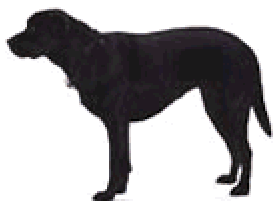


"SIT" when the dog is standing



1. Give the verbal command "NAME + SIT", while raising your the lure near your dog's snout . Gently bring it upward right hand and bending your elbow, palm upwards. Bring towards the back of the dog's head. The dog will follow the treat with his gaze and will automatically sit. Do not raise your hand too high, as the dog could jump for the treat.



2. Give your dog the SR "SOUND + GOOD!", and give him a reward only if his position is impeccable; pet him to let him know his action is good. When your dog sits, congratulate him by giving him the SR "SOUND + GOOD!" at the precise moment his rear end touches the ground.



3. If the dog is having difficulty, apply a slight pressure on the rear part of his back, or by making him bend his hind legs; or, take a leash and tug it upwards. If your dog backs up, take your free hand and place it behind him to prevent him from going backwards. The right hand restricts the dog with the collar, near the leash, and the left applies gentle pressure towards the back. The left hand eases its way down, from the nape to the hock and gently pushes on it. As you push on the hock, say the dog's name and give the command "SIT". If you have trouble controlling the dog with your right hand because it constantly moves, hold the collar closer to the neck.

"SIT" when the dog is lying down

1. Tell the dog to "SIT", along with the appropriate gesture. Set the lure (palm up) in front of the dog's nose, and quickly bring it up above his nose, towards the back of the head.



2. When the dog is seated, give him the SR "SOUND + GOOD!", and give him a treat.

3. It is sometimes necessary to shake the lure, or to clap your hands above the dog's head to incite him to get up. If the dog rolls over on his back, take a step back, tap the ground with your foot, in front of his snout. When the dog resumes the sphinx position to get up, quickly position yourself in front of him and make him sit once more.