**Obedience Training Week 3**

**The Long Down and About Turns**

**The Long Down**

* Get your dog in the dog position by saying “Down” (you can also point down at ground), and jerking choke chain down. At first you may have to physically put your dog in down position.
* Give the “Stay” command and signal. 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 down 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.
* Goal is remaining in down position for 3 minutes.

**About Turns**

* When heeling with your dog with your left out pivot both of your feet to turn in the opposite direction
* Your dog should follow on your left side