training Any Dog In A Flash!

By Dean Rankin

Part 1: *Introduction*

Hi, and welcome to how to teach your dog to do amazing tricks and to obey your every command without ever having to hit him or yell at him or use any type of negative reinforcement. The strategies you're going to learn in this audio set are the exact same methods that Hollywood producers use to make dogs and other animals perform amazing tricks and obey every single command. And the beautiful part about it is it doesn't have to be unpleasant for your dog. As a matter of fact, this entire system is built around having a good time and showing your dog how much you love him and care about him. So with that said, let's get started.

The method we're going to be using is known as clicker training. It's training that's almost entirely built on nothing but positive reinforcement, teaching your dog to learn using absolutely no types of physical negative reinforcement or corrections whatsoever. And I know this might sound a little bit unbelievable, but it works incredibly well.

So let's take a situation where you're walking your dog. Instead of yanking on a leash to make him stop pulling or instead of shoving him into place to make him sit, instead of giving some occasional praise and hoping that your dog is just going to get it and understand what you're talking about, in this method, dogs are taught using scientific principles that have worked consistently over time.

Part 2: *Laying the Groundwork*

So if you're wondering how well this method works, take a look at some of the dogs on television. For example, let's think about the dog Eddie on the popular television sitcom, Frasier. Look at how well-behaved Eddie is and how he seems to look at each character almost as if on cue. He sits, stays, he barks. He does everything.

Well, this is no luck. This is exactly what happens when you train a dog using these methods. After all, while they're filming that television show, they can't simply slip a choke chain around Eddie's neck or give him a jerk or yell at him or give him a treat when he's good, because hey, it's live. It's on camera. But Eddie performs flawlessly show after show, all the time, and he has a blast doing it.

This whole enjoyment feature is what's really appealing about using positive training with clickers or bridge words. I know that you love your dog just like I love my dog. And of course, we want our dogs to be responsive and we want them to obey us, but we certainly don't want to hurt them or harm them in any way. With clicker training and with using bridge words and what you're going to learn today in this series, you never ever have to yell at your dog or use any kind of negative reinforcement. This is all about fun, and it's all about having a good time.

So let's get started. The first thing you are probably wondering is what in the world is a clicker? Well, a clicker itself is just a little toy-like device. It's a little box and it basically makes a clicking noise every time you press a button. Fortunately, clickers cost about a dollar at pet stores. They're really easy to find, and if you don't have one or if you don't feel like getting one, you can also use what's called a bridge word. And that's simply a word that you say every time you're about to initiate a command or reward your dog.

A bridge word should be short, and you should say it in a high pitch. The word "yes" can be used as an excellent bridge word, like this--"Yes! Yes!" Or, you could say the word "good." And remember, you want to have a slightly higher pitch and you want to say it fast so it's recognizable every time. To use the word "good" as a bridge word, you might use it like this. "Good! Good!" Just like that.

So when you use positive reinforcement like clickers and bridge words combined with rewards and you do this over time, there is no more forcing a dog to learn anything. Instead, your dog is going to become very eager to work with you and very eager to please you and to obey. As a matter of fact, your dog is pretty much hard-wired to want to please you and to obey you anyway as long as you set some basic ground rules for the dog.

So let's talk about rewards for a second. You should always use very tasty treats for your dog's initial rewards, because of course they're easy to use and your dogs enjoy them. Now you could also use other rewards like playing your dog's favorite game or letting him play with his favorite toy, but it's easiest at first to use tasty food.

Part 3: *Your First Step*

Now let's go ahead and get started. This first exercise, we're just going to do a very, very basic introduction to this, so it will give you an idea of how clicker or bridge word training works. And it will get your dog familiar with what's going to happen. Some people like to call this "targeting." This is really fun and it's really easy, and basically what we're going to do we are going to teach your dog how to touch something with his nose on cue, or on command. The reason we're going to start out with this very basic exercise, I know, is because it's the best way to teach both you and your dog exactly how clicker training works. It's also going to be utilizing your dog's natural instinct to seek out something that smells good to him. So, here's what you do to get started.

First of all, you want to stand in front of your dog, or if your dog is very small you might want to sit down or kneel in front of him, and you want to have some treats available. Now before you let your dog know that you have these treats, you want to rub some of the treats on the palm of your left hand. Don't leave any treats in your left hand palm, just rub some on there, so that your hand smells good to your dog, anyway. And what you want to do is you want to have the actual treats that you are going to give him in your right hand. So, step one is while sitting in front of your dog, your left hand smells like dog treats and you have dog treats in your right hand. Pretty simple, right?

Okay. What you want to do next is you want to take your left hand and you want to bring it towards your dog's nose, almost right up to his nose, hand out. Now, the first time he's probably going to go right for it. He is probably going to stick his nose or his mouth right in your hand, and that is great. That is exactly what you want him to do, because you want your dog to touch your hand with his nose. So the second that he touches your hand with his nose, I want you to click your clicker and give him a treat. The exact second, you do it. So, he touches your left hand. As soon as he touches your left hand, you click, or you use your bridge word, and you hand him a treat from your right hand.

Congratulations. You have just completed one exercise and I know that this sounds basic, but what you're doing is you're leading into getting your dog acclimated to clicker training, and leading him into exactly how this process is going to work. Plus, you're kind of getting the hang of it as well.

Your dog is pretty much hard-wired to want to please you and obey you anyway, as long as you set some basic ground rules for the dog. So, let's talk about rewards for a second. You should always use very tasty treats for your dog's initial rewards, because, of course, they are easy to use and your dogs enjoy them. Now, you could also use other rewards like playing your dog's favorite game or letting him play with his favorite toy, but it is easiest at first to use tasty food.

Now, what you want to do is you want to repeat this exercise again and again until your dog becomes familiar with what's going on, and then you want to gradually start moving your hand back a little bit. Further and further back, so now when it is time for your dog to touch your left hand with his nose, he is reaching out to you to touch it, or he's walking to touch it. Remember, at first, when we first started this, you were kneeling or standing right in front of him and your hand was already right there so it was pretty obvious what to do. So you want to gradually move your hand farther and farther back, and every time your dog reaches out to touch your hand, you want to click and reward immediately. And it has to be perfectly right there in time. So as soon as he touches, he hears that click sound and gets a reward. What's happening is that your dog is starting to associate that clicker with the reward, and he is also starting to associate him doing what you want him to do with the click and the reward.

So now let's talk about adding a command to this entire process. Our end goal for this is for you to be able to use a command like "touch," and point to an object and your dog will go and touch it with his nose. So, you can start building up to this pretty quickly. As soon as your dog is consistently touching your hand every time you offer it, even if it is few inches or few feet away, you begin to say the word "touch" as you put your hand out. And you don't have to use the word "touch." You can say whatever you want to, but obviously "touch" is sort of a given here.

So what you want to do is, now you are holding your hand out about a foot away from your dog. You say the word "touch," he reaches out, touches your hand--and again, this is your left hand, it smells like treats--touches your left hand with his nose. You click and you reward him with a treat. That's all there is to it. Basically, this, as basic as it seems, is the foundation for what a lot of high-paid obedience trainers use. They use these to teach dogs what are called "finishes."

So, if you are walking your dog and you want him to turn around to the left or something, for example, you'd be walking with him, and then you'd sweep your hand to the left and say "touch," and your dog would circle around to the left and it would go to touch your hand, at which point, of course, you would click and reward.

So, I hope you have enjoyed this very basic beginning exercise. Do this for a day or two with your dog. You'll have a good time, and let's build up to these next exercises where we will get into more advanced training, more and more building on the foundation of what we are creating here.

Part 4: *Getting Your Dog's Undivided Attention*

Okay, now that you've gotten your dog fairly familiar with using the clicker or using a bridge word, if you don't have a clicker, and of course, fairly familiar with receiving treats for doing what you tell him to do, it's time to start building your foundation a little bit more.

We've already introduced your dog to the touch command, and I hope you had a good experience with that and found it to be easy. So, by now your dog should be fairly familiar with the touch command process. You should be able to hold out your hand, and have your dog come and touch his nose to your hand whenever you say "touch." And of course you taught him this by using the training methods we just outlined.

Now our next step is to teach your dog to give you his undivided attention whenever you say his name. Now this might seem very basic, but again, we're building a foundation that we are going to use to layer more advanced training techniques on. And without these basics, then the techniques we're going to go into in later parts of this course are not going to be as easy for you. So, if this seems a little basic for you, just bear with me. It's going to be very, very easy and it's going to help you do the more advanced techniques down the line.

Okay. So, when it is time to perform this exercise with your dog, what you want to do is you want to have your clicker ready, or if you are not going to use a clicker, of course you want to be prepared to use a bridge word. You're going to need some of your dog's favorite treats, and you're going to need to take your dog into a room where he is not that easily distracted. Now, to begin you simply enter the room with your dog, hang out for a little while and let him get comfortable. Then say your dog's name once, in an upbeat voice and a happy voice like you would be calling him if you wanted him to look at you. And as soon as he looks at you, click and reward him, or if you don't have a clicker, say your bridge word and reward him.

So, I will try to paint a picture for you. My dog Buddy and I are standing in the living room. I say, "Buddy!" Buddy looks at me. As soon as he looks at me, I either click and reward him, or I say, "Good!" and reward him. Just like that. That is the whole exercise.

Then, you want to repeat the process by letting your dog get a little bit distracted, maybe sniffing around the room, or whatever. And then call his name again, and as soon as he looks at you, click and reward. And for the sake of the rest of this course, if I say click, of course you can either use your clicker or your bridge word. But to keep it simple, I will just say click. Fair enough?

So, you want to repeat this process over and over again. Now, not every five seconds. You want to call his name, let him look at you, click and reward as soon as he looks at you, and then give him a little while to get back into his routine of being distracted. Keep on repeating the process. Do this for about five or ten minutes. What you are looking for is you want to be able to say the dog's name and have him immediately turn and look at you. And it is okay, like, for example if he doesn't look right into your eyes or whatever, if he just looks at your hand because he is probably associating your hand with a treat at this point, that's okay. And it is also okay if your dog starts to come closer to you. This is all right, too. He doesn't have to stay where he is and just look. At this beginning stage, he can look at you and start walking towards you. That's fine as well. Of course it is not required, though.

Now, if you first say your dog's name when you are beginning this exercise and he doesn't look at you, he still remains distracted, that's okay. Say his name once, then either touch him on the side or pat him on the back or whatever so that you get his attention, and as soon as he turns around and looks at you, click and reward. Repeat the process, click and reward. He'll soon begin to associate, "Hey, this person wants me to look at him. And as soon as I look at him when he says my name, I'll get a treat. And I will hear the click. And I'll do it." So you are not going to have to touch your dog every time.

Now, at first your dog is going to be looking in your direction, but most likely he's going to be looking for those treats. He's going to quickly know that the treats are in your hand, even if you have them behind your back or whatever. So, if we just stop there in this exercise, we would basically be teaching the dog to look for treats. So to progress to the next step, after you have your dog looking at you every time you say his name--and of course you always want to click and reward; as soon as he looks at you, click and reward--but once we have this down, it is time to get him to look at you, and know that he needs to be looking at you and not just looking for treats.

So, what you need to do at this stage is you need to take the treats and put them on the kitchen counter or put them somewhere where it is not, they are not on your body, physically. And then repeat this process. Call your dog's name, and get him to look at you. Now he might--his focus might initially start going toward wherever you have put the treats, but if he looks at the treats and not at you, you don't do anything. You don't praise him, you don't click, you don't reward. Just give him a minute, call his name again, and then as soon as he looks at you and not the treats sitting on the counter, then you click and reward.

And you keep repeating this process. And it is very important to be patient with this. Eventually, your dog is going to look directly at you. He'll get it. Dogs are very, very intelligent. All of them are, no matter what the breed, especially in a basic exercise like this. So, to repeat, simply place your treats somewhere where they are not on you, physically, where you are not holding them, call your dog's name while he is distracted doing something. As soon as he looks at you, click and reward. Or of course, say your bridge word and reward.

Now, your next step is to have him look you in the eyes and really make a connection and a bond with you, to acknowledge that you two are communicating. So once you have your dog looking at you and not just for the treats, it is time to start doing what they call “shaping the behavior,” and make him give you eye contact. The way you want to do this is by calling his name, as soon as he looks at you, that’s great, but you don’t want to give any type of response at all--no click and reward--until he looks at you in the eyes.

And this is almost going to be an intuitive process for your dog. He is going to instinctively want to look at you because you are communicating with him and your dog knows you. You guys are like family. So, call him; repeat the process. We are building on the processes we have already established and only when he looks you in the eyes is when you click and reward. So, you say, “Buddy!” He looks in the eyes--click; reward. It is that simple.

Now, sometimes he will be looking at your hands, or he’ll, you know, look at your feet or look in your general direction. And of course this is going to be natural because this is what’s worked up until this point, right? So it is very important that you have patience with this and that you don’t click and you don’t reward until he looks in your eyes. And from now on, along with this exercise, anytime you perform this exercise, once you getting him looking at you in your eyes, you only want to click and reward when he looks you in the eyes. That’s all.

Now if you have a little bit of trouble with this, you might want to have your dog sit, call his name, and then when he is looking in your general direction, hold the treat up in front of your eyes so that your dog actually follows the treat and then looks at you in the eyes. And as soon as he looks you in the eyes, and naturally he is really looking at the treat, as soon as he looks upwards at your eyes and you make eye contact with him, that’s when you click and reward. And that can help you bridge and shape that behavior to where he looks you in the eyes. As soon as he does, of course, you instantly want to click and reward and give him the treat.

Now at this stage, it’s time to start building up on the foundation that we have created here. You should by now be able to grab your dog’s attention simply by saying his name and having him look you in the eyes every time you say it. And of course you are reinforcing this behavior with click and reward. You call your dog’s name, as soon as he looks at you in the eyes, you click and reward. And this is actually a pretty easy exercise. I am sure you can tell that just by listening to it. You might be saying, “Well, gosh, this isn’t rocket science.” Well, listen. This is the foundation that all good training is built on. And now it is time to sort of turn up the heat a little bit.

Of course it is pretty easy to have your dog look at you when you say his name, when it is just the two of you in a room. But when it becomes really challenging--and I’m sure you’ve noticed this--is when there are other distractions around. I’m sure you’ve maybe been walking your dog or had friends over to your house, and your dog finally sees something that is really, really interesting to him. And no matter how many times you call his name, he pays you absolutely no attention. Well, it is time to stop that behavior right now. And it’s an easy way to do it.

Basically what we’re going to do is we are going to do the same exercise, but we are just going to have some distractions around him. And this is no problem. What you want to do first of all is have your dog in front of you, say his name, and then as soon as he looks at you, click and reward as soon as he responds. Now, while your dog is still looking at you, have a friend walk into the

room or approach the dog from the side. Now your dog is most likely going to turn and look at your friend. As soon as your dog looks at your friend, your friend needs to immediately turn away from your dog and not show any interest in the dog at all. As soon as that happens, you say your dog's name, and click and reward as soon as your dog looks at you and away from your friend.

Now, if your dog doesn't immediately look at you, this is okay, because we have just introduced a major new thing into the equation here and that is the other person; this is your friend. So please don't get frustrated if this doesn't immediately work for you. Simply give your dog a minute or so, and he will eventually lose interest in your friend. At this time, simply say your dog's name, and as soon as he looks at you, click and reward. And you might even want to be really heavy with the praise as soon as your dog does this, right? So, click and reward and really praise the dog so he gets it, that he has just overcome a major obstacle.

Once this happens, once you get this first positive response, give it a few minutes and then repeat the entire exercise. Let your friend approach, let your dog check out your friend, call his name and as soon as your dog looks at you and stops paying attention to your friend, click and reward. You're going to be really, really surprised how fast your dog picks up on this. And the reason why he picks up on this so fast is because you've built up with the basic attention exercise we just did.

Now you can continue to make this exercise more and more difficult to the dog by having more people enter the room, or by gradually moving this outdoors and into environments that are more and more distracting. Your ultimate goal by building on this exercise is to be able to have your dog immediately drop everything and give you his full undivided attention as soon as you say his name.

If you follow the exercises I just gave you and gradually build on them over time--and of course when I say over time, you don't need hours a day; maybe ten minutes at a time for a few days at this--you are going to have a much better behaved dog, and the rest of the training that you're going to learn is much, much easier to handle. Because remember, if you don't have your dog's attention to begin with, and we don't teach your dog the importance of making you his focus when you want him to be his focus, well, then all of our other training exercises are really going to be pretty useless.

So have fun with this exercise, have fun being the center of attention for your dog, and I will see you in the next exercise.

Part 5: *How to Make Your Dog Sit Every Time*

Now it's time to teach your dog to sit. Now sitting is one of the easiest commands you can teach your dog to do. And unfortunately, this is one of the commands that most people totally mess up and they do it all wrong. For example, a lot of people will force their dog to sit by wrestling them to the ground in some sitting position and then praising the dog when they finally wrestle them in the sitting position.

All this really does is confuse your dog or at best teach you dog that he's going to get praised as soon as you wrestle him into some kind of weird sitting position. So that doesn't work. And another mistake a lot of people make is telling your dog to sit, using that verbal command before he actually knows what sitting even is or before he actually learns that the behavior of sitting is good.

So, we're going to take it straight from the basic level and I'll just show you have to get your dog to sit really quickly and really easily. Now before you teach your dog to sit, you're going to need to have a bunch of soft treats or little food snacks ready for your dog. And make sure these are small, little, you know, bite-size pieces because you might need a lot of them.

Now to get started, what you want to do is you want your dog to be standing in a relaxed and normal position. And you either want to stand in front of him, assuming that your dog is tall or if it's a small dog, you might want to sit or kneel in front of him. Now, once he's standing in front of you, you take a treat so your dog can see it and you slowly move it over your dog's head, parallel to its body. So you begin with a treat, maybe a foot over your dog's head in front of his nose and you slowly move that treat back parallel to your dog in the direction of his tail.

Now what's going to happen here is your dog would naturally rather sit down so they can keep easy reach of that treat rather than they would turn around or jump or get all contorted. So what usually happens is your dog is going to sit down naturally as that treat goes backwards towards his tail. And as soon as he does sit down, you need to reward him. Either click your clicker and reward him or if you're not using clickers use a bridge word like "good" and reward him. As soon as his rear end touches the ground, you click and reward, or you say your bridge word and reward.

Now, remember, this is very important. You have to click and reward or say your bridge word and reward as soon as your dog's rear end hits the ground. You have to do this in order for your dog to learn that that is the action that gets the treat. And you want to give him the treat right away. It's okay if he gets up as soon as you click and reward. It's okay if he gets up and runs around and goes crazy and starts playing. That's fine. What we want to do right now, just for this very beginning thing, is teach him to sit down and teach him to know that the act of sitting is what's going to get him a reward in this case.

Now you might be thinking, well, what am I going to do if he doesn't sit at all? And some dogs actually might jump up to get the treat instead of sitting. And some might try to bite the treat immediately or some dogs might just keep moving backwards. You might have the situation where you're kind of chasing you dog around the room trying to give him this treat. If this is what's happening, this is okay. No problem; be really patient. All you do is simply turn around and ignore him for a few seconds. Act like nothing happened at all. Of course, you don't want to give him the treat.

Wait a little while, like a minute or so, and then start all over. Eventually, your dog's going to get this. And as soon as you move that treat from his head area towards his tail, and of course you want to be slightly over his head and you're moving parallel to his body, as soon as do that, he's going to know that, hey, it's time for me to sit. And of course as soon as rear end hits the ground, you click and reward. Praise the dog for reward.

Now you'll notice I never told you to use the sit command. That's a totally different issue. At this stage in the game, all we're doing is just teaching your dog that it's good to sit. In fact, you could probably after working with this for 20 minutes or so, depending on your dog, you could just hold your hand over your dog and move it from the top of his head back towards his tail and he'll sit, at which time you could click and reward as well. So you could actually be teaching your dog a hand signal to sit. But we haven't even used the verbal command of "sit." The reason why we haven't done this is because it's best to wait, any time you're training your dog, it's best to wait until he can reliably repeat the behavior until you start using verbal commands.

So, you want him to be sitting down every time you move that treat back. You want to be sitting down every time before you start introducing verbal commands. Otherwise, you can overload your dog and it might start to become confusing and no fun for him. So practice that exercise for about 20 minutes--or not even that long; maybe about 10 minutes with your dog. If he starts getting bored or wants to chew his feet or, you know, starts walking around, don't sweat it. It's okay. Just let him have his space for a minute and come back to the exercise later. You always want to keep this fun for the dog.

Now let's work on introducing the sitting command. Because everyone knows how nice it is to be able to say "sit" and your dog sits for you. So few dogs do this, but yours will. Here's how. Now once you have your dog sitting and you have your dog able to sit just with you using the hand signal, which is simply passing your hand slowly from his nose back towards his tail parallel to his body while he's standing, as soon as he's responding positively to that and sitting every time, now it's time for you to introduce the sit command. But only then, only then do you introduce it. Don't try to introduce the sit command while he's still learning the hand signal or while he's having trouble sitting at all, or else you'll just confuse him and you'll delay your training.

So here's what you do. Do the same system we've been doing, in terms of teaching your dog to sit. Start with him standing. At this point, you should be able to simply move your hand from his nose or from, we'll say an area about 12 inches in front of and above his nose, parallel to his body back towards his tail. And as he sees your hand moving back, he should sit down. Now as soon as your dog sits, say the word "sit" and click and reward. So you move your hand, your dog's rear end touches the ground. You say, "sit" and you give him a click and a reward. Repeat this process several more times. Of course you don't want to do it to the point that it grates on your dog's nerves. You don't want to overwhelm him. So, do it for a few more minutes, saying "sit" and give him a click and a reward every time his rear hits the ground.

Now, your next step is once this is happening consistently, you want to stop with the hand signal. You want your dog to be standing and you should be able to say, "sit" and he should sit. Now if he doesn't sit or if he looks up at you, don't do anything. Don't click and don't reward until your dog is sitting. As soon as your dog sits after using the "sit" command, lavish him--of course you want to click first or use your bridge word--then lavish him with praise and with rewards and treats. You might even want to give him multiple treats just so he'll realize that, hey, I just figured out something big. Once that's over, repeat the process. Soon, you'll have used positive reinforcement so well that you'll be able to say, "sit" and your dog will immediately sit down. Well, of course every time your dog sits, it is good to click and reward.

Now you might be thinking I'm always going to have to carry around this clicker? Or am I always going to have to use a bridge word like "good" and give a reward to the dog? Well, the answer is no. After a while, you should be able to wean your dog off having to hear the clicker or the bridge word and wean your dog off having the reward every time. Soon this type of behavior will be second nature to your dog. Your dog will know that whatever it is that you want him to do--in this case it's sit--he'll know that he's suppose to sit. So you won't have to use the clicker or the rewards forever, but when you're starting out, it's good to use them all the time. It simply reinforces what he's learning and reinforces this behavior.

Part 6: *How to Make Your Dog Get Into the Down Position*

Now it's time to teach your dog the "down" command. Now, fortunately, the down command is really similar to the "sit" command. As a matter of fact, it's built on the sit command. All you need to do to get started is simply have a little patience with your dog, so make sure you are in a good frame of mind, and have plenty of treats ready. All right; let's begin.

What you want to do first of all is you want to get your dog to sit in front of you. If you are not able to get your dog to sit on command or at least sit using hand signals, then you want to review that exercise first and get him to that point, because the down command is built on the sit command. So, get your dog to sit down and when he is in the sitting position, either sit in front of him or kneel down in front of him. Or if he is a very large dog, you could stand in front of him. But it is preferable to either to be sitting or kneeling in front of your dog while he is sitting.

Now what you want to do is you want to use a treat in order to lure your dog into the down position, and this is really simple. All you do is you hold up a treat in front of your dog so that he can see it. Make sure he can see it, and of course that is going to be easy, right? It seems like they can spot treats from 20 miles away. Then what you do is you slowly, while your dog is watching, bring that treat down towards the ground in front of him. You want to pull it in front of the dog just a little bit, but not so far that he has to walk or get up in order to get it.

Now, some dogs are going to get in the down position immediately, and go straight for it. Others are just going to stand up and then try to go down and get the treat. If that happens, just leave the treat on the floor, but don't give it to your dog. Hold it in your hand so he can't get it. Eventually, what is going to happen is your dog is going to lower himself down to try to get that treat out of your hand, and he's going to naturally drop down in the down position. As soon as he does, you want to click and reward and give him the treat. So as soon as he is in the down position, click, or use a bridge word, and give him the treat and praise him.

Fortunately, it's easier to train a dog to get in the down position. It is easier to do that than it is to teach them to sit, so that's really nice. If you are having a hard time, if your dog for some reason won't get into the down position, that's okay. Just keep trying it and be patient. If he stands up or just sits there and stares at you, just turn around, ignore him and then repeat the process. And remember, don't give him the treat or praise in any way until he gets in the down position. It's really, really simple when you think about it. As soon as he's down, click and reward. It's that easy.

Now, you want to build on this naturally, so you can not be dependent on bribing him with this treat every time, because you are not always going to be having treats. Let's say you're at the coffee shop and your dog sitting next to you and you want him to lie down. Well, you're not going to be carrying much dog treats in your pocket, right? So, as soon as he is at the stage where you can have him sitting, hold a treat in front of his nose and slowly bring it towards the ground and have him go down to get that treat. Once you reached that and he is doing that consistently, now it is time to do it just with your hand, and this is teaching him the hand signal. So, you're clicking and rewarding every time he's going down. This is great.

The next thing you want to do is you want to have your dog in the sitting position, then hold your hand in front of his nose, and then slowly bring your hand down to the ground in front of him. And you might even want to tap the ground in front of him. He should naturally and instinctively go down, hoping that your hand contains a treat already, right? So as soon as he goes down, click and reward, or use your bridge word and reward.

Repeat this process until he is consistently getting into the down position every time you bring your hand down to the ground. Once you have him doing this consistently, and he has learned this technique and learned this hand signal, now it is time to move on to the command, which would be "down" in this case. And it is really simple. It is basically the same thing we have been doing, but we are adding a command.

So, you start out and your dog is in a sitting position. You're kneeling, sitting or standing in front of him, depending on how big your dog is, right? You move your hand down until he gets down into the down position and as soon as he's getting into the down position, you say "down." Then you click and you reward. As soon as he goes down, you say "down," click, reward. Repeat the process over and over again.

Now, what do you think the next step is? The next step is to be able to do it without the hand signal. And this is a lot of times kind of a big leap for the dog to make, because he is so accustomed to associating your hand with that treat and following your hand movement with his eyes, right? I mean this is almost natural. It is almost like your hand has this invisible line attached to it, and it is pulling your dog's head and body into the down position. So you want to wean your dog off of having to follow your hand. So, once you have gotten to the stage where you give him the hand signal, you're saying "down" as soon as he goes down, you're giving that command, and you click and reward, now it is time to use just the command.

What you do is you start out your dog is sitting in front of you. You're kneeling, standing or sitting in front of your dog, depending on his size. And you simply say the "down" command. Now your dog may or may not do anything at all at this time. If he doesn't do anything, then you don't click and you don't reward. You simply turn around and ignore him for a minute and start over. Eventually, your dog is going to go into the down position from just hearing that command. The first time he ever does this, you need to really heap on the praise. As soon as he goes into the down position, you click and reward, and you might even want to give him five or six extra treats just as kind of a mega-reward. This way your dog is going to associate this in his brain as, "Hey, I just made a major breakthrough in training today. Now I know the down command."

So, the process is really simple. First, you start out with a food bribe. You hold that bribe in front of your dog's nose and slowly pull it in front of him into the ground so that he's going to naturally just follow that treat straight to the ground. As soon as he goes down, you click and reward. Then you take away that piece of food so that he's just following your hand. As soon as he goes down, you click and reward. You repeat the process, of course, every time. Now it is time to start implementing your command, so you bring your hand down. As soon as he goes down, you say "down," you click and reward. You repeat this process. You see how we are just building and building? And then it is time for the grand finale, where you simply take away the hand signal and you use only the command.

The most important ingredient in this whole equation is going to be your patience and the love that you have for your dog. So, if he gets frustrated, or rather if you get frustrated and your dog becomes hyper and he wants to play, simply stop the training for a little while, turn your back, ignore your dog and do something else, and then resume again. Dogs are not like us, where they can take classes and train constantly. Their minds tend to wander. So you only want to do this for five or ten minutes at a time. That is really all it takes.

So I hope you enjoyed this training exercise. Your dog will be responding to the down command in absolutely no time, and people will absolutely marvel at how well-behaved he is. This is one of the greatest commands you can know for your dog because it is so convenient. Once your dog is able to respond consistently to the down command, you can take him anywhere with you, especially if he will stay in the down command--and we will get to that in later sessions--especially when he gets to the point where he can stay in the down command when there are lots of distractions around. Once you have this, you almost have the ideal dog. You can take him anywhere--coffee shop, busy streets, to a party--put him in that down position and have him stay, and it's great. It's just like a person hanging on and relaxing, waiting for your next command.

So, I hope you have enjoyed learning the "down" command, and I hope you understand and see how this builds on very small, basic, easy commands, and basic, easy training exercises that we are doing. And I look forward to seeing you in our next exercises where we get more and more advanced and build on the foundations that we're creating in these Parts.

Part 7: *How to Make Your Dog Walk on a Loose Leash*

Now it's time to teach your dog how to walk on a loose leash. Now before we begin with this exercise, let me give you a little bit of basics in dog psychology. Well, any type of psychology for that matter. If you're listening to this, you probably have walked your dog in the past. If you haven't, then you're off to a good start. But the typical situation where someone walks their dog is the dog is always pulling them. You might pull back a little bit or tell him not to do that, but the dog eventually keeps pulling you and you end up going wherever it is you're going.

Here's what this is teaching the dog. Pulling gets me where I want to go, period. See, dogs are not particularly complex animals with this vast intellect. They're pretty smart, sure, but they don't really have the brains to sit down and analyze the situation. So, in your dog's mind, walking around on the end of the leash basically means I'm just going to pull until I get there. That's always worked. That's the way it's done. That's the way I'm going to do it forever and ever, amen. And this is, of course, a habit that you're going to have to break.

Now here's another little thing you might not know about dogs. Dogs instinctively pull against resistance. It is in their nature. So if you have a dog on a leash and he pulls away from you, it's his natural instinct to do that. He instinctively wants to pull you somewhere. That's why tug-of-war is so popular with any breed of dog. You get a treat or a rope bone or something and the dog grabs it and you pull it and he pulls against that resistance, away from you. It's hard wired into their brain to do that.

So, it's going to take a little bit of work to get them not to do it. But I just wanted to give you that psychological ground work so you know that: (A) It's totally normal for your dog to want to pull on the leash. (B) If you've been walking him for any amount of time and he's been pulling, then it's ingrained in his mind that pulling is what works and he should always do that. And (C) listen, you're not alone. All dogs pull so it's not that big of a deal.

Now let's talk about to make your dog stop pulling. Fortunately, this is a very simple exercise to do. Unfortunately, it does take a lot of repetition until your dog finally gets it right. But it's no big deal. It's pretty fun and you still get to walk your dog. Now before I get into the specifics of this exercise, let's go over what you need to do to begin. First of all, you want your dog to be attached to a regular collar. I don't know if you use a choke collar or some type of prong collar or anything like. You don't want to be using that for this. You want just a normal old collar. A lot of people refer to them as buckle collars, whatever. Just, you know, your average dog collar.

Second thing is it would ideal if your dog wasn't in his typical "oh, boy, we're going for a walk" frame of mind. If he's really, really, hyper and jumping all over the place, that's going to make this kind of hard. So you might want to play fetch with him for a little while before you begin this training session. Kind of tire him out and get some of that excess energy out of his system. And the third thing you're going to want to do is make sure that, at least to begin with, you're not in a area where there's going to tons of distractions for the dog. A park where there are lots of other dogs playing in his immediate vicinity might not be the best place to start this. So try to take him somewhere quiet. Okay, let's begin.

To begin, go ahead and put your dog on his leash. Now, before you start walking, it's time to make sure you have your dog's attention. So, practice running through the attention exercises that we built on as foundations for this course. The attention exercises are where you simply call your dog's name and as soon as he looks you in the eyes, you click and reward with a treat. That's all you want to do. So just kind of warm up with that. It just lets your dog know that, hey, it's time for my brain to be active. I'm on the clock here, so to speak. And it also gets him accustomed to giving you his attention.

Now once you've done this a few times and your dog is kind of in the mode for training, now you just want to start walking. Just hold the leash and start walking. Now naturally your dog is probably going to want to start pulling you. Especially if you've been walking him for a while in the past and he has the habit of doing that. Now here is the number one critical step in this exercise. Are you ready? All you do is stop. You simply stop and you stand there. You don't move. You don't do anything. You don't pull him back. You don't snap the leash. You don't say "no" or anything like that. You just stop and stand there. That's all.

Now he might pull against the leash. He might get upset or begin to become concerned or whatever. That's fine. Just stand there and don't do anything. After a while, and hopefully not after too long, he's going to wonder, hey, what the heck is going on? And he'll quit pulling and he's going to turn around and he's going to look at you to see why you're stopped and what you're doing. Now as soon as he turns around and looks at you and stops pulling, then you start walking again. That's all. Now you want him to turn on his own. Okay, you don't him to pull or anything. You don't pull the leash and make him look at you. This has to become natural. So as soon as he stops pulling, he turns around and looks at you to see what's going on, then you start walking in the same direction you were doing.

Now, of course, as soon as you start walking again, what's he going to want to do? Because we just started, right? Well, he's going to want to start pulling on his leash again. As soon as he does this, you stop. You simply stop walking. You stand there dead still. You don't say anything. You don't make any funny faces. You don't pull the leash. You just stop. Now, he's going to, after a while, turn around and look at you again. As soon as he turns around and looks at you and stops pulling, that's when you start walking again in the same direction.

Now at this time we haven't done any click and reward work. We're not praising him for turning around and looking at you because you haven't given any command. You haven't told him to turn around and look at you. All we're teaching him right now is that pulling against the leash does not work. So that's what we're trying to get ingrained into his head.

The way you can tell that this method is starting to work is eventually, and hopefully this shouldn't take too long -maybe a day or two. But eventually after walking with your dog, he'll hit the end of his leash when he starts to pull and you won't have to stop. Just as soon as he hits the end of that leash, he'll turn around and look at you. That's when you know you're starting to make progress.

Now believe it or not, that is the entire trick to making your dog walk on a loose leash. The key to being successful with this is simply repetition. Now if you have a dog that is a really bad puller and just, you know, pulls the leash like crazy, well, his walk for the day might end up only being, you know, 15 yards because you have to stop every two seconds on the walk. But if that's what it takes, that's what it takes. After a few walks, he'll get it and he'll know that pulling does not work. Because simply that's all you're really teaching in this exercise, is that pulling the leash makes the walk end and makes everything stop. And that's really easy for the dog to understand.

Another key to this is consistency. You're either teaching him that pulling doesn't work or you're teaching him that pulling works. But dogs are naturally going to want to pull on the leash. So, once you begin training your dog like this, this is the way you have to walk him even during training. So, if you only get 10 yards in your dog's 30-minute walk on the first couple of sessions, well, that's the way it's going to have to be. That's the key to making it work. But if you stick with this, then your dog will learn to walk on a loose leash. That's all there is to it.

And of course, the real test is to start adding in distractions. So bring your dog where there are other dogs nearby and where there are other things where he might want to pull you and go check something out. Then, of course, as soon as he does, you stop. You're like a tree, as a matter of fact. Some people call this the tree technique. You're like a tree and he won't make any progress until he stops, turns around and looks at you.

Part 8: *Stay!*

Now it's time to teach your dog to stay. This is a wonderful command to learn and it's certainly a great behavior when you can instill it in your dog. Fortunately, it's pretty simple to do. Here's how we start out.

First of all, have plenty of good treats ready, treats that your dog will enjoy eating, and make sure they are cut up in very small pieces so when you click and reward, it won't take forever for your dog to consume the treat. Start out by having your dog on a leash and get him into the down position. Now, hopefully, you have already trained and worked up to where getting your dog into the down position is relatively easy and he can do it consistently. If you are not at this point yet, you might want to master that command first before learning the stay command. So, assuming you've already built on that foundation and you have the down command ready, let's proceed.

Get your dog into the down position, and when you would normally click and reward him, wait for a few seconds before clicking and rewarding. Wait about two seconds, then click and reward. Repeat this exercise. Lure your dog into the down command, or rather just simply give the down command if he's that advanced, wait two more seconds for a total of four seconds, then click and reward. Do this several more times and work your way up to about a five-second delay between getting your dog into the down command and click and reward. Once you are up to the five-second delay, add the cue word, "stay," when you click and reward.

So, we say, "Buddy, down." Buddy goes down. Wait five seconds and say "stay," then click and reward. Just like that. Repeat this process and, by the way, you do not want to make this particular training session any more than two or three minutes at a time. Your dog will get bored. So, work your way from the five-second delay with the "stay" cue and then your next segment of this is to get the dog into the down position, have a five-second delay, then gently set your leash down, and take two steps away from the dog. Wait a second, and then return to your dog, click and reward and say "stay." Give that audible cue. So basically what we are teaching the dog here is that staying is good, right?

Now, if your dog gets up, this is okay. You don't want to scold him or anything. Simply do not click and reward and start over again. That's the way to troubleshoot this behavior. Simply start over again, lure him back down to the ground into the down position, and when he stays, click and reward. The object of this exercise is for you to be able to gradually take more steps away from your dog every time and slowly build up the distance that you can walk away from him while he is staying down, every time returning, saying "stay" and click and reward. And of course you want to be clicking and rewarding while he's staying, so he learns that staying is what's generating the click and reward.

Remember, you want to keep these training sessions fairly short, especially for this exercise. One popular way to do this is to increase the duration of your stay exercise by 30 seconds each training exercise. And of course the farther you can get away from your dog and the longer he starts to stay, the better. When you feel that he is consistently staying and you're not having to tip-toe around him and it is a fairly casual and easy stay and he is intuitively getting it, now it is time to start adding distractions.

One thing to do to distract the dog is while you are a few feet away from him or a few steps away from him, drop your keys to create a distracting noise. If he continues to stay, click and reward and really praise him. He has just made a major breakthrough because he's retaining that behavior that you've taught during distraction. So you might want to give him several treats to really reward him and let him know that he has done well.

Once he can consistently stay after than type of a mild distraction, while he is in the down and stay position, you might want to introduce another person into the room, all the while keeping your dog in the stay position. If he gets up and if he becomes distracted, that's okay. Just ignore him. Whatever you do, don't click and reward at this period, and start the exercise over. Repeat this process until he understands that the only way to get that click and reward is to remain in that stay, down position.

Several sessions of this at about two to three minutes per session should have your dog consistently remaining in the down stay position. The key to it is short training sessions and gradually building up by 30 seconds each time and gradually building up the length of the stay, and the farther away that you can get from your dog. Always end on a high note during these training sessions, and if you find yourself becoming frustrated with your dog, simply end the session. That's okay. You want this to be built on fun and love that you have for your dog. That's the way that it always works the best and that is the way you achieve the fastest results.

Part 9: *An Additional Method for Teaching the "Stay!" Command*

Now let's try a different approach to the "stay" command. This is an alternate training method for teaching stay. Before we get started with this, I want you to understand that when using this particular exercise, it's very important to be gentle with your dog and it's very important that you don't use this particular method if you have a small and frail dog or if you have an overly excited dog or if you have a dog that easily frightened. This method is not the one to use. You want to use the other stay command that we've gone over before in this course.

Now if you have a large and particularly hyper dog, this method might be a little bit more helpful. To start, you need plenty of treats. You need to have a regular buckle collar on your dog, and you need him to be on a leash. Now it's very important that you don't use a choker collar during this exercise. You don't use a tight collar and you certainly don't want to use a prong collar.

So let's get started. While your dog is on the leash, you want to place him in the down position, either with a command or you can use a hand signal or you can lure him into the down position. Remember, everything is built on the foundations we've already made. So if you can't get your dog into a down position at this point, then there's no point in teaching the stay command. You need to master that down position first.

So, while your dog is in the down position, place the leash on the ground and stand on it. Now give your dog plenty of room so you're not choking him or your foot is not right at the edge of his collar so you've cemented his head to the ground of anything. That's not what I mean by stand on the leash. Give it a couple of feet so if he tried to stand up he could get up a little bit but he couldn't stand up all the way and he would realize, hey, something is preventing me from standing up. Okay?

So while your dogs in the down command, your foot is on the leash --and remember you have a little bit of slack there, you're not hurting you dog in any way--while you're in this position, give the "stay" command. Your dog is not going to know what this means, but he is going to realize that he's down and he's not moving. So, click and treat for every few seconds that your dog remains down and is not struggling to get away. Now while you're delivering your rewards to your dog, be sure you don't unintentionally trick him and like try to lure him out of that down position. So don't place your reward in front of him so he has to move to get it. Hand him and click and reward.

You ideally would reward your dog by giving him the treats by putting them right between his front paws or leaning down and quickly placing them on the ground right underneath his nose. You don't want to dangle it in front of him. You don't want to have to make him strain to get it. Now if your dog tries to get up during this process, keep your foot firmly planted on his leash and then put your dog back into the down position. You don't want to just stand there idly while your dog struggles and strains against your leash. That's just going to freak him out and frighten him. So that's not going to work. As soon as he struggles and tries to get away, you don't want to be clicking and rewarding at this point. You want to lure him back into the down position, let him stay in that down. As soon as he stops struggling and just hangs out there, say "stay," click and reward immediately. So you're clicking and rewarding while he's in the process of staying in that down position.

After you've done this for a minute or so and he's starting to get the hang of it, it's time to stop the exercise. You might want to take your foot off the leash and say, okay, and let your dog up. Now don't make too much of a big deal after he gets up because you're not praising him for getting up and ending the exercise. You're only delivering the click and reward while he's in the down position and staying.

When you resume the exercise, maybe after an hour or so of doing something else--it's important not to do this too long; your dog gets distracted--but when you resume the exercise and go to do it again, start increasing the length of time your dog is in the stay position. It's good to add about 30 seconds every session. It's good to do this every day and after about a week of doing this every day, we'll say two-minute sessions per day, every day, your dog should be able to stay and he should be getting it at this point. You should be able to lure him into the down position, give the "stay" command, and he should be able to just hang out and not do anything until you tell him otherwise.

When you're at this point, it's time to start introducing distractions. Because, let's face it, getting a dog to stay there is pretty simple if it's just you and the dog. There's not really a whole lot else that he can do, right? So, the key to this is to have him remain in the stay position while you're distracting him. A good first distraction is while you have him in the down position and he's staying, drop your keys a few feet away from you. If he remains in the stay position while he's down, click and reward and say "stay." He's just made a major breakthrough.

Another good distraction would be to throw a book on the ground or maybe drop a ball nearby. Remember, you're giving that "stay" command and you're rewarding him for staying. So if he doesn't go after the ball, click and reward. Give him that treat and make a really big deal out of it. He's made a major breakthrough. If he does try to go after the keys or go after the ball, simply lure him back into the down position. Of course he's not going to be able to go get it, right? You have your foot on the leash. So lure him back into the down position and start all over. You certainly don't want to praise him, you don't want to click and reward while he tries to go get it. So, after you've lured him back into the down position and he has stopped trying to go get it, that's when you click and reward and give the stay command.

Over time, you should start adding more and more distractions to this exercise. Some really hard distractions for a dog to resist might be another dog, a friend dropping a treat nearby or someone even calling your dog. Remember, everything is built on what we've done in the past. So if your dog gets up to go after the other dog, simply leave your foot on the leash so he can't get away from you. Of course again, I can't stress enough how important it is that you don't let your dog get harmed in any way. So if you have a dog that just runs and lunges after another dog, well, you need to go back to the basics before you try this exercise. If you're in jeopardy of having your dog become injured while doing this or if you have a weak dog or small or sick dog, then this particular method of teaching the "stay" command is not for you. This is only for healthy, large dogs. I can't stress that enough. I'm sure you get it, but I can't stress it enough.

But anyway, if your dog goes after the other dog or tries to go get the treat, simply lure him or command him back into the down position. Wait for him to stop going after the distraction, then click and reward as soon as he has been in place for a few seconds. So he'll understand staying here is what works. Really, that's what you're teaching. You're not teaching the dog not to go after distractions. You're simply teaching him that staying is what gets the reward. And responding to the "stay" command is what gets the click and reward.

If you do this consistently and you keep your training sessions upbeat, fun and short, you'll have a dog staying in the midst of all kinds of distractions in no time flat. It's a fun exercise. Patience is the key to success with this one. And of course, always be kind to your dog. Always click and reward, and always be sure to end on a positive note.

Part 10: *Getting Your Dog to Sit and Stay Put*

Now it's time for a Part that I like to call "stop and sit." Have you ever noticed some people when they are walking their dogs, as soon as they stop--the dog's on the leash--as soon as they stops walking, the dog just obediently and automatically sits down by that person's side and expectantly looks at them, like "Hey, okay, I'm just here waiting for your next command, being a perfectly well-behaved dog?" Well, that's an ideal dog to a lot of people and fortunately, it's a possible dog for you to have. It's really not that hard.

The way you want to do it is to simply walk your dog on a loose leash like you normally would. Now of course if you don't know how to walk your dog on a loose leash, then you need to go ahead and review that exercise and learn that technique before starting with this one. And also you need to be grounded in teaching your dog to sit. Your dog needs to already know how to sit, both using hand signals and the command. And it is easy to learn that and to do it, just simply review the sitting exercises if you haven't mastered that already.

So, what you want to do is you want to start out and take your dog 10 steps or so walking on a loose leash. Now, before we go any further, I should say that you need to have what I will call an official stance when you are stopped. So--and this might look a little bit rigid and dorky at first--but you want to teach your dog that when you're in this particular position that means, hey, we're stopped, and it is time for me to sit down. So, when I tell you, when I say stop during this exercise, what I really mean is stop walking and stand straight up with your hands at your sides. Not lean up against a tree or sit down or hang out and talk to friends. You need to be "officially" stopped, okay?

So, let's resume. You need to walk 10 steps or so with your dog by your side walking loosely on his leash, just like you've taught him to do. Right before you are ready to stop, slow down a little bit and let your steps become smaller and more narrow, kind of like baby steps. Now, as you are taking these smaller steps--and this is just a few steps--I want you to take a treat in your hand and lure him while you are taking these small, slow steps into a sitting position as you stop.

So, you're walking along, dog's on a loose leash beside you, you decide you are ready to stop. As you are slowing down, reach your hand over and lure your dog into the sitting position. You remember how you lure your dog into sitting position? You have the treat centered at his nose position, basically, and you move it slowly from his head, over his head back towards the tail, and that causes him to naturally sit. Now he is used to this movement, so he's going to know to sit. You do this as you are coming to a stop while you are walking.

As soon as he sits down, you click and reward. That's it. You don't need to use the verbal "sit" command or anything like that. As soon as he sits down, you click and reward and you praise him and you make a really big deal about it. Now, if he doesn't sit as you officially stop--and remember, you are in your official "I am stopping" stance--then just stand there for a minute and he will figure it out on his own. He'll want to sit down.

So, as soon as he sits down, click and reward. And if you are standing there for like two minutes or something and he never does sit down and he just stands there looking at you, then lure him into a sitting position and click and reward. After you do click and reward, especially if it's taken him a long time, give him a really big dose of treats, like really shower him with affection, because he has just made a breakthrough. He's learned a new thing.

Now, if this doesn't work, and he is not sitting down when you stop, simply take a few more sessions of this exercise. Take about 10 more steps and try it again. And continue to lure him using the treat, using the treat and the combined movement that we do in the sit command. Continue luring him a few more times to help him know what it is you want him to do, because our dogs aren't psychic. And if he doesn't sit beautifully or it's, you know, if he's kind of not facing in the right direction, if he sits down and he is facing sideways or whatever, that's okay. Don't worry about that for now. It will come together and you can shape his behavior into a more precise sit if you really want to get him rigid in his obedience. You can shape his sit to face forward or do whatever you want to later, with more click and rewards.

Now, as you are getting this process down, and he's starting to sit because you're luring him well with the treat, you want to do the exact same method we do with all of our other tactics, which is to eventually stop using the treat and just go to hand signals. So, if you're consistently getting your dog to sit every time you stop--and remember to stay in your official stop position and take little baby steps before you stop--if he is consistently sitting down for you every time you stop, and you're clicking and you're rewarding him, but you are making him sit down by luring him into the sit position with a treat, start using it without the treat. So where you would normally use your hand and move that treat from his head back towards his tail area to cause him to sit down, do the exact same motion but don't have the treat in your hand.

As soon as he sits with this no-treat segment of this exercise, again, click and reward, but as you lavish praise on him, to signal to your dog that he has just made a major breakthrough in his behavior. This is going to help him realize that, hey, it's the stopping that makes me need to sit down, not just the using of this treat, not just a bribe. Because if we get too dependent on using the treat as a bribe or as a lure to making him sit, well, then he is never going to sit down while we are walking him without giving a bribe. So, you certainly don't want to have to take treats with you everywhere you go when you are walking your dog.

If you do this consistently, and this should be a really fast one for your dog to learn at this stage, you, too, will have one of those perfect dogs on your walks, where as soon as you stop, your dog sits, and it's great. He's like you've hit the pause button or something. But of course he's interactive with you. So, enjoy this exercise. Have fun with your dog doing it. Your dog's going to **[TAPE BREAK]**.

Part 11: *Making Your Dog Heel*

Now it's time to get your dog to heel while he's on the leash. This is best done, or best used, rather, if you're in some type of a crowded area or maybe if you want to show the dog in competition. But the best thing this is really used for in practical applications is if you're walking your dog and he's already walking loosely on the leash and you're in an area where he can become easily distracted and you want his attention and you want him to stay by your side and not pull you anywhere, or pull you over to this squirrel he might want to be chasing or whatever.

Now what you should know is that having your dog heel, or heeling him on a leash is not to be used all the time. You don't want to walk your dog for 30 minutes and have him heel the whole time. That's simply not the way dogs operate. So it's really more of a tool that you can use while you're walking your dog to keep his attention focused on you. In other words, you really only want to use this command when you need it and not all the time.

Another thing you should know is that you're supposed to use this command only if you've already gotten your dog used to walking loose, or walking, rather, on a loose leash and not pulling you to begin with. If your dog is still a puller and he still wants to pull you while you're on your walks everywhere you go, then you don't need to be using this exercise quite yet. You want to go back to the session on how to get your dog to walk on a loose leash.

So assuming that your dog can already walk on a loose leash, and assuming that you understand that you don't want your dog heeling throughout the entire walk, then it's time to go ahead and get started. Now before we begin, let me officially define what the heel position is. It's simply having your dog at your left side, and of course he's facing in the same direction that you are. You want his collar to be in line with your leg, so let's say you're wearing pants with a seam in them or something. You want his collar to essentially be in line with the seam of your pants. So his collar is right there at the line of your leg. Pretty simple.

Now to begin this exercise, you're going to need to have plenty of treats for your dog--small treats; nothing really big--and they're going to need to be really, really good because you want your dog to be very focused. So make sure you have whatever his absolute favorite is. It's also best to start this when you're in an area that doesn't provide a lot of distractions for him; even better if you can work with your dog without a leash at the very beginning.

So what you want to do to start out with is you want to have your dog sitting next to you in the heel position, just sitting there hanging around. To get him to that position, it's okay to use a treat if you have to bribe them to get there. So get them in that heeling position and then simply take one step forward and say his name. So you take one step, you say his name, and click and treat, or click and reward, rather.

So like this. Imagine I'm standing. I have my dog, Buddy, to my left in heel position. He is sitting there. I have a treat in my left hand. I take one step forward and I say, "Buddy!" and then I click and I give him the treat. What I'm doing is I'm having him walk that one step with me and click and reward right at that same time, right when I say "Buddy." And that's it. That's the whole exercise for this one part.

Now obviously it gets more complex, but our first goal is simply to get your dog to take one little step with you in heel position and that's all. So you get them in heel position initially, you take one step forward and say his name, and then as soon as you're taking that step right there in mid-stride, you click and reward. So the dog is next to me sitting, or in heel position. I take a step and mid-step I say "Buddy!" Click, reward. That's it. And then I stop. That's all.

Now as soon as your dog is finished eating his treat, you want to take three more small steps, not long steps, but three more small steps and click and reward while your dog is walking beside you in that heel position. And then stop. Don't take any more than three small steps. As a matter of fact, you might just want to take two regular steps. The key here is you've got to hold your dog's attention during this. And it's not very easy to do. That's why you only want to start off very, very small.

Now the first time you do this, your dog might not stay in the exact heel position. You know, his collar might not be geometrically lined up with your leg or whatever. And that's okay. Go ahead and click and reward him just for walking near you in this, just to teach him to go ahead and get him started that, hey, I need to be on top of my game here. This is serious stuff. I'm getting treats for walking by my owner. This is great. And of course, very enthusiastically praise him.

Now the key to this exercise and making it successful, because I know it really sounds basic right now, but as soon as you start it, you'll notice that it's not as easy as it sounds. It's pretty tough to keep a dog's attention, especially to get them to do something like heel. So you only want to practice this for a few minutes at a time to start. Only five or six repetitions is fine. You don't want to overwhelm your dog and make it where it's not fun for him. But you can do it as many times as you like. You might want to do it when you get up with the dog, maybe a little lunch break, and maybe once at night for three quick little two- or three-minute sessions each throughout the day.

Now as soon as your dog can consistently stay in the heel position for two steps and do that over and over again, it's time to start increasing the amount of steps you take. So after he's doing it for two steps, then you might want to take four steps. And again, of course, click and treat in the middle of that to let him know that he's doing the right thing and give him enthusiastic praise.

Now once you're able to do this for four steps or eight steps or whatever, and of course you don't want to have to try to walk a mile before you do this, but once you can go a few steps, four to eight steps, and your dog is consistently staying with you and you're clicking and rewarding while he's doing it or of course you're using a bridge word like good and rewarding him during the process, then it's time to start using the command, the heel command. And it's best to use the command in conjunction with your dog's name so you can maintain his attention.

So what you do is right before you take your first step is you want to call your dog's name and then say heel. So you're starting. You're standing there. Your dog is in the heel position on your left. You take your first step and right as you're taking your first step, if you were me, you'd say, "Buddy, heel." And you say it in a nice, positive tone. Then as your dog walks with you, of course you click and reward him for heeling.

And it's essentially. And basically what I've just told you is the entire trick to getting your dog to heel. Repetition in this exercise is the mother of all skill. Of course repetition and using treats that are very good to your dog and working with him in a distraction-free area. And it's also very important that you reward your dog and you praise him the entire time he's doing a good job. You really cannot praise your dog--you can't over-praise in this situation. So if you're using a good, positive voice, this works really well. You might even want to be lavish with your love and enthusiasm for your dog, because getting him to do this, as basic as it seems, is really a major accomplishment.

So again, just like all of the training that we've done, we simply start off with one step. He takes that one step in the heel position. You click and reward for that good behavior. Then you move it on up to two steps. As he's taking that second step with you in the heel position, you click and reward him for that great behavior. And you praise and you let that dog know how happy you are and how great he's doing. Then you move from two steps to four steps and you click and reward for that good behavior. And you constantly just build up. Remember, these aren't long, drawn-out exercises. You only want to do them for a few minutes every day.

Once you can do four to eight steps consistently with your dog just with click and reward, then it's time to start using the command. And always use your dog's name with the command, because saying his name is going to get his attention, just like it got when we were doing the attention exercises earlier, some of the very foundations we've built this course on. So you say his name to get his attention and then give the command. Click and reward for the good behavior.

That's it. You do this and you build on this exercise, and pretty soon you'll be able to walk your dog on a loose leash, and as soon as you get into what I call a danger zone--that's an area where there are lots of distractions for your dog--you can say, "Buddy, heel," and he'll heel right there with you. And click and reward for that good behavior. You do this enough, and your dog will obey you just like you have mind control over him. It's great.

Now let's talk about some problems you might run into while you're doing these heeling exercises, some natural stuff your dog is going to want to do before he actually gets the hang of, hey, this person is trying to teach me something new. Usually, you'll have two problems. Your dog is either going to want to run ahead of you because he gets distracted or something or because he's trying to come around to get the treat out of your hand. Or he's going to be jumping up to grab at that treat the entire time you're walking.

Well, neither one of these are heeling, so you need to correct the problem. Let's start with the first one. If your dog is trying to run ahead of you, then you simply stop walking immediately and you call his name. And you hold that treat out for the dog. You use the treat--you don't give it to him immediately--you use the treat to bring him around back to heel position, and when he's in heel position, then you take a few steps before you click and reward.

So what we're doing here is your dog is starting to get distracted, you simply get his attention by calling his name like you've always done, right? That was one of the first exercises we did. And then you hold that treat and you use that treat kind of like bait, almost like there's an invisible thread that leads from the treat to your dog's head. And you use that treat just to lure him back around to heel position. Once he's in heel position, take a step and then click and reward for doing that good action of staying in heel position.

Now it's important that he does stay in heel position before you click and reward. Just getting him to come around to heel position and stand there is not enough, okay? So if he walks forward, call his name, lure him to heel position. Don't give him the click and reward right then. Take a step and let him stay in heel position, and then click and reward. With a little bit of patience, he'll start staying in heel position the entire time.

Now let's talk about another problem you might have, and this really happens with little, excitable dogs, and that's your dog jumping up to try to get that treat. So he's in heel position, but he's jumping and snapping at your hand wanting to get that treat. I guess snapping is not the best word. I'm not going to insinuate your dog will attack you or bite you to get this treat, but just gets a little excited.

Well, the first thing you might want to try is just ignoring it. Only at first, because the dog is in heel position either way, so that's good, right? That's the name of our game here is to get them into heel position. But as time goes on, you're going to need to eliminate that behavior.

Now there are two ways you can do it. The first thing you can do is to simply not click and reward if he jumps. So your dog will eventually learn that staying in heel position works but jumping does not work. So that's one way to do it. It's going to take a little patience, just like all great things, right? A second thing to do is you might want to walk a little bit faster. Walking at a faster pace will be able to prevent your dog from jumping as easily, because hey, if he's walking fast, it's a little bit harder to get up on his feet and jump. So that's another thing you can do. Or you could use a combination of those two things. But those two methods generally will curb that type of behavior.

Part 12: *How to Make Your Dog Come to You When You Call ...Even When He's Distracted*

Now it's time to teach your dog one of the most important commands you can possibly teach, and that is the command to come to you when you call him. Some trainers refer to this as recall training, or the recall command. The reason this is so important because it can literally save your dog's life. If you don't have control of your dog and he gets off of his leash and is heading like a speeding bullet toward a busy road or something and you call his name--"Buddy, come!"--and he ignores you, then he has a very good chance of running straight into the road. So to be able to control your dog in this fashion is of absolute critical importance.

Fortunately, it's a fairly easy command to teach your dog, but it still requires consistent training for the entire duration of your dog's life to constantly be reinforcing what he's learned. Now you might have an older dog. You might have had your dog for a while and your dog might come to you sometimes. And it's really misleading sometimes when a dog is a puppy because puppies tend to naturally come to you more often. But as your dog gets older, you are not as new to him and the rest of the world becomes a lot more fascinating. So having your dog come sometimes really isn't good enough, especially as that dog gets older. And that's why it's important to really do these exercises no matter where you are in your dog's behavior.

The easiest way to get started is have some treats ready, some of your dog's favorite treats, the best stuff you got. Have your clicker ready or be ready with your bridge command or bridge word, rather. And be prepared to have some fun and be patient with the dog. Now what you want to do is you want to be in a position away from your dog and let your dog start coming to you naturally on his own. Now while your dog is coming to you, while he's in mid-stride on the way, wait until he's about three feet, four feet away from you or so, and then say, "Buddy, come!" in a really happy voice.

Now, as soon as he gets to you, hug him, praise him, click and reward. Act like he's just done the greatest thing in the world. Basically what you're teaching the dog is coming to you is better than anything else. You are the king. You are more important than a squirrel he might be chasing or a car that suddenly seems fascinating, or another dog that has threatened his territory. Go ahead and repeat this exercise several times and then call it a day. Of course you always want to keep your training fun and you always want to end it on an upbeat note.

When you resume the training and resume this exercise, it's going to be time to add more steps tomorrow. But it's very important that initially you just let your dog associate the word "come" with coming to you and getting a treat. Now naturally, things are going to get a little tougher when we introduce some distractions into the room and maybe take him outside or distract him with food and what not. But for now, these first little baby steps are important. Even if you've already taught your dog to come to you and he's not doing it consistently, it's best to start at this beginning level.

Now let's go on to stage two of reliably teaching your dog to come to you. At this point, go ahead and have plenty of treats ready. Have your clicker if you're using the clicker. And put your dog on a buckle collar--not a choke collar and not a prong collar; a regular old collar--and put him on a fairly long leash--eight to ten feet or so would be fine. Now, as your dog is sitting or lying down in front of you, hold the leash in one hand and then give him the "come" command. Typically say the dog's name followed by the word come. "Buddy, come!" would be a great example. Or if you want to use a different command, you could say, "Buddy, here!" It is important that you always use the same command every time. You don't want to vary the commands or else it will confuse your dog, so if you start using one, stick with it.

So you have the leash in one hand. The dog is away from you. You say, "Buddy, come!" As he starts coming to you, praise him, click, and reward. If he delays coming to you, gently pull him with the leash. Don't yank or drag him, but gently guide him in your direction. Then as he'll get the idea, let him start coming on his own, and as he gets to you, click and reward. Repeat this process six or seven times for the day and let that be the end of this one particular exercise. You

might want to do this a few days in a row if your dog is not really coming to you as often as you would like. But be sure to let him become consistent in coming to you on this fairly short leash in comparison to a longer lead, this eight- to ten-foot leash, before you proceed to the next step of getting him to come to you from a distance.

Now it's time to pick up the pace a little bit with the training and add some difficulty. It's fairly easy as you're probably noticing to get your dog to come to you when he's only six or eight feet away, or ten feet away or whatever, and he's on the other end of a leash and you're holding treats that he can sort of either see in your hand or smell on your body. So the next step is to get a much longer leash, preferably about 25 feet or more. Then let your dog get very distracted and wander away from you while he's on this longer leash. While he is in mid-distraction, go ahead and give the come command, like this: "Buddy, come!" Hopefully, he'll turn around and start walking toward you. If he does, this is great. When he gets to you, click and reward like crazy. You need to act like your dog just walked on water and saved the lives of thousands of children starving somewhere. I mean it is a really big deal for you dog to accomplish this, and he needs to be rewarded.

But if he doesn't come to you immediately, that's okay. Just give a little snap on the leash, nothing that would jerk your dog, nothing that would hurt your dog. Nothing drastic; just a little tap sort of on the leash to get his attention. Then try it again. As he turns to you and looks at you and gives you his attention, praise him. Then issue the come command again. As he comes to you when he reaches you, give him the click and reward. If he doesn't come to you or if he stops midway, get his attention with a gentle pull on the leash and then gently pull him towards you. When he comes to you, click and reward. As he's getting to you, maybe like his last two steps, click and reward as he's coming right up to you and give him super praise.

At this point, you're going to want to repeat this exercise every day. Use as many different situations as you possibly can out in the yard, at the park, or whatever, using various distractions. This is really where the rubber starts to meet the road, because you want your dog to come to you in the midst of distractions.

Your next step after you have him coming to you reliably on this longer leash is to take the leash off and repeat the process. Start when your dog is eight to ten feet away from you off of a leash. Call his name. "Buddy, come!" When he comes to you, click and reward. And again, super reward the first time he does this. Some trainers call this a jackpot reward. You really want to let your dog know he's made a major breakthrough and you're very happy with him.

Then you simply increase the distance between you and your dog, having him come to you consistently before you increase that distance and then you start adding in distractions. And again, it's all about baby steps. Add in one distraction at a time, increase the distance by a small increment every time, and your dog will be coming to you in the midst of all kinds of crazy stuff before you know it.

Part 13: *How to Quickly and Easily Housetrain Any Dog*

Now let's talk about housebreaking your dog. The method I'm going to share with you will work if you have a new puppy that you've just brought home or if you have an adult dog and you're still having some housetraining issues with them. Fortunately, housetraining a puppy is just like housetraining a grown dog, so we're in good shape.

Now before you start housetraining, it's good to know that prevention is the best medicine. See, when a dog goes to the bathroom in the house, usually what happens is you come home and you discover it and then you might scold the dog and say, "Bad dog. You're not supposed to go in the house. You don't do that." Well, unfortunately the dog really doesn't know what this means. His limited brain typically can say, oh, okay. Look. There is some urine on the floor and this is bad. But he doesn't actually understand that the urine is on the floor because he made it there, and you don't want him to pee on the floor. This is why you might have noticed you'll have a dog that goes to the bathroom inside and then skulks around your house looking all guilty, like he knows he's in trouble. Some people find this especially frustrating because they say he knows he's not supposed to do that. Well, he doesn't really.

See, while he's going to the bathroom, he doesn't realize he's doing anything wrong. It's only when he turns around and says, oh, my gosh, there's urine on the floor. Boy, is he going to be mad now. So let's start with that and keep that in mind and realize that, like I just said, prevention is the best medicine.

Now there are a lot of conflicting theories on how to housebreak a dog. What I found to be most effective is to housetrain your dog using a crate. And if you don't have a crate, then use some sort of a small, enclosed area. Now remember, crate training is not cruel; it is simply a tool that you use to help teach your dog where it's good to go to the bathroom. I'm not suggesting you leave your dog in a crate for days or anything inhumane like that.

Now before we get started, let's talk about some rules and facts about housetraining. First, like I already said, your grown dog can be housetrained in the exact same manner that you housetrain a puppy, so that's good. The second thing you need to know is if you have a puppy, your dog has a very limited capacity in his bladder. So there's only so long he can go physically before he absolutely has to go to the bathroom. So it's good to be able to take him out to the bathroom before it becomes absolutely impossible for him to hold it anymore.

Another good thing to know is that your dog is going to be the most receptive to your house training when you keep him on a fairly tight schedule and routine. So if you take your dog for a walk at 11:30 in the morning, try to take your dog outside for a walk to relieve himself every day at 11:30 in the morning. And try to take him outside to relieve himself every night before bed; so forth and so on. When you get a routine, stick to it. Your dog becomes used to this and it makes everything much easier and much more effective.

Now here's what making crate training work so well, and that's the rule that dogs and puppies always like to sleep in a clean area. And in fact, dogs like to be clean. I think all animals except maybe rats or something like to be clean and not lie around in their own excrement. That's kind of common sense, right? So when you're using a crate, your dog's going to do whatever he can to avoid going to the bathroom in that crate, which is why they're so effective. Or in a small, confined area if you don't have a crate. That's okay.

Also, one last thing is typically dogs need to use the restroom almost always right before they go to sleep. They almost always need to go outside and relieve themselves about 45 minutes or half hour or so after they have dinner or any other meal. And they almost always have to go to the bathroom right after a nap or right after they wake up.

Now if you don't let your dog go to the bathroom at the times I just told you, then you're really going to increase your chances of him going inside. So one great way to keep your dog from going to the bathroom inside is to simply always take him out during those times. Always take your dog for a quick little walk outside in your yard right before it's time for him to go to sleep. Always take your dog for a quick little walk outside in the morning when you wake up or when he wakes up. Same thing after eating. Wait about a half hour or so after your dog eats and every single time take your dog outside to go to the bathroom. This act in and of itself is a major step in houstraining your dog. If you just do this consistently and nothing else, you'll see very, very good results.

But let's talk about really refining this and making your home accident-free. Like I said earlier, you're going to need to use a crate or a small, confined area to keep your dog in during this process. Now this might seem somewhat alarming to you, or maybe you're used to the idea of crate training and it's okay.

If the idea of putting your dog in a crate or a confined area kind of gets your back up a little bit, don't worry about it. Actually, dogs prefer to be able to have what they see in their mind as a safe place or a den to spend time. That's why dogs invariably will get under the house or have a favorite little spot in the yard or a favorite little nook in your house or spend time in a doghouse or whatever. It is in their natural hard wiring, so to speak, in their brain to seek out some little den. So basically, instead of thinking of this as a crate or a little cage you're keeping your dog in, what you're really doing is you're creating a safe haven for him and somewhere he can view as a den and his own little private space.

So let's talk about the crate for now. For the rest of this session, I'll refer to this as a crate, even though you might not have a crate, you might use a small, enclosed area or whatever. I'm just going to use the word crate for ease of discussion here. The size of your crate needs to be fairly small. Your dog needs to be able to turn around in it and he needs to be able to move comfortably, but you don't want it so big that he can run back and forth and play and have plenty of room. That kind of defeats the purpose. You want it to be nice and cozy in there, so the size is important.

Now you're going to be leaving the dog alone in the crate for a while when you're away from the house. Obviously if you're there with your dog at all times, you can prevent accidents by taking him out when he looks like he needs to go to the bathroom. So because you're going to be leaving the dog in this crate unsupervised, you're going to need to have some things in there for

him. Obviously you're going to want to have some water in there. The best thing to do is to buy a water dish that can attach to the side of your crate. This way it's harder for him to knock it over. You should put a little bed in there, some sort of a sleeping pad-type of thing, if you have one, to make it comfortable for him. And put a toy or two in there so he'll have something to chew on. And it's also a good idea to put some newspapers down so if he does have to go in the crate, which he'll probably do at first--this is okay--it will be easier for you to clean out.

Now your dog might have a little sense of alarm, especially if he's an older dog, the first time you put him in the crate or the first couple of times. Don't let this really alarm you. It's just because it's a new place. Obviously you want to make sure that your dog isn't hungry or anything like that, but if he's already been fed and he's already used the bathroom, then you can pretty much ignore any yapping or barking or pleas for him to get out at this first stage. Granted, he might not like it that much, but it's better than having a house that smells like dog mess.

One way you can get your dog more used to the idea of being in the crate and more receptive to it is every time you put him in his crate, click your clicker and give him a treat. So he starts to associate the crate with positive action. He knows that's what you want him to do and he's thinking, hey, every time I get in here I'm going to get a click and reward. So that's another little tidbit of information you can use to get your dog into the crate and make this process easier to start with.

Now like I said earlier, the crate is meant to become your dog's safe haven. This is going to become his den, and it's also going to be his place where he sleeps at night, at least for now. He'll probably get to where he likes it, actually, and it's going to be the place where you feed him. And it's very important that this happens, because by nature, your dogs want to keep their dens very clean. And especially they want to keep the place where they eat very clean. Nobody wants to sleep or eat around their own excrement. Or, hey, around any kind of excrement for that matter, right? So let's keep that in mind.

Now let's start with day one. When it's time to feed your dog his dinner, feed him in the crate. This is going to do two things. First of all, it's going to get him in the crate and associate the crate with, hey, it's time to eat. So your dog loves to eat, so that's going to make him happy. And the second thing it's going to do is it's going to have him in a confined area during that 30 or 40 minutes after he eats.

Remember how we said early a dog almost always has to go to the bathroom about a half hour to 45 minutes after they eat? Well, guess where he's going to be a half hour to 45 minutes after he eats? He's going to be in that crate. So he's going to sense the urge to go to the bathroom but he's going to realize, wait a minute. I'm in a confined space and I just ate here. And here's my bed. I'm not really sure I want to go to the bathroom in here. And this is good. This is exactly the realization you want to have at this point.

Now as soon as you let the dog out of the crate, after about 45 minutes, you want to take him straight to the door and straight outside so he can go to the bathroom. If you have a puppy and this is a brand new little baby puppy, pick him up and carry him outside. Sometimes a puppy will just go to the bathroom right there as soon as they get out of the crate. So don't linger around the house. After about 30 or 45 minutes after they eat, open that crate, put a leash on your dog and take him straight outside to go to the bathroom.

Your dog should go to the bathroom as soon as you get outside. Sometimes he might take a little while and he might need to contemplate it for a while. Walk him around the yard a bit. But as soon as he goes to the bathroom, click and reward like crazy. He has just gone outside, and this is exactly what you want him to do, right? We're teaching the dog that (A) you don't want to go to the bathroom where you eat and sleep. This is kind of instinctual. And we're also teaching the dog (B) when I do go to the bathroom outside, good things happen to me.

Now spend a little time with your dog. Have a nice exercise session or relaxed play session with him and bond with him for a little bit. And then when it's time to turn in for the night, go ahead and put him back in the crate. Remember, if he's new to the crate, click and reward as soon as he's getting in there so he can associate it with good things happening. Associate it with food and just get a little comfort overall.

Now the first day or so, especially if you have a little puppy, your dog might cry a lot through the night. If he starts crying and yapping immediately upon putting him in the crate, well, you can ignore it. Okay, he just went to the bathroom, you spent plenty of time with him, he's eaten, everything's fine. He just doesn't like being in that crate. He's used to playing with you in the house and used to going to the bathroom in your house, right?

But if your dog wakes up after several hours, and especially if this is a puppy and starts yapping sort of spontaneously in the middle of the night, he's probably signaling to you that he needs to go out. This is a good time to get up, let the dog out of the crate and take him outside. And I know you might be tired, but this is part of the game and this is part of the responsibility of having a dog. Take your dog out. As soon as he uses the bathroom, click and reward. Don't go crazy this time. Don't play with him. Just click and reward, bring him back inside and put him right back into the crate.

The reason you don't want to play with him or go crazy or get him revved up when he's outside after he's gone to the bathroom in the night is because you don't want to get the dog excited. You want the dog to know that nighttime is time to go to sleep. Everything is laid back and calm and this isn't the time to play. Otherwise, you'll put him back in his crate and he'll probably yap all night wanting you to take him out and play with him again.

Now let's talk about the next day. As soon as you wake up, you need to take your dog or puppy outside. If he's a little puppy, again, carrying him straight to the door. If he's an older dog, a grown dog, put him on a leash, walk him straight to the door, and go straight outside. No distractions, no hanging around, no talking to your spouse or your children or anything. Go straight outside and let your dog go to the bathroom.

As soon as he does, click and reward, praise the dog very much so he knows that, wow, I just did a great thing by going to the bathroom outside. And then you can bring him back inside to play for an hour or whatever. When it's time to feed him breakfast, you need to feed him breakfast in his crate. Why are we doing this? Well, we're doing this again for two reasons, just the same reasons we fed him dinner in his crate.

We want him to associate his crate with the place where he eats, and we want him to associate this with being his den in his mind, his safe area. And we also want him to be in a confined area during that buildup to the 45-minute period after he eats where he's going to have to go to the bathroom. So while your dog is eating and building up to his point where he's going to have to go to the bathroom after he eats, you can be going on with your usual morning routine.

Now before you leave, of course you're going to want to take him back outside to go to the bathroom one more time. Remember, he just ate, so typically dogs always have to go to the bathroom a little while after they eat. So again, open the crate, take him straight out of the crate, right back to the yard, no distractions and no stopping in the interim, and as soon as he goes to the bathroom, click and reward. Praise him greatly, then bring him back inside. You might want to spend some more time with him before you're off to go to work or whatever starts your day, and then put him back in the crate. I suggest when it's time to put him back in the crate, especially when he's new at this point, you click and reward as soon as he goes back in.

Now during this little morning process after your dog has used the bathroom or after he's been outside, it's important not to let him have total free roam of the house, and the reason why is he could very well sneak off back to the place he has always gone to the bathroom inside and relieve himself there, especially if he's an older dog. He might be trying to mark his territory. And puppies are notorious for doing a little exploring and then leaving surprises for you. So when you bring them back inside to spend some time with you before you begin your day or go about your routine, be sure you're having him in an enclosed area. Keep him in one room. Don't let him just wonder all around, especially if you have a large house. That invites accidents.

Now dogs, just like us, have limited bladder capacity. There is only so long you or I could possibly go before we had to go to the bathroom. And dogs are no different. Now puppies have even less of a bladder capacity than grown or adult dogs. So here's the bottom line whether we like this or not. If you have a puppy or you have maybe even an older dog, a much older dog with a very limited bladder capacity, you're going to have to let that dog out of the crate to go to the bathroom every three hours or so. It's just a fact of life.

So when it's time for your lunch break during work, you need to run home and let the dog out of the crate and praise him when he goes to the bathroom outside. As a matter of fact, if you get to work at nine, that's almost a perfect amount of time to leave your dog between nine and noon when you go to lunch. So if at all possible, come and let your dog out of the crate, take him out to the bathroom and click and reward when he goes to the bathroom outside. It will be his time to go.

If you do this throughout the duration of your dog's puppyhood, especially when he's in his infancy years, as his bladder control develops, you won't have to come back as much during the day and you might be able to spend several more hours away before letting him out of the crate. In fact, hopefully it won't even be necessary to use a crate after a while. But for now, if your dog's a small puppy, you're going to have to do it. If you don't, then your dog's going to go to the bathroom in the crate. You're going to have to clean it up, which is of course unpleasant, and your dog is going to have to be in his own urine or excrement, which is also unpleasant to the dog. So remember, every three hours or so, you're going to have to repeat the same morning routine that you just did.

Now when you return home from your workday, you should immediately take the dog out again, because assuming you came home for lunch and spent about an hour at home--maybe not even that long, right; a lot of us are very busy--your dog has been in the crate again for another four hours or so. So as soon as you come home, the first thing you want to do is let your dog out of the crate, go straight outside again--no distractions; don't check your answering machine or get anything from the fridge--go straight outside and let your dog use the bathroom outside. As soon as he goes, click and reward him. Praise him like crazy because he's done the greatest thing in the world. Then of course you're free to spend some time with your dog, take him for a walk, play with him, do some other training exercises, whatever you choose.

When it's time to feed him, do just like you did on day one. Feed your dog his dinner in the crate. Leave him in the crate for 30 to 45 minutes. And then when he's going to naturally have to go to the bathroom again--because like we said, remember, dogs have to go to the bathroom usually 45 minutes or so after they eat--open your crate, take him straight outside and let him relieve himself. It should only take a few days of this if you stick to a schedule and stick to a routine that your dog's going to get it. He will get it really quickly because you're rewarding him for doing a positive action, which is going to the bathroom outside, and he also have the natural instinct to avoid going to the bathroom in what he perceives to be his den. He doesn't want to do that at any time. Who does, right?

Now, as well as this method works, the fact of the matter is that, especially if you have a new puppy, that at first you're still going to have some accidents. This is inevitable. Now when your dog does have an accident, here's what you should never do. You don't want to rub his face in it. I don't know who came up with that, but that's a strange old wives' tale. That's nothing but cruel and it's not going to help you at all. And you don't want to spank your dog or punish him in any way.

The reason why is because dog's brains don't work the way our do. He's not going to understand that he went to the bathroom an hour ago and you're mad now. He's not going to put that together and go, oh, well, he's mad at me because I went to the bathroom here at about 3:30. He's just going to say he's mad at me right now. And he's going to be like what in the world is going on? And he might realize that you're mad at the urine or something and at him, too, so he might associate in his mind, hey, urine equals anger, but the dog will never understand that fact that while he's going to the bathroom, hey, I'm doing this and I'm going to get in trouble. So this negative correction type of stuff really doesn't do you any favors at all.

Should your dog go to the bathroom inside, one thing you definitely want to do is you don't want to clean it up in front of him. The reason why is because you don't want your dog to think, hey, this person is going to clean up after me forever. This is great. So put your dog away and then clean up after him. When you do clean up the mess, whether it's urine or stool or whatever, you want to do the best you can to get the odor completely gone, not only for your own sake and the sake of cleanliness, but also because our dogs' noses are much stronger than ours. And dogs will instinctively go to the bathroom in the same place again. Kind of like they're marking their territory.

So on carpeting, one way to remove odor stains is to, let's say you're doing urine for now, is to blot up as much as the liquid as possible. Then sprinkle a lot of baking soda on it and let the baking soda absorb that moisture and then vacuum up the baking soda to get it out. Another thing you might want to try is a little lukewarm water, some dish detergent, and just a little bit of white vinegar, maybe a tablespoon or so to a good spray bottle. What you don't want to do is you don't want to use anything that has ammonia in it. Dog urine has ammonia as well, so it's going to smell to your dog like this is where urine is. Here's a place where I need to go to mark my territory some more. So keep away from any cleaners with ammonia. That's not going to help you at all.

You could most likely find a good odor remover at your local pet store or at the grocery store. You don't need anything high tech or fancy. Just be sure to clean it up as soon as you can and clean it very thoroughly.

That's it, pretty much, for houstraining your dog. These methods really work. The key is patience and again, the name of the game is preventing the accident in the first place. I can't stress enough how different dogs are from us when it comes to realizing oh, man, I shouldn't have done that. They simply don't make the connection. So rather than teaching your dog it's bad to go to the bathroom here in the kitchen--bad dog, bad dog--what you want to do is teach good dog for going outside. And use your dog's natural instincts to avoid going to the bathroom in his den area to your favor.

Part 14: *How to Keep Your Dog from Jumping on You and Your Friends*

A common problem that all dog owners and dog lovers face is having your dog jump all over you or your guests. This can either be as soon as you come home you might have your dog jump on you, or it could be as soon as you go outside where your dog is. He might excitedly jump on you as a form of greeting you. And usually this is pleasant and he's not doing it aggressively, but doesn't it seem that your dog jumps on you primarily when you have on some of your best clothes? I know that used to happen with Buddy and I. I would put on my new suit to go to church or something, and as soon as I would walk outside, that would be the time that Buddy decided to show me affection by jumping all over me and rubbing his dirty paws all over my clothes.

Well, listen, you're not alone in this. And the good news is it's an easily fixable problem. The way it starts is typically when your dog is a puppy, you will probably remember watching television in your favorite chair and having your new puppy come up to you and put his paw on you, or maybe stand up on his tiny little hind legs to greet you and lick your hand. And you probably remember at some point leaning down to your dog and saying, "Oh, what a cute boy," and petting his head, because everyone loves it when their new puppy comes up and shows us love and affection, right? Of course.

Well, what's really happening is we're showing our dog love and affection in that moment, but we're also teaching him that putting his paws on us or jumping on us is good, and that gives him attention. And from that very moment, we're laying the seeds of bad behavior, which of course is jumping.

Now fortunately, this is really easy to fix. The reason your dog jumps on you is probably because he's been trained that's how he gets attention. And sometimes he has received positive attention for doing it because you've petted him or played with him and said, "Oh, isn't that a cute boy?" Or maybe roughoused with him a little bit if you're in the mood for that kind of play. Or sometimes you give him negative attention, right, which is to say, "Now, Buddy, get down. You know better than to jump. Down, Buddy. Stop." But that's still attention and that's what your dog craves in this particular setting.

So let's talk about retraining your dog and shifting his focus away from getting attention by jumping on you. Now when you first begin this exercise, you should probably do so wearing some dirty clothes and do so knowing that your dog is going to be jumping all over you at least at first. What you want to do is, first of all, figure out when your dog is most likely to jump on you. For a lot of people, this is as soon as you come home from work. Your dog is excited and he jumps up to see you, and that's typically the jumping period, or maybe when you get home from the store or something. So determine that moment and then approach your dog in that moment ready for this exercise.

Here's what you do. You enter your home or come home like normal. I'm using the example of when you come home from work for this particular exercise. You come home like normal and then as soon as your dog jumps on you, you freeze. You don't do anything. You don't say no. You don't give him any attention at all. You basically turn into a tree, sort of like you did when you were teaching your dog to walk on a loose leash when he was pulling you. You do the same thing. You turn into a tree and you totally ignore him. But you want to be watching him out of the corner of your eye. You don't want him to know that you're looking at him, so you don't want to make direct eye contact with your dog or move your head or give him any kind of stimulation at all, but you do want to be where you can see him. So it's sort of like you're watching him out of your peripheral vision.

Now eventually your dog is going to get tired of being ignored, and he's going to stop jumping on you and do something else. As soon as his front paws touch the ground, and he's got all four feet on the ground, turn around and give him attention. Pet him, praise him, click and reward. Give him a treat. And then wait for a minute or two, or a second or two if your dog is really excited, and while his four paws are still on the ground, click and give him another treat. And give him more attention, and continue that process for a few times.

What's happening right now is you're teaching your dog that keeping all four paws on the floor is good, and that's what works. That's what gives him attention. Remember, your dog is probably jumping on you because you have somehow, whether you consciously did it or not, you somehow rewarded him by giving him attention for jumping on you in the past. And of course even negative attention is still attention for a dog.

Now once you've done this, and you should probably be about 45 seconds into the exercise by now, turn around and leave. Don't give your dog anymore attention. What you want to do is you want to leave him alone for a second and then come back and hopefully he'll jump on you again. Well, actually, hopefully, he'll never jump on you again, but that's probably not be realistic at this point. It's a little early. What we want to do is we want to repeat this process.

So set your dog back up to where he would be most likely to jump on you, and this is probably going to be you leaving the room and coming back. I'm assuming that's the way this behavioral pattern usually unfolds with you. So you come in, your dog jumps on you again, you repeat the process. As soon as he puts those front two paws on you, you freeze like a tree, you ignore him--absolutely no attention at all; no eye contact--and then as soon as his front paws hit the ground, you bend down, give him plenty of attention, click and reward and praise him. And while his paws are on the ground, you click and reward a few more times just to let the dog know, to really know, that this is what gets me attention. Staying on the ground is what gets me attention.

Remember, dogs typically move toward things. They don't move away from things. So their behavior is usually to get something rather than to avoid it, whereas a lot of times with humans, we'll take certain actions to avoid certain things, like we won't go out and steal our neighbor's car because we want to avoid going to prison. Obviously it's fundamentally wrong as well, but you kind of see what I mean there. Well, typically with dogs, they perform actions to gain something. They move towards something.

So in this case, we're simply reinforcing that natural urge to move toward something by rewarding him for doing what we want him to do. So in your dog's mind, he's basically saying, hey, keep all four feet on the ground and I get a treat. So you want to repeat this process for a few days. And go ahead and just count on your dog jumping on you a pretty good bit at first, because he's been jumping on you all this time, so you might not want to be doing this in your best clothes.

Now when you have your dog consistently not jumping on you, it's time to introduce distractions. Your dog certainly doesn't just jump on you, right? He probably jumps on your friends as well. So at this point, you need to enlist a co-conspirator in this exercise and get one of your friends to get in on it with you. So if you have a friend that you're close to, simply ask them to come over in some clothes that he doesn't mind getting dirty and let the dog jump on him for a second. And have your friend perform the exact same freeze and be a tree technique that you did as soon as your dog was jumping on you.

Now, with both you and your friend there, as soon as your dog ignores your friend, gets tired of being ignored, rather, and puts his front two paws on the ground, have your friend give him a treat, reward him, you give your dog a treat, click and reward. The same thing; you're just adding an extra step on here. You're just building up this exercise and strengthening it.

Now in terms of technical exercises to do with your dog, that's all there is to it in terms of making him not jump. Now as you can tell, it's pretty easy, right? You simply ignore your dog and then reward him when his feet hit the ground and he stops jumping on you. However, where it requires discipline in training your dog not to jump on you anymore, on your part it's to do this consistently. It's going to be very difficult at first to just let your dog jump on you for two minutes or however long he's going to do it before he gets tired of you ignoring him. But you have to do it.

Consistency and repetition is the mother of skill in terms of this particular exercise. So if you consistently reward your dog for keeping all four paws on the ground, and if you consistently withhold attention from your dog when he does jump on you, you will very quickly see results. But if you do this inconsistently, if you let your dog jump on you sometimes or even if he does jump on you and you say, "No, get down," then you're pretty much going to have to go back to the drawing board. It's either or with this exercise.

You should expect to have your dog totally curbed from jumping on you in just a matter of days. Probably a week at the most if you consistently do this every time you come home or every time you're in a setting where your dog is likely to jump. In other words, if you just simply interrupt this pattern and replace it with a new one, you'll see your results fast.

So enjoy your newly well-behaved dog. Enjoy the freedom that you have of not worrying about getting jumped on as soon as you come home. And I've enjoyed sharing this technique with you.

Part 15: *How to Teach the "Find and Retrieve" Trick*

Now let's teach your dog how to find his favorite toy, or how to find anything, for that matter. This is a fun little trick and it's really impressive when people see it. And it can also be useful in the event that you lose your keys or your favorite glove or something.

Basically, what we're going to do is we want to reward your dog for his natural desire to seek out something he likes to begin with, and then we're going to build on that behavior. So here's how we get started. The first thing you want to do is you want to get your dog in a room where there are little or no distractions and have him sit. Of course, you want to have your clicker ready or if you don't use a clicker, you of course want to be prepared to use a bridge word, and also have some treats ready.

Now when your dog's in the sitting position, take out his favorite toy and hide it just a few feet away from where he's sitting so he can see where you have hidden it. Now you want him to stay in place while you're putting this toy away, so hopefully you've already taught your dog the "stay" command; sit and stay. If not, you might want to revisit that section of the main training course.

So hide your dog's toy where he can see you hiding it, and then when you have finished, give him a command, such as "go get it," or "find," or whatever command you want to use. Just remember that you're going to need to use this command consistently. So once you decide on one, just realize that's the official command. So in this instance, let me give you an example. Let's say I have buddy and he's in a room with no distractions and I've taken his Kong toy and I've hidden it behind a chair about three feet away from him. He's sitting and he sees that I've hidden this thing.

Now I say, “Buddy, get it!” And Buddy goes and he walks over to the chair and proceeds to go in the general direction of the toy, the Kong in this case. As soon as he goes near the Kong, or whatever toy you’re playing with, you click and reward, because basically at this point all we’re teaching the dog to do is to simply go towards whatever it is that you’ve just hidden. And we’re rewarding him for that behavior. At this point, click and reward. Give him the toy; let him play with it, and then repeat this exercise. Have him sit, then hide the toy from him, and tell him to go get it, or to find, or whatever command you have.

What you want to do is you want to build up to having your dog actually go and at least touch the toy. And this probably is going to happen within the first few repetitions of this exercise. The way you do this if it’s not happening is you withhold your click and reward and your praise until he does your desired action. In this case, the desired action is to get up and go at least find the toy you’ve hidden. So if he gets up and only walks near it, well, you don’t click until he goes to it. You don’t click and reward until he goes to it.

Now once your dog can go from the sitting position and go up to the toy you’ve just hidden, your next logical step is for him to pick up the toy. And ideally, you want him to pick up the toy and bring it back to you. But of course we take baby steps in this, and some dogs are going to progress faster than others. Your dog might get this immediately and your dog might take a few repetitions at this, maybe even a few different training sessions. This is okay. The important thing is to have fun.

So once your dog is able to find it, now what you want to do is you want to repeat this process, but don’t click and reward until he takes the toy into his mouth and picks it up. Once he picks the toy up, you click and reward, praise him a lot like crazy, and then of course you want to let him play with the toy for a while before you repeat the exercise.

And that’s an important point. You always want to let your dog play with the toy that you’ve just hidden after he completes a portion of the exercise, or else he’s going to start thinking, hey, if I go get this toy, this guy’s going to take it away from me every time. So I’m not going to get it and I’m certainly not going to bring it back to him even if he does praise me because I want my toy, right? So it’s always important to let him play with it for a while and have fun before you take it away and repeat the exercise. If you consistently do this and take these baby steps, your dog will be finding the toy you’ve hidden every time and he’ll love this game. This is a great game for dogs. They really like it.

Now the way you can really build on it is to start hiding the toy farther and farther away from the dog. Remember, when we first began we hid it about three or four feet away from him and we allowed the dog to see where we were hiding it. Well, what you’d like to build up to is once you’re able to have him go get it and bring it back to you and it’s just a few feet away, you want to move that farther out into the room. And you eventually want to be able to even hide it in another room. And you’ll be amazed at how fast your dog picks up on this and how soon he will be bringing the toy back to you.

Now we've been using a toy in this example, but what other things can you teach your dog to find and bring back to you really easily using the exact same methods I've just discussed? How about your slippers? How about the paper? You can even use these same exercises to have your dog find anything with your scent on it. So it's a great little thing to build on. A really fast way to teach your dog to bring you his favorite toy, and I'm sure you can see all the practical applications of having your dog learn this trick as well.

So have fun playing with your dog. Have fun teaching him this trick. Your friends are going to be amazed when you're able to say, "Go get the slippers, Buddy," or "Find the toy, Buddy," and he'll bring it back to you. It's great, it's big fun and your dog loves it.

Part 16: *How to Teach the "Shake Hands" Trick*

One of the most popular tricks you can teach your dog is the classic "shake" trick. That's when your good buddy reaches out and shakes your hand just like he was a friend of yours, which of course he is, or a business acquaintance. And everybody loves the shake trick. There's an easy way to teach it, and I'll share it with you right now. It's simple and it's fun, and you can have your dog shaking hands with you in a day easily, two days max.

The first thing you want to do is you want to make sure that you've already taught your dog to sit on command. Teaching your dog to sit is, of course, very simple as well, and if you're not already at that point, just review the simple exercises in the main part of this course and you'll have your dog sitting on command in no time.

Now, once you have your dog sitting on command, it's easy to proceed to getting them to shake with you. What you want to do is you want to simply give him the command "shake," or say hello, or whatever you want to. I knew one guy whose command was "Give howdy," which I always thought was kind of strange especially since this guy was in the country. He'd go, "Give howdy!" But whatever your particular command is for shake, have that ready.

So your dog is sitting. Give him your "shake" command, and then gently pick up his paw and hold it with your right hand. Now I should have told you to go ahead and have treats and your clicker ready in your left hand for this. So when you say "shake," or "give howdy" or whatever, pick up your dog's paw in your right hand, gently shake it, and while you do, click and give them a treat. You're going to want to repeat this a few times, and don't worry if your dog gets confused or just sits there and looks at you like you're crazy. He's going to catch on.

After you click and give him a treat, put his paw back down. Hang out with him for a second and then tell him to sit again. Pick up his paw with your right hand. As soon as you pick it up and you have it and you're shaking, click and reward with your left hand. And of course you're giving the command.

Now what you want to move up to is your dog is sitting in front of you, you hold your hand out and you say, “shake.” And you don’t click and reward until your dog gives you his paw. Now if you’re having any trouble with this and he doesn’t want to give you his paw at first, simply click and reward as soon as he lifts up his paw. Then you can build on that behavior. So hold out your hand and say, “shake.” Let’s just say your dog tentatively lifts up his paw. You click and reward and you say, “Good, Buddy. Thank you, Buddy. Good boy.” And you praise him.

You let him hang out for a second and then you repeat the process. Let’s say he’s continuously tentatively lifting his paw. Well, that’s good. You continue to click and reward. What you want to work up to is you want to then stop clicking and rewarding for only lifting up his paw. Eventually what you want to do is only click and reward if he hands you his paw. And believe me, your dog is going to understand. He will get this.

So now when you have your dog in the sit position, hold out your hand and say, “shake,” and only click and reward when he puts his paw in your hand. And the first time he does it on his own, what do you do? Naturally you want to click and really reward, give him what some people call the jackpot reward. Lots of treats, lots of love. Act like the dog has just walked on water to rescue a family from a burning building or something. Really go overboard with it because you want to teach your dog that he has just done exactly what it is you want him to do.

Your dog is going to be shaking hands with you in no time. You’re going to have a great time with this trick. It’s an old standby, as you know, and it’s always fun for other people to do with your dog as well. So have fun with your dog and enjoy this new trick.

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