

Masters Training Booklet



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Welcome To Kayenna Kennels!

Dear Dog Parents,

We are very excited to be working with you and your dog!!! We realized that you might have many questions in regard to your dog's training. Therefore, we have designed this training booklet to help address many of those concerns.

Our goal during Masters Class is to set everyone up for a lifetime of success. Helping each one of you to understand how your dogs learn, canine communication, troubleshoot any issues, and learn more advanced obedience commands but most importantly to show you as owners how to train your dogs and build a relationship that will last a lifetime.

IMPORTANT NOTES

Please NO VISITING on leash. We ask that you leave enough room between yourselves and the other dog. For added control – step down on your dog's leash and work on attention work.

The curriculum is taught in a specific order to enable the best and fastest results for you and your dog. If you have any concerns in regard to the material, need assistance or modification due to mobility or otherwise please let us know!

Please do not try and go ahead in the curriculum. This is important for the best, fastest and most consistent results!

We are open to questions – However, please try to ask during practice times to ensure the class runs efficiently and on time.

Kind Regards,



Lauren Alexander CPDT-KA, RDAII, DCBCE
Kayenna Kennels Inc. – Owner

Masters Week 1 Notes

Attention Work

- Remember to warm your dogs up with some Offered and Name Attention when working with them in new environments. This will help teach your dogs that when they enter a new environment, they should look to you instead of getting distracted by their surroundings.
- Your dog should be attempting to make eye contact with you, not just looking in your general direction. At this point in your training, we should start working on having your dog connect with you. This allows us to know our dog is focused and paying attention to us, therefore easier to get in additional cues.
- This week start asking your dog to maintain eye contact for longer periods of time but make it random!! Have your dog sustain eye contact for a few seconds before you “Yes” and a reward.
- Change your rate of reinforcement – remember this should be like a slot machine! They never know when the treat is coming, so they stick around.
- As a game - Try slightly turning your body and calling their name. They should make their way around your body to find your face and give you eye contact. Increase turning distance as your dog gets more successful.

Sits and Downs

- Remember to alternate using your hand signals and your verbal cues - but only ONE AT A TIME.
Eg: Hand signal with no verbal or Verbal with still hands.
- Remember to use your release cues! Asking your dogs to maintain positions for longer this week. At this point we should be working towards the 30-60 second hold before release. Keep your release times random.
- As a game - Use random reinforcement and start asking your dogs to do multiple behaviours for one reward.

Touch Or Target Cue

- If you have never taught your dog a target cue before. Start with the foundation skill of having their nose slightly touch your hand with a treat in it. (Please refer to online video for demo of this).
- For the more advanced dogs in the group, at this point we should be working towards random reinforcement and asking for more than one touch cue before getting rewarded.
- Distance is also an advanced skill we should be working towards. When increasing the distance of your touch cue, don't move too fast! We would rather consistency with this cue than a rushed and sloppy final result.

Stand Hand Signal & Cue

- Have your dog start in a sit. Say the cue "Stand" and place your flat hand slightly in front of your dog's face with a treat in it. Your dog will come towards the treat and will pop into a stand.
- Note: For stand there should be minimal movement or shuffling. They should be able to go from a down to a stand without stepping forward.
- Remember: When giving your verbal cue, remember to CLEARLY give your dog your verbal FIRST and THEN lure the dog into position
- Start getting them to hold position by quickly moving your hand with food in it away from them and then right back to them and rewarding them for holding position.

Perch Work

- If your dog has never seen the perch before, get them used to stepping on the perch by luring them. (Please refer to online video for demo).
- For the more advanced dogs in the group. We should be working towards having your dog rotating confidently on the perch with you moving with around with them, as well as starting to get them to rotate WITHOUT you moving with them.
- If you are having issues with this movement - Practice spin off of the perch first for the coordination aspect.

Go to Bed

- Really work on SENDING your dog to their bed this week from a distance.
- Remember to look at the bed and use your body language to point your dog to their bed.
- Only give the “Go to Bed” Cue ONCE and then use steps forward towards the bed if you have to. Give your dog the option to put the puzzle pieces together themselves before you start moving.
- We want the dogs hearing the cue and looking away from you towards their bed.
- See how far you can send your dog from!
Start close at one step away from the bed, and then gradually build up steps (you can increase steps randomly as well! One time it’s one step, the next time it’s 3 steps etc.)
- Remember to reward your dog ON THE BED by throwing the treat on the actual bed or mat. At this point treats should never be coming from your hands for the bed cue.
- ALWAYS Remember to use your release cues when you are ready for your dog to come off! This will be very important when we want to add movement.
- If your dog is struggling with the automatic down, just keep rewarding low between their feet. When they finally OFFER the down, Jackpot (give 4 or 5 cookies one after the other and be very excited)

We have attached a few pages of reminder notes on how to do the foundation skills for those that are new to Kayenna. Please let us know if you have any questions!

Happy Training!

Yes!

Timing is an essential skill in dog training. The word “Yes” allows us to mark the instant our dog offers a behaviour that is correct. This is referred to as a reward marker. We primarily use ‘yes’ at Kayenna, but you may also use a clicker.

Introducing “Yes!”

- Have a small handful of tiny treats ready (8-10).
- Say “Yes!”
- Wait half a second, then deliver one of the food rewards to your dog.
- Repeat!

Tips for Success

- Try practicing “Yes” at mealtimes. You have a bowl of hundreds of little yes’ s!
- Make sure you keep your hands still while you say “Yes!” Move to get the treat after!
- Ensure you say “Yes”, wait a moment and then deliver the treat.
- Power up your “Yes” before you do your training sessions with your dog.



Demo Video Online For “Yes”

Offered Attention

Attention is the foundation of your relationship with your dog. Rewarding offered attention creates a dog that is more attentive and focused on you, and less likely to become easily distracted. This is one of the more important skills, the more you practice and reward the offered attention throughout the day, the more it will pay off!

Offered Attention

- Offered Attention can be rewarded in several different forms.
Eg: Food, Touch, Eye Contact.
- Whenever your dog makes eye contact with you, say “Yes!” and reward with a treat, touch or eye contact.

Watch for Offered Attention while walking with your dog

“Yes!” and reward each time your dog looks at you while out on a walk.

Watch for Offered Attention while in the classroom

“Yes!” and reward each time your dog looks at you without you asking for their attention.

Watch for Offered Attention in your home and yard

“Yes!” and reward when your dog checks in with you. A dog that is paying attention to you will not be chewing on your sofa!



Name Attention

Name attention is the foundation skill for many things in your dog's life, including your dog's recall (coming when called). The goal of this exercise is that when you say your dog's name, they will turn and look at your eyes.

Getting Started

- Say your dog's name one time and move your food lure up towards your eyes. Your dog's eyes will follow the treat.
- As soon as your dog's gaze comes up to your eye level, IMMEDIATELY say "Yes!" and reward.
- Repeat several times a day in small sessions.

Adding Distraction With Lure

- Hold the treat about 3-6 inches away from your eyes and say your dog's name once.
- Wait for them to look at your eyes without repeating their name.
- If your dog continues to look at the treat, use slight sound effects to get their attention.
- As soon as your dog makes eye contact with you, IMMEDIATELY say "Yes!" and reward.
- Each training session slowly move the treat further away from your eye until both arms are fully extended with treats in your hands.

Tips for Success

- Only say your dog's name ONCE. If they don't look at you try making different slight noises, whistle etc.
- If your dog does not look away from your eyes, toss the reward on the ground and repeat the exercise while they are distracted.
- Stand up tall!



Touch or Targeting

Getting Started

- Start by placing a cookie in the palm of your hand and holding it with your thumb. If you are not able to hold it with your thumb, place the cookie between any of your fingers.
- Say the cue “Touch” or “Target” and lower your hand in front of your dog, as your dog sniffs your hand and you feel their nose touch your hand for the cookie say “Yes!” and reward.
- Repeat several times. (8-10 times)
- Make sure you practice with both hands at different lengths away from your dog’s nose.

Tips For Success

- When adding distance to your Touch or Target cue, do so in small increments. If your dog does not move towards your hand, it is because you’ve move it to far too fast. Take your hand away, say your cue again and lower your hand slightly closer.
- Do not repeat your cue!

Demo Video Online For “Targeting”

Sit – Verbal & Hand Signal

When you successfully teach your dog to have a reliable sit cue, you can use it for many things such as: To prevent your dog from jumping up on guests, Agility, Obedience and more. This is also a great skill for teaching self-control and overall manners. We want to teach our dogs both a hand signal and verbal cues for sit.

Verbal Cue & Hand Signal

- Have your dog start by standing in front of you. If your dog automatically sits, lure them forward into a stand with your treat.
- Say the word “Sit” pause for a moment before the next step.
- Slowly move your food lure over your dog’s head and towards their rear.
- As soon as your dog’s rear is on the ground, IMMEDIATELY say “yes!” and reward.
- Repeat several times until your dog follows the lure with ease!

Adding A Release Word

A release word is a phrase that will let your dog know they can move from the position. This replaces the need to say “Stay” for every position cue. This word will also help your dog learn to hold the position longer without breaking.

Common release words are: Okay, Done, Break, Release, Finished.

- While practicing the sit hand signal, before your dog gets up on their own accord, say your release word and encourage them out of the sit position.

Standing Hand Signal

- Stand up a bit straighter each training session. Make your hand movement a bigger and more exaggerated with each session.
- After 3-4 successful sits, exaggerate your movements again.
- Continue until you are fully standing, and your dog successfully sits.
- Remember to use your release word!

Removing the Lure

- After 5-10 sits while fully standing, place your food rewards in a pocket or bag at your side.
- Make your hand signal for Sit.
- As soon as your dog's rear is on the ground, IMMEDIATELY say "Yes" and reward from your pocket or bait bag.

Tips for Success

- Do not move the lure too quickly or too high to ensure your dog does not jump up.
- Make your movements small and slowly build up to get to a standing hand signal.
- Keep your training sessions short and fun!
- Once you have removed the lure, make sure that it doesn't come back out.
- If your dog doesn't comply right away, wait it out! Give them a moment to think about what you are asking them to do.
- If you feel frustrated, take a break. Do something fun with your dog and come back to the training later!
- Do not repeat verbal cue!

Demo Video Online For "Sit"

Down – Verbal & Hand Signal

Teaching your dog to “Down” on a verbal and hand signal can take some patience and a lot of practice. This is a skill that can take several weeks to perfect – don’t feel rushed.

The “Down” cue is taught in 3 steps. Week 1 we will learn Steps 1 and 2 and in Week 2 we will learn Step 3, the hand signal. Please don’t skip ahead.

Step 1 – Luring Into Position

- Have your dog positioned horizontal to your body and kneel down next to then on the floor. If you cannot do this kneeling, please use a chair. This helps prevent your dog from backing away from you.
- Hold several small cookies directly in front of your puppies’ nose.
- Move your food lure down towards the floor in a “Nose In Towards Toes” motion.
- As soon as your dog’s belly and elbows are on the ground, IMMEDIATELY say “Yes” and reward.
- Repeat several times until your dog follows the lure with ease! (4-6 times)

Adding A Release Word

A release word is a phrase that will let your dog know they can move from the position. This replaces the need to say “Stay” for every position cue. This word will also help your dog learn to hold the position longer without breaking.

Common release words are: Okay, Done, Break, Release, Finished.

- While practicing luring your dog into the down position, before your dog gets up on their own accord, say your release word and encourage them out of the sit position.
- Expand on time from down position to “Okay” and releasing them from the position.

Step 2 – Taking The Cookie Away (Impulse Control)

- Lure your dog into the down position. “Yes” when they are completely on the ground.
- This time before you release your dog, move your treat hand very quickly 2-4 inches from your dog’s face and return your hand back to them if they held the position, “Yes” and reward. If they broke the position to follow the cookie, do a shorter distance next time.
- Repeat several times until you can completely remove the cookie away and return it without then breaking the position.
- Remember to always use to your release word!

Step 3 - Standing Hand Signal

- Stand up straight; make sure your shoulders are back and your standing up tall.
- Have a few cookies in your left hand and place it directly on top of your belly button.
- Stick your right hand into the air with your palm facing your puppy. (Like you’re asking a question in class). Say your verbal cue “Down”.
- Pause for a slight moment and start to lower your signal hand slowly, until you are at the same level as your other hand.
- At this point your right hand will stop moving and your left hand with the treats will lure your dog down into the position. “Yes” as soon as your dog goes into the position. (step 1)
- Reward with several small cookies, one at a time to let your dog know they did it right.
- If your dog does not lower into a down position bring in your cookie and Lure the dog into the down position as in step 1.
- Release your dog using their release word.
- Repeat several times.
- After 3-4 successful training sessions, start to exaggerate your movements (slower – give your dog time to think about the command being asked).
- Continue until you can stand up straight with your hand sticking straight up and your dog goes into the down position.

Removing the Lure

- After 5-10 successful training sessions with down, you can start to remove the lure.
- While fully standing, place your food rewards in a pocket or bag at your side.
- Make your hand signal for Down while your other hand remains in a neutral position at your side.
- Say your verbal down or show your dog the hand signal. As soon as your dog's belly is on the ground, IMMEDIATELY say "yes!" and reward from your pocket or bait bag.

Tips for Success

- Do not move the lure too quickly.
- Keep your training sessions short and fun!
- Once you have removed the lure, make sure, that it doesn't come back out.
- If your dog doesn't comply right away, wait it out! Give them a moment to think about what you are asking them to do.
- If you feel frustrated, take a break. Do something fun with your dog and come back to the training later!



Demo Video Online For "Down"

Go To Your “Bed”

Getting Started

- Start by standing about 3-4 feet away from the bed/blanket/towel that you choose for your dog.
- Tell your dog the cue you have chosen for “Go to your bed”.
Common cues are: Bed, Mat, Place, Go To Bed, Go Lay Down.
- Lure your dog over to the bed with your treat. Once all 4 paws are on the bed say “Yes” and reward with cookie.
- Say your “Okay” command and walk away from the bed so your dog follows you.
- Repeat until your dog is comfortable putting all 4 feet onto their bed.

Step 2 - Increasing Value For The Bed

- Start off by giving your dog their Go To Bed cue.
- When your dog has all 4 feet on their bed start tossing 1 treat at a time onto the bed for them to eat. We no longer want to reward directly from our hands. By dropping treats onto the bed, your dog will start to wait on their bed for the treats to “appear”.

Step 3 - Sit/Laying Down on Bed

- Repeat previous steps, but once your dog is on the bed wait a few moments to see if they offer you a sit or a down position – you may lure them into position for the first few sessions.
- When your dog does the desired position “Yes” immediately and reward.
- After your dog holds the position for a few moments use your release word “Okay” and walk away from the bed so that your dog follows you off the bed.
- Repeat until your dog does the full cue without your help.

Extending Time

- Repeat all previous steps but extend your time before saying your release word.
- Increase time slowly from 5-10 second to 2-3 minutes.
- Make sure to reward your dog while they are on the bed!!

Demo Video Online For “Go To Bed”