



+ Private Sessions



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## 101 COURSE SYLLABUS

### Instructor/Trainer:

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### 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

### 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

### 2. "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

### 3. 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

##### 4. "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, implied 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 Pup **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 1

##### 5. 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

##### 6. "COME HERE" CUE Catch & Release Game

###### TRAINING GOAL(S):

Promptly returns to you when cued "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 "here" cue, you can keep your Pup safe whenever danger or trouble may present itself. Let the game begin!

**101 WEEK 2**  
**7. "BED" CUE Part 1**  
**Distance + Implied Stay (30 min.) + 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 "release" 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**  
**8. LOOSE LEASH WALKING**  
**MANAGING DISTRACTIONS & TRIGGERS**  
**8a. Seen at the Seam of your Pants**

**TRAINING GOAL(S):**

- Targeted placement:** Builds value for being in reinforcement zone and learns that being at your side is where "all the good things happen".
- Discourages undesirable positions:** Avoid reinforcing behaviors like forging (walking ahead of you) or lagging behind, which happens when rewards are delivered incorrectly.
- Focus and engagement:** Encourage him to look up and back at you, keeping him engaged and focused on you as he waits for his reward.
- Builds a strong team bond:** Learns that being by your side is a ***consistently good place to be***, which strengthens your relationship and makes him want to be with you.

**DESCRIPTION:**

Get ready to dive into the exciting world of LOOSE LEASH WALKING and mastering DISTRACTIONS & TRIGGERS! Let's talk about "***Seen at the Seam of Your Pants!***" This technique is all about strategically placing those tasty food rewards in reinforcement zone at your side to reinforce that perfect loose leash walking position. By consistently rewarding him at the seam of your pants, you create a "hot spot" that your Pup will absolutely love and seek out! Training Goals? Let's crush them! First, we'll build that value for being right by your side, where all the magic happens. Next, we'll discourage any undesirable positions, like forging ahead or lagging behind, by delivering rewards in just the right way. And finally, let's keep that focus and engagement alive—encouraging your Pup to look up at you, eager to earn his next reward! Let's get started!  

**101 WEEK 2**  
**LOOSE LEASH WALKING**  
**MANAGING DISTRACTIONS & TRIGGERS**  
**8b. 360° Full Circle Rotation**

**TRAINING GOAL(S):**

- PREVENT/STOP LEASH PULLING:**  
Brings him back into reinforcement zone.
  - *If you and your dog are turning, he can't be pulling forward.*
- INCREASED IMPULSE CONTROL IN THE PRESENCE OF APPROACHING DISTRACTIONS:**
  - *Tool for Managing distractions.*
  - *Diverts his focus back to you in the face of an environmental distraction/trigger.*
- Increased understanding that ***he controls leash tension.***
- Begins to offer engagement with you around distractions.
- FEARFUL DOGS:** Change a dog's emotional response to a stimulus from negative to positive.

**DESCRIPTION:**

The "Full Circle Rotation Method" is an exciting loose leash walking technique that turns your dog's pulling into a fun challenge! When your Pup pulls, simply guide him in a full circle to help him calm down and reconnect with you. This dynamic approach allows you to bring him back to reinforcement zone at your side; and redirect his energy without needing to stop completely by channeling his forward momentum into a circle. This gives him the opportunity to release that pent-up energy and refocus his attention on you—what fantastic way to manage distractions and triggers and bond with your Pup!



**101 WEEK 3**  
**9. "BED" CUE Part 2**  
**Implied Stay (1 hour) + 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**  
**10. "SIT" CUE Part 2**  
**10a. Follow the Leash Cues + "Sit" Leash Cue**

**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 3**  
**“SIT” CUE Part 2**  
**10b. Add the Leash | “Sit” in Reinforcement Zone**  
**10c. Add the Leash + Dog | Seen at the Seam**  
**10d. Add the Leash + 360 Rotation**

**TRAINING GOAL(S):**

- Prepare him for real-world loose leash walking and distraction/trigger training.

**DESCRIPTION:**

So far, you and your Pup have done an incredible job mastering the “*sit in reinforcement zone*,” “*seen the seam of your pants*,” and the “*Full Circle Rotation*” Method – All *OFF LEASH* & in low distraction settings! You’ve created amazing value for walking by your side and making fantastic choices through your positive reinforcement training. Next, we *introduced the leash* with the “*follow the leash*” cues, where you learned to use the leash like a steering wheel, gently guiding him into a full circle and a tight auto sit back to the reinforcement zone, all while he joyfully learns to follow along! Now that he’s confidently following your leash cues, it’s time to go back, and *add the leash to those first few fundamental skills in Weeks 1 & 2 (“sit” in reinforcement zone / “seen at the seam” / and the “360 Rotation Method”*). Thanks to your hard work and commitment, you can count on a super smooth transition into leash work, setting you both up for success in real-world situations! Once you and your Pup shine on-leash, learn a total of 6 simple yet super effective methods to tackle distractions and triggers like a pro in real-world situations! We’ll learn and practice each technique individually, then combine them as needed to conquer whatever challenges come your way. With consistency and practice, you’ll find yourself using these techniques less and less, leading to a lifetime of harmonious and joyful loose leash walks together! Almost there!

**101 WEEK 3**  
**11. LOOSE LEASH WALKING**  
**MANAGING DISTRACTIONS & TRIGGERS**  
**11a. Leash Anchoring**

**TRAINING GOAL(S):**

- 1. Prevent leash pulling:** Teaches him that pulling doesn't get him what he wants. When he applies pressure, the walk stops, and only resumes when the leash is loose.
- 2. Manage excitement and reactivity:** If he lunges or pulls toward a distraction, anchoring allows you to wait until he calms down before moving again. This prevents you from being dragged and teaches him that reacting negatively doesn't result in getting closer to the trigger.
- 3. Build communication:** Leash pressure becomes a cue. When he learns that releasing tension earns a reward, you can use subtle pressure to guide him and gain his attention in challenging situations.
- 4. Shifts focus:** Stops focusing on the environment and instead pays attention to you and your movements.
- 5. Makes pulling uncomfortable:** Learns that when he pulls, you stop, making forward progress uncomfortable and unrewarding.
- 6. Encourages re-engagement:** Learns that the reward (moving forward) is only achieved by returning to your side.
- 8. Allows you time to stay calm & choose an appropriate and effective response.**

**DESCRIPTION:**

Get ready to transform your walks with the Leash Anchoring Technique! Picture yourself as a steadfast anchor, staying still when your Pup pulls, helping him learn that pulling won't get him what he wants. When he applies pressure, the adventure pauses, only to resume when the leash is nice and loose! If he lunges toward distractions, leash anchoring lets you wait for him to calm down before moving forward, preventing him from dragging you forward or backwards; and teaching him that staying calm gets him to the fun. Plus, leash pressure becomes a cue when he discovers that releasing tension means earning rewards, making it easier for you to guide him in over-stimulating situations!

**101 WEEK 3**  
**LOOSE LEASH WALKING**  
**MANAGING DISTRACTIONS & TRIGGERS**  
**OPTION 1**

**11b. Stop + Leash Anchor + Follow the Leash Back to Reinforcement Zone**

**TRAINING GOAL(S):**

- 1. Prevent leash pulling:** Teaches him that pulling doesn't get him what he wants. When he applies pressure, the walk stops, and only resumes when the leash is loose.
- 2. Manage excitement and reactivity:** If he lunges or pulls toward a distraction, anchoring allows you to wait until he calms down before moving again. This prevents you from being dragged and teaches him that reacting negatively doesn't result in getting closer to the trigger.
- 3. Build communication:** Leash pressure becomes a cue. When he learns that releasing tension earns a reward, you can use subtle pressure to guide him and gain his attention in challenging situations.
- 4. Shifts focus:** Stops focusing on the environment and instead pays attention to you and your movements.
- 5. Makes pulling uncomfortable:** Learns that when he pulls, you stop, making forward progress uncomfortable and unrewarding.
- 6. Encourages re-engagement:** Learns that the reward (moving forward) is only achieved by returning to your side.
- 8. Allows you time to stay calm & choose an appropriate and effective response.**

**DESCRIPTION:**

The "**Leash Anchor + Follow the Leash Technique**" is based on the premise that dogs pull because they want to get to something in front of them. When your Pup pulls ahead, you **leash anchor**, which teaches him that pulling is counterproductive while paying attention to you and walking in reinforcement zone at your side is rewarding. **Encourage his return using "follow the leash cue"**, and when he reaches your side and the leash is slack again, **praise him and continue walking forward**. This creates an exciting & and engaging experience that reinforces the desired behavior of walking by your side. With consistency and continued positive reinforcement for walking calmly beside you on a loose leash, he'll be ready to dive into more advanced loose leash walking skills & managing distractions and triggers. Let's make those walks a rewarding experience!

**101 WEEK 3**  
**LOOSE LEASH WALKING**  
**MANAGING DISTRACTIONS & TRIGGERS**  
**OPTION 2**

**11c. Stop + Leash Anchor + Pivot + Back to Reinforcement Zone + U-Turn**

**TRAINING GOAL(S):**

- 1. Prevent leash pulling:** Teaches him that pulling doesn't get him what he wants. When he applies pressure, the walk stops, and only resumes when the leash is loose.
- 2. Manage excitement and reactivity:** If he lunges or pulls toward a distraction, anchoring allows you to wait until he calms down before moving again. This prevents you from being dragged and teaches him that reacting negatively doesn't result in getting closer to the trigger.
- 3. Build communication:** Leash pressure becomes a cue. When he learns that releasing tension earns a reward, you can use subtle pressure to guide him and gain his attention in challenging situations.
- 4. Shifts focus:** Stops focusing on the environment and instead pays attention to you and your movements.
- 5. Makes pulling uncomfortable:** Learns that when he pulls, you stop, making forward progress uncomfortable and unrewarding.
- 6. Encourages re-engagement:** Learns that the reward (moving forward) is only achieved by returning to your side.
- 8. Allows you time to stay calm & choose an appropriate and effective response.**

**DESCRIPTION:**

The “Leash Anchor + Pivot Technique” is based on the premise that dogs pull because they want to get to something in front of them. When your Pup pulls ahead, you **leash anchor then abruptly pivot 180 degrees**, which teaches him that pulling is counterproductive while paying attention to you and walking in reinforcement zone at your side is rewarding. Encourage his return, and when he reaches your side and the leash is slack again, **praise him and begin a U-Turn Rotation back to your original path and continue walking forward**. This creates an exciting & and engaging experience that reinforces the desired behavior of walking by your side. With consistency and continued positive reinforcement for walking calmly beside you on a loose leash, he'll be ready to dive into more advanced loose leash walking skills & managing distractions and triggers. Let's make those walks a rewarding experience!

**101 WEEK 3**  
**LOOSE LEASH WALKING**  
**MANAGING DISTRACTIONS & TRIGGERS**  
**11d. Leash Anchoring | Team Training**

**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 4**  
**12. "BED" CUE Part 3**  
**Implied Stay (2 hours) + 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**  
**13. It's Your Choice Game**

**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**  
**14. LOOSE LEASH WALKING Part 2**  
**"Let's Go" Cue**

**TRAINING GOAL(S):**

Learns 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**  
**15. LOOSE LEASH WALKING**  
**MANAGING DISTRACTIONS & TRIGGERS**  
**OPTION 3**  
**15a. Double Switchback Technique**

**TRAINING GOAL(S):**

- 1. Prevent leash pulling:** Teaches him that pulling doesn't get him what he wants. When he applies pressure, the walk stops, and only resumes when the leash is loose.
- 2. Manage excitement and reactivity:** If he lunges or pulls toward a distraction, anchoring allows you to wait until he calms down before moving again. This prevents you from being dragged and teaches him that reacting negatively doesn't result in getting closer to the trigger.
- 3. Build communication:** Leash pressure becomes a cue. When he learns that releasing tension earns a reward, you can use subtle pressure to guide him and gain his attention in challenging situations.
- 4. Shifts focus:** Stops focusing on the environment and instead pays attention to you and your movements.
- 5. Makes pulling uncomfortable:** Learns that when he pulls, you stop, making forward progress uncomfortable and unrewarding.
- 6. Encourages re-engagement:** Learns that the reward (moving forward) is only achieved by returning to your side.
- 8. Allows you time to stay calm & choose an appropriate and effective response.**

**DESCRIPTION:**

The "Switchback Technique" is based on the premise that dogs pull because they want to get to something in front of them. By **changing direction every single time the leash tightens**, you teach your Pup that **pulling is counterproductive**, while paying attention to you and walking in reinforcement zone at your side is rewarding. When your Pup pulls ahead, you **abruptly turn and walk the opposite way**, which teaches him to **pay attention to your movements** and **prevents him from being rewarded for pulling**. This creates an exciting & and engaging experience that reinforces the desired behavior of walking by your side. Let's make those walks a rewarding experience!

**101 WEEK 5**  
**16. LOOSE LEASH WALKING**  
**MANAGING DISTRACTIONS & TRIGGERS**  
**OPTION 4**  
**15b. Switchback + Half Circle Rotation**

**TRAINING GOAL(S):**

- 1. Prevent leash pulling:** Teaches him that pulling doesn't get him what he wants. When he applies pressure, the walk stops, and only resumes when the leash is loose.
- 2. Manage excitement and reactivity:** If he lunges or pulls toward a distraction, anchoring allows you to wait until he calms down before moving again. This prevents you from being dragged and teaches him that reacting negatively doesn't result in getting closer to the trigger.
- 3. Build communication:** Leash pressure becomes a cue. When he learns that releasing tension earns a reward, you can use subtle pressure to guide him and gain his attention in challenging situations.
- 4. Shifts focus:** Stops focusing on the environment and instead pays attention to you and your movements.
- 5. Makes pulling uncomfortable:** Learns that when he pulls, you stop, making forward progress uncomfortable and unrewarding.
- 6. Encourages re-engagement:** Learns that the reward (moving forward) is only achieved by returning to your side.
- 8. Allows you time to stay calm & choose an appropriate and effective response.**

**DESCRIPTION:**

Whenever your pup pulls ahead, unleash the power of the "**Switchback + U-Turn Combo**" to gently correct the pulling and regain focus away from the trigger/distraction and back to your side without missing a beat. As he catches up, make a fun 180° U-Turn towards him until you're back on track, and then continue your joyful journey together!

**101 WEEK 5**  
**16. LOOSE LEASH WALKING Part 3**  
**OPTION 5**  
**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**  
**17. 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.