

Movement Exercises - Foundation

In order to take your puppy out on walks, a number of skills and concepts have to come together first before going on such an adventure. Having a dog that walks well on leash takes numerous skills and abilities - one that a new little puppy just doesn't have. So instead of setting you and your puppy up for failure - struggles, frustration, bad habits, or situations that can cause issues, teach the concepts first! Movement Exercises, as well as other cues and games that you will be getting, do precisely that - teach your puppy the things he needs to know in order to be able to handle going for a Walk With Manners.

Movement Games with Foundation Cues

Puppies will jump, chase and use their mouth to play and engage with us; they haven't learned other behaviors that we prefer, just the behaviors that they know are fun for them and how they explore and interact with the world around them. They are normal dog behaviors, but not necessarily appropriate when they are interacting with people. Movement Games (Follow Me and Walk n' Drop) give you opportunity to practice stopping and capturing a choice your puppy makes that is good, and reinforces four on the floor. Movement Exercises not incorporate a little more formality. You will be utilizing foundation cues to teach the exact behaviors you want and also be able to fine tune positioning in front, around you and at your side.

Exercise 1 - Touch

Once your puppy knows the Touch cue, go ahead and begin playing this game with your Movement Games. *Make sure to include "Touch" when your puppy is behind you so she is performing the cue in the heel position* (at your side facing the same direction as you).

1. Have your treats ready and practice again in a hallway or room.
2. Take a few steps at a walking pace, use sounds and a happy voice if needed to encourage your puppy to follow you.
3. Just before your puppy reaches you, about 2 feet away, stop.
4. Present your target hand for your puppy to touch with her nose (the foundation cue "Touch.") You can use either a closed fist or a flat hand. I encourage using both!
5. When your puppy touches your hand, say your RM and reward. Make sure that all four paws are on the ground. That is what you are rewarding - "four on the floor" as well as the touch. If your puppy is jumping, check the height of your target hand, it is probably too high.
6. Stand still and make sure your puppy is settled and not focused on your legs before walking and repeating the exercise. You will need to watch your puppy's body language and learn her subtle cues that indicate her mood and frame of mind. If she is relaxed, begin walking again and repeat the steps. If not, and if she seems to be waiting for you to start walking again so she can "herd" you, toss a treat away from you. This will give you the space and time you need to start walking away from her and repeat the steps in the game.
7. Use **Following a Lure** to guide your puppy around you when you turn, or to get her to your side.

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You will want to practice this game until you can easily walk the length of the hall or room and your puppy is looking up at you and waiting for you to present your target hand. You are creating a habit in behavior and good decision making, so you want her to be looking in anticipation for what she knows will come next - Touch.

Exercise 2 - Stop and Sit

When your puppy knows the sit cue, you can introduce this behavior into the game.

1. Have your treats ready and practice again in a hallway or room.
2. Take a few steps at a walking pace, use sounds and a happy voice if needed to encourage your puppy to follow you.
3. Just before your puppy reaches you, about 2 feet away, stop.
4. Cue the **"Sit."** Use your lure if needed (sometimes they need a little help in the beginning), and make sure your hand position is at nose level so that all four paws are on the floor (and rear end too). Say your RM when your puppy is properly sitting and reward. Make sure your puppy remains in the sit when rewarding!
5. Stand still and make sure your puppy is settled and not focused on your legs before walking and repeating the exercise. Again, if you need to toss a treat, do so. This will give you the space and time you need to start walking away from her and repeat the steps in the exercise.

Exercise 3 - Look UP at My Eyes

When your puppy knows the look cue, you can introduce this behavior into the exercise.

Looking up at you is important. Teaching look while walking not only reinforces eye-contact and check-ins, it also gets your puppy's focus up and off your feet, pant legs and ankles to stop the behavior chain of nipping (herding).

1. Have your treats ready and practice again in a hallway or room.
2. Take a few steps at a walking pace, use sounds and a happy voice if needed to encourage your puppy to follow you.
3. Just before your puppy reaches you, about 2 feet away, stop.
4. Cue the **Look**. Use your lure if needed (sometimes they need a little help in the beginning), and make sure that all four paws are on the floor when you mark and reward the eye-contact. Your puppy's body position for "look" does not matter - sitting, standing, etc. Just "for on the floor" at least. Remember you are looking for eye-contact..
5. Stand still and make sure your puppy is settled and not focused on your legs before walking and repeating the exercise. Again, if you need to toss a treat, do so. This will give you the space and time you need to start walking away from her and repeat the steps in the exercise.
6. ******Cue Look while in motion, too. Don't always stop. It is important that your puppy learns to look at you while walking next to you!
7. I also want you to do this and ******capture when your puppy looks at you on her own, say your RM and reward your puppy. ***Eye-contact and focus is an essential part of so many***

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aspects of training. You want your puppy to be very good at it and want to keep her eyes on you!

Exercise 4 - Foundation

Now, incorporate all the foundation cues into the exercise. Mix it up so that your puppy learns to listen and stay focused - you will be practicing the art of unpredictability! Use the Touch cue to get your puppy to your side. Use Following a Lure to guide your puppy around you when you turn. Begin saying two cues (behavior chain) for your pup to perform before saying your Reward Marker and giving a reward.

Trainer Tips:

*Begin utilizing your release cue... Practice the Foundation exercise, mixing up your cues, adding a couple behavior chains, and for the last one, use "Sit." Then say your release cue and grab a toy and play with your pup as a great reward. You are fun and exciting and are a reward too! This is practice for "taking a break" when you begin practicing these exercises outside in preparation for "walks" in the future. Remember that you want flexibility with rewards: food, toys, play, praise, pets/massage...

**Practice these games off leash and inside first. These games will apply to everyday when you are walking around the house and your puppy is free to move around with you.

Then you will also practice this exercise **on leash** (see *Movement Exercises On Leash*) to prepare your puppy for the fundamentals of walking on leash. You don't have to hold on the leash, you can allow your puppy to drag it (see *Leash Games - Drag It*) to get used to it being there. Make sure to keep your puppy's attention off of the leash so she doesn't try to turn it into a toy. Keep your puppy busy. You may need to cue your puppy more often to keep her busy to make it easier for her to ignore the leash.

***It is important to strategically place little containers of treats and toys at places in the house where you are walking and need to play this game. It is good to be preprepared at any given moment. A typical trouble spot is first thing in the morning when you get up and let your puppy out of the crate. Your puppy's battery is full! This is a moment, paired with excitement of the morning and seeing you, where nipping and jumping can often take place.

MINIMIZE REHEARSAL OF UNDESIRED BEHAVIOR! Training is 24/7. Grab some treats (kibble can work too) or a toy and play Foundation or Follow Me! to get your puppy to the door to go outside and potty.