**Obedience Training Week 2**

**The Long Sit and Slow, Normal, and Fast Healing**

**The Long Sit**

* Hold leash in your left hand, swing your right hand, palm open, in front of dog’s nose and say “Stay”. Be strict.
* Step off on your **right** foot and turn to face your dog. If dog moves, return dog instantly to his original position. Repeat the command to stay and step off. Go only 2 or 3 feet the first few times, or right in front of dog if keeps moving. The goal is to go the entire length of leash (6ft)
* Return to the heel position by walking around the dog from his left side to his right. Keep the leash from dragging across his face.
* Do not let the dog get up from the sit when you return.
* When hear “Exercise Finished” you say dog’s name and “Heel”. Take 2 steps forward and halt, make sure dog sits, then give lots of praise.

**Slow, Normal, Fast Healing**

* Heeling should quickly change to a pace that can be easily distinguished from the normal pace (fast, slow)
* Dog should remain in heel position
* Slow, normal, fast pace may be given in any sequence