



Rockannand.com

---

## Rockannand Formal Obedience Training – Lesson 1/2

### REMEMBER THE MOST IMPORTANT POINTS IN TRAINING YOUR DOG.

1. **Patience** – Do not expect miracles after your first three or four training sessions. If, for any reason, you believe that your dog does not respond to the proper corrections, do not ever raise your voice or repeat given commands. Wait until the class session and talk it over with your instructor.
2. **Firmness** – Remember to give any command only once. Then, without talking, place the dog in the proper position. Never pull on the dog's coat or ears, or press his back downward near or on the location of the kidneys.
3. **Kindness** – The only reward the dog receives for an exercise well performed is praise. Do not reward with any tidbits. This may lead to obedience only when the scent of food is present. The praise differs with the temperament of the dog – from verbal praise to patting his head or even playing for a few seconds.

### HEELING

This is the most important lesson in the 10 weeks of dog obedience training. Do not progress to other lessons if your dog hesitates, lags behind or forges ahead when heeling. This is the foundation from which to build training.

Before your dog can walk off with you at a heel, he must learn to sit in the heel position.

#### Sitting At Heel

Your right hand holds the leash and controls the dog. Your left hand is free to touch and guide, give signals and pat your leg. To make your dog sit, call his name, put your left leg where you want your dog. As he comes over, choke up on the leash with your right hand. Raise your right hand over his head, slightly pulling his head up while your left hand places the haunches in a sitting position. Praise him very well.

#### Moving Off Into Heel

With your dog sitting by your left knee and your leash in your right hand (keep that hand by your side), anticipate the command "HEEL." Gather up the excess leash gently but quickly. Put your left hand (palm facing away) by your left side in front of your dog's nose. Altogether, step forward with your left foot, (first step into "HEEL") push your signal hand forward and firmly give the command "HEEL." Walk off briskly – no hesitation. If the dog balks, keep on walking and at the same time snap the leash, say "NO" . . . Call the dog's name in a happy tone and pat your leg. Repeat the verbal command "HEEL." Talk, talk, talk – good dog!

Patting your leg will help your dog understand where you want him to be.

The speed in which you work is important in that it trains your dog to respond and move quickly. At the same time, make sure you see what your dog is doing. Don't run into a tree either: Find a place where you can work on your training lessons. Draw a running line in the shape of a square and follow it.

Talk to your dog as you are "HEELING." You might say, "VERY NICE!" I'm sure you have had discussions with him on other occasions. So please, now is the time to really make him like and listen to you.

After the initial training session is over, praise him, swap his chain link training collar for his leather collar and play with him for a few minutes.

#### Training Periods

Junior Puppy (6 – 9 months)	15 minutes every day
Senior Puppy (9 – 12 months)	20-30 minutes every day
Open (12 months to – Years)	20-30 minutes every day

#### Play Periods

Junior Puppy (6 – 9 months)	30 minutes every day
Senior Puppy (9 – 12 months)	20 minutes every day
Open (12 months to – Years)	15 minutes every day

**Dedicated to the Preservation and Promotion of The German Shepherd Dog**