




Level 1 Manners – Freshman Level

11-12pm Saturday's

La Plata County Humane Society

Level 1 is pranaDOGS beginner course in Basic Manners. All dogs attend Level 1 for two weeks before moving onto Level 2 – where they can spend as many weeks as they'd like.

Basic Manners Levels 1 & 2				
L1	Yes=Treat A Hand Signals Body Language (dogs)	Focus/Attention B Release Words Body Language (people)		
Behaviors Sit • Down • Push up's • Touch • Look • Find it • Paw • Settle • Gentle				
L2	Permissive v Positive A Impulse Control	Variable B Reinforcement Changing Words	Reading Dogs C Distance! Attention vs Treats	Guidance D Advocate Leadership
Behaviors Come • Stay • Heel • Circle • Bow • Sit Pretty • High 5 • Drop it				

Sit – Use a treat as a lure; hold treat in your hand just barely touching your dog's nose, slowly move hand up, over your dog's head to encourage him or her to lean backward to follow the treat, this often makes them take a seat. If your dog is squirmy, try doing this in a small space or next to a wall. The hand signal is an upward sweeping motion.

Down – With dog in a sit, lure dog downward by holding the treat just barely touching your dog's nose, slowly move hand down to the ground. Some dogs struggle with this so go slow and be sure you're working on it in a safe area (an area safe to your dog!). The hand signal is a downward sweeping motion.

Push-up's – Sit followed by a down

Touch – hold hand out with palm close to dog's nose, fingers pointed down; as soon as dog touches hand, acknowledge and treat! Note, you may need to rub treats across your hand at first to engage his/her nose. Once your dog is consistently touching your hand with his nose, add the word "touch" just as his nose touches. As he/she gets better and better, make it more challenging and move your hand around, switch hands, use touch when you need your dog to move to a new position or get through something difficult. The hand signal is a flat palm.

Find it – toss a treat a short distance from your dog and say "find it!" in a happy voice. Let your dog find the treat. Then when he/she looks back at you, acknowledge and treat! So you'll be giving two

treats out for this exercise; one where they find it on the floor and one when they look back at you. Find it! works great when you toss a stick or tennis ball in tall grass or snow or when you need or want your dog to look towards the ground.

Look – This is an exercise to encourage your dog to look at you. Hold a treat up near your eyes until he/she looks in in your eyes. Acknowledge and treat. With some dogs, I find it easier to hold treats in a hand by my eyes and in my other hand outstretched – so I can see the dogs flicker from one to the other and mark the correct one. The hand signal is your index finger upright next to your eyes.

Paw – This is where you ask your dog for his/her paw to shake hands. Take a knee in front of your dog or sit in a chair and cup one hand low in front of your dog. When his or her paw hits your hand, acknowledge and treat. If your dog doesn't lift his/her paw, hold a treat out to the side forcing him to lean slightly. This will make one paw lift off the ground, acknowledge and treat. The hand signal is a cupped hand in front of your body.

Settle – This is used to calm an overly excited or jumpy dog. Take a step toward the dog, with both hands splayed open and toward the dog. Take a deep breath and hold your position. If your dog remains jumpy, hold one finger up and wait for pup to settle. The hand signal is both hands open toward the dog.

Gentle/Easy – Used to stop a dog from being mouthy or to calm down an excited dog. If he or she doesn't stop, get up and walk away. The pup needs to learn to play easier with you and often being dramatic can get this message across. For a rowdy dog – take a step towards them both palms facing them and hold the position for a few seconds. Add a hand signal to give the dog something specific to do.

Level 1 and 2 complete basic manners dog training. Once your dog has mastered these skills it's time to move onto Level 3 - advanced behaviors!

Level 1 - Freshman Level Notes

Class is something you and your dog share together. Enjoy it! Hit a store before or after class (together!) or the river trail. Do something fun to celebrate this time together.

Remember you're always talking to your dogs....even when you don't think you are. Both your body position and body language as well as your energy are communicating. And since your dog's paying attention he or she is hearing you loud and clear. Listen to them! Communicating with a dog is a blast and can often give you a completely different perspective – as well as insight into how they're feeling.

Worried about giving too many treats? Let it go, at least until Level 2 when we trade them completely for acknowledgement. For now, consider that you're building a relationship with your dog; you ask for something, he or she does it, you acknowledge and reward the behavior. Our goal being that the behavior becomes ingrained and the dog preforms it by request no matter the circumstances.