

REVIEW: AKC NOVICE OBEDIENCE EXERCISES & POINT VALUES

<u>Exercise</u>	<u>Point Value</u>
1. Heel On Leash & Figure 8	40 points
2. Heel Free	40 points
3. Stand for Examination	30 points
4. Recall	30 points
5. Long Sit: 1 minute	30 points
6. Long Down: 3 minutes	30 points

Sing it! – Instead of a metronome, use a song to stay in pace.

Heeling to the Right – Best warm up exercise ever is heeling to the right!

Use Pocket Hand to support the correct position; help your dog be correct.

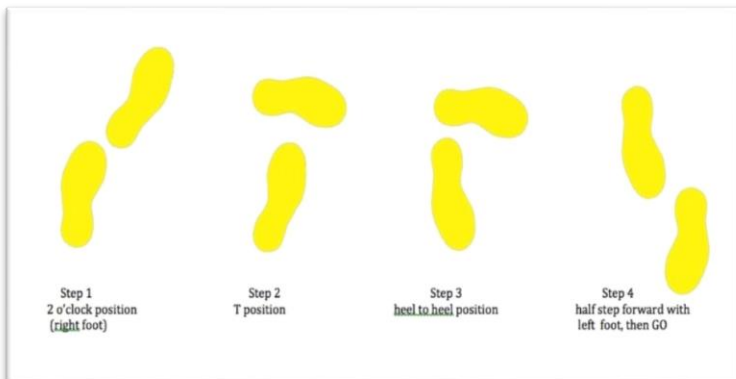
Heeling Footwork

Step 1: As you are heeling at a brisk pace you will step out on your right foot placing it in the 2'o'clock position

Step 2: Left foot in a T position with your right foot

Step 3: Right foot heel to heel with your left foot

Step 4: Take a half step with your right foot as you complete the turn. This allows the dog a nano-second to catch up with you since they must take extra steps being on the outside of the turn. This helps to avoid the lag often seen in the about turn. Then move out, maintaining your pace.



RECALL EXERCISES

Working with a partner, use opposition reflex to encourage your dog to recall to front.

WORKING FOR PRECISION

Do not ask your dog to finish; that is a separate exercise. To encourage your dog to do a straight recall to front, or to sit straight in the heel position, use a sit box to help your dog be correct.

LONG STAY EXERCISES

Put your dog in a sit/stay approximately a few feet away from you; on leash, if necessary. Change your body position frequently. Reward the stay at different durations. Gradually build your D3! D# is Duration, Distance, and Distraction. Proof in different locations for D3. Once your dog is reliable, work on being unpredictable - this will strengthen the behavior.