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Dog Obedience Lesson Plans for **Pre-Novice Training**

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Contents

Training Terms	2
Pre-Novice Training Equipment	3
Pre-Novice Class Description	4
Pre-Novice Exercise Performance and Scoring	4
Pre-Novice Training Outline	8
Lesson One	9
Lesson Two	10
Lesson Three	11
Lesson Four	12
Lesson Five	14
Lesson Six	15
Lesson Seven	16
Lesson Eight	17
Pre-Novice Class Score Sheet	19

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Pre-Novice Obedience Training

Welcome to 4-H Dog Obedience! Dog training should be fun for you and your dog. Obedience competition is a person and a dog working together as a team. To become a team, you must concentrate completely on the work and keep the undivided attention of the dog. Be an interesting, fair, patient teacher and friend for your dog. As you work together, the close bond necessary for team performance will develop.

The underlying theme of this training program is "control and enthusiasm." The ultimate goal is an attentive, enthusiastic dog, under complete control, that responds immediately and eagerly to all commands.

There is no such thing as instant obedience. It takes work and concentration. You'll find that the rewards from training a dog to be a devoted companion are well worth the effort it involves.

Before working with the dog, read the entire Pre-Novice section. Study each word and visualize each step and the expected performance. Training is divided into eight lesson plans. Each lesson plan contains exercises that build upon each other, taking the trainer/dog team through the Pre-Novice skills. The sequence of teaching the exercises is extremely important. Note how each exercise develops and progresses to a final goal.

Several of the beginning exercises are not required in Pre-Novice obedience classes but are essential for a solid training foundation. The Sit-and-Accept-Praise and Controlled Walking exercises presented in Lesson One are two such exercises.

Sit-and-Accept-Praise prepares a dog to learn and teaches the dog five things: to sit, to accept praise, to watch the trainer; "No" as a stop command, and "OK" as a release. Practice this exercise every training session. Successfully teaching it eliminates many problems later on.

Controlled Walking, also an exercise that is not done in the obedience competition, prepares the dog for heeling and teaches attention. This exercise should be mastered before training for heeling begins.

For other exercises, such as the Sit-Stay and Down-Stay, the standard of performance is higher

than that expected in a Pre-Novice obedience class. For instance, in training, a dog is asked to do the Sit-Stay for longer than 1 minute and the Down-Stay for longer than 3 minutes. Training for a goal beyond the minimum performance required in an obedience class helps the dog and gives you a better chance of success in competition.

Keep the training time to about 20 minutes a day. Each dog will progress at a different rate. Don't rush. You should spend at least a week, though you may need to spend 2 or 3 weeks, on each lesson plan. Some teams master a step after several repetitions, while others require many repetitions to develop the same level of understanding.

Make sure that the lesson plan is mastered before progressing. As you progress with the dog, continue to review previous lessons. With each exercise, as the dog performs reliably, eliminate all corrections. If the dog is having trouble with an exercise, you probably have advanced too quickly. Begin again at step one of the exercises. If you or the dog become frustrated, call the 4-H leader.

Occasional food rewards can be used on every exercise. Food rewards, play, and enthusiastic praise will increase the dog's interest in training. Keep a positive, enthusiastic attitude when working with your dog. Remember, dog training should be fun!

Memorize the training terms. Study the lesson plan before each training session so you are thoroughly familiar with the instruction. Take this material to every training session, and refer to it constantly. After training, record the dog's progress. Be a consistent, fair, and enthusiastic trainer; patient, critical, yet generous with praise. Never say, "I can't"—keep a positive attitude. Train regularly, set high standards, and constantly evaluate the "team" performance. Study, work, and have fun training your dog!

Mastering the important fundamentals in the Pre-Novice section will produce a well-mannered, well-trained pet and a reliable, enthusiastic dog with a solid foundation for advanced training.

Training Terms

- First Contact: The first contact is always happy!
 Anytime the dog comes to the trainer or the trainer goes to the dog, the dog is praised. The only exception is if the dog is in the act of doing something wrong.
- Praise: Praise is always exuberant! Motivate the dog with lots of praise. While teaching, praise throughout the entire exercise. As the dog becomes reliable, vary the place of encouragement, and occasionally praise only at the end of the exercise.

 Vocal Praise: Examples include, "Are you
 - vocal Praise: Examples include, "Are you ready?" "You ready?" "Come on, let's go!" "That's-a-way!" "Good dog!" "There you go!" "That's what I want!" "Good!"
- Food Rewards: The random use of small food rewards throughout training increases the dog's attention and eagerness to do the obedience exercises. The trainer may use food rewards on all exercises. However, food rewards are not necessary.
- Commands: Always command, never nag. Teach the dog to listen by using calm, quiet commands. When the dog knows the command, insist on an immediate response and use lots of praise. The trainer may use the commands in the lesson plans or choose different words, as long as the same word and associated action are consistent.
- "No" Command: The "No" command is always firm! "No" means stop. Don't use "No" while heeling. Use "No" on some exercises, as outlined in the lesson plans, to stop the dog from completing an error.
- "Watch Me" Command: "Watch Me" means pay attention and is used throughout training.
- "OK" Release: The "OK" release is always enthusiastic. "OK," with lots of praise, releases the dog from all exercises.
- "Pop"-Lead Correction: "Pop" is a lead correction using a 4- to 6-inch jerk and immediate release. It is geared to the size and temperament of the dog. Corrections give the dog guidance and are always as gentle as possible. Timing is important! The "pop" comes the instant before or just as a mistake occurs, not after it happens. Well-timed corrections and praise are the keys to success in

- dog training. In moving exercises, use "pop" with praise. In stationary exercises, use "pop" with a "No" command.
- Reading the Dog: The ability to know what the dog is going to do before it does it, to anticipate a mistake and know what correction is needed, is called reading the dog.
- Automatic Corrections: Lead corrections given just before a mistake occurs can prevent errors. Learn to read the dog, anticipate errors, and give automatic corrections when needed.
- Voice Control: The voice is a training tool that can change a dog's attitude during training. Develop voice control. Adapt the tone of voice to produce the desired reaction.
- Attitude: The trainer must have the attitude that training is fun. The trainer's attitude reflects in the dog's performance. Try to motivate the dog and bring out the best qualities. Praise the dog enthusiastically, make training fun, and never hesitate to abort an exercise and play with the dog. A good trainer keeps training exciting and fun! Boring trainers create boring dogs.
- **Response**: A well-trained dog responds instantly to all commands. Be critical; always insist on an immediate response to commands.
- **Training Log:** Use a calendar with large squares to keep track of actual training time and progress.
- Repetition: Dogs master exercises through repetition. Some dogs master a step after several repetitions; others take many more repetitions to reach the same level. Practice the exercises, alternating the steps. Be enthusiastic and motivate the dog; make repetition enjoyable.
- Attention: The dog should be attentive to the trainer during all exercises. An inattentive dog cannot be trained to do anything well. Since many training problems are caused by lack of attention, the trainer should work on attention throughout training.
- Distractions: Distractions are added to increase the dog's attention and reliability on an exercise.

 When the dog masters an exercise, train around distractions that take the dog's attention off of the trainer; be ready to correct, encourage, and praise.

Problems: There will be few problems if the trainer is thoroughly familiar with the instructions for each exercise, progresses slowly, and gives the dog a lot of practice with each step. Critically evaluate the dog's performance, striving for perfection of each step before advancing. If problems occur, reread the steps for that exercise, study each word, get a good mental picture; then review each step with the dog, advancing only when the dog performs reliably.

Anticipation: When the dog does an exercise before the command is given, it's a good sign that the dog is learning the exercise, but it's also a warning sign that the trainer is "pattern training" (doing the same pattern over and over again in the same way) rather than "command training." Teach the dog to listen for the commands. Read the dog and command "No" before the dog breaks or anticipates an exercise. If the command comes too late and the dog breaks position, abort the exercise with "OK," then repeat the exercise on-lead with a gentle automatic correction.

Come Position: In this position, the dog is sitting straight in front of the trainer's feet, close enough that the trainer could touch the dog's head without moving either foot or stretching forward. The dog should not touch the trainer or sit between the feet.

Heel Position: In this position, the dog is straight in line with the direction the trainer is facing, at the trainer's left side, and as close as possible to the trainer's left leg without crowding. The area from the dog's head to the dog's shoulder should be in a line with the trainer's hip. The dog can be sitting, standing, lying, or heeling.

Heeling Lead Hold—Hand Position—Corrections:

Place the right thumb through the lead's looped handle, gather up some slack over the right thumb or index finger, and make a fist around the entire lead. Keep the right hand close to the body, by the left hip, at waist level. The left hand, below waist level with fingers pointing forward, loosely holds the slack part of the lead. The lead should be loose, with the snap pointed toward the ground or horizontal. When the dog gets out of the heel position, use the left hand to "pop" the lead in the direction the dog should move as you praise enthusiastically. Detailed heeling instructions are outlined in Lesson Two.

Handling: Handling techniques that are deliberate, smooth, and consistent make an accurate performance easier for the dog and create a picture of teamwork.

Exercise Ending: Keep the dog enthused during training by using a variety of exercise endings. As the dog completes the main part of an exercise, sometimes give an "OK" release, or charge backward praising, or throw a ball, or give the dog a food reward. Occasionally do a Formal Front and Finish.

Formal Front and Finish: With the dog sitting in the "Come" position, the trainer gives the command "Heel"; the dog should go quickly to the heel position. After several seconds, give "OK" release and praise.

Pre-Novice Training Equipment

Training Collar: Collar corrections, used during training, require quick, complete closure of the training collar and immediate release. A closelink chain collar, no more than 2 or 3 inches larger than the dog's neck, serves well for train-

ing. Make sure the collar is on correctly, so it releases immediately. Slip the chain through itself, make a "P" with the collar, stand in front of the dog, and slip the collar over



Training Lead: A leather lead carries the correction to the training collar better than a loose web or nylon lead. A 4- or 6-foot leather lead with a swivel snap on one end and a looped handle will make training easier. Use a ¾-inch-wide lead for large dogs; a ¼-inch to ½-inch-wide lead for small and medium dogs.



As members advance, they will need more equipment. Sometimes, finding quality training equipment can be a problem for members living out of town or in isolated areas. In consultation with your 4-H leader, you may be able to purchase training supplies through a mail-order business that exclusively handles dog training equipment. Ask your 4-H leader for a list of dealers that handle equipment!

Pre-Novice Class Description

Pre-Novice

Open to 4-H members who have not advanced to Novice with the dog they are showing.

Exercises	Points
Heel On-Leash	35
Figure 8 (On-Leash)	15
Stand for Examination (On-Leash)	30
Recall (On-Leash)	30
Long Sit (1 minute On-Leash)	30
Long Down (3 minutes On-Leash)	30
Dog's Grooming	15
Handler	15
Total Points	200

Pre-Novice Exercise Performance and Scoring

AKC Obedience Regulations

All exercises are performed and scored as outlined in the AKC Obedience Regulations. The following Pre-Novice Exercise Performance and Scoring is contained in the AKC Obedience Publication. Since there are occasional AKC rule changes, you'll find it extremely helpful to order a free copy of the AKC Obedience Regulations directly from the American Kennel Club, 51 Madison Avenue, New York, New York 10010.

Heel On-Leash

The principal feature of this exercise is the ability of the dog and handler to work as a team. Orders for the exercise are:

"Forward"	"About turn"
"Halt"	"Slow"
"Right turn"	"Normal"
"Left turn"	"Fast"

"Fast" signifies that the handler must run, with handler and dog moving forward at noticeably accelerated speed. In executing the About turn, the handler will always do a Right About turn. Orders for "Halts" and "Turns" will be given only when the handler is moving at a "Normal" speed.

The orders may be given in any sequence and may be repeated as necessary, but the Judge shall attempt to standardize the heeling pattern for all dogs in any class.

The leash may be held in either hand or in both hands, provided the hands are in a natural position. However, any tightening or jerking of the leash or any act, signal, or command which in the Judge's opinion gives the dog assistance, shall be penalized.

The handler shall enter the ring with her dog on a loose leash and stand with the dog sitting in the Heel position. The Judge shall ask if the handler is ready before giving the order, "Forward." The handler may give a command or signal to Heel, and shall walk briskly and in a natural manner with her dog on a loose leash. The dog shall walk close to the left side of the handler without swinging wide, lagging, forging, or crowding.

Whether heeling or sitting, the dog must not interfere with the handler's freedom of motion at any time.

At each order to Halt, the handler will stop and her dog shall sit straight and promptly in the Heel position without command or signal, and shall not move until the handler again moves forward on order from the Judge. It is permissible after each Halt, before moving again, for the handler to give a command or signal to Heel. The Judge shall say "Exercise finished" after this portion of the exercise.

Figure 8 (On-Leash)

Before starting the Figure 8, the Judge shall ask if the handler is ready. The Figure 8 signifies that on specific orders from the Judge to Forward and Halt, the handler and dog, from a starting position about equidistant from the two Stewards and facing the Judge, shall walk briskly twice completely around and between the two Stewards, who shall stand 8 feet apart.

The Figure 8 in the Pre-Novice classes shall be done on-leash. The handler may choose to go in either direction. There shall be no About Turn or Fast or Slow in the Figure 8, but the Judge must order at least one Halt during and another Halt at the end of this portion of the exercise.

Heel on Leash and Figure 8 Scoring

If a dog is unmanageable, or if its handler constantly controls its performance by tugging on the leash or adapts pace to that of the dog, the dog must be scored zero.

Substantial deductions shall be made for additional commands or signals to Heel and for failure of dog or handler to noticeably accelerate speed forward for the Fast and noticeably decelerate speed forward for the Slow.

Substantial or minor deductions shall be made for such things as lagging, heeling wide, forging, crowding, poor sits, handler failing to walk at a brisk pace, occasional guidance with leash, and other imperfections in heeling.

In scoring this exercise the Judge shall accompany the handler at a discreet distance so that he or she can observe any signals or commands given by the handler to the dog. The Judge must do so without interfering with either dog or handler.

Stand for Examination (On-Leash)

The principal features of this exercise are that the dog stand in position before and during the examination, and that the dog display neither shyness nor resentment.

Orders are "Stand your dog and leave when you are ready," "Back to your dog," and "Exercise finished." There will be no further command from the Judge to the handler to leave the dog.

The handler will take his dog to the place indicated by the Judge, and on Judge's order, the handler will stand and/or pose his dog on leash by the method of his choice, taking any reasonable time if he chooses to pose the dog as in the show ring.

When he is ready, the handler will stand with the dog in the heel position and give his command and/ or signal to the dog to Stay, walk forward about 6 feet in front of the dog, turn around, and stand facing the dog. The handler will hold the leash in one or both hands. Hands will be close to the handler's body.

The Judge shall approach the dog from the front, and shall touch only the dog's head, body, and hindquarters, using the fingers and palm of one hand only. He or she shall then order, "Back to your dog," whereupon the handler shall walk around behind his dog and return to the Heel position. The dog must remain standing until after the Judge has said "Exercise finished."

Stand for Examination, Scoring

The scoring of this exercise will not start until the handler has given the command and/or signal to Stay, except for such things as rough treatment of the dog by its handler or active resistance by the dog to its handler's attempts to make it stand. Either of these shall be penalized substantially.

A dog shall be scored zero if it displays shyness or resentment, growls or snaps at any time, sits or lies down before or during the examination, or moves away from the place where it was left either before or during the examination.

Minor or substantial deductions, depending on the circumstance, shall be made for a dog that moves its feet at any time or sits or moves away after the examination has been completed.

Recall

The principal features of this exercise are that the dog stay where left until called by its handler, and that the dog respond promptly to the handler's command or signal to "Come."

Orders are "Leave your dog," "Call your dog," and "Finish."

On order from the Judge, the handler may give command and/or signal to the dog to stay in the Sit position while the handler walks forward about 6 feet to the end of the leash, where the handler shall turn and stand in a natural manner, hands at the side, facing the dog.

On Judge's order or signal, the handler will give command or signal for the dog to Come. The dog must come directly in at a brisk pace and sit straight, centered immediately in front of the handler's feet, close enough that the handler could readily touch its head without moving either foot or having to stretch forward. The dog must not touch the handler or sit between his feet.

On Judge's order, the handler will give command or signal to Finish and the dog must go smartly to the Heel position and Sit. The manner in which the dog finishes shall be optional with the handler provided that it is prompt and that the dog Sits straight at Heel.

Recall, Scoring

A dog must receive a score of zero for the following: not Staying without additional command or signal, failure to Come on the first command or signal, moving from the place where left before being called or signaled, not sitting close enough so that the handler could readily touch its head without stretching or moving either foot.

Substantial deductions shall be made for a slow response to the Come, varying with the extent of the slowness; failure of the dog to come at a brisk trot or gallop; for the dog's standing or lying down instead of waiting in the Sit position; for failure to Sit in Front; failure to Finish or Sit at Heel; or for extra command or signal to Sit or Finish.

Minor to substantial deductions shall be made depending on the specific circumstances in each case for failure to come directly into the handler.

Minor deductions shall be made for slow or poor Sits or Finishes which are not prompt or smart, for touching the handler on coming in or while finishing, and for sitting between the handler's feet.

Group Exercises

The principal feature of these exercises is that the dog remain in the Sitting or Down position, whichever is required by the particular exercise.

Orders are "Sit your dogs" or "Down your dogs," "Leave your dogs," and "Back to your dogs."

All the competing dogs in the class take these exercises together, except that if there are 12 or more

dogs they shall, at the Judge's option, be judged in groups of not less than 6 nor more than 12 dogs. When the same Judge does more than one Sub-Novice class, the classes may be combined provided there are not more than 12 dogs competing in the combined classes.

The Judge shall divide the class into approximately equal sections. The Group exercises shall be judged after each section. The dogs that are in the ring shall be lined up in catalog order along one of the four sides of the ring.

For the Long Sit the handlers shall, on order from the Judge, command and/or signal their dogs to Sit if they are not already sitting. On further order from the Judge to leave their dogs, the handlers shall give a command and/or signal to Stay and immediately leave their dogs. The handlers will walk about 6 feet to the end of the leash, turn, holding their leash in one or both hands and stand facing their respective dogs.

If a dog gets up and starts to roam or follows its handler, or if a dog moves so as to interfere with another dog, the Judge shall promptly instruct the handler or one of the Stewards to take the dog out of the ring or to keep it away from the other dogs.

After 1 minute from the time he or she has ordered the handlers to leave their dogs, the Judge will give the order to return, whereupon the handlers must promptly go back to their dogs, each walking around and in back of his own dog to the Heel position. The dogs must not move from the Sitting position until after the Judge has said, "Exercise finished." The Judge shall not give the order "Exercise finished" until the handlers have returned to the Heel position.

Before starting the Long Down, the Judge shall ask if the handlers are ready. The Long Down is done in the same manner as the Long Sit except that instead of sitting their dogs, the handlers shall, on order from the Judge, down their dogs without touching either the dogs or their collars, and except further that the Judge will order the handlers to return after 3 minutes. The dogs must not move from the Down position until after the Judge has said, "Exercise finished."

The dogs shall not be required to sit at the end of the Down exercise.

Group Exercises, Scoring

During these exercises, the Judge shall stand in such position that all the dogs are in his or her line of vision, and where he or she can see all the handlers in the ring without having to turn around.

Scoring of the exercises will not start until after the Judge has ordered the handlers to leave their dogs, except for such things as rough treatment of a dog by its handler or resistance by a dog to its handler's attempts to make it Sit or lie Down. These shall be penalized substantially; in extreme cases, the dog may be excused.

A handler whose dog assumes a position in such a manner that it could interfere with an adjacent competing dog shall be required to reposition his or her dog and shall be substantially penalized also; in extreme cases the dog may be excused.

A score of zero is required for the following: the dog's moving at any time, during either exercise, a

substantial distance away from the place where it was left; or going over to any other dog; or staying on the spot where it was left but not remaining in whichever position is required by the particular exercise until the handler has returned to the Heel position; or repeatedly barking or whining.

A substantial deduction shall be made for a dog that moves even a minor distance away from the place where it was left or that barks or whines only once or twice, or that changes its position after the handler has returned to the heel position and before the Judge has given the order "Exercise finished."

Depending on the circumstance, a substantial or minor deduction shall be made for touching the dog or its collar in getting the dog into the Down position.

The Judge shall not give the order "Exercise finished" until the handlers have returned to the Heel position.

Pre-Novice Training Outline

Page	Page
Lesson One 9	Lesson Five 14
1. Sit and Accept Praise	1. Heeling
2. Controlled Walking—Steps One and Two	Zig-Zag Heeling Change of Pace—Fast
Lesson Two	2. Informal Recall
1. Heeling	3. Stationary Comefore
Heeling—starts	4. Flip Finish—Step One
Moving Left—"U"-Turn	5. Sit-Stay—Step Four
2. Heeling—Automatic Sit—Step 1	6. Down Correction
3. Corrections for Heeling Problems Minor Lunge of 1 to 3 Inches	7. Down-Stay—Steps One through Four
Minor Lag of 1 to 3 Inches	Lesson Six 15
Severe or Persistent Lunge or Lag Heeling Too Close	1. Heeling Test
Heeling Too Wide or Looks Away	2. Comefore
4. Sit-StayStep One	3. Flip Finish—Step Two
Lesson Three11	4. Stand For Examination— Steps One and Two
	5. Sit-Stay—Step Five
Heeling Stationary Right-About-Turn	6. Down-Stay—Step Five
2. Heeling—Automatic Sit—Step Two	*
3. Random Sit	Lesson Seven
4. Informal Comefore	1. Heeling Test
5. Sit-Stay—Step Two	Stationary Right Turn Stationary Left Turn
6. Sit-Stay with Trainer Motion	Sliding Side-Step-Right
.	2. Recall
Lesson Four 12	3. Flip Finish—Steps Three and Four
1. Heeling Moving Right-About-Turn Change of Pace—Slow	4. Stand for Examination—Step Three
2. Heeling—Automatic Sit—Step Three	Lesson Eight 17
3. Random Recall	1. Heeling
4. Sit for Examination	Stationary Left-"U"-Turn
5. Sit-Stay—Step Three	Spiral Right and Left
6. Down	Circle Right and Left
0. 20mi	2. Figure 8
	3. Flip Finish with Recall and Comefore
	4. Stand for Examination—Step Four

Pre-Novice Lesson One

Sit and Accept Praise

1. Dog Sits Still by Trainer's Left Side and Accepts Praise: Dog standing at left side, hold lead in right hand close to collar; put left hand, thumb towards the body, on dog's rear. Command "Sit" one time; quickly pop straight up with right hand as left hand pushes down and slightly forward. Praise enthusiastically as dog sits; continue to praise. Every time dog starts to move, command "No" and pop straight up. When the dog stops moving, praise enthusiastically. If dog gets up, begin again. After several seconds, give "OK" release, move from sit, praise.

Goal: Dog, sitting straight and still, accepts exuberant praise.

2. Dog Sits Still and Watches Trainer: Dog sitting still at left side, accepting praise, start to get its attention. Command "Watch Me" (repeat frequently—encouraging tone) as left hand scratches dog's right ear and right hand, still on lead close to collar, lifts dog's chin towards you, praise. After several seconds, give "OK" release, move from sit, praise. If dog moves before released, trainer has advanced too quickly; review Step 1, advance only when dog performs reliably.

Goal: Dog sits still at left side, accepts praise, watches trainer.

Controlled Walking—Step One

Lead Hold and Hand Position:

Place right thumb through the lead's looped handle, close fingers around lead. Left hand grasps lead handle firmly, making a fist directly below right hand. The lead is extremely slack! Keep hands no higher

than waist level, 8 to 10 inches away from the body, ready to make corrections.

1. Dog Alert to Trainer's Motion: Dog standing at left side, assume proper lead hold. Using enthusiastic vocal praise, briskly walk towards a distraction. When dog's attention wanders, face dog, move to end of lead; simultaneously pop towards you, praise, charge backward praising. When the dog catches you, praise. Repeat the exercise.

Goal: Dog is attentive and alert to trainer's motion, ignores distractions, won't let lead tighten.

Controlled Walking—Step Two

Lead Hold and Hand Position: Place right thumb through the lead's looped handle, gather up some slack and place over right thumb or index finger; close fingers around entire lead. Left hand grasps lead firmly, making a fist directly below right hand. The lead must always be loose, with the snap pointing down or horizontal! Keep hands no higher than waist level, by left hip, close to your body, ready to make corrections.

2. **Dog Walks at Trainer's Left Side**: Dog standing at left side, assume proper lead hold. Walk forward briskly, talking enthusiastically to dog.

Dog Keeps Up and Watches Trainer: If dog is attentive and walks close by left side, use enthusiastic vocal praise to motivate the dog.

Dog Lunges: If dog walks in front, simultaneously pop straight towards you, praise, briskly move backward praising. Or, do a quick right about turn, keeping feet together, pop straight forward after the turn, praise. Dog is to you, praise, begin again. Repeat as needed.

Dog Lags: If dog walks behind, quickly turn to face dog; simultaneously pop straight towards you, praise, then charge backward praising. When dog gets to you, praise, begin again.

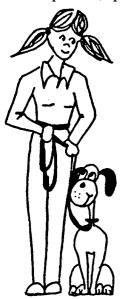
Dog Looks Away—Or Isn't Close to Left Side: If dog is inattentive or is not close to the left side, quickly face dog; simultaneously pop straight towards you, praise, then charge backward praising. Dog catches you, praise, begin again.

Goal: Dog walks close by trainer's left side, eyes on trainer, tail wagging.

Pre-Novice Lesson Two

Heeling

Before Beginning: Review training terms, pages 2 and 3. Study Heel Position, heeling lead hold and hand position, "pop"-lead correction, and praise.



Heeling—Starts: Dog sitting in heel position, watching trainer. Say dog's name, command "Heel" as you simultaneously pop forward, praise, step off on left foot, walking forward briskly, talking enthusiastically to dog. Practice starts, using automatic corrections, until dog responds quickly to "Heel" command.

Heeling: Make heeling a game; use enthusiastic vocal praise throughout the entire exercise to motivate the dog.

Moving Left-"U"-Turn:

While heeling, change direction by making a tight 180-degree Left-About-Face. As you turn, pop behind your body, praise, quickly bring knees up to surprise the dog (for a small dog, slide feet); pop forward coming out of turn, praise. After several weeks, occasionally eliminate lead and knee corrections.

Heeling—Automatic Sit—Step One

Command "Sit" -- Pop Up-Push Down: While

heeling with dog in perfect heel position, and without slowing down, put the right hand on lead close to collar, prepare to stop. As you stop, command "Sit," quickly pop straight up with right hand, as the left hand (thumb towards your body) pushes down and slightly forward on dog's rear. Dog quickly sits in heel position, praise. If dog doesn't sit straight in heel position, step forward and repeat entire step.

Place dog in sit position every stop during the first week of training.

Corrections for heeling problems

Heeling—Problems: Never correct with the voice while heeling; make lead corrections only with immediate praise. Be critical of heel position. The moment the dog moves out of position, make the appropriate correction, praise, continue heeling.

Minor Lunge of 1 to 3 Inches: Pop back, praise enthusiastically; or do a quick, tight 90-degree left turn. As you turn, pop behind your body, quickly bring knees up to surprise dog (small dog, slide feet); pop forward coming out of turn, praise.

Minor Lag of 1 to 3 Inches: Pop forward, praise enthusiastically.

Severe or Persistent Lunge or Lag: See Lesson One, Controlled Walking—Step Two, Dog Lunges—Dog Lags.

Heeling Too Close: Make a quick 90-degree left turn or left-"U"-turn, using lead and knee corrections.

Heeling Too Wide or Looks Away: Make a quick 90-degree right turn, pop forward after turn, praise.

Sit-stay-Step One

no praise from in front;

30-Second Sit-Stay—Directly in Front: Dog sitting in heel position, assume heeling lead hold. Take left hand off lead; command "Stay" as you swing left hand, palm towards dog, fingers pointing down, in front of dog's nose for hand signal. Step out on right foot, pivoting directly in front of dog. Both hands are on lead, close together (no slack in lead, but no tension either), ready to give corrections. Watch your dog! Command "No" and pop straight up for any movement or lack of attention. Command "Watch Me" (demanding tone), turn dog's head towards you. After several seconds, pivot back to heel position, give "OK" release and extra praise. Absolutely

Pre-Novice Lesson Two-continued

extra praise at end of exercise. If dog stands before released, you are too late to make a correction, begin again. Gradually increase time directly in front to 30 seconds.

Pre-Novice Lesson Three

Heeling

Before Beginning: Review Lesson Two; know Corrections for Heeling Problems. Keep lead loose, snap pointing down or horizontal. Heel around distractions; be ready to give quick, effective corrections. "Pop" with praise! Make heeling fun; never correct with the voice; use lots of praise.

Stationary Right-About-Turn: Dog sitting in heel position, assume Heeling Lead Hold with extremely slack lead. Command "Watch Me" one time as you quickly make 180-degree Right-About-Face, put hands down low to pop forward after turn, praise; move forward quickly. Dog reaches heel position, praise, continue heeling; or, give "OK" release.

Goal: Dog watches on command and does quick, tight Right-About-Turn. This exercise reinforces "Watch Me" command and establishes a foundation for moving Right-About-Turn.

Heeling—Automatic Sit—Step Two

Command "Sit"—Pop Up: While heeling with correct Heeling Lead Hold, with dog in perfect heel position, without slowing down, put right hand on lead directly below left hand, prepare to stop. As you stop, command "Sit," quickly pop straight up; dog sits in heel position, praise. If dog sits slowly, sits crooked, or doesn't sit, practice Automatic Sit—Step One, Lesson Two. Alternate Steps One and Two as needed.

Random Sit

Reinforce "Sit" Command: Assume Controlled Walking Lead Hold (see Controlled Walking—Step Two, Lesson One). Give "OK" release, get dog excited; command "Sit," step towards dog as you pop straight up, praise. When dog sits, praise, give "OK" release, praise; then repeat. Practice around major distractions; gradually eliminate step towards dog and correction.

Goal: Dog sits quickly on command.

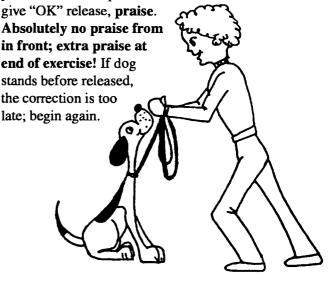
Informal Comefore

Dog Comes While Heeling: While heeling with dog in perfect heel position, say dog's name, simultaneously command "Come," pop towards, praise, trot directly backward, praising. Dog is to you, throw arms out, give "OK" release, praise. If dog runs past you, pivot to face dog, pop towards you, praise, move backward praising. After several weeks, when dog pivots towards you on "Come" command, occasionally eliminate correction.

Goal: While heeling, dog responds quickly to "Come" command; runs to catch trainer.

Sit-stay—Step Two

1-Minute Sit-Stay—2 Steps in Front: Dog sitting in heel position, assume heeling lead hold. Command "Stay" using voice and signal. Step out on right foot taking two small steps forward; turn to face dog. Command "Watch Me" (demanding tone), turn dog's head towards you. Both hands are on lead, close together (no slack in lead, but no tension either), ready to give corrections. Be ready to command "No" and pop straight up for any movement or lack of attention. After 1 minute, pivot back to heel position,



Pre-Novice Lesson Three—continued Sit-Stay with Trainer Motion

Jump to the Right: Dog on Sit-Stay, trainer two small steps in front, facing dog. Hold lead in right hand; command "Watch Me" and quickly jump to the right. If dog moves, command "No" as you step towards the dog sliding left hand up lead to pop straight up. Step back in front of dog, repeat entire exercise.

Jump to the Left: Same As Jump to the Right, except reverse lead hold, putting left thumb through the lead's looped handle, gather up some slack and quickly jump to the left.

Return to Dog: After jumping, pivot back to heel position, give "OK" release, move from sit, praise. Occasionally do a series of jumps before returning.

Goal: Dog, intensely watching trainer's motion, maintains sit position.

Pre-Novice Lesson Four

Heeling

Before Beginning: Review Lessons Two and Three. Practice all heeling exercises.

Moving Right-About-Turn: While heeling, do tight 180-degree right-about-face, keeping feet close together, pop forward after turn, praise; continue heeling.

Change of Pace—Slow: While heeling, simultaneously change to slow pace, pop back, praise.

Change back to normal pace with pop forward and praise.

Heeling—Automatic Sit— Step Three

Eliminate Command and Correction: While heeling with correct Heeling Lead Hold, with dog in perfect heel position, without slowing down, put right hand on lead directly below left hand, prepare to stop. Read the dog! As you stop, sometimes command "Sit," dog sits in heel position, praise; sometimes pop straight up; sometimes eliminate "Sit" command and correction. Alternate Steps One through Three. Gradually eliminate command and correction. If dog sits slowly, sits crooked, or doesn't sit, practice Heeling—Automatic Sit—Steps One and Two.

Goal: Fast, straight automatic sit, no correction needed.

Random Recall

Dog Comes While Distracted: Assume Controlled Walking Lead Hold (see Controlled Walking—Steps One and Two, Lesson One). Random situations, when dog is distracted, turn to face dog; say dog's name, command "Come," pop towards you, praise, briskly move away from dog praising. When the dog comes, throw arms out, give "OK" release, praise, repeat. If dog runs past, pivot to face dog, pop towards you, praise, move away praising. After several weeks, when dog pivots towards you on "Come" command, occasionally eliminate automatic correction.

Goal: Dog ignores distractions, responds quickly to "Come" command, runs to catch trainer.

Sit For Examination

Dog Examined by Trainer: Dog sitting in heel position; put right hand on lead close to collar.

Left hand examines dog's ears, eyes, mouth, back and paws. Praise during examination. Command "No" and pop straight up for any movement or lack of attention. After examination, give "OK" release, move from sit, praise.

Dog Examined by Others: Dog sitting in heel position, command "Stay," pivot directly in front of dog. Both hands on lead, close together (no slack in lead, but no tension either), command "watch me." Person approaches and touches dog's head and back. Be ready to command "No" and pop straight up for any movement or lack of attention. After examination, pivot back to heel position, give "OK" release, move from sit, praise.

Pre-Novice Lesson Four—continued Down

Teach Down Command: Dog sitting in heel position; bend down, slide lead under left foot, keep heel on ground. Put both hands on lead, below looped handle; command "Down" (repeated frequently—encouraging tone) and quietly praise

as you gently pull slack up under the foot, applying a steady pressure to the

training collar. As dog makes any
downward motion, slowly pull
slack under the foot so continuous
collar tension is maintained. Be
patient; go slowly! Keep both
hands on lead and heel on
ground; continue to repeat
"Down" command and quietly
praise, patiently waiting

for dog to assume down position.

When dog downs, praise and release

collar tension; but keep left foot on lead and both hands ready to re-apply slight downward pressure should dog start to get up before released. Continue to praise. After 10 to 20 seconds, give "OK" release, move from down, praise.

If Dog Stands: Left foot stays on lead to maintain steady downward pressure; turn with dog if needed. Keep both hands on lead to adjust slack; continue to repeat "Down" command and quietly praise as you patiently wait for dog to down.

If Dog Fights: Release pressure and begin again. Trainer has advanced too quickly! Dog should not become frantic if trainer proceeds slowly, applies steady, even, collar tension, and only adjusts slack as dog makes downward motion.

If Your Foot Gets Caught on Snap: Keep heel on ground, reach down with left hand and slide snap under the foot so a steady downward pressure is maintained.

Goal: Dog learns that assuming a down position releases collar tension.

Sit-Stay—Step Three

3-Minute Sit-Stay—2 Steps in Front: Same as Sit-Stay—Step Two, Lesson Three, except dog must stay for 3 minutes, and trainer should praise quietly during the exercise.

Return to Heel Position—Circle Dog: Dog on Sit-Stay, trainer two small steps in front, facing dog. Return to heel position by circling around dog to the right. While circling, hold slack with left hand, keeping lead on dog's right side. Correct for any movement with "No" and pop straight up. When back to heel position, give "OK" release and extra praise.

Pre-Novice Lesson Five

Heeling

Polish Heeling Exercises: Continue to review all heeling exercises. Train in new, distracting places; insist on attention and proper heel position. Keep an enthusiastic attitude; use lots of praise.

Zig-Zag Heeling: While heeling, zig-zag smoothly right and left. Pop forward or behind your body as needed to keep dog in heel position.

Change of Pace—Fast: While heeling, simultaneously change to fast pace, pop forward, praise. Change back to normal pace with pop back and praise.

Informal Recall

Dog Comes from Sit-Stay: Dog sitting in heel position, command "Stay" using voice and signal. Walk straight away to end of lead; turn to face dog. Say dog's name, command "Come" as you pop towards you, praise, charge backward praising. Dog comes, give "OK" release, praise. If dog runs past, pivot to face dog, pop towards you, praise, move backward praising. To eliminate anticipation, alternate Informal Recall with Sit-Stay; vary time dog stays before calling. When dog comes quickly, eliminate correction.

Goal: Dog maintains Sit-Stay; then runs quickly to trainer on "Come" command.

Stationary Comefore

Teaches Come Position: Dog sitting in heel position; put both hands on lead, close together, no higher than waist level, no slack in lead. Command "Come" as you step back on right foot, pop towards you, praise; take no more than two or three steps backward. When dog is straight in front, command "Sit," pop straight up, praise. Dog sits in come position, pivot back to heel position, give "OK" release, praise. If dog doesn't sit straight and close in front on first command, immediately abort exercise with "OK" and praise. Practice Random Sits, Lesson Four, until dog always responds promptly to "Sit" command; then, repeat Stationary Comefore.

Goal: Dog goes from heel position to come position; sits straight and close in front.

Flip Finish—Step One

Finish Exercise: This exercise teaches the dog to go from come position to heel position.

Pop Up and Step Right: Dog sitting in heel position, command "Stay" using voice and signal, pivot directly in front of dog to come position. Both hands on lead, close together, no higher than waist level, no slack in lead. With rapid action, simultaneously command "Heel," pop straight up, praise, bring left knee up sideways, stepping forward and to the right, (small dog, gently slide left foot between dog's front feet), praise. Left foot lands where dog's left hind foot was; continue heeling.

Sit Stay—Step Four

4-Minute Sit-Stay—End of Lead: Dog sitting in heel position, command "Stay" using voice and signal. Step out on right foot; walk straight away to end of lead; turn to face dog. After 4 minutes, return to heel position, give "OK" release and extra praise. Practice Sit-Stay, Steps One through Four, around major distractions; demand attention.

Down Correction

Dog Downs on Command: After spending 1 week teaching the "Down" command as directed in Lesson Four, teach dog to down on command. Dog sitting in heel position; hold lead close to collar with both hands (left hand palm up, right hand palm down, close fingers around lead). For small dog, hold lead close to collar with right hand. Command "Down," quickly give gentle downward pop over dog's right leg. Dog downs, praise, give "OK" release, move from down, praise. Practice around major distractions; gradually eliminate correction.

Goal: Dog downs quickly on command.

Down-Stay—Steps One through Four

4-Minute Down-Stay—End of Lead: Dog down in heel position, follow format of Sit-Stay—Steps One through Four. Correct with "No" and a downward pop for any movement. Quietly praise when dog holds position.

Pre-Novice Lesson Six

Heeling

Before Beginning: Continue to review heeling exercises, Lessons Two through Five. Be enthusiastic; keep a loose lead; train around distractions; insist on proper heel position. Keep it fun!

Heeling Test: Dog on lead, sitting in heel position; put lead behind your neck, then drape looped handle over your right shoulder. Command "Watch Me," take hands off lead. Command "Heel," give hand signal by moving left hand in same motion as pop, step forward confidently on left foot, praise enthusiastically. Practice heeling exercises; critically analyze dog's performance. First mistake, put left hand on lead, make necessary correction; continue heeling. If mistake continues, give "OK" release, assume correct Heeling Lead Hold, practice portion of exercise where mistake occurred several times with automatic correction; then, repeat Heeling Test.

Goal: Dog, with happy attitude, maintains heel position; fast, straight sits, no corrections needed.

Comefore

Dog Comes While Heeling—Sits in Come Position: While heeling with dog in perfect heel position, put both hands close together on lead, below waist level, no slack in lead. Say dog's name, command "Come" as you step back on right foot, pop towards you, praise, take no more than two to three steps backward. When dog is straight in front, command "Sit," pop straight up, praise. Dog sits in come position, pivot back to heel position, give "OK" release, praise. If dog doesn't sit straight and close in front on first command, immediately abort exercise with "OK" and praise. Practice Random Sit, Lesson Four and Stationary Comefore, Lesson Five, until dog always responds quickly to "Sit" command; then, repeat Comefore. Alternate Informal Comefore and Comefore.

Goal: While heeling, dog responds quickly to "Come" command; sits in come position.

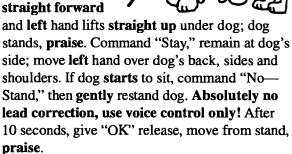
Flip Finish—Step Two

Pop Up—Step Forward—Halt: Same as Step One, Lesson Five, except take one step forward, simultaneously halt, command "Sit," pop straight up, praise. Dog sits in heel position, praise; give "OK" release, move from sit, praise. If dog starts to sit crooked, continue forward motion or quickly turn left before stopping. To eliminate anticipation, alternate Flip Finish with Sit-Stay—Step One, Lesson Two.

Stand For Examination— Steps One and Two

10-Second Stand-Stay—At Side: Dog sitting in heel position;

hold lead close to collar with right hand. Put left hand, palm up, in front of dog's right rear leg.
Command "Stand" as right hand pulls



30-Second Stand-Stay—Directly in Front: Stand dog as in Step One, praise, place dog's feet in comfortable position. Command "Stay" using voice and signal, step out on right foot, pivot directly in front of dog. Command "Watch Me" as you lift up under dog's chin. Pivot back to heel position, give "OK" release, praise. Gradually increase time in front to 30 seconds. If dog starts to sit or move before released, command "No—Stand" as you gently reposition dog.

Sit-Stay And Down-Stay—Step 5

5-Minute Stay—End of Lead: Same as Lesson 4, Step 4, except gradually increase time in front to 5 minutes. Remember to praise, quietly!

Pre-Novice Lesson Seven

Heeling

Polish Heeling Exercises: Continue to review all heeling exercises; occasionally practice Heeling Test to analyze heeling performance.

Stationary Right Turn: Dog sitting in heel position, command "Heel," quickly pivot on heel of right foot turning 90 degrees, step forward on left foot, pop forward, praise; continue heeling.

Stationary Left Turn: Dog sitting in heel position, command "Heel," quickly pivot on heel of left foot turning 90 degrees, pop behind your body, praise, bring right knee up to surprise dog (small dog, slide foot), step forward on right foot, pop forward, praise; continue heeling.

Sliding Side-Step-Right: While heeling, take a side-step to the right, pop behind your body, praise, step forward on left foot, pop forward, praise; continue heeling.

Recall

Dog Comes from Sit-Stay—Sits in Come Position:

Dog on lead, sitting in heel position; command "Stay" using voice and signal. Walk straight away to end of lead; turn to the left to face dog. Say dog's name, command "Come" as you pop toward you, praise, charge away praising. (Occasionally hold lead in left hand; simultaneously give command, correction, and hand signal by moving right arm directly out from shoulder, make quick motion towards chest, return arm immediately to natural position at side; charge away praising.) Dog is running towards you, gather up the slack. When dog is straight in front, command "Sit," praise. Dog sits in come position, pivot back to heel position, give "OK" release, praise. When dog performs reliably, occasionally eliminate motion and "Sit" command. If dog doesn't sit straight and close on first command, abort exercise with "OK" and praise. Reinforce "Sit" command and come position with Random Sits, Lesson Three and Stationary Comefore, Lesson Five. Alternate Informal Recall, Recall, and Sit-Stay. Remember—in competition, trainer stands still!

Goal: Dog maintains Sit-Stay; responds quickly to "Come" command; sits in come position.

Flip Finish— Steps Three and Four

Pop Up and Stand Still: Dog on lead, sitting in come position. Both hands on lead, close together, no higher than waist level, no slack in lead. Your right foot remains in position! With rapid action, simultaneously command "Heel," pop straight up, bring left knee up sideways then quickly back to original position (small dog, slide left foot between dog's front feet), praise. Dog flips to heel position, command "Sit," praise. Gradually eliminate "Sit" command. If dog doesn't immediately flip to heel position on command, pop straight up, praise, walk straight through, continue heeling. Review Flip Finish—Steps One and Two, Lessons Five and Six. If dog starts to sit crooked, quickly do a left turn or left pivot before dog sits.

Formal Exercise: Dog on lead, sitting in come position. Stand still, hands at side, command "Heel," dog flips to heel position, praise. Alternate Steps One through Four.

Goal: On command, dog quickly leaves come position by moving past trainer's left side, turning to sit in heel position.

Stand For Examination— Step Three

30-Second Stand—End of Lead: Stand dog as in Stand for Examination—Step One, Lesson Six. Command "Stay" using voice and signal, walk straight away to end of lead, turn to the left to face dog. After 30 seconds, return

to heel position by circling around dog to the right. While circling, hold slack with left hand, keeping lead on dog's right side. Pause in heel position, give "OK" release, praise. If dog starts to sit or move before released, command "No—Stand," gently restand the dog; review Steps One and Two.



Pre-Novice Lesson Eight

Heeling

Polish Heeling Exercises: Review all heeling exercises, Lessons Two through Seven. Keep an enthusiastic attitude; motivate the dog; correct only if needed. Occasionally practice Heeling Test to analyze heeling performance.

Stationary Left-"U"-Turn: Dog sitting in heel position, command "Heel," quickly do a tight 180-degree Left-About-Face, pop behind your body, praise, bring knees up to surprise dog (small dog, slide feet), step forward on left foot, pop forward, praise; continue heeling.

Spiral Right and Left: While heeling, make a large circle to the right or left, gradually decreasing diameter to small, tight circle. If needed, pop forward during spiral right; pop behind the body during spiral left to keep dog in heel position.

Circle Right and Left: While heeling, make a quick, tight, complete circle to the right or left. If needed, pop forward during circle right; pop behind the body during circle left to keep dog in heel position; continue heeling.

Figure 8

Before Beginning: Dog **must** do good Spiral Right and Left, Circle Right and Left, and Change of Pace.

Figure 8: Heel in Figure 8 pattern around two objects (or people), 8 feet apart, circling left object first. Trainer maintains the same speed and an even radius around objects. Dog must adjust pace to stay in heel position. Pop back going into left turn, pop forward coming out of left turn, praise. If dog is out of position on circumference, break exercise, heel away. During training, sometimes circle same object twice; sometimes square-off corners; sometimes do halts between objects. When dog automatically changes pace during Figure 8 pattern, eliminate corrections.

To increase speed and improve heel position, use soft food treats to lure the dog around **right** object. Give the treat as the dog completes right lobe of Figure 8, **praise**, repeat.

Flip Finish with Recall and Comefore

Combine Flip Finish with Recall and Comefore:
When dog knows Flip Finish and come position,
occasionally combine Finish with Recall and
Comefore. After dog sits in come position, avoid
anticipation of Finish by using a variety of
exercise endings; sometimes give "OK" release,
praise; sometimes pivot back to heel position,
give "OK" release; sometimes command "Heel,"
dog flips to heel position, give "OK" release,
praise.

Goal: After charging to trainer and sitting in come position, dog waits, watches trainer, then flips to heel position on command.

Stand For Examination— Step Four

Formal Stand for Examination: Stand dog as in Stand for Examination—Step One, Lesson Six. Command "Stay" using voice and signal. Walk straight away to end of lead; turn to the left to face dog. Have someone approach and touch dog's head and back. After examination, return to heel position by circling around dog to the right. While circling, hold slack with left hand, keeping lead on dog's right side. Pause in heel position, give "OK" release, praise. If dog resists examination, immediately return to heel position, give "OK" release; then, practice Sit for Examination, Lesson Four, with automatic correction. When dog reliably performs Sit for Examination, repeat Stand for Examination.

Goal: Dog maintains position until released, watches trainer, accepts examination.

18

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4-H Dog Obedience Score Sheet Pre-Novice Class

Contestant's Num	ber	·	Grade Division Dat			te		
Name of Show			Judge					
EXERCISE & COMMANDS*	NON QUALIF		QUALIFYING SUBSTANTIAL	MINOR		Maximum Points		NET SCORE
HEEL ON LEASH Forward, Halt, Right turn, Left turn, About turn, Slow, Normal, Fast Exercise finished FIGURE 8 Forward, Halt (2), Exercise finished	Unmanageable □	Handler continually adapts pace to dog	□ Extra command to Heel □ No change of pace □ Slow □ Lagging □ Sniffing		FIg. 8 00000 00	35 15		
STAND FOR EXAMINATION (On Leash)— Stand your dog and leave when ready, return to your dog Exercise finished	Sits before or during examination	Moves away before or during examination	Rough treatment by handler Resistance to handler posing Moving silghtly during exam Sits as handler returns Moving after examination Extra command to Stay		. . .	30		
RECALL (To be done on leash) Leave your dog Call your dog Finish Exercise finished	Didn't come on first command or signal	Extra command or signal to stay Moved from position	_ · · · · · · · · · · · · · · · · · · ·	Slow sit Poorsit Poorfinish ched handier between feet		30		
GROOMING	Ears—clean insid Eyes—clean Toe Nails—not ex					15		
			MAX.	SUB-TOTAL		125		
LONG SIT (1 Minute) On Leash Sit your dogs Leave your dogs Return to your dogs Exercise finished	Did not remain in place	Stood or lay down before handler returns	□ Rough treatment by handler □ Resistance of dog to sit □ Moves minor distance □ Minor bark or whine □ Handler error ○ Changes position after			30		
LONG DOWN (3 Minutes) On Leash Down your dogs Leave your dogs Return to your dogs Exercise finished	Did not remain in place	Sat or stood before handler returns	Rough treatment by handler Resistance of dog to down Moves minor distance Minor bark or whine Handler touches dog into dowr Handler error Changes position after			30	-	
HANDLER	Appropriate dress (cle Deportment Sportsmanship	an, neat and safe); Grooming Courtesy				15		
*Before each exercise	e "Are you ready"			MAX. POINT	rs	200		
	ess or enjoyment of work Shows fear D Fouling r		ess and naturainess by the handler [Penalty for Behavior		

TOTAL NET SCORE

RIBBON AWARDS (Dogs will be placed in Blue, Red and White award groups at the judges discretion. No minimum score is required to place in any award group.)



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Brad Jeffreys, Extension 4-H youth development specialist, coordinated the development of this publication.

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