

ELEMENT DOG TRAINING

Sit

- Definition
 - Canine rear end is on the ground while front legs stay upright
- Purpose
 - Basic trick that can be used to teach self-control
- Process
 - Position yourself in front of the dog
 - Start with a lure in front of the dog's nose
 - Use the lure to move the dog's nose up and towards its rear
 - The movement of the head up will naturally drive the rear down
 - As soon as the dog's rear hits the ground **mark and reward** the behavior
 - Fade the lure by rewarding from the opposite hand or a nearby food container to teach the dog the hand signal for sit.
 - Once the dog is reliably sitting with the hand signal add in the verbal command "Sit" before giving the hand signal
- YouTube video of Sit
 - <https://www.youtube.com/watch?index=2&t=0s&list=PLkS7NozLMajtRrn6Z6j27kEhF4gj0f0PW&v=DPNz6reMVXY&app=desktop>
- Common mistakes when teaching sit:
 - Moving too quickly or too high causing the dog to jump or get overly excited
 - Not being in front of the dog or luring off to a side causing the dog to turn
 - Working in an environment with too many distractions or using too low value of a reward making it difficult to maintain the dog's attention

