



Heel



Set your dog free in a safe area (inside or outside, as long as the area is closed-in). By practising the exercise without the leash, the dog will try to find the most comfortable position, the first step in education with a leash. The basic rule behind executing this command is that before having to correct a dog that pulls on his leash, he must know what "HEEL" means. By proceeding this way, it will not be necessary to strike your dog with the leash when he pulls on it. When a dog "HEELS", it means that he's walking at leg level, without his head going beyond the outside stitching on your pants. One efficient technique to bring your dog on your left side, near your leg is to use peanut butter, or sugarless jam.

1. Tell your dog to "SIT" at your left, in the "HEEL" position.
2. Give the command "HEEL", and start walking. Your dog must be able to reach the peanut butter on your fingers (the target). When the dogs reaches the correct position, congratulate him by giving him the SR "SOUND + GOOD!". Continue walking.
3. Repeat the command and congratulations frequently, so the dog will be encouraged to persevere.
4. Stop to put some more peanut butter on your hand; tell him to "SIT", and let him go with the release cue "O.K.". Do the exercise over many times a day

THE GENTLE LEADER® COLLAR FOR DOGS

Worn over the head (similar to the horse), this collar has proven to be a very useful tool to prevent the dog from tugging at his leash. Since it is easier to manoeuvre the dog from the head than by the neck, the Gentle Leader® yields better results than the traditional leash.

The dog must follow you at all times. If he does otherwise:

- * Alert him by saying "NAME + HEEL".
- * Do the opposite of what the dog is doing. This will force him to change his direction. If the dog slows down, accelerate; if the dog rushes towards you, change direction. If he goes left, go right and accelerate. When the dog reaches you and licks the target, praise him.

Start the education with a few steps, and then a few more. After a few weeks, do not use any more peanut butter; instead, give him a solid treat such as pieces of the dog chow that the dog already eats. Congratulate him from time to time by making him follow the lure. In the last stage, eliminate the lure. Keep some in your pocket, and surprise him from time to time with a "special treat".

The dog must understand that he must be vigilant in your presence at all times, as you could abruptly change direction. Practice this exercise, lure in pocket, in all parts of the house. In a short time, your dog will have mastered the "HEEL" command. In order to consolidate the command, bring your dog to challenging places, full of distractions. Then, the dog is ready to walk on a leash.

In the beginning, omit the leash so you can be sure that the dog understands the "HEEL" mode. Premature use of the leash complicates matters. If the dog has learned to hate the command, it will become necessary to use another word besides "HEEL". Then, you will have to start over with another name for the same command.

A leash is required to show the dog to heel. For maximum security, start the training with a leather leash, or one that is made of synthetic material, and comes



with a two meter-long adjustable reel to block the position. When you have your dog on a leash, omit the peanut butter (for practical purposes) and give him dry treats that are fast and easy to use. Place the rewards in your left hand (or pocket), so the dog can walk on your left.

The leash and the treat are in the same hand. Keep a reward in your right hand in case you have trouble manipulating both at the same time. The dog is usually educated to walk on the master's left; however, it is possible for the dog to walk on the right. No matter which side you choose, make sure the dog is on the correct side before starting each exercise. He must be seated on your left, near your foot. Use the lure on the side that matches the one you want the dog to

1. take; tell him to "SIT". Give a signal with your right hand, in a diagonal motion in front of his body, as you lift him and move the lure in front of his nose. When the dog walks to your satisfaction, reward him, and he will always be content by your side. The dog, seated on your left, is now ready to heel with a leash.

How to obtain desired results with a leash

1. With the hand holding the leash and the reward, position your dog properly, seated at your side. Always leave a little slack in the leash. The same hand (leash / reward) becomes the target to position the dog in "HEEL" mode. The target is placed at the height of the dog's head , on your thigh. For smaller dogs, crouch down for the first exercises involving the leash. Give the command to "HEEL", and take

a few steps.

2. While shaking the lure in the left hand, take five rapid steps. If he reacts well, that is, if he executes the walk without tugging at his leash, congratulate him by giving him the SR "SOUND + GOOD!" and giving him a treat. A moving dog that maintains his position at your leg deserves a reward from time to time. At the beginning of the education, give him rewards while in movement, as well as stationary. As he performs better and better, limit the rewards to the moments you stop. The leash should always form a loose curve.

3. After having executed the five steps, stop walking and give the command "NAME + SIT", while doing the appropriate gesture with the right hand. Release



the dog with the "O.K." cue, congratulate him with the SR "SOUND + GOOD!", and redo the exercise.

4. Take a few extra steps (10-15); the dog must "SIT" as soon as you stop. If he doesn't, give him the command "SIT". After a while, the dog will develop the reflex to sit right after stopping.

5. Challenge your dog by walking, accelerating and slowing down with no warning. The dog must follow the unpredictable rhythm so as to maintain the loose curve in the leash. If he lags behind, don't help him by slowing down, but rather, do the opposite. Do not relinquish control. It is he who should adjust, so that the loose tension can be maintained. If he pulls at it, give a little tug, give the VW "HEY!", and change direction, all the while remaining mobile. Give the command to "HEEL" once more. If he gives you the required performance by maintaining his position and keeping the leash loose, congratulate him. (SR "SOUND + GOOD!")

The act of "HEELING" is comprised of a series of commands - "SIT" and "HEEL". If the dog has difficulty, do it gradually; a few additional steps per sequence are enough. In order to recapture the dog's attention, it is sometimes necessary to use the spray. Change speed and direction frequently. When the dog shows significant progress, bring him on the street. Make frequent pauses, telling your dog to "STOP" at each corner. Take frequent walks with your dog, and both of you will benefit.

How to execute turns

To practice turns with your dog, place two chairs in a way that the dog has to pass on the left, then on the right of the chair in a "figure-eight" pattern. Practice at variable speeds, showing the dog to turn on the same side as you. When the dog succeeds, congratulate him (SR "SOUND + GOOD!").

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When the dog constantly tugs at the leash



The dog quickly learns to tug at the leash in order to reach his destination faster. When the dog is young and there is no such thing as containment, he will literally fight with his leash, bite it, or lie down and refuse to go on. When the dog gets older, he becomes stronger, and pulls so much on the leash that it's impossible to control the dog. Oftentimes, owners cease taking their dogs out for a walk because of this. An insidious, vicious circle begins: lack of exercise leads to boredom, which in turns results in behavior problems, making the dog all the more difficult to control. Solving this problem means giving the dog a reason to want to walk by your side, and thus hate tugging at his leash. (In some cases, if dogs hate the leash, the command will have to be renamed). It is dangerous, not to mention irritating, to have a dog tugging at his leash during a walk. A dog that doesn't understand the command "HEEL" will first have to practice it without a leash. However, if the dog tugs while in full knowledge of the command, a particular technique must be applied.

To solve the problem of a dog that tugs at his leash and understands the command to "HEEL". In this case, the dog knows the command very well. Still, he lags behind, or passes you. In both cases, this results in excess tension on the leash. In such cases:

1. Give him the VW "HEY!".
2. Give the leash a sharp tug and stop walking. The dog must deduce that if he pulls on his leash or passes you, he will go nowhere.
3. Remain immobile, and wait until the dog stops tugging before saying "GOOD!".
4. Counter each attempt at tugging by using the VW "HEY + SHORT SPRAY", if need be.
5. The VW must be used at the exact moment the dog commits the error of tugging.
6. When the dog has taken a few steps without tugging, congratulate him, and

gradually increase the number of steps required to get congratulations.

How to do the exercise in stressful situations

If the dog can walk on a leash for ten minutes without tugging at it, it is time to expose your dog to challenging situations where your dog will be tempted to tug at the leash. The aim here is to make sure the dog will never again tug at the leash, no matter what happens.

* Drop a treat in front of you, or next to you. The moment the dog pulls on the leash to reach it, give the VW "HEY! + SHORT SPRAY".

* Take back the treat, and drop it once again. If the dog remains in place, congratulate him (SR "SOUND + GOOD!"), pick up the treat, and give it to him. If not, give him the VW "HEY! + SHORT SPRAY" once more.

Practice this exercise for short periods, until the dog executes the task to perfection. Here is another way to do the exercise:

* Let a friend offer food or a toy to your dog. If the dog tugs at the leash to reach it, the person must withdraw the reward and turn his back to the dog. At the same time, give him the VW "HEY! + SHORT SPRAY". If the dog doesn't tug, the person then approaches him and gives him the reward, while you congratulate him (SR "SOUND + GOOD!"). From now on, when the dog is walking on a leash with you, he will not tug if he spots some food.

In order to be able to eventually approach another dog, go to a place where the dog feels comfortable to practice. If the dog tugs at the leash to go see the other dog, use the VW "HEY! + SHORT SPRAY". Then, attempt the exercise on a busy street. With time, you will be able to approach another dog without having your dog tugging at the leash.

Note : There are many more reasons why the dog tugs at his leash : lack of socialization, fear, anxiety, territorial aggression, and dominance.