



# Doggie Dojo

## Discover the Path to Life with Your Dog

Beginner Obedience  
Manual

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# Beginner Obedience Manual

Welcome to Beginner Obedience as a Doggie Dojo Dog Ninja. Through this course, we will start to work through your dog's foundation behaviors. This document is a summary of each skill you must learn to earn your Green Belt Rank. Feel free to go THE DOJO on the website to see further explanation of each skill. On there you will find a document for each skill and videos to compliment each behavior.

During class we will be primarily practicing and refining each skill. You must make sure to study each skill before class. For example, before you take class number two, study the class number two course materials.

## Before Class One, please do the following:

- Complete the Starter Guide under the [White Belt Section](#) 
- Read through the [White Belt Manual](#)
- Review the Class One Materials in the [White Belt Section](#)
- Prepare your dog's equipment and rewards
- Hand Feed Your Dog For One Week

If you have any questions between classes, please contact us:

**512-THE-DOGS**  
**INFO@THEDOGGIEDOJO.COM**

Thank you for starting this journey of discovering the path to life with your dog. Next we will look at your weekly guide to achieve Green Belt Rank.

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# WEEK ONE

## ATTENTION TO NAME

**Step 1-** Grab a bunch of small, delicious treats. Face your dog—he can be sitting, lying down, or standing. Take the treats and draw an invisible line with both hands from their nose to your eyes.

**Step 2-** When your dog figures out that looking at your face earns him a treat (when he gets his treat and immediately looks at you again), begin to train a longer watch. Do this by pausing a second after your dog looks at you before you praise and treat. Next, pause for two seconds before you praise and treat, and so on. When your dog can hold eye contact for 3 seconds, he is ready for the verbal cue.

**Step 3-** First praise and treat your dog for looking you in the eye to get him interested in the training. Then, a second before he looks at you (you have to anticipate the moment), say, their “Name.” When he looks up, immediately praise and treat. Repeat many times.

## COLLAR GRAB

**Step 1-** Reach down with your hand with no food in it and touch your dog's collar. When your dog lets you touch their collar, say “Yes” and then reward.

**Step 2-** After your dog lets you do this at least three or more times without showing any fear, say your dog's name and then proceed with Step 1.

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# HAND TARGET

**Step 1-** Cut up a large number of small treats.

**Step 2-** Present your hand a couple of inches away from your dog's face. Praise and treat for any interest he shows, whether an actual touch of his nose to your hand or just looking at your hand. After the first few times, reward only for a full nose touch.

**Step 3-** Repeat this until your dog reliably touches your hand.

**Step 4-** Now add the verbal command. Before presenting your hand, say, "Touch" and then put your hand down. (Be sure to pause for a second between the command and reaching down.)

**Step 5-** When your dog responds reliably to the verbal command, begin to increase the distance of your dog's head from your hand by a few inches.

**Step 6-** Keep increasing the distance little by little. Also move your hand to different positions, higher, lower, toward the side of your dog's head—and try the exercise in different rooms of the house.

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# SIT

**Step 1-** Show it. Lure your dog into a sit by putting the treat up to her nose and moving the treat slowly over her head toward her tail. Keep the treat lure close to your dog's nose—if you move your hand up too quickly or too far away from her mouth, she may give up and lose interest.

**Step 2-** Pay it. As soon as your dog's hindquarters hit the ground say "Yes" and treat. Repeat as many times as you can, so long as you and your dog are still enjoying yourselves. Praise and treat every sit.

**Step 3-** Repeat it. Repeat steps 1-3 many times. When your dog gets into the down quickly, it is time to add the verbal cue

**Step 4-** Say it. Hold a treat in your hand. Tell your dog, "Sit" in a cheerful tone of voice. Then lure the treat above the head. Once your dog has done this a few times in a row, time to fade the treat.

**Step 5-** Fade it. Take the treat out of your hand and repeat step 4 without the food lure. Do this until your dog sits reliably using only a hand signal without you holding the food in your hand. When she does, you're ready to add a verbal cue.

**Step 6-** Show it again. Pause a second (one-one thousand), then lure your dog into a sit using the hand signal.

**Step 7-** Pay it again. As soon as your dog's hindquarters hit the ground praise and treat. When you and your dog are having repeated successful trials, move on to fade the hand signal.

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# STAND

**Step 1-** Show it. To begin, put your dog in a sit or a down (be sure to vary which position you start from) and treat him for it. Then lure your dog into a stand by putting the treat up to his nose and slowly moving the treat away from your dog, keeping it level with your dog's nose. Keep the treat lure close to your dog's nose—if you move your hand too quickly or too far away from his mouth, he may give up and lose interest.

**Step 2-** Pay it. As soon as your dog's hindquarters are parallel to the ground, say "Yes" and treat. Repeat as many times as you can, so long as you and your dog are still enjoying yourselves. Praise and treat every stand.

**Step 3-** Repeat it. Repeat the exercise several times. As soon as your dog reliably gets into the stand position, it is time to add the verbal cue.

**Step 4-** Say it. Tell your dog, "Stand" in a cheerful tone of voice. Then repeat steps 1-2 and once your dog has done this a few times in a row, time to fade the treat.

**Step 5-** Fade it. Take the treat out of your hand and repeat step 4 without the food lure. Do this until your dog does a stand reliably using only a hand signal without you holding the food in your hand. When he does, you're ready to add a verbal cue.

**Step 6-** Show it again. Pause a second (one-one thousand), then lure your dog into a stand using the hand signal.

**Step 7-** Pay it again. As soon as your dog's hindquarters are parallel to the ground, praise and treat. When you and your dog are having repeated successful trials, move on to fade the hand signal.

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# WEEK TWO

## JUMPING

### **Anti-jump training inside your house.**

When your dog jumps on you, turn your back to him. Say, "Too bad" as you turn away.

When he stops jumping, turn around to face him. If he jumps again, turn your back to him again.

Repeat until he stops jumping. Then pet and praise him.

If your dog keeps jumping up when you turn your back, walk away from him, ignoring him completely. If he follows and jumps again, give him a time-out. Either close a door between you or put him in his confinement area for a minute or two. (The point is not that he is being bad, but that you won't play when he jumps.)

## Sit At Side

Getting your dog to sit at your side is important for when you want them to wait at a door, wait on a walk before crossing a street, and sit during a greeting.

**Step 1-** Lure the dog to your side. If needed take a step back with one leg to increase your luring distance. Then step forward to line them up next to your side.

**Step 2-** Ask and signal your dog to sit.

**Step 3-** When the dog's rear end hits the ground, say "Yes" and then reward.

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# POSTING

**Step 1-** Your dog learns to stand calmly next to you without pulling away.

- Tether your dog to a heavy or immovable object
- Place a pile of treats out of reach in front of you and your dog
- Load one hand with treats
- Praise and treat when your dog is calm and/or looking at you.
- If your dog pulls away from you, don't yank the leash and don't reel him back in. Stand still and wait until he returns to you.
- When he comes back to you, praise and treat.

**Step 2-** Your dog learns to stay close to you while walking.

- Repeat step 1 with him not tethered and put the leash in your hand.
  - Be careful not to let him get the pile of treats.
  - With your dog standing calmly next to you, say his name and, "Let's go."
  - Praise and treat after the first step, as long as your dog doesn't dash forward.
  - Work your way around the treat pile making sure to reward when he stays next to you.
  - Gradually increase the number of steps in between rewards.
  - If your dog starts pulling, stop and wait until there is some slack in the leash again.
  - Then take a step with him and reward him quickly for walking near you.
  - Keep him guessing. Sometimes reward after 1 step, sometimes after 5, then again after 2, then after 7.
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# DOWN

**Step 1-** Show it. Lure your dog into a down by putting the treat up to his nose and slowly moving the treat down to the ground. Keep the treat close to your dog's nose—if you move your hand down too quickly and too far away from his mouth he may give up and lose interest.

**Step 2-** Pay it. As soon as your dog's knees and elbows hit the ground, praise and treat. Keep treating him to thank him for staying in the down. After a few seconds tell him, "YES!" and encourage him to get up. If he gets up before you release him, say, "Ah-ah" and lure him back into a down. Release him more quickly this time, then keep practicing to work up to longer downs.

**Step 3-** Repeat it. Repeat steps 1-3 many times. When your dog gets into the down quickly, it is time to add the verbal cue

**Step 4-** Say it. Hold a treat in your hand. Tell your dog, "Down" in a cheerful tone of voice. Then lure the treat to the floor. Once your dog has done this a few times in a row, time to fade the treat.

**Step 5-** Fade it. Take the treat out of your hand and repeat step 4 without the food lure. Do this until your dog does a down reliably using only a hand signal without you holding the food in your hand.

**Step 6-** Show it again. Pause a second (one-one thousand), then lure your dog into a down using the hand signal.

**Step 7-** Pay it again. As soon as your dog's knees and elbows hit the ground, praise and treat. When you and your dog are having repeated successful trials, move on to fade the hand signal.

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## COME WHEN CALLED

**Step 1-** Call your dog. Cheerful tones often produce better results—and make sure you are loud enough to be heard, especially in busy environments. Remember to actually give the command (“Fido, come!”); your dog’s name by itself is not a recall.

**Step 2-** Make yourself interesting. Clap, whistle, squat, throw your arms out, and cheer your dog in: “Great, great, faster, you can do it...” When he arrives, touch the collar, have him sit, then spill the treats or throw the ball. If appropriate, release him to go back to whatever he was up to.

## FADING FOOD - ONE

Using food in training can help motivate your dog to do the behavior. The trick is that they do not have to see before doing a behavior. In order to prevent this, we must start fading the food out of our signal hand.

**Step 1-** Have food in both hands signal with your right hand and then reward with the left hand. Then signal from your left hand and reward with your right hand.

**Step 2-** Once you have done Step 1 a few times, then remove the treat from whatever hand you signal for the behavior. Then reward with the opposite hand.

**Step 3-** Stash the treats out of sight and have no food in either hand. Ask and signal for the behavior. When the dog does the behavior, reveal the stash of treat and reward them.

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# WEEK THREE

## TOY TRAINING

### **Fetch**

Start at your dog's starting point, whatever that may be. When you throw a ball (stick, etc.), does she show interest? Chase it? Pick it up? Pick it up and move? It's okay if she doesn't chase the ball, pick it up, and bring it right back; fetching isn't innate for all dogs. Whatever your dog does, build from there.

### **Tug-of-War**

Decide on a release command such as "Out," "Give," or "Let go." Before getting your dog excited about playing tug for the first time, practice some low-key exchanges with him.

### **Chase-**

Putting a toy on the end of a leash is a great way to motivate dogs to play with toys. With this you can play not only chase but fetch and tug as well.

## LEASH SKILLS - ONE

### **Reinforcement Zone**

Take the leash in one hand and treats in the other hand. Ideally, Have the treats on the same side as the dog. Patiently wait for your dog to line up next to your leg. As soon as they line up, even for a second, then say "Yes" and then reward.

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## WAIT AT DOOR

**Step 1-** Begin to open the door. If your dog starts to move to go out, close the door. Without repeating the command, begin to open the door again. If your dog starts to move to go out, close the door again. Repeat this action, without giving the command.

**Step 2-** Once your dog is staying back at the door, tell your dog, "Wait" in a cheerful tone of voice. At first, remember to only open the door a few inches so your dog can't rush out. As your dog gets better, you can then open the door a little more.

**Step 3-** Once your dog waits while the door opens fully, then you can say "FREE" and let the dog go through the door.

## LEAVE IT - ONE

**Step 1-** Place a treat in your hand. When your dog shows interest in your hand, hold it still and say, "Leave it." If necessary, close your hand to keep your dog from getting the treat, but don't move your hand away.

**Step 2-** As soon as your dog pulls away or loses interest, say "Yes", then treat from your other hand. Use a treat as good as or better than the one you asked your dog to leave alone

**Step 3-** Place treats on a dining table, coffee table, or counter. Stay within arm's length so you can cover up the treats if needed. You can place them on a plate to imitate real life.

**Step 4-** When your dog shows interest tell him, "Leave it." If he looks away or hesitates, say "Yes" and reward him with a separate treat. If he goes for the food, say, "Ah-ah" (a No Reward Mark) and cover up the food. When he stops trying to get at it, mark and reward.

**Step 5-** Place treats on the floor and Repeat steps 3 & 4.

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## DURATION STAYS

**Step 1-** Stand in front of your dog. Tell your dog, “Sit” or “Down” in a cheerful tone of voice, pause for a second, then say “Yes” and treat.

Repeat a couple of times to get your dog into the game. Play this until your dog can stay into position for 10-20 seconds. Now it is time to add the verbal.

**Step 2-** Now tell your dog to “Stay”, pause for a second, give the stay hand signal: Hand out in front of you, palm facing dog and take a small step back with both feet. Pause here for one second (one-one-thousand). Return to your original position. Praise and treat. Repeat several times.

**Step 3-** Slowly increase the number of seconds you wait before you return to your original position. Remember to praise and treat each successful try.

(Note that we don’t add distance now. This exercise is for learning duration, and we start at kindergarten level to make it easy and fun for your dog.)

**Step 4-** Eventually, you will be able to wait for a considerable time before you return to your original position. When you can stand 1-2 feet away for 1-2 minutes without your dog getting up, it is time to work on the second component of stay—distance.

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# WEEK FOUR

## SECONDARY REINFORCERS

Thus far we have been using food and toys as rewards. You can also build in other activities as rewards. One could be that if your dog sits then they get to go for a walk. Also you can pet-treat-pet-treat and start to build petting your dog as a reward. Clap-treat-clap-treat will start to build clapping as a reward. Find a way to have three types of secondary reinforcers: Sight, Sound, and Touch.

## DISTRACTION RECALL

Get an inexpensive Tupperware container and place some food in the container. Put the lid on the container and carefully poke holes in the top. This will allow the smell of the food to come out. Start with something very low value and work your way up. Make sure to always have something more valuable to reward your dog with than what is in the container.

## FADING FOOD - TWO

Begin asking for more tricks per treat. In the beginning when your dog is learning something new, you should reward each right response. But once he has the hang of it, start asking him to do several cues in a row before he gets a treat, so you start establishing the idea that he doesn't get something every time. Make sure you don't always increase the number of behaviors between each treat.

Vary your cues with Yo-Yo:

Sit-Stand-**Treat**-Sit-Stand-Sit-**Treat**-Down-**Treat**-Stand-Down-Stand-Sit-**Treat**-Down-Sit-Down-**Treat**-Sit-Stand-Down-Sit-Down-Stand-**Treat**

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## **LEASH SKILLS - TWO**

Start moving with your dog and ask them to sit right as you stop. Start to build a relay race of point to make. This could be in your house, backyard, or while on a walk. For example, stop and ask your dog to sit after every three crack on the side walk, or every time you see a mail box. Instead of your dog looking at where you are going to turn next or how close they are getting to the park, they will start to pay attention to you for the next sit.

## **DO MORE, GET MORE**

Now that your dog knows a lot of behaviors, you can start refining them to make them better and faster. When your dog does a behavior, put it on a scale from 1-10 in your head (10 being extraordinary).

Reward accordingly:

1-6: "Good Dog" but no treat

7: "Good Dog" and 1 treat

8-9: "NICE!" and 2 treats

10: "SUPER!" and lots of treats and high praise

## **FADING FOOD - THREE**

Stash all your training treats around the house. Then proceed to walk around the house and ask your dog for a behavior, that they know, when you get to a hidden treat station. If your dog does the behavior, surprise them with treats from the station. If they do not do the behavior, then take the treats, say "Too Bad" and show them all the treats they missed and move on to the next station.

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## CONGRATULATIONS!

By taking this course, you have shown commitment to your canine companion. You are building a life long relationship with you canine companion. Be patient as you work for these skills. Once you have completed and master all the above skill sets then you can take your Green Belt Test. Feel free to contact us below for further help:

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