



+ Private Sessions

COURSE SYLLABUS

Instructor:

KC Lasco, Professional Certified Dog Trainer

Training Center Location:

All Dogs +1 Training Center
5811 E. Richmond Rd
Prescott Valley, AZ 86314

Park & Walk Location (2 blocks):

E. Killen Loop Trail
4636 N James Ct
Prescott Valley, AZ 86314

Class Equipment Provided:

- Chew Item/ food-stuffed toy
- Elevated Cooling/Comfort Cot
- Favorite Toy
- 6' Leather Leash
- Water Bowl + Bottled Water
- Treat Pouch

Class Equipment Required:

- Collar (no choke, pinch or shock collars)
- Variety of Training Treats & Pouch (approx. 100 pea sized)

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101 WEEK 1 Circle & Sniff Game

DESCRIPTION:

Get excited to play our first game and have some fun with your Pup! Circle & Sniff is the perfect game for your Pup to get to know each other through scent, without any physical contact that could cause distraction issues. This game helps your Pup stay calm and focused during class, as they have already "met" the other dogs. So, let the sniffing begin!

101 WEEK 1 Positive Reinforcement Overview

DESCRIPTION:

Let’s talk about the incredible benefits of positive reinforcement training techniques! You will learn how to “mark” the desired behavior with an enthusiastic “YES!” and tasty treats. Additionally, you will explore the potency of praise, affection, enjoyable toys, and games in positive reinforcement training, and how to utilize them to communicate with your canine teammate. These simple and effective techniques will ensure that your dog learns and adores you for it! Let’s get started!

101 WEEK 1 “Release” Cue Overview

DESCRIPTION:

The “release” cue is a special word or gesture that tells your dog when a behavior is completed. By using clear cues and communication, you can let your Pup know when he no longer must maintain a behavior, like sitting, and can be free to do what he wants. Let's dive into a demonstration of this awesome technique!

101 WEEK 1

LOOSE LEASH WALKING Part 1

Leash Anchoring

TRAINING GOAL(S):

Understands that maintaining a loose leash and focus on you in the presence of approaching distractions equals positive reinforcement opportunities (ex. playtime with other dogs).

DESCRIPTION:

Puppy socials and other outdoor excursions are an important part of your Pup's overall health and happiness, so it is crucial that you prevent bad habits like leash lunging/pulling and barking whenever a new and stimulating distraction comes within sight of your canine companion. In this lesson, you are going to give your Pup the tools to make positive choices in the face of new and distracting environments. Not only will your Pup master impulse control when faced with stimulating distractions, but will learn how to manage leash tension like a pro! Watch as your Pup engages with you, even amidst distractions! This is an invaluable skill that will ensure both of you a lifetime of fun and stress-free walks, outings, and meet & greets.

101 WEEK 1

Food Bowl Manners

TRAINING GOAL(S):

Patiently holds position until given the "okay" to eat, while also transferring value from the food bowl to you.

DESCRIPTION:

Let's stop the feeding frenzy in exchange for some puppy patience! Here, you will introduce a designated "sit" spot that your Pup will automatically go to when it's feeding time while you slowly build his impulse control to maintain an implied stay until "okayed" to eat. With these positive reinforcement techniques, you will be able to walk around the entire room while your Pup stays put, even with food temptation on the floor! Your Pup will totally dig this challenge as you slowly raise the criteria to the next level of impulse control! Your dog will learn that you are his source of food and that there is no need for mealtime anxiety or begging!

101 WEEK 1

Doorway Manners

TRAINING GOAL(S):

Patiently waits for your permission to move through an open entry or exit way & gains thorough understanding of "release" cue.

DESCRIPTION:

No more rushing through doorways or sweeping you off your feet! Doorway manners for your dog is not a formal cue but rather a set of behaviors that teach him to wait at the door until he is "released" to proceed. This includes doors in cars, trucks, and gateways. Your dog will learn that when he waits calmly at the door when you open it, he earns tasty treats, praise, or a toy; and that he must wait for your permission to go through it, otherwise, the exciting adventure that awaits him on the other side will be delayed or even withdrawn.

101 WEEK 1

Choose your Treat Game

TRAINING GOAL(S):

Discover your dog's high-value treat preferences to incentivize learning new behaviors, especially in the beginning stages.

DESCRIPTION:

Dog training using different value treats with positive reinforcement means using a variety of treats, some considered more desirable than others by your dog, to reward and reinforce desired behaviors, essentially teaching your dog through positive associations by giving them a high-value treat immediately after they perform the correct action, making them more likely to repeat that behavior in the future; this method avoids punishment and focuses on rewarding good actions. High-value treats are the treats your dog finds especially appealing, like small pieces of cooked meat or cheese, which are used to incentivize learning new behaviors, especially in the beginning stages when your dog is still grasping the concept. As your dog progresses, you will gradually introduce lower-value treats, like regular kibble, to help wean him off the reliance on only the most enticing treats.

101 WEEK 1

“COME HERE” CUE

Catch & Release Game

TRAINING GOAL(S):

Promptly returns to you when cued “*come here*”, and willingly accepts being gently caught by the collar until “*released*”.

DESCRIPTION:

Get ready for some tail-waggin’ fun with the “*Catch & Release*” Game! Your Pup will learn the “come here” cue and promptly return to you when cued to do so - even in the midst of an exciting group play session with other fur-friends! Your Pup will happily accept being gently “caught” by the collar because you are going to “*release*” him back into play time after giving him a delicious food reward for just coming to you when called. It’s a “win-win” for both of you! Not only are you growing your dog’s trust, you will have peace of mind knowing that with this “*come here*” cue, you can keep your Pup safe whenever danger or trouble may present itself. Let the game begin!

101 WEEK 2

“BED” CUE Part 1

Distance + Implied Stay + Verbal Cue

TRAINING GOAL(S):

Learns verbal cue “bed”, and contently settles on bed for up to 30-minutes with minimal reinforcements.

DESCRIPTION:

The “bed” cue is a fantastic way to teach your Pup to happily dash to his designated bed spot and stay there until given the “release” cue. This is a game-changer for those times when you need your Pup to stay calm, like when you’re traveling, entertaining or just want him to relax in a specific area. This week, your Pup will gain the impulse control to contently settle on his bed for up to 30 minutes, and will understand that implied stay until cued “released” equals positive reinforcement! Yes! You will practice encouraging your Pup onto a designated bed spot using hand motions & verbal encouragement. Your Pup will earn a yummy food reinforcement when he lies down & even more delicious treats while you teach him that good things happen while he’s just chilln’ on his cozy bed or watching the world go by. Before you know it, whenever you cue your Pup to his “bed”, he will happily run to his bed and stay there until “released” - even when someone rings the doorbell! Once your Pup has mastered this concept, we will move onto Part 2 of this valuable life skill. For the remainder of this week, you will practice daily with one of your dog’s meal rations while real world life happens around you.

101 WEEK 2
“SIT” CUE Part 1
Sit in Reinforcement Zone

TRAINING GOAL(S):

Offers automatic “sits” at your side (reinforcement zone) as well as responds to verbal cue “sit”.

DESCRIPTION:

The “Sit” Cue is considered a basic & fundamental obedience cue that forms the basis for learning other more complex behaviors such as down, stay, & loose leash walking skills, just to name a few. So, we are going to take our time to perfect this crucial life skill and slowly build upon it with more advanced skills, tricks & games. But, no worries! We are going to make this a dynamic and fun experience for both of you! In this training session, your Pup will learn to properly “sit” at your side (reinforcement zone); *offer* automatic sits at your side, and respond to the verbal cue “sit”. Step 1 involves using a food lure to teach your puppy how to sit at your side, while Step 2 focuses on marking the behavior when your puppy *offers* a sit *without* the food lure. In Step 3, you will introduce the cue word “sit” and your Pup will immediately respond to it. Once mastered, we can begin loose leash walking work!

101 WEEK 3
“BED” CUE Part 2
Implied Stay + Distractions

TRAINING GOAL(S):

Contently settles on bed for 1-hour with minimal reinforcements even with household and environmental distractions present.

DESCRIPTION:

Now that your Pup happily responds to the “bed” cue & can chill for about 30 minutes while you move around the room, it’s time to kick things up a notch! Let’s add some tempting distractions and increase his settle time to 1-hour to really challenge his impulse control power! With consistent practice at home, your Pup will zoom to his designated chill zone at the sound of “bed” and happily relax for up to an hour even with exciting distractions present. Let’s keep the momentum going in preparation for Bed Part 3!

101 WEEK 3
“SIT” CUE Part 2
Follow the Leash Cues

TRAINING GOAL(S):

Follows leash cues into a full circle auto sit at your side.

DESCRIPTION:

Now that your dog consistently sits at your side upon hearing the verbal cue “sit”, it’s time to add the leash! No more leash pulling! In Part 2 of the “Sit” Cue, your dog will learn how to follow the leash rather than pulling ahead like a “sleigh” dog. You will learn how to use the leash like a steering wheel to guide your Pup into any position, and your teammate will understand to follow it! This is a fun and stimulating exercise that strengthens the bond & trust between you and your adorable dog as you both learn to work together as a team!

101 WEEK 4
“BED” CUE Part 3
Distance + Distractions

TRAINING GOAL(S):

Will happily settle on bed for up to 2-hours with minimal food reinforcements in a variety of rooms with increased household & environmental distractions present.

DESCRIPTION:

Get ready for some exciting progress! We are raising the criteria again with longer durations and more distractions! Your Pup will dash to his chill spot and automatically lay down upon hearing you give the verbal cue “Bed!” and remain there for a fantastic 2-hours with minimal food reinforcement and with common household distractions present. Now, let’s put this to the test by gradually increasing the distance from which you call out “Bed,” especially when the doorbell rings! This will become your dog’s cue to zoom right to his “Bed”!

101 WEEK 4

It's Your Choice Game Part 1

TRAINING GOAL(S):

Holds position and resists the urge to snatch food off the floor or out of your hand without requiring a "leave it" cue; plus continues to develop understanding that eye contact, focus, and impulse control equals positive reinforcement.

DESCRIPTION:

"It's Your Choice Game" is all about making good choices and having a blast! It's designed to boost your dog's focus (eye contact) and impulse control, even when tempting food distractions are around. Your Pup will discover that the tastiest treats come straight from you, essentially teaching him to hold his position and resist the urge to snatch food off the floor or out of your hand. This fun exercise lays the groundwork for your dog to confidently ignore any food he finds on the ground, all without needing a "leave it" cue!

101 WEEK 4

LOOSE LEASH WALKING Part 2

"Let's Go" Cue

TRAINING GOAL(S):

Learn's verbal cue "let's go", and maintains loose leash walking position for longer distances and in the presence of a few long-distance environmental distractions.

DESCRIPTION:

Now that your Pup has mastered auto sitting by your side when you stop, it's time to kick things up a notch! We'll work on expanding the distance your Pup can maintain a loose leash while gradually introducing a few typical environmental distractions around. Plus, your Pup will learn the super handy "let's go" cue! This verbal signal will help redirect your Pup's attention back to you, encouraging him to move away from distractions and walk nicely by your side—perfect for those moments when he gets a little excited about a passing dog or a fascinating smell! "Let's Go" for a walk!

101 WEEK 5
LOOSE LEASH WALKING Part 3
Figure 8s + Distance + Distractions

TRAINING GOAL(S):

Maintains loose leash walking position for long distances and in the presence of approaching environmental distractions.

DESCRIPTION:

Now that your Pup automatically sits at your side when you stop walking, it's time to work on increasing the distance your Pup can maintain a loose leash walking position while gradually increasing distractions in the environment. We will head outside on leash to start practicing loose leash walking in various patterns while gradually increasing distance between stops as your Pup gets better and better at remaining along your side with a loose leash. Let's keep the momentum going with lots and lots of practice at home in preparation for 102's more advanced level of distraction challenges. You've got this!

101 WEEK 5
Touch Game

TRAINING GOAL(S):

Deliberately touches his nose to your open palm upon hearing the verbal cue "touch", essentially acting as a target that your Pup is instructed to "touch" with his nose.

DESCRIPTION:

The "touch" cue is a form of "nose targeting" inviting your Pup to deliberately touch his nose to your open hand, essentially acting as a target, often used as a basic training cue to gain your Pup's focus, and control his movement by guiding him with the hand position. Plus, "nose targeting" can be used to calm your Pup in stressful situations by providing a simple task to perform, and reinforces positive interactions between you and your canine companion.

101 WEEK 6

Graduation + Puppy Social

Congratulations, Pet Parents & Pups! 🎉 It's time to celebrate the incredible journey you've taken over the past 4 weeks and the dedication you've shown to reach this milestone! I couldn't be prouder of you both, and your teammates will be too! So, let's take some time to revel in your accomplishments alongside your fellow teammates with a super fun Pupp-eroni Pizza Party & Puppy Social packed with lots of pet parent positive reinforcement. You deserve it!

On behalf of your Pup, thank you for investing in his quality of life and the unbreakable bond you now share with your loyal canine companion. You are an inspiration and positive role model to other pet parent and Pups wherever your adventures take you. Stick with it! You and your furry family member are worth it! 🐾❤️

101 PET PARENTING

PRIVATE SESSIONS + GROUP TEAM TRAINING

Course Overview

This **COURSE CURRICULA** is a **POSITIVE REINFORCEMENT; 5 WEEK/5 SESSION; HYBRID STRUCTURE**; of **BOTH PRIVATE & GROUP CLASSES** designed to empower you and your furry family member with essential real-life skills to practice and showcase at home, out in public, and on the road regardless of household and environmental distractions present!

YOUR FIRST 3 OF 5 CLASSES ARE MANDATORY PRIVATE SESSIONS that allow for more personalized attention and instruction; and a more customized training plan that addresses your dog's specific needs and challenges (particularly beneficial for dogs with anxiety, aggression, or other behavioral issues and concerns). Plus, without distractions, your Pup can learn at his own pace and make faster progress in preparation for a smooth transition to group classes for socialization and distraction training.

YOUR WEEK 4 & 5 GROUP TEAM TRAINING CLASSES offer valuable opportunities for your Pup to learn & practice how to focus on cues and behaviors amidst distractions from other dogs and pet parents, as well as playing & interacting appropriately with other dogs and people; aiding in socialization, building confidence, and fostering a sense of community among fellow pet parents.

WHETHER YOU HAVE a new puppy, are fine-tuning your dog's already acquired training; building his repertoire of skills, manners, & cues; or looking to enhance your senior dog's quality of life, these courses will greatly benefit **ALL DOGS + 1 Pet Parent** regardless of age, size, breed, or experience!

YOU'LL LEARN TO MANAGE TYPICAL DOG BEHAVIORS like leash lunging, running off, jumping up, barking, chewing, digging, chasing, and inappropriate toileting – just to name a few; transforming your Pup into a happy, healthy, well-mannered canine companion that's welcome everywhere!

EXPERIENCE A FUN, SAFE, RELAXED, STEP-BY-STEP private and group class environment as you practice positive reinforcement techniques that channel your dog's energy appropriately both at home and on the go.

WATCH YOUR PUP THRIVE in the process of learning and playing delightful new tricks and games like shake, catch & release, fetch, & roll over while forging a stronger bond through effective communication and quality time. Plus, with my four levels of high-standard curriculums, you'll have the opportunity to elevate your Pup's repertoire and maintain those skills, ensuring your Pup remains a cherished member of your family for life!

DOGS THAT COMPLETE this reward-based, four-level private and group class curricula are ambassadors for well-trained, socialized dogs. Plus, educated pet parents are role models– they help train the younger generations in responsible pet parenthood and setting a positive training foundation.

SO, DON'T WAIT ANOTHER DAY! Join me on this 5-week fantastic journey complete with a graduation day and a super fun puppy social where together, we will foster new relationships with fellow teammates while mastering the fundamentals of basic obedience ensuring your Pup reliably performs essential cues & manners in various environments and with varying distractions using positive reinforcement methods, such as treats, praise, and toys, to motivate your Pup and reward desired behaviors! You, as his Pet Parent, will learn to be consistent with your verbal, hand, & leash cues while always maintaining patience & positivity throughout the training process.

FIRST, WE WILL “SHAPE” behaviors by breaking down the complex cue, behavior, or skill into smaller, manageable steps and rewarding each successive approximation of the desired behavior using a positive reinforcement to guide your puppy into the desired position or action, then gradually fading out the lure as he learns the behavior.

ONCE YOUR PUP has mastered individual desired behaviors, you will link the behavior to its corresponding verbal, hand, and/or leash cue followed by the start of combining them to create more complex sequences, such as "sit" into "down" & "down" into "stand".

FINALLY, WE WILL work on generalization and maintenance by practicing cues, skills & behaviors in different locations and with varying distractions to ensure your Pup generalizes the learned behaviors. Occasionally reinforce learned behaviors to maintain them over time, and your furry family member will be good to go with you anywhere you wish!

Puppies

Get ready to transform your Puppy's life with my 5-Week 101 Pet Parenting Private + Group Training Program! This fun and effective 101 puppy course focuses on rewarding desired behaviors, and it comes with a host of amazing benefits including the mental stimulation and enrichment your puppy craves, keeping him engaged and preventing boredom or destructive behaviors, all while incentivizing fantastic behavior through rewarding his achievements! Your Puppy will quickly learn that pleasing you leads to positive outcomes, boosting his confidence and making him more excited to learn!

The cues, behaviors, and skills you and your puppy will learn in this fun and fantastic 101 Pet Parenting Course will serve as the building blocks for more advanced dog training seen in Pet Parenting 102, 103 & 104 Courses. So, building a strong foundation of basic obedience cues like "sit" with implied stay, "down", "come here", and "bed", is crucial as these serve as building blocks for more complex behaviors and skills such as loose leash walking and impulse control amongst household and environmental distractions. Let's do this . . . together!

SUMMARY

Pet Parenting 101 for Puppies is designed with these goals in mind:

- **MENTAL STIMULATION AND ENRICHMENT:** Training sessions provide mental stimulation and enrichment, keeping puppies engaged and preventing boredom or destructive behaviors.
- **ENHANCED COMMUNICATION:** Positive reinforcement facilitates better communication by making the reward the motivator, rather than the fear of correction.
- **PROVIDES AN INCENTIVE FOR GOOD BEHAVIOR:** By rewarding desired behaviors, puppies are more likely to repeat them, leading to better overall behavior.
- **POSITIVE LEARNING EXPERIENCE:** Instead of focusing on punishment, positive reinforcement teaches puppies what to do, making training enjoyable and less stressful for both of you.
- **STRONGER BOND AND TRUST:** Positive reinforcement creates a fun and rewarding training experience, strengthening the bond between you and your puppy, and fostering trust.
- **INCREASED CONFIDENCE:** Puppies learn that pleasing you leads to positive outcomes, boosting their confidence and making them more willing to cooperate.
- **REDUCED RISK OF FEAR AND AGGRESSION:** Punishment-based training can lead to fear and aggression, while positive reinforcement reduces the likelihood of these issues by rewarding desired behaviors.
- **IMPROVED SKILL RETENTION:** When puppies are actively engaged in learning through positive reinforcement, they are more likely to retain the skills and behaviors they learn.
- **EASIER TO TRAIN:** Puppies are more receptive to learning when they are rewarded for good behavior, making the training process easier and more effective.
- **REDUCES ANXIETY AND STRESS:** Positive reinforcement creates a positive learning environment, reducing the chances of anxiety and stress in puppies.

Dogs with Some Acquired Training

Even if your older Pup has already acquired some basic training, this 5-Week 101 Pet Parenting Course will transform your Pup's already existing skills into the crucial building block behaviors he needs to advance in more complex cues, tricks & skills he will learn in this course. But that is just one reason to join this team training course for your older Pup!

Whether your retraining basic dog obedience, building on already acquired behaviors, or simply want to spend quality time with your furry family member, your return to basic training using positive reinforcement will absolutely build a stronger bond, increased confidence and trust, and a reduction in fear-based or aggressive behaviors.

It doesn't matter how well trained your dog is. He will always need the basics making the cues he learns the building blocks to successfully perform more complex behaviors.

SUMMARY

Pet Parenting 101 for Middle-Aged Dogs with Some Acquired Training Skills is designed with these goals in mind:

- **STRONGER BOND:** Positive reinforcement focuses on rewarding good behavior, which strengthens the bond between you and your dog, fostering a sense of trust and cooperation.
- **POSITIVE LEARNING ENVIRONMENT:** Instead of punishment, positive reinforcement creates a fun and engaging learning experience for your dog, making training sessions enjoyable and less stressful.
- **INCREASED CONFIDENCE AND TRUST:** When dogs are rewarded for desired behaviors, they learn to associate positive outcomes with obedience, boosting their confidence and trust in their owner.
- **REDUCED FEAR AND AGGRESSION:** Punishment-based training can lead to fear, anxiety, and even aggression in dogs. Positive reinforcement helps prevent these issues by focusing on positive associations and rewarding good behavior.
- **IMPROVED SOCIALIZATION:** Positive reinforcement can help dogs learn to interact positively with other dogs and people by rewarding calm and friendly behavior in social situations.
- **ENHANCED COMMUNICATION:** Clear communication is crucial for effective training, and positive reinforcement helps dogs understand what's expected of them, leading to better obedience and a stronger bond.
- **HUMANE AND EFFECTIVE:** Positive reinforcement is considered a humane and ethical training method, as it focuses on rewarding desired behaviors rather than punishing unwanted ones.
- **MENTAL STIMULATION:** Training sessions with positive reinforcement provide mental stimulation for your dog, which is essential for their overall well-being.
- **LONG-TERM BEHAVIOR MODIFICATION:** By consistently reinforcing desired behaviors, you can create lasting positive changes in your dog's behavior, leading to a well-behaved and happy canine companion.

Senior/Aging Dogs

If you have a senior dog, this team training course will breathe life back into him and bring out his inner puppy!

Regardless of your senior Pup's age or training experience, retraining basic dog obedience using positive reinforcement offers numerous benefits, such as **cognitive engagement; sense of purpose, reduced anxiety, improved socialization, and age-related behavioral changes.**

Not only does this course offer mental stimulation, helping to keep your beloved senior dog's mind active and potentially slowing cognitive decline; you and your Pup will experience the magic of a stronger bond, **increased confidence and trust, and a reduction in fear-based or aggressive behaviors.**

Watch your Pup thrive as he acquires new tricks, skills & behaviors giving him a thrilling new sense of utility and purpose, enhancing his happiness and overall well-being, not to mention reduced anxiety by fostering a positive learning environment.

Plus, it helps older dogs in maintaining or enhancing their social skills, encouraging positive interactions with other dogs and humans, as well as address age behavioral issues, such as increased anxiety or confusion, by providing structure and predictability.

If your dog is aging, this program will enhance his quality of life with his new found purpose to learn, train and feel young again. It's all about quality time together and having fun!

SUMMARY

Pet Parenting 101 for Senior/Older Dogs is designed with these goals in mind:

- **COGNITIVE ENGAGEMENT:** Training provides mental stimulation, which can help keep senior dogs' minds sharp and engaged, potentially mitigating cognitive decline.
- **ENRICHMENT & SENCE OF PURPOSE:** Learning new tricks and behaviors can instill a sense of usefulness and purpose in older dogs, boosting their happiness and overall health.
- **REDUCED ANXIETY:** Positive reinforcement training can help reduce fear and anxiety in senior dogs, as it focuses on creating a positive learning environment.
- **ADDRESSING AGE-RELATED CHANGES:** Training can help manage age-related behavioral changes, such as increased anxiety or confusion, by providing structure and predictability.
- **IMPROVED SOCIALIZATION:** Training can help older dogs maintain or improve their socialization skills, fostering positive interactions with other dogs and people.
- **POSITIVE ASSOCIATION:** Positive reinforcement creates a positive association between training and pleasant experiences, strengthening the bond between dog and owner.
- **INCREASED TRUST:** Using positive methods builds trust and confidence in both the dog and the Pet Parent, fostering a stronger relationship.
- **ENHANCED COMMUNICATION:** Positive reinforcement training improves communication between dogs and their owners, leading to better understanding and cooperation.

- **BUILDING POSITIVE HABITS:** Positive reinforcement encourages good habits and behaviors, as dogs learn to associate desired actions with rewards.
- **FLEXIBILITY AND ADAPTABILITY:** Positive reinforcement training is adaptable to the individual needs and abilities of each senior dog, allowing for a more personalized training approach.