



Lesson 1 Homework

1. Make sure to turn the collar on. Place it high on the neck making sure the collar fits snug, similar to a watch on your wrist. Always do homework with the long leash. Try to hold it by the handle only.
2. Complete 20 repetitions, 3 times per day. Work the 4 basic commands (**come, sit, place & free**). **Document all your work**. Use your dog's name while pressing the remote button 2-3 times, followed by the command. The idea is to link the dog's name with the nick button. Be sure to use the button every time. Give praise after each successful command. After each session release your dog with a happy and exuberant FREE! It is normal for the dog to figure out this routine and volunteer the behavior. It is at this stage that people stop pressing the button. **DON'T!!! IT IS VERY IMPORTANT TO CONTINUE TO USE THE BUTTON UNTIL WE MEET FOR OUR SECOND LESSON.**
3. Place for duration. For week one we usually practice the place command at the end of the day. A perfect time to practice is when we sit to watch TV or read. Do not use your remote for this exercise. Have your long leash on and the place board close to your feet. Call your dog's name and ask him to "place." Gently pull him onto the place board. It is okay if he does not sit or tries to leave the board. Let him, then immediately call him back to place. Repeat until he sits or lies down. Once he is remaining still on place, begin the 20 minute timer.
4. If not using a remote collar, replace tapping the button with tugging on the leash.