

SIT/STAY part 2

SIT-STAY VII:

1. *Sit* your dog and then take one step backward. Step back in immediately.
2. If your dog remains sitting, pay, feeding for position.
3. If he breaks his *Stay*, say "Too bad" and try again.
4. When your dog is 5 for 5 on one step, try two steps. Keep your eyes on him at all times in case of breaks. Then progress to three steps, four, and so on, up to the maximum distance in the room.

**Remember to add another step only when your dog is 5 for 5*

Bungee Stays

Imagine there is a bungee cord attaching you to your dog. As soon as you reach your target distance, snap right back to the dog. This will prevent you from double dipping (adding duration to this distance-only exercise).

Sit-Stay VIII

1. Do a short bungee *Stay* (four or five steps away), and when you snap back to your dog, add a walk-around before rewarding him.
2. If he breaks, say "Too bad" right away, re-*Sit* him, and start again.

Sit-Stay IX

1. Do a full-distance *Bungee Stay* with a walk around.
2. Do a short-distance *Bungee Stay* (four or five steps) with a double walk-around at the end (both directions).
3. Do a full distance *Bungee Stay* with a double walk-around, all for one reward at the end.

Sit-Stay X

1. Warm up your dog with one long-distance *Bungee Stay* with a walk-around at

the end.

2. Head back out, but only to half the distance this time--wait there for a count of 5 seconds, then go back, do a walk-around, and pay, feeding for position.
3. Keep your eyes on our dog in case he breaks, so you can mark the instant he breaks with "Too bad."

Push on 5 for 5

Sit-Stay XI

1. Repeat *Stay XI* for
2. 10 seconds
3. 15 seconds
4. 20 seconds
5. 30 seconds
6. 1 minute
7. 2 minutes
8. As soon as you get up to 30 seconds, things get more complicated. You must start mixing it up. Between the long *Stays*, throw in some 1-10 second stays so that your dog doesn't learn that every single *Stay* is a long one. This means your set, rather than being 5 repetitions of 30 seconds in a row, will vary in length.

Sit-Stay XII

1. You've been working duration at 1/2 distance. Now practice *Sit-Stays* at the greatest distance you can in the room at the following durations, splitting as needed:
2. 15 seconds
3. 30 seconds
4. 2 minutes
5. Throw 1-10 second *Stays* randomly between the long ones.

Push on 5 for 5

Sit-Stay XIII

1. Practice 1 minute medium-distance *Stays* with added distractions. Be ready with your quick "Too bad" when your dog breaks, which he will likely do the first few times. Between the 1 minute *Stays*, throw in the short ones randomly, as you did before. Try these distractions:
2. Bounce a tennis ball

3. Roll a tennis ball
4. Squeak a new squeaky toy that your dog has never seen
5. Sit in a chair
6. Sit in a chair and eat a snack
7. Lie on the floor
8. Do jumping jacks

9. Long distance, 1 minute, same distractions.

10. Long distance, 2 minutes, new distractions. Your dog may handle this double dipping (increase of both duration and distraction parameters). If not, split.

If you use a fabulously interesting toy as a distraction, whenever your dog gets 5 for 5, along with your praise and food payment let him have the toy (deliver it to him in position) and break off for a play period. This degree of impulse control is not easy and so deserves a celebratory game afterward.

When you can no longer stump your dog in the house, it's time to move it outside at your friend's house/yard, the park, etc. This will teach your dog to generalize his Sit-Stay.

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