



Professional Dog Training

phone 250.550.0390 | monique@therufflife.ca | www.therufflife.ca

Walking Exercise

This informal command teaches your dog to stay close by as you walk together. Your dog also learns to stop pulling against the leash and to watch you carefully. The walking exercise is the foundation for the entire “Ruff Life Training Method”. This is NOT the “Heel” command.

QUICK TIPS:

- ★ Hold the leash 3-4 feet away from your dogs’ collar.
- ★ Keep the break off
- ★ Talk to your dog in a happy, informal voice. (“lets go”, “look at you”, “good dog”)
- ★ Do anything that works to keep your dogs interested in you.
- ★ Keep it really fun & exciting
- ★ If your dog doesn't move with you, or tugs on the leash, make a correction.
- ★ Be sure you use your corrective snap and not a gentle pull

BE FIRM – IF YOU UNDER CORRECT YOU'LL NEVER SOLVE THE PROBLEM

YOUR HOMEWORK:

- ★ Practice the “Walking Exercise” in your neighborhood. You must be consistent, if the foundation fails – the rest will follow!
- ★ After a week of practice, you can start weaning out the treats. Feed 3 treats every block- then 2- then 1.

NEVER WEEN OFF TREATS COLD TURKEY, YOU MUST GO SLOWLY!



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17 Positive Reinforcements

Use these as much as possible to keep the training fun!

- ★ Food – Soft Treats
- ★ Happy Voice
- ★ Wave Stick, Ball, Frisbee.... etc.
- ★ Throw Stick, Ball, Frisbee...etc.
- ★ Wrestle – only recommended for dogs that don't have dominance issues
- ★ Pat / Scratch dogs butt hard
- ★ Scratch dogs chest hard
- ★ Scratch dogs belly hard
- ★ Tussle muzzle with hand (don't let dog bite)
- ★ Clap Hands
- ★ Hop, skip, shuffle feet, run backward and sideways
- ★ Whistle
- ★ Push dog away – they jump back in and you push again
- ★ Run full speed
- ★ Throw grass
- ★ Toys- Kong on rope, stuffed toy, squeak...etc.
- ★ Pat Ground