

dog training basic obedience lesson plan

Dog Training Basic Obedience Lesson Plan

Training your dog is one of the most rewarding experiences you can share. A well-structured basic obedience lesson plan lays the foundation for a well-behaved, happy, and confident dog. Whether you're a first-time dog owner or looking to reinforce good manners, a comprehensive obedience training plan helps establish clear communication, builds trust, and ensures safety for both your pet and those around them. In this article, we'll explore a detailed, SEO-optimized dog training basic obedience lesson plan that can guide you step-by-step to achieve successful results.

Understanding the Importance of a Dog Training Basic Obedience Lesson Plan

Before diving into the specifics, it's crucial to understand why a structured lesson plan is essential for effective dog training. A consistent and well-organized approach ensures:

- Clear Communication: Dogs learn to understand commands and cues effectively.
- Behavioral Stability: Reinforces desired behaviors and reduces unwanted habits.
- Safety: Ensures your dog responds reliably in various situations.
- Bonding: Strengthens the human-animal relationship through positive interactions.
- Progress Tracking: Allows you to monitor your dog's development and adjust training as needed.

A good lesson plan also helps keep training sessions engaging, prevents boredom, and promotes faster learning.

Key Components of a Basic Obedience Training Lesson Plan

A successful dog obedience lesson plan encompasses several core elements:

- Clear Objectives: Define what you want your dog to learn in each session.
- Consistent Commands: Use simple, distinct cues for each behavior.
- Positive Reinforcement: Reward desired behaviors to encourage repetition.
- Short, Focused Sessions: Keep training sessions brief and regular.
- Gradual Progression: Increase difficulty as your dog masters previous skills.
- Generalization Practice: Teach commands in different environments and contexts.

Next, we'll detail a step-by-step lesson plan suitable for beginner dog training.

Step-by-Step Dog Training Basic Obedience Lesson Plan

This plan is designed to be adaptable based on your dog's age, breed, temperament, and learning pace. Aim for consistency, patience, and positive reinforcement.

Week 1: Foundations and Building Trust

Objectives:

- Establish a training routine.
- Introduce the concept of attention and focus.

Activities:

- Name Recognition: Call your dog's name and reward when they look at you.
- Establish a Quiet Place: Teach your dog to settle on command in a designated spot.
- Basic Sit Command: Use treats to guide your dog into a sitting position.

Tips:

- Keep sessions to 5-10 minutes.
- Use a calm, friendly tone.
- Reward immediately to reinforce behavior.

Week 2: Introducing the Sit and Stay Commands

Objectives:

- Solidify the sit command.
- Introduce the stay command for longer durations.

Activities:

- Reinforce Sit: Practice sit in different locations.
- Start Stay: After sit, give the "stay" command, then step back and return to reward.
- Duration Practice: Gradually increase the time your dog stays in position.

Tips:

- Use a release word like "Okay" to end the stay.
- Keep distractions minimal initially.

Week 3: Walking on a Leash and Recall

Objectives:

- Teach loose-leash walking.
- Practice recall (coming when called).

Activities:

- Leash Training: Use treats to encourage walking beside you.
- Recall Practice: Call your dog from short distances, rewarding when they come.

Tips:

- Use a consistent cue like "Come."
- Avoid harsh corrections; focus on positive reinforcement.

Week 4: Introducing Down and Focus Commands

Objectives:

- Teach the down command.
- Enhance focus and attention.

Activities:

- Down Command: Use treats to guide your dog into a lying down position.
- Focus Exercises: Hold a treat near your face and reward eye contact.

Tips:

- Practice in various environments to promote generalization.
- Be patient; some dogs need more time to learn down.

Week 5 and Beyond: Reinforcement and Advanced Skills

As your dog masters basic commands, continue to reinforce them regularly and gradually introduce new commands like heel, leave it, or touch. Practice commands in different settings and with increasing distractions to ensure reliability.

Tips for Effective Dog Obedience Training

Implementing a successful training plan involves more than just following steps. Consider these expert tips:

- Consistency is Key: Use the same commands and cues every time.
- Patience and Persistence: Dogs learn at different rates; avoid frustration.
- Use Positive Reinforcement: Reward good behavior with treats, praise, or play.
- Short and Frequent Sessions: Aim for multiple 5-10 minute sessions daily.
- Avoid Punishment: Focus on rewarding desired behaviors rather than punishing mistakes.
- Socialization: Expose your dog to different people, animals, and environments to build confidence.
- Maintain a Training Log: Track progress, note challenges, and plan future sessions.

Common Challenges and How to Overcome Them

Training isn't always straightforward. Here are some common issues and solutions:

- Lack of Focus: Use high-value treats and minimize distractions.
- Inconsistent Responses: Ensure everyone in the household uses the same commands and training methods.
- Unwanted Behaviors: Redirect your dog to a preferred activity and reward appropriate responses.
- Slow Progress: Review your training techniques, increase the frequency of sessions, or seek professional guidance.

Conclusion

A well-structured dog training basic obedience lesson plan is essential for developing a well-behaved and happy companion. By setting clear objectives, maintaining consistency, and using positive reinforcement, you can effectively teach your dog essential commands that promote safety, good manners, and a stronger bond. Remember that patience, persistence, and adaptability are key to successful training. With dedication and the right approach, your dog will thrive and become a trusted member of your family.

Investing time in training today will yield a lifetime of companionship and joy. Start your dog's obedience journey with confidence and enjoy the rewarding process of shaping a well-mannered, obedient canine friend.

Frequently Asked Questions

What are the essential components of a basic dog obedience lesson plan?

A basic dog obedience lesson plan should include commands like sit, stay, come, heel, and down; positive reinforcement techniques; short training sessions; and consistency in cues and routines.

How long should each training session last for a beginner dog?

Beginner training sessions should be kept short, typically 10 to 15 minutes, to maintain the dog's interest and prevent exhaustion or frustration.

What is the best way to reinforce commands during

training?

The best way is through positive reinforcement, such as treats, praise, or play, immediately after the dog correctly performs the command to encourage learning.

How can I ensure my dog stays focused during obedience lessons?

Use high-value treats, keep training sessions engaging, minimize distractions, and gradually increase the difficulty of commands to help your dog stay attentive.

What common mistakes should I avoid in basic dog obedience training?

Avoid inconsistent commands, using punishment instead of positive reinforcement, rushing sessions, and neglecting socialization and patience.

How do I train my dog to reliably respond to commands in different environments?

Practice commands in various locations with different levels of distractions, gradually increasing difficulty to ensure reliable responses anywhere.

When should I start formal obedience training with my puppy?

Begin basic obedience training as early as 8 weeks old, focusing on simple commands, socialization, and building a strong bond.

What tools are recommended for a basic obedience lesson plan?

Essential tools include a collar or harness, a standard leash, treats for reinforcement, and possibly clickers for clicker training.

How can I maintain my dog's obedience training over time?

Consistently practice commands, incorporate training into daily routines, use reinforcement, and gradually introduce new challenges to keep skills sharp.

Additional Resources

Dog Training Basic Obedience Lesson Plan

Training a dog isn't just about teaching commands; it's about building a trusting relationship, establishing boundaries, and ensuring safety and harmony within your household. A well-structured basic obedience lesson plan serves as the foundation for a well-behaved, confident, and happy canine companion. In this comprehensive review, we'll explore the essential components of an effective dog training plan, delve into each lesson's purpose and methodology, and offer expert insights to help you succeed in your training journey.

Understanding the Importance of a Structured Obedience Lesson Plan

Before diving into the specifics, it's crucial to grasp why a lesson plan is indispensable. Dogs thrive on consistency and predictability, and a structured approach ensures that training sessions are productive, engaging, and progressive.

Benefits of a well-designed plan include:

- **Clarity and Focus:** Clear objectives keep training sessions targeted.
- **Consistency:** Repeating the same commands and routines helps dogs learn faster.
- **Progress Tracking:** A plan allows you to monitor advancement and adjust as needed.
- **Reduced Frustration:** Structured lessons prevent confusion and behavioral setbacks.
- **Bond Building:** Regular, positive interactions strengthen your relationship.

Core Principles of Effective Dog Obedience Training

Any successful lesson plan is rooted in foundational principles:

- **Positive Reinforcement:** Reward good behavior to encourage repetition.
- **Timing:** Reinforce commands immediately after the desired action.
- **Patience and Consistency:** Training takes time; stay consistent.
- **Short, Frequent Sessions:** Keep lessons brief (5-15 minutes) but regular.
- **Clear Commands:** Use simple, distinct cues to avoid confusion.

Adapting these principles into your lesson structure creates an effective learning environment for your dog.

Designing Your Basic Obedience Lesson Plan

A comprehensive lesson plan encompasses multiple lessons, each targeting specific behaviors and commands. Below is a detailed breakdown to help you craft your own plan.

1. Preparation Phase

Objective: Set the stage for successful training sessions.

- Select a Distraction-Free Environment: Use a quiet, familiar space.
- Gather Supplies: Leash, collar or harness, treats, toys, clicker (if used).
- Establish a Routine: Schedule sessions at consistent times daily.

Expert Tip: Consistency in timing and environment enhances learning retention.

2. Warm-Up and Engagement (5 Minutes)

Purpose: Get your dog mentally and physically prepared.

- Play a short game or do some gentle petting.
- Use a command your dog already knows to focus attention (e.g., "look" or "sit").

Why: This builds anticipation for training and reinforces focus.

3. Lesson Introduction (2-3 Minutes)

Purpose: Clearly state the goal of the session.

- Example: "Today, we're going to practice 'sit' and 'come' commands."

Expert Tip: Keeping objectives clear helps both owner and dog stay motivated.

4. Teaching the Command (5-10 Minutes)

This is the core part of each session, where new behaviors are introduced or existing ones are reinforced.

Step-by-step process:

- Demonstrate the Behavior: Use a treat or toy to guide the dog.
- Use Clear Cues: Say the command in a firm, friendly tone.
- Reward Immediately: Praise and treat when the dog responds correctly.
- Repeat Consistently: Practice multiple times with short breaks.

Example: Teaching “sit”

- Hold a treat close to your dog’s nose.
- Move the treat upward, causing the dog’s head to lift and bottom to lower.
- Once in sitting position, say “sit,” then reward.

5. Practice and Reinforcement (10-15 Minutes)

Purpose: Reinforce the command in various situations and gradually increase difficulty.

- Practice in different locations within your home.
- Add mild distractions to simulate real-life situations.
- Use a variety of rewards to maintain motivation.

Expert Tip: Always end on a positive note, with success and praise.

6. Cool-Down and Review (2-3 Minutes)

- Summarize what was learned.
- Offer treats and praise.
- Keep the session upbeat to foster a positive association.

Sample Weekly Lesson Plan for Basic Obedience

Day	Focus Command(s)	Duration	Notes
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Monday	Sit	10 mins	Reinforce in quiet environment
Tuesday	Come	10 mins	Practice with distance
Wednesday	Sit, Stay	10 mins	Add duration to stay
Thursday	Down	10 mins	Introduce using hand signals
Friday	Recall & Focus	10 mins	Use in outdoor setting

Adjust based on your dog’s progress and attention span.

Key Commands and Their Teaching Strategies

Below are the essential commands every basic obedience plan should include, along with expert tips for teaching each.

1. Sit

Purpose: Fundamental command for control and safety.

How to teach:

- Use a treat to lure the dog into a sitting position.
- Say "sit," then reward immediately.
- Practice in different environments to ensure understanding.

2. Come

Purpose: Vital for recall, especially outdoors.

How to teach:

- Start in a distraction-free area.
- Use a happy tone and treats to encourage your dog to approach.
- Gradually increase distance and distractions over time.

3. Stay

Purpose: Maintains control and prevents impulsive behavior.

How to teach:

- Command "sit," then say "stay."
- Step back briefly, then return and reward.
- Increase duration and distance gradually.

4. Down

Purpose: Demonstrates calmness and obedience.

How to teach:

- Use treats to guide your dog from sitting into a lying position.
- Say "down," and reward.
- Practice regularly to strengthen understanding.

5. Leave It / Drop It

Purpose: Prevents ingestion of harmful objects and teaches impulse control.

How to teach:

- Offer a treat in a closed fist; say “leave it.”
- When the dog ignores and waits, reward.
- Use with toys or objects as needed.

Addressing Common Challenges in Basic Obedience Training

Even with a solid plan, owners often encounter hurdles. Here are typical issues and expert solutions:

- Lack of Focus: Use high-value treats and minimize distractions.
- Inconsistent Responses: Reinforce commands in various settings.
- Short Attention Span: Keep sessions brief; end on success.
- Reluctance to Follow Commands: Ensure training is positive; avoid punishment.

Measuring Progress and Adjusting Your Plan

Regularly evaluate your dog’s responses:

- Keep a training journal noting successes and setbacks.
- Gradually increase difficulty levels.
- Celebrate milestones to maintain motivation.

Expert Tip: Patience is key; progress may be slow but steady.

Conclusion: Building a Foundation for Lifelong Obedience

A dog training basic obedience lesson plan isn’t a one-size-fits-all solution but a flexible roadmap tailored to your dog’s personality, age, and learning pace. By adhering to core principles—positive reinforcement, consistency, and patience—and structuring lessons thoughtfully, you set the stage for a well-behaved and happy pet.

Investing time in a deliberate, well-organized training plan pays dividends: fewer behavioral issues, increased safety, and a deeper bond with your furry friend. Remember,

each session is an opportunity to connect, teach, and grow together. With commitment and the right approach, your dog will thrive as a obedient, confident companion for years to come.

Dog Training Basic Obedience Lesson Plan

dog training basic obedience lesson plan: *Basic Dog Training Tips For Beginners* Cora Corkins, 2021-08-09 If you're getting a puppy for the first time, you need to make sure every member of the family is ready. The techniques you will learn in this book will help you with the fundamentals of obedience in your puppy. Inside you will find how to teach your puppy to recognize their name, come to you when you call their name, sit down, lay down, stay, and leave potentially dangerous items at your command. These 6 training sessions will prepare your puppy for polite and proper interaction with their surrounds, safeguard your puppy from harm, and give you ease of mind. All stress free.

dog training basic obedience lesson plan: *Puppy Behavior And Training* Tawny Virgin, 2021-08-07 Learning how to train a dog may seem like a job for experts, but with a few tips and consistent practice, you and your canine can master basic dog training. This book was written by taking a perspective of a common pet dog, including any breed like German shepherds, Chihuahua, bulldog, or any other household breed. So, it doesn't matter what breed of dog you own, you can easily train your dog with this book.

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subjects. Organized in three parts, chapters address the following needs: • The first section illuminates the concept of HCS as well as basic principles determining this synergy and consequently the process of training dogs (owners and professional trainers). Readers will understand the role of a dog's personality, behavior and especially temperament in its successful training. • In a scientifically documented way, the second part guides those who wish to engage in dog training (amateur or professional). It describes basic training forms within the HCS framework (obedience, protection, detection and classroom dog) and necessary steps for proper completion. • The third book part describes the business of dog training with multi-dimensional approach by emphasizing a good understanding and knowledge of interactions and the environment in which trainer, owner and dog typically operate. Overall, this work is a valuable read for anyone who deals with our four-legged companions for business or pleasure.

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dog training basic obedience lesson plan: *The Complete Guide to Akitas* Erin Hotovy, 2020-12-22 Author Erin Hotovy teamed up with several top-Akita breeders to create the ULTIMATE book for new Akita owners! The Akita, also known as the Akita Inu, is an ancient spitz breed that is known worldwide for its loyalty and steadfast nature. Akitas have been used for several different purposes throughout the centuries, including hunting, military work, search and rescue, and show-ring work. In 1931, the breed was named a national monument of Japan. These large, powerful dogs tend to be aloof with strangers but are exceptionally affectionate and loyal towards their family members. Akitas are a powerful and dignified breed, but with a strong independent streak that can be too much to handle for some pet parents. While they are unwaveringly loyal towards their family, they can also be aggressive or territorial with other canines. This book will provide you with clear insight into this breed's history, behavior, and health, as well as delivering actionable tips and tricks that you can use to refine your dog's behavior, both at home and out in public. Covering crucial questions about owning an Akita, including: What temperament does the Akita have? Selecting an Akita pup from a breeder How do I prepare my home for an active Akita pup? Diet and nutrition for the Akita breed Step-by-step instructions for training the Akita dog What is the best way to train and socialize an Akita Inu? While these dogs are exceptionally devoted animals, they are also independent thinkers with strong protective instincts. Early socialization and training are essential to ensure that your active Akita pup develops into a dependable, well-mannered adult Akita. This comprehensive guidebook covers all of the essential information you will need to give your new Akita the best life possible, including: The history of the Akita Inu Adopting an adult Akita What to expect the first few days at home House-training your Akita The importance of Akita socialization and training Best practices for grooming your Akita The travel-savvy Akita—taking your canine companion on the road Proper health and wellness guidance specific to the breed Sharing your life with an Akita ensures that you will have always have a devoted companion at your side, ready for adventure—like all dog breeds, however, these exemplary animals have their own unique challenges. The Complete Guide to Akitas is a wide-ranging guidebook that offers you all the tools you need to not only choose the right canine companion for your household, but also to provide your dog with the guidance he needs to grow into a happy, healthy, and well-mannered companion animal. This book is required reading for anyone who is considering adding an Akita to their family!

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environment where people meet mentors that can disciple and guide them. This need-and interest based approach redefines the model for powerful church growth.

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Presents a twenty-one-day training program for dogs, including basic commands, techniques in using voice and hand directions, and advice on training aids, the use of rewards for motivation, and the elimination of unacceptable behavior.

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Unlock the secrets to a well-trained and happy dog with *The Ultimate Guide to Training Your Dog for Obedience and Tricks*! This comprehensive eBook is your one-stop resource for turning every training session into an opportunity for fun and connection. Whether you're a new dog owner or looking to refine your pet's skills, this guide provides everything you need to understand, train, and celebrate with your furry friend. Start your journey by fostering a deeper bond in Chapter 1, where you'll discover how to tune into your dog's mental and emotional needs, laying the groundwork for effective communication and trust. Then, delve into the fundamentals of training with Chapter 2, where you'll set goals and explore the fascinating science behind how dogs learn. Using positive reinforcement, covered in Chapter 3, you'll learn to select the best rewards and perfect the timing and consistency that drive success. From mastering basic commands like "sit" and "stay" to advancing with complex tasks such as "heel" and "go to your spot," Chapters 4 and 5 walk you through the steps to build your dog's obedience skills effectively. When challenges arise, turn to Chapter 6 for gentle solutions to common issues such as distraction and stubbornness. For those looking to really engage their pets, Chapter 7 introduces a world of fun tricks and Chapter 8 expands into mental agility with enrichment games and puzzle toys. Balance your dog's routine with fitness plans from Chapter 9 and learn to communicate beyond simple commands by understanding body language and vocal cues in Chapter 10. Discover the importance of creating routines and engaging in bonding activities in Chapter 11, and bring up a well-rounded companion with socialization tips from Chapter 12. Address behavioral issues gently in Chapter 13, and learn how to customize training to your dog's personality with Chapter 14. Celebrate every little win in Chapter 15, where you'll be guided in acknowledging milestones and maintaining the momentum of continuous learning. With this guide, you're not just training a dog; you're building a lifelong partnership. Grab your copy today and transform your training sessions into a joyful and fulfilling adventure for both you and your dog.

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Are you looking for the best commands to teach your dog? Although having a trained dog isn't the same as having a balanced dog, teaching your dog basic dog training commands can be helpful when tackling behavior problems despite whether they are existing ones or those that may develop in the future. So where exactly do you start with teaching your dog commands? While taking a class may be beneficial for you and your pup, there are many dog training commands you can teach your dog right at home. With this book, you can train your dog for potty training, obedience training, or whatever you want. The simple and easy-to-understand language of this book will make it possible for you to learn and apply the process of puppy training yourself. Here's a preview of what you'll learn
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dog training basic obedience lesson plan: *The Business of Dog Training* Susan Bulanda, 2024-08-22
Yes, you can build a thriving career as a dog trainer — and dog training expert Susan Bulanda will show you how step-by-step! Whether you're passionate about dogs and eager to turn your love for canine companionship into a rewarding profession, or an experienced trainer looking to elevate your business in new and exciting ways, this comprehensive guide has you covered. Inside,

you'll discover: • step-by-step start-up strategies • effective marketing techniques • essential business skills • client management and communication • advanced canine training insights • legal and financial know-how

Written by expert dog trainer and educator Susan Bulanda, *The Business of Dog Training* combines industry knowledge and experience with actionable advice, making it an indispensable resource for anyone looking to turn a passion for dogs into a prosperous career. Yes, you can pawsitively make a real impact in the lives of dogs and their owners. It's easier — and more fulfilling — than you think! Your dream career starts here . . . Fetch it!

CHAPTERS Introduction Why Be A Dog Trainer? Overview of What You Need to Know Your Business Plan Your Protection Dog Trainers Insurance Contracts Your Services Fees Business License Business Name Promoting Yourself Bookmarks and Business Cards Business Phone Web Site Blog Site Presentations Articles Veterinarian Clinics/Hospitals Newspapers and the Yellow Pages Brochures Referral Groups Networking Fairs, Craft Shows and Carnivals The Type of Basic Obedience Classes You Offer Training Facility Taxes Equipment Getting a Helper Client Records What kind of trainer do you want to be? Specializations Where to Learn the Techniques and Why Books Clubs Mentors Seminar Videos & Webinars, Podcast Self-Taught Techniques to Teach the Owners Do's and Don'ts Handouts for Clients Handout of "Don'ts" Keep Up with The Latest Research and Information Analyzing Reports and Information Dogs Breed Trends Medical Issues Sports Food & Treats Toys Certifications and Organizations Organizations Certifications Multi-species Other Services to Offer Clients Counseling Owners General Counseling Grief Counseling Selecting and Finding the Right Dog Step One: Determine which breed or type of dog is best for you. Step Two: Get the Names of Breeders. Step Three: Call the people who own puppies from their last litter. Step Four: Visit the breeder, see the dogs. Step Five: Call the breed club and ask about the breeder you like. Step Six: Wait for your puppy! The Children(s) Role in Selecting a Dog/Puppy Medical Decisions Evaluating Litters Evaluating Adult Dogs Doggie Day Care Boarding Kennel Pet Sitting Dog Walking Referrals Beyond Being A Dog Trainer Animal Shelters and Rescue Groups Therapy Dogs Canine Good Citizen and Therapy Dog Evaluator Managing Your Time New Dog Trainers A Bad Referral Readings and Resources Resources Videos/DVD/Books AUTHOR BIO Susan Bulanda is a Certified Animal Behavior Consultant in practice since 1961 and has been a search-and-rescue dog trainer and handler since 1981. She is the Head trainer of the Phoenixville Fire Department K9 Search & Rescue Unit. Learn more at www.sbulanda.com.

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dog training basic obedience lesson plan: Dog-On Good Beginning Obedience and Basic Manners Course Volume 2 Raymond Scott Nelson, 2018-10-27 Everyone wants a well-trained dog, most people can train, some have the drive and fortitude to follow through, but only a few have the

basic knowledge and methods needed to train their dog successfully. If you are a proud owner of an untrained, unruly or out of control dog, this simple, easy to follow but effective plan on how to train your dog into enjoyable and pleasant companion will be exactly the help that you need. If you are planning to read just this volume or you intend to read the entire training series, you have already taken the first step necessary to gain this knowledge. The training plan presented in this series of books will not only provide you with the basic knowledge that you need to communicate your wants and desires to your dog, but will also show you how to produce a dog that desires to understand what you want and then one who will voluntarily modify his behavior to please you. Dog-On Good Dog's Beginning Obedience and Basic Manners course provides you with a simple to understand and easy to follow method to train your dog into an enjoyable and pleasant companion. This training course is structured such that you can either go through the entire course from the beginning to end or you can pick and choose the portions of the course that apply to your situation. First, you are given detailed explanations of dog sociology and canine pack mentality, so you will know the Why behind your dog's inappropriate behaviors. Then you are presented with a well-rounded training program of incremental training exercises and problem-solving's, so that you will know the How, to change the undesirable behaviors in your dog. The series is divided into sixteen different volumes. Each volume has been published as a separate book. The total course consists of an Evaluation book, used to help you narrow down your training needs, eight books of Lessons, that consist of a series of sequential exercises, and seven Problem-solving books that address specific problem areas with which your dog may need some help. In this second volume of the Dog-On Good Dog's Beginning Obedience and Basic Manners course it will be explained to you about the two different factions in the dog training community, the Treat trainers and the Social trainers. You will learn the differences between the two, the advantages and disadvantages of both and be advised of the training methods used in the course. You will also be given a brief overview of available training equipment and will be instructed on which type of training equipment to buy and use for this training course, including the type of training collar which should be used in this course. You will then be given specific instructions on how to buy the collar, how to size it, how to put it on and take it off your dog, and how to use it to instruct your dog. After discussing training methods and equipment, the five different exercises that constitute the first Lesson will be presented. The first exercise discussed is the Heel, where you will learn how to take your dog for a walk, and learning what to do to prevent him from taking control of the walk. The second exercise discussed will be the Automatic Sit which entails stopping your dog when you stop walking, placing him in the Sit position on your left side and then requiring that he remain in the Sit position until you release him. The third and fourth exercises discussed will be the Right about Face and Left about Face which will entail walking your dog in a straight line and then changing your walking pattern from a straight line in the forward direction into a U-Turn curving off to your right or left. The last exercise discussed will be the Six-foot Leash Go Play/Come which actually consist of two separate commands, the Go Play, used to release your dog when you want him to relax and move away from you and the Come command which you will use to call your dog back to you.

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