



START

Wait & Reward?

(If Necessary)

If you can't get your dog's attention with a lure, use **Wait & Reward** Training to get your dog to calm down and pay attention.

If you CAN get your dog's attention with a lure, use the 4 steps (1. Cue 2. Lure 3. Behavior 4. Reward) of **Lure-Reward** Training to begin teaching your dog the meaning of the word "Sit"

Lure Reward

(1-2-3-4)

Once you can reliably lure your dog into a Sit, it's time to **Phase out the Food Lure** by putting the food in your pocket and luring your dog with an empty hand.

The **Hand Lure** movement quickly turns into a **Hand Signal**

Phase out the Hand Signal by remaining perfectly still as you give the verbal cue, only resorting to a hand signal or lure if your dog fails to listen and comply.

Phase out Food Rewards by giving fewer food rewards. Have your dog perform more position changes, or longer Sit-Stays to earn each food reward – More for Less!

Use **Smart Rewards** to motivate your dog so they *want* to listen to your instructions. Give better rewards for better performances (Differential Reinforcement) and integrate training into all of your dog's favorite activities (Life Rewards).

Use a **Formal Name** when you really need them to listen so you won't compromise their reliability when you are distracted and fail to follow up.

Formal Name

(Follow Up)

Smart Rewards

(Differential Life Rewards)

Once you start using your dog's formal name, you have to know how to **Follow Up**. Any time you use their formal name, either they comply immediately or you follow up. This will allow you to build a high level of on-demand reliability for *when you really need it*.

Finally, proof your dog's Sit for the sorts of things you know are going to challenge their reliability:

Proof for Distance: How far can you be from your dog and still have them sit-stay reliably and promptly, in response to a single verbal instruction?

Proof for Duration: How long will your dog sit-stay?

Proof for Distractions: What distractions are going to compromise your dog's reliability?

Proof Distance

(25 yards)

Proof Duration

(10 minutes)

Proof Distractions

(Squirrel Parade)

Mix it Up

Proof for Distance, Duration and Distractions at the same time, progressively building your dog's reliability.

Step-by-Step to a Super Sit

A dog that Sits and Stays, immediately, on cue, in response to a single spoken request, even when distracted or at a great distance, is a dog that's always under control.

You'll be able to immediately stop most undesirable behavior and so your dog will be able to enjoy a life of freedom and fun!

Phase out Food Lure

(Empty-Handed Lure)

Hand Lure to Hand Signal

Phase out Hand Signal

(Verbal Cue)



Follow Up

When your dog doesn't comply, simply make your way backwards along this path: First, eliminate distance and distractions, then try a hand signal, then a hand lure, then a food or toy lure, or, wait until you have your dog's attention.

If you used their formal name you **MUST** follow up like this, until they comply and when they do, repeat the exercise until they comply immediately, after a single verbal request.

SUPER SIT!

