

Command Performance Dog Training Basic Obedience Work Book

Introduction:

This workbook is meant to be a guide to achieving the goals in basic obedience. It is also meant to be used in conjunction with the audio and video. Study and reference all three. Each goal may take several sessions to accomplish. The key is to maintain balanced progress with your dog. You do not want to push the dog so fast that both of you are constantly stressed and in conflict (remember you should be using only about 5% correction as compared to 95% praise). You also need to be making significant progress. Do not get bogged down trying to get every little thing perfect in a goal before moving on. Get them doing it well and go to the next step. By raising the expectation, a lot of little flaws will solve themselves.

If you are having trouble progressing:

Make sure your corrections are effective. Going through the motions of a correction is not good enough. Listen to what your dog is telling you. If you are not getting changes in behavior your dog is unimpressed with the correction and is just blowing you off. You could do this with your dog for the rest of their life and not get anywhere. A change in behavior, even if it is not the change you were looking for, is at least telling you that the dog wants to avoid the correction. You are on the right track. Keep working with them at the same intensity until they know that the only way to avoid the correction is to do what you want. It can be a process of elimination. If you are not getting changes in behavior you may need to raise the intensity of the correction. If this is what is needed, do it quickly so you can move on.

Check your timing. If your timing is off it can greatly effect how well your dog responds. We are talking about fractions of a second making big differences. Sometimes your timing will be a little off just because you are human and it is day to day life with your dog. With that said though, THERE IS NO EXCUSE FOR POOR TIMING IN PROOF TRAINING. The entire concept of Proof Training is to create a negative behavior in your dog so you can address the behavior, thus advancing the dog. This is done in a controlled environment so you can anticipate and respond to your dogs' behavior. Take advantage of this by paying close attention to what is going on. Do not let yourself be distracted. Almost all of what you are doing in the exercises below is some form of Proof Training.

Use your praise. The only reason to correct a dog is to change their behavior so you have the opportunity to praise. Take advantage of the opportunity. The moment your dog does it right, let them know it. Learn to switch from correction to praise and back again seamlessly. This is harder than it sounds and will take some practice. Be dynamic in the switch. Make the difference between correction and praise clear. Also, remember that it is impossible to praise a dog too much, but you can praise them at the wrong time. In other words, if they are not doing something wrong feel free to praise. The more you do this the more contrast there is when you do correct.

Keep the sessions short. If you are an enthusiastic handler you may have a tendency to work the dog for too long. Ten to fifteen minute sessions should be max, and often much shorter ones are best. End the session on a positive note so the dog thinks about how much praise they get for doing it well. Dogs keep learning after the session by thinking about what just happened. Often the dog will have progressed between the sessions because they made the decision they want more praise. If you work the dog too long they lose the ability to focus well enough to do it right even if they want to. You end up finishing the session on a bad note and they begin to dread the work. Let's not put the dog in this situation. Keep it short.

The goals in each section are in chronological order; however you can work on some of the different sections at the same time. The basic form of each command should be introduced in the order in which they appear. Collection, Dominance Correction, and Specific Correction are introduced at the same time. ALL goals for the Sit should be accomplished BEFORE introduction of Down, Recall or Heel. Do the Forced Down until the dog is doing it without resistance or for a full week (whichever happens LAST) before introducing the Automatic Down.

Collection of Attention:

Remember that the final goal here is to get the dog moving with you without the need to correct. Start with light corrections, but move up in the intensity quickly if the dog is being clearly defiant. If the dog is being frightened by the correction back off to a lighter correction and increase your welcoming posture and praise. If needed, get down on the ground and welcome the dog in and love on them a while to remind them that the relief of stress comes from being near you. On rare occasions it may be necessary to pull the dog to you when you are on the ground so you can love on them (One of the exceptions to the “No tight leash” rule). If you are on the ground and the dog is still away from you and stressed it is time to do this. It will stress the dog more momentarily so do it quickly and smoothly and then spend a considerable amount of time with the dog on the ground. Make sure they are glad to be with you before continuing. This happens most commonly with fearful dogs or young dogs. It also should not last for long. You should be handling the dog normally within a session or two.

Goal one:

In a large area without distraction, move away from the dog at a casual pace. If the dog allows you to get to the perimeter do a light pop on the leash and then drop posture and praise. If the dog does not move toward you, escalate with light rapid pops as you back away. If the dog does not respond to this, increase the intensity of the pops until they do. Remember your praise and posture. If you need to, lower your posture more. The lower you are the more welcoming you are.

If the dog is moving away from you do the same thing as the dog gets to the perimeter.

Do as many sessions as needed to get the dog regularly avoiding the correction by staying inside the perimeter. (Normally 1 to 3 sessions)

If the dog is persistently moving to far ahead remember to make the dog reverse direction momentarily when you correct by backing away.

Goal two:

Same as above with mild distraction (e. g. toy or food near, another person or dog at a distance) and more dynamic movement on your part.

Goal three:

Add more intense distractions. (e. g. a walk in the surrounding area, moving toys, dogs at close range, people at close range in welcoming postures).

Dominance Correction:

Goal one:

Recognize and become aware of all dominant behavior. Any physical contact other than licking while you are standing up is dominant behavior. Use your body check and if needed charge to shut down the behavior. Make sure that your movement is abrupt. Use the No command sharply with the body check. If it is a big dog that jumps to your chest it is alright to put your hands on the dog gently and then shove them sharply. Do not bend over to make hand contact. If you would need to bend use the lower part of your body to shove them. Use an aggressive tirade with the charge. Keep your body movements abrupt. (Think bad tap dancing). Do not repeat No. Proof Train by tempting the dog to jump or make contact by patting your legs and chest. Talk to the dog to tempt also.

Do not tell them it is OK or to come while doing this.

Never retreat from the dog when Proof Training this.

Your dog should refuse to make contact other than licking.

Specific Correction: (Implied Commands)

The three messages that can be sent with a Specific Correction are:

“Don’t do that.”

When the dog is doing something wrong use a single pop on the leash as you say No. If they stop the behavior praise them. If they do not stop, escalate with rapid pops until they do and then praise. If you are rapid popping and they are still doing the negative behavior raise intensity of the correction until you find the level that does stop them. Use aggressive vocalization in the escalation, but do not repeat No. Then praise.

Examples of when this is used are:

The dog eating grass occasionally or trying to walk on the wrong side of an object from you while on the leash. It can also be used as a stop gap measure on a more serious behavior when you are not in a situation conducive to Proof Training.

“Don’t do that ever again.”

Handle the same as above, but follow up with heavy Proof Training. The “sock scenario” is a good example.

You are sitting in the living room and the dog walks in with a sock in its mouth. First, you need to realize that your supervision levels are not good enough. You should have seen them pick it up. The dog still has the sock, however, so you can address the behavior. Tell them No sharply as you close on them and deliver a pop on the drag line (this is why the dragline is there). If they spit it out, praise. If

they do not, escalate until they do, then praise. So far all you have done is the “Don’t do that”. But now you Proof Train. With the drag line still in your hand pick up the sock and offer it to them again. Do not tell them it is OK, but do entice with other vocalizations. If they take it again repeat the above correction. Within a couple of repetitions of this they should refuse to take the sock. Big Praise! Now raise the standard by correcting them for even looking at the sock when offered. Do this until they are avoiding looking at it. This process should not take more than two minutes from the time they first had the sock in their mouth to the time they will not look at it. After a few instances like this you will have created a new behavioral pattern, but it is not the one you want....yet.

Now your dog will still pick up the sock, but as soon as they realize that you have seen them they will spit it out and refuse to look at it. Not good enough. The goal is to stop them from picking it up in the first place. You need to remember that your dog has a different perception of the world. They live in the “now” much more than we do. You can not use correction after the fact effectively. If you see the dog with a sock in their mouth, but they spit it out before you get to them and will not look at it and you correct them anyway they may very well relate the correction to spitting it out. Very confusing for them.

We need to make it clear that any correction is related to the sock being in their mouth. A few things to remember here are that the dog has to have an immediate connection between negative behavior and correction and they do not understand the concept of “fair”.

Forcing the Break.

Do not confuse this with force breaking, which is completely different and unrelated to basic obedience training.

Place the sock in their mouth and hold it there as you say No and do a single pop. Then allow them to spit it out. Do this several times. In the human world this would be considered over the top, but in the dog world this is a clear and effective message. “Sock in mouth equals stress. Stop picking up the sock.” Because this is a clear message, you change the behavior more quickly, thus using less overall correction. It may not feel like it when you are doing it, but, you are being nice to your dog in the long run by handling the situation this way. This seems like a simple concept, but, because it is an alien thought process it can be difficult to adapt this to differing situations. So here is a little test.

Your dog is counter surfing (putting their paws on the counters). You have done the standard Proof Training (tempted them back up by patting the counter, offering food in easy reach... etc.). In a separate incident the dog does it again, they are off the counter by the time you get to them and they will not fall for it with standard Proof Training. How do you Force the Break?

The answer is at the end of the Goals section on Specific Correction.

“Oh my god, what are you doing?”

This is used when you can not Proof Train a negative behavior. By far the most common example of this is house breaking. There is no good way to Proof Train this so you have to make the most of it when they do the wrong thing.

Give the No command from wherever you are when you see them start, close on them quickly with a tirade, and do an escalated correction all the way to where it would have been appropriate for them to go to the bathroom. Let the dog be your guide on how intense the correction should be. You should see they are clearly stressed, but do not panic them. Once there, stop the correction, but this is an unusual situation in that you do not start praise as soon as you stop correction. The positive behavior you are looking for isn't not going to the bathroom; it is going to the bathroom outside. Any time the dog goes to the bathroom outside, if it is associated with a correction or not, praise the dog heavily. Remember, physical contact is not necessary in praise and in this situation it may be counter productive by interrupting the dog.

Make sure you catch them in the act EVERY TIME. You can catch them 9 out of 10 times and do an effective correction and still not make any progress. They do not think "Wow, I get in trouble 9 out of 10 times for this. It is not worth trying!" No, they think "What was different about number 10?"

If they figure out the difference is that you are not paying attention, you are in trouble. They will start to intentionally look for more opportunities to do things wrong. The goal here is to convince them there are no opportunities so they stop trying to find them.

The previous two paragraphs are true of ALL Implied Commands.

Goal one:

Stop negative behaviors under direct supervision. Remember, at this point your dog should be supervised or confined. Maintain this level of control until the dog is no longer trying to do things wrong in your household.

Goal two:

Start allowing the dog to spend the night in your room with the door closed. Inspect the next morning for any sign of misbehavior. If there is any sign go back to goal one for at least a week before trying goal two again.

Goal three:

Allow the dog more freedom of movement in your home while you are there. Lower supervision levels incrementally over a period of time. If you start to find the results of negative behavior, go back to goal one for a week then restart goal three at the previous level of supervision to the one that you started to see negatives.

When the dog is no longer showing any negative behaviors, with minimal supervision, move on to goal four.

Goal four:

Start leaving the dog in your home alone for short periods of time. (e. g. go to the mailbox, run to the corner store). Inspect for negatives. Slowly increase the time your dog is left alone. When you can leave them for four hours you can leave them indefinitely. Remember potty needs. If at any time you start to see negatives, repeat goal one for one week then goal three for one week then start goal four over.

Answer: Pick up their paws and put them on the counter. Then correct before they have the chance to get down on their own.

If you think “simple direct connection” you will easily adapt Forcing the Break to almost any circumstance.

See “Oh my god, what are you doing?” above for the circumstances that you can not apply Forcing the Break to.

The Sit:

The Sit is a much more complex command than most people give it credit for. It is not only body posture (the sitting position itself), but also location (where the dog is at) and orientation (what direction the dog is facing). Location and orientation are not important because some judge in an obedience trial says it is. They are important because a shift in either of them is the favored way for most dogs to consciously compromise your control. If you let them get away with it in a controlled training session, when you are in the real world and a distraction pops up they will not Sit for you at all. Pay close attention to how to correct this on the video. When you are correcting location and orientation you must get the dog all the way back to where they started the break from or farther. It is perfectly alright to overshoot the original location and orientation. Do not let the dog gain any ground in the direction it wanted to move or the direction it wanted to turn. Also, remember that location and orientation are determined by where the dog is when you say Sit. This is relative to the face of the planet not you. You can move. The dog can-not. If the dog breaks the Sit remember the location and orientation are still where you gave the original command, not where you say No.

Goals two to ten should be done in short sessions (about two minutes) with no less than 20 minutes between them. Only one to two sessions should be needed for each goal.

Goal one:

Get the dog to sit to your left side with out the need of escalation. Use no distraction. Do not force the dog to your left. Use a combination of enticement through welcoming body posture and your maneuvering to the dog to get them on your left side. Do this before you give the Sit command.

If the dog refuses the Sit give them three seconds to think about it. If they have not begun the Sit within three seconds escalate with rapid popping and aggressive body language with vocalization. Startle their butt onto the ground. Do not repeat the Sit command.

If they shift location or orientation, correct immediately.

After the dog is in the Sit, if they break tell them No sharply and use the same types of correction as above. Do not Use the No command more than once for each incident of breaking, but it should always be the first thing you say to the dog when it breaks. Remember your timing. Remember to use the release command to get the dog moving again when you want them to get up.

NEVER PUSH DOWN ON A DOGS REAR END TO GET THEM TO SIT. It is very easy to injure a dog this way.

Goal two:

The dog must maintain the Sit when you take one short step away. Move only one of your feet.

Goal three:

The dog must maintain the Sit when you step to half the length of the leash.

Goal four:

The dog must maintain the Sit when you turn to face the dog at half leash length and pull on the leash. (Do not pop the leash)

Goal five:

The same as four at $\frac{3}{4}$ length of leash.

Goal six;

The same as four at full length of leash.

Goal seven:

The same as four at full length of leash plus full length of arm.

Goal eight:

The same as seven with mild welcoming posture.

Goal nine:

The same as seven with welcoming posture half way to ground. Add tempting vocalization. Do not use alternative commands such as Come.

Goal ten:

The same as nine with knee on ground.

Goal eleven:

Walk around dog. Do not pull on leash at all.

Goal twelve:

Introduce random distractions. Remember, proximity effects level of distraction. Start away then move closer incrementally.

Forced Down:

Goal one:

Imprint authority. Make this as easy as possible for the dog. No distractions. No proof training of any kind. No more than three repetitions per session or nine repetitions per day. If the dog starts to anticipate the down, let them.

If the dog breaks correct immediately.

Remember to Sit the dog as soon as you release them, but make sure they are releasing before you give the Sit command.

Automatic Down:

You no longer pull the dog to the ground as in the Forced Down. Make sure you are using a pop on the leash delivered with your foot. The three second pause applies.

Though location is still important, orientation of the Down is not.

Follow the same goals list as two to twelve in the sit.

Add sit and release from in front of dog.

Do long term downs.

Recall (Come Command):

Goal one:

Short range recall. Use six foot leash only. Do not drop the leash. Make this very fun for the dog. Long term, the dog's enthusiasm in the recall will be a direct reflection of your enthusiasm.

Remember to drop posture, praise and back up.

Look behind you for safety.

Goal two:

Start recalls on the long line at close range. Leave six foot leash on the dog, but do not hold either the long line or leash in your hand.

If the dog refuses by staying in the sit they are probably being overly cautious. As you back away discreetly pick up the long line and give just enough of a tug to get them up and moving. This is the only time you should ever grab the long line in your hands. All other corrections should be done with the six foot leash.

If they break the Sit before you call them say No, close on them with a tirade and correct to original sit position.

If they redirect after they are moving tell them No sharply then drop back into a welcoming posture and praise. If your No is sharp enough, most of the time this works. However, if it does not, close on them with a tirade and correct to where you were when you called them. Walk up the long line if needed to catch them.

If they run past you at close range give them the benefit of the doubt the first time and turn to face them as they pass you. Continue praising. If they only go a few feet past you and then come in you're fine. However, if it was a true fly by and they keep going, step on the long line to check them, and then walk up the long line, grab the six foot leash and correct back to where you were when you called them. On following repetitions be prepared to step on the line as they pass you. Then turn and praise.

Goal three:

Work your way farther away from the dog in a series of sessions until you are about 130 ft. from the dog and they are performing well. Remember you are not just working the recall; you are also working the long range sit.

Goal four:

Introduce the blind recall. This is a recall when the dog can not see you when you call them. Work the dog out to distance this way also.

Goal five:

Introduce distraction. Start with low intensity distractions and work your way up. Remember that proximity of the distraction has a strong relationship to intensity.

Heel:

Goal one:

Work a combination of the dynamic heel and the casual heel with out distraction until both you and the dog are comfortable.

Make this fun as possible for the dog. Use a lot of praise. Move confidently and quickly in early sessions.

If needed, introduce a toy to keep the dog's enthusiasm up.

When a correction is needed, make it sharp and quick, and then get back to the fun immediately.

If the dog is lagging behind, be careful not to use too much correction. If necessary, end the session.

Make sure not to work the dog too long.

Goal two:

Introduce distraction. Start low and work your way up.

Long line phone ordering. Call Eastern Mountain Sports at 1-(888) 463-6367 and ask for 70 feet of Sterling brand Accessory Cord. 3mm for small dogs. 4mm for medium dogs. 5mm for large dogs. You can also get the stuff sack; ask for the Large SEA TO SUMMIT Ultra light Stuff Sack. 8 inches X 16 inches. Shipping time is about three to five business days.

Command Performance

Basic Obedience Test

1. What is the basic formula of dog training?
2. What is the primary motivator for the dog at the beginning of training?
3. What are the four things we don't do in dog training?
4. How strong are dogs relative to humans and what is a dogs strongest anatomical structure?
5. What should you use to control a dog rather than restraint?
6. What is a dog's primary form of communication?
7. What is the ultimate goal of basic obedience?
8. What are the two basic tenants of obedience training?
9. What is the basic element of all correction?
10. Why must we be vigilant?
11. How do most dogs perceive a crate if they have been properly introduced to it?
12. What are the circumstances under which the dog should be left out of the crate without supervision for the first time?
13. What is the definition of a correction?
14. Who decides whether or not what you are doing is a correction?
15. At what point in the command is an automatic correction delivered?
16. What is the most common way for a subordinate to challenge the alpha?
17. What are the consequences to the alpha if they fail to address a subordinate's challenge?
18. What is the common response of an alpha to a challenge?

19. In nature who typically participates in an escalated correction when delivered by an alpha?
20. What causes an escalated correction to stop?
21. About how much injury is inflicted during an escalated correction?
22. After an escalated correction who reassures the corrected pack member?
23. How is an escalated correction most commonly delivered in training?
24. Why is it important to vocalize in training?

25. If you are handling a dog correctly what percentage of your communications should be correction?
26. What is the only reason to correct a dog?
27. What is the single most important aspect in training?
28. What is the definition of proof training?
29. What are the rules of proof training?
30. What is the preferred type of crate?
31. How do you measure the collection perimeter?
32. When the dog reaches perimeter, what do you do?
33. What is the escalated correction for collection?
34. What are the common mistakes made by the handler in collection?
35. Describe the most common way a dog shows dominance?
36. What is the basic (Automatic) correction for dominance?
37. What do we call an escalated correction for dominance?
38. What type of command does the specific correction create and enforce?
39. What are the three aspects of the sit?
40. Where the dog is when you give the command determines what two aspects?
41. What are these two aspects relative too?
42. Where should the dog be, relative to you, when you start training the sit?
43. How do you get them there?
44. If there is no shift in location or orientation, how long should you pause between auto and escalated correction after the sit command?
45. Describe an escalated correction for the sit.
46. What is the general definition of an escalated correction?
47. When should you correct a dog for a location or orientation shift in the sit?
48. What is the dangerous action you must not do when correcting the sit?
49. What is the first word said when the dog breaks the sit?
50. How often should you use this word relative to the dog breaking the sit?
51. How often should you repeat the original "Sit" command?
52. What is the body language and pop direction on the release?
53. What is the minimum requirement for the dog when released?
54. Describe an escalated correction for failure to release?
55. What do you do when the dog does release?

56. What is the best way to achieve a major goal?
57. Once the dog is doing a basic sit on your left, what is the next major goal?
58. Why is proper leash handling so important in proof training?
59. When proofing the sit, about how long should the sessions last?
60. How long is the minimum rest period between these sessions?
61. Why must you strongly proof the sit before you move on to the forced down?
62. What type of process is the forced down?
63. What are the rules in the forced down?
64. Where do you place your left foot for a forced down?
65. What hand do you hold the leash in for the forced down?
66. After you have removed your foot from the leash, how do you correct if the dog breaks?
67. What is the primary difference between the way you deliver a forced down and an auto down correction?
68. What is the escalated correction for the auto down?
69. At what point do you start praising the dog?
70. What determines if the dog is actually in the down?
71. What are you inviting when you give the recall command?
72. What is the purpose of the short range recall?
73. Why is it important to look behind you before giving the recall command?
74. What is attached to the collar for long range recall?
75. When is the only time you should grab the long line with your hand to correct the dog?
76. What are the four most common ways a dog can make a mistake on the long range recall?
77. What side is the heel done on?
78. What command is the heel similar to?
79. What are the four drastic changes of movement we can make in the heel?
80. What is the worst potential problem in the heel?
81. What is the best way to raise expectation?
82. Why should you have clear goals in mind when you start working a dog?
83. What is down time?
84. If you are having trouble making progress with a dog, what are the four things you need to check in how you are handling the dog?

85. How do you know whether or not your corrections are effective?
86. What is the final goal for collection of attention?
87. What are the three possible messages you can send to the dog using specific correction?
88. Describe the “sock scenario”.
89. Why is a shift in location or orientation during the sit important to the dog?
90. If you are working with a dog and nothing that you have learned will get the dog to comply, what should you do?

Command Performance
Basic Obedience Test
Answers

1. The dogs' drive to avoid correction and gain praise must be greater than their drive to perform the negative behavior.
2. Correction.
3. Overpower, cause pain, punish and negotiate.
4. Five to ten times and the neck.
5. Correction.
6. Body language.
7. Transition of authority.
8. "Say it once and make them do it". And "Never give a command you are unable or unwilling to enforce".
9. Abrupt action.
10. You must catch the dog in the act to effectively correct.
11. As a den.
12. In your bedroom over night as you sleep.
13. An abrupt action that changes the dogs' behavior.
14. The dog.
15. On the first letter of the command word.
16. Fail to submit on demand.
17. They are ejected from the pack.
18. Escalated correction.
19. The entire pack.
20. Complete submission by the subordinate.
21. None.
22. The alpha.
23. Rapid leash popping with aggressive vocalization and body language.
24. To help exhibit proper body language.
25. 5%.
26. To change their behavior so you have the opportunity to praise.

27. Timing.
28. Intentionally causing a negative behavior so you have the opportunity to correct it.
29. You must get the dog to break. You can not use an alternative command to cause the break. You can not use a physical correction to cause the break.
30. Airline.
31. Length of arm plus length of leash minus 6 inches of slack in the leash.
32. A single silent pop, then drop posture and praise.
33. Rapid popping as you back away.
34. Tight leash and short leashing.
35. Inappropriate contact.
36. A short sharp move into the dog as you say no.
37. A charge.
38. Implied.
39. Location, orientation and posture.
40. Location and orientation.
41. The face of the planet. (Not you).
42. On your left.
43. Enticement and maneuver.
44. Three seconds.
45. Rapid directional popping and vocalization.
46. Continues, increasing stress until the dog complies.
47. Immediately.
48. Pushing down on the dogs' rear end.
49. No.
50. Once at the beginning of each break.
51. Never repeat any command after it is initially given.
52. Forward.
53. To get up.
54. Rapid popping forward as you move forward.
55. Praise.
56. Break it up into smaller goals.

57. Be able to step out to the full length of the leash and pull while the dog maintains the sit.
58. So your timing will be good when you correct.
59. Two minutes.
60. 20 minutes.
61. To establish a level of dominance that will allow a smooth movement into the higher levels of dominance created by the forced down.
62. Dominance imprinting.
63. No more than three repetitions in a session. No more than nine repetitions in a day. No proof training. Let them anticipate the down.
64. On the braiding of the leash.
65. Right.
66. Sharp downward pop on the leash delivered by the left foot as you say no.
67. You overpower the dog in the forced down. (One of the few exceptions to the rule.)
68. Rapid downward pops done with the foot.
69. As soon as they are in the down.
70. They are on their side, back or have at least one elbow on the ground.
71. Play.
72. To create enthusiasm.
73. So you don't hurt yourself as you move backward.
74. Long line and six foot leash.
75. If the dog stays in the sit after the long range recall has been given.
76. Stays in the sit. Redirects. Breaks the sit before the command is given. Runs past you.
77. Left.
78. Collection of attention.
79. Start, stop, sharp left or right turn.
80. Lagging behind.
81. Proof training.
82. So you don't just keep doing the same thing over and over. (Bogging down.)
83. When you act as if you are about to do a session with the dog and play with them instead. Also, general affectionate interaction.
84. Correction, praise, timing and length of sessions.

85. The dogs' behavior will change.

86. For the dog to stay within perimeter without need for correction.

87. "Don't do that." "Don't do that ever again." "Oh my God, what are you doing?"

88. You are sitting in the living room and the dog walks in with a sock in its mouth. First, you need to realize that your supervision levels are not good enough. You should have seen them pick it up. The dog still has the sock, however, so you can address the behavior. Tell them No sharply as you close on them and deliver a pop on the drag line (this is why the dragline is there). If they spit it out, praise. If they do not, escalate until they do, then praise. So far all you have done is the "Don't do that". But now you Proof Train. With the drag line still in your hand pick up the sock and offer it to them again. Do not tell them it is OK, but do entice with other vocalizations. If they take it again repeat the above correction. Within a couple of repetitions of this they should refuse to take the sock. Big Praise! Now raise the standard by correcting them for even looking at the sock when offered. Do this until they are avoiding looking at it. This process should not take more than two minutes from the time they first had the sock in their mouth to the time they will not look at it. After a few instances like this you will have created a new behavioral pattern, but it is not the one you want....yet.

Now your dog will still pick up the sock, but as soon as they realize that you have seen them they will spit it out and refuse to look at it. Not good enough. The goal is to stop them from picking it up in the first place. You need to remember that your dog has a different perception of the world. They live in the "now" much more than we do. You can not use correction after the fact effectively. If you see the dog with a sock in their mouth, but they spit it out before you get to them and will not look at it and you correct them anyway they may very well relate the correction to spitting it out. Very confusing for them.

We need to make it clear that any correction is related to the sock being in their mouth. A few things to remember here are that the dog has to have an immediate connection between negative behavior and correction and they do not understand the concept of "fair".

Forcing the Break.

Do not confuse this with force breaking, which is completely different and unrelated to basic obedience training.

Place the sock in their mouth and hold it there as you say No and do a single pop. Then allow them to spit it out. Do this several times. In the human world this would be considered over the top, but in the dog world this is a clear and effective message. "Sock in mouth equals stress. Stop picking up the sock." Because this is a clear message, you change the behavior more quickly, thus using less overall correction. It may not feel like it when you are doing it, but, you are being nice to your dog in the long run by handling the situation this way.

89. It is their favored way of consciously compromising your authority.

90. Contact Command Performance.