




## Level 2 Manners – Sophomore Level

1-2pm Saturday's

La Plata County Humane Society

Level 2 is pranaDOGS advanced 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 <b>A</b> Hand Signals Body Language (dogs)	Focus/Attention <b>B</b> Release Words Body Language (people)		
<b>Behaviors</b> Sit • Down • Push up's • Touch • Look • Find it • Paw • Settle • Gentle				
L2	Permissive v Positive <b>A</b> Impulse Control	Variable <b>B</b> Reinforcement Changing Words	Reading Dogs <b>C</b> Distance! Attention vs Treats	Guidance <b>D</b> Advocate Leadership
<b>Behaviors</b> Come • Stay • Heel • Circle • Bow • Sit Pretty • High 5 • Drop it				

**Come** – Two people sit across from each other, each person in turn calls the dog to them and rewards each time the dog heads their way. Be sure to always associate come with something good – like a treat. If your dog is hesitant, take a knee or make yourself less intimidating and more fun! Te hand signal is a hand, palm up swinging towards yourself or clapping followed by holding your arms spread, fingers pointed down

**Stay** – Put your dog in either a sit or a down, tell him/her to stay and take a step backward, still facing your dog. If your dog gets up or moves toward you, rock forward. Attempt to take a full step away, keeping your hand signal in place the entire time. Hold your place for a second, then walk back to your dog. Acknowledge and Treat! Hand signal for this is a flat hand facing your dog.

**LLW** – Loose Leash Walking is walking your dog in a manner comfortable to you – without being pulled by your dog(s). This is as much a behavior you're teaching your dog as a communication between the two of you that you need to work together to make this work. Reminders are often necessary and can be as simple as a noise or scrapping of your foot along the ground.

**Bow** – Similar to a down position this is done by luring the dog from a standing position into a bow by putting the treat near the nose and slowly bringing it downward and inward (between the front legs). The goal is to have the front legs on the floor while the butt is still in the air. This hand signal for this is two fingers spread apart in a downward motion.

**Circle** – This is where your dog goes in a tight circle to the left or right (or both). This exercise is great to discharge some energy. Using a treat at your dog's nose, have your dog follow the treat in a circle, once complete attempt it in the opposite direction. The hand signal for this behavior is one finger facing the ground, going around in a circle.

**Sit pretty** – This is where your dog sits in front of you on his rump with his front paws in the air. Many dogs need to learn this activity slowly so it's best to let them slowly eat a treat while they're trying to maintain the position. Take a treat from their nose and slowly raise it above their head, being sure to go too high that they pop up on their back legs.

**High 5** – This is an adaption off the Paw behavior. To teach it, as your dog shakes your hand, turn your hand upright so your fingers are facing upwards. Acknowledge and Treat! Ask for it by putting your hand up in front of your dog, palm facing your pet.

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 2 - Sophomore Level Notes

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Remember sophomore year? Probably not. It's a lot of repetition, practice and redundancy. A handful of new topics may be added, but for the most part we build on what we learned in Freshman level. Bring your dogs to new and different places and practice all the basics over and over again.

Note...you may be at sophomore level as well. If so, cut yourself some slack and don't try to be perfect. So much of dog training is communication between you and your dog. The more you can communicate (without pulling on the leash!) the stronger your relationship will be and the better 'trained' your dog will seem.

For example, if I'm walking a sophomore level dog I will use any item he/she pulls toward as the reward for them walking politely up to the same item. I don't typically tell them they're wrong here, instead show them what they need to do to get what they want. **Information and Practice (for you both!)**

By the end of your dog's Sophomore level, treats should be used for fantastic behaviors or responses but not for the routine. Acknowledgement of good behaviors is a must though - and often the difference between so-so responses and rock-solid ones. You may also be at a point where you can use kibble instead of the higher valued treats – which of course is the goal.

And try to Remember that Distance is Key - Distance is the one thing you can **always** give your dog when he or she is distressed. If your dog doesn't take a treat, they're distressed – in some way. Give them some room, some air or some space and determine what's going on.

I love my dogs as much as life itself. I love spending time with them, but I know how stressful stores and people can be to dogs and therefore I seldom subject my animals to human activities unless there's something in it for them - a play session, a walk or great dog people to interact with.