

Training Exercise #4 for New Lisbon Raisers

Prepared April 16, 2020

Sit Down Stand Exercises

- For commands like “Sit”, “Down”, “Stand” a level 5 rating means that the dog can do perform this command consistently correct in various locations around different distractions.
- It also assumes that the dog is in the proper position or form when performing these commands. For example:
 - The dog should be in the ideal “heel” position along the left side of the handler and their body should be parallel to the handler.
 - When the dog “sits” it should NOT back up, but instead just bend it’s butt down into the sit position. It should also sit square and not on one side or the other.
 - The same rules apply to “Down” and “stand”. The dog should not swing it’s butt off to the side when going “down”
- A good way to practice getting the dog to sit squarely is by using the black rubber bowls. Place the bowl upside down and teach the dog to place both front paws on the bottom of the bowl. Reward any attempt with just one paw until they master placing both paws on it. Practice, praise and reward several times until they can put both paws on the bottom of the bowl.
- Now, you are ready to have them “Sit” while they keep their paws on the bowl. Practice, praise and reward several times until they can do this consistently.
- This exercise helps teach them to sit by just dropping their butt down without moving their front paws.
- See if you notice a difference after practicing this when you give them a “Sit” command in a different setting. It should translate for them to sit the same way they did with the bowl anytime they are asked to “sit”. If not, keep practicing more with the bowl.
- It is also time to start only praising and rewarding the correct position or form for “sit” “down” and “stand”. If the dog drops it’s hip off to one side when “down” instead of being in the correct sphinx like down position, then DO NOT praise and treat them. Just try it again later. Once they perform these commands in the correct position, it should be “jack pot” time - meaning you make a big deal with LOTS of praise and more than one treat.



Correct “Sit”, “Stand” and “Down” Position shown above