

# THE RUFF LIFE

Professional Dog Training

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## The Sit Command

The sit command teaches your dog to eventually respond to either voice command with the hand signal or the hand signal alone.

### QUICK TIPS:

- ★ One word, one time.
- ★ Say your “Sit” command in a crisp, confident voice. Commands should sound like commands – not praise.
- ★ Only keep your hand signal up for 2 seconds.
- ★ Give your dog 2 seconds to respond before you correct. Be sure not to correct and command at the same time.
- ★ **DO NOT** say “STAY” there is no reason to complicate the command.

**Remember how far you have come in two sessions with your dog.  
Give them some easy victories**

**DO NOT MOVE TO FAR TO FAST!**

### HOMEWORK:

- ★ You will need to get to the end of your leash by next session.
- ★ Don't forget to constantly praise your dog – tell them that what they are doing is what you want.
- ★ Keep it fun – would you want to be with you if you were just standing there constantly correcting. Have fun with your dog like no one is watching

## **BE PERSISTENT!**

If your dog is being stubborn, let it know you are more stubborn. Always stick with one command until your dog is doing well-then move on to the next one. Always leave your training session on a good note, no matter how long it takes to get a breakthrough. **If you follow the techniques closely, your dog will quickly learn that resisting doesn't work and that training is fun when it obeys your commands.**

## **Holding The Sit (Stay)**

Once you've taught your dog to sit, you then teach it to hold the sit position even from a distance with distraction. Dogs are uncomfortable sitting for a long time. **Don't leave your dog holding the sit position for longer than three minutes.**

### **QUICK TIPS:**

- ★ Always do your verbal correction with a leash correction. This will help you when it comes time to let your dog off the leash.
- ★ Bring your dog back to the spot they broke from- Remember not to let them creep
- ★ Always come all the way back to release your dog- Never do it from far away or they will learn when you get to the end of the leash they can break.
- ★ If you have to go in to correct and then your dog all of a sudden remembers what to do, make sure you follow through with your correction. If you don't your dog will learn to test you, to see if your serious.
- ★ **DO NOT USE SIT-STAY!**

### **YOUR HOMEWORK:**

- ★ Use any distraction you can think of, continue to do it until they do it right.
- ★ Be aware of yourself- make sure you are exciting, and consistent.
- ★ Treat train into the down command- Make sure your dog knows what a "Down" means....They do NOT need to "stay" in a down position and **BE SURE NOT TO USE ANY CORRECTIONS.**