

3 Things Every Dog Should Know! Pt 2

Sit and
Not Move

SiT



*I wish had known these 3 things when I got my first dog.
These things are so easy anyone can do them.
These skills will make your dog a better companion.*

Sit and not move

Why is it important?

- This is an exercise in self-control for your dog, so don't be discouraged if it takes a while for your dog to master.
- It is particularly challenging for puppies and high-energy dogs. After all, they want to be on the move and not just sitting there waiting.
- Take your time and make sure your dog has mastered the skill.



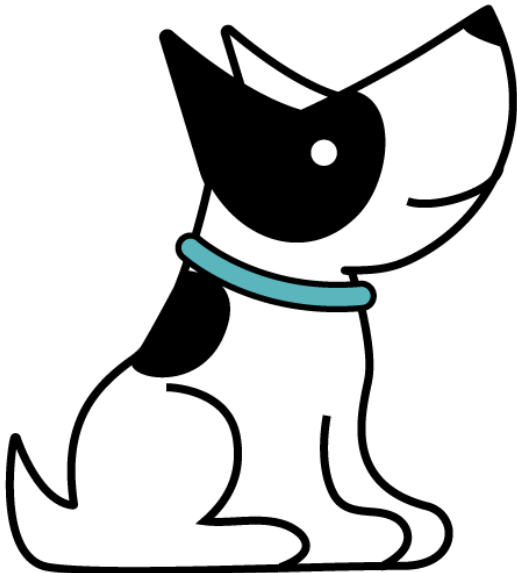
Real Life Experience

The reason I believe in a “Sit and Not Move”.

Years ago while I was training my Shetland Sheepdog, Nessie, I learned the importance of a reliable quick sit where my dog would not move. This experience also taught me the value of a dog waiting at doors. One morning I was heading out to get the newspaper. When I opened the door, I spooked a cat that had been sleeping on the doorstep. No I didn't know it was there. Scared the devil out of me! Nessie, being the great herding dog that she was, decided to bolt past me and out the door. The cat and Nessie took off across the street. Finally I got my thoughts about me and called her. The good girl that she was, she turned and headed back to the street. You see what is coming. I looked up and a truck had just turned down my street. Panic set in. I knew he would be hit her if she continued coming to me so I screamed “SIT”! Nessie sat. As the truck passed by I started to hope and pray. Well the truck passed and Nessie was still sitting and looking at me. I ran over to her and praised her BIG TIME for sitting and staying there. We went home and I gave her loads of treats. I was so happy I had taught her a solid sit!

Objective

- To teach your dog to remain in a stationary position, learn self-control and not move until released.



What it will enhance

This is a great self-control exercise that will help your dog learn patience and act in a calm manner.

NOTE: The sit and not move is a “life” skill. In other words this skill can save your dogs life!

What you need

This is one of the easiest skills to teach your dog/puppy.

All you will need is some soft yummy treats.

I find Amazon a great place and so easy as my purchase is delivered to my door. I have listed one of my favorite types below with a link.



[Amazon](#)
[Triumph Dog Turkey, Pea,](#)
[& Berry Grain Free Jerky,](#)
[24-Ounce](#)

How to teach it.

The Sit -

- Hold a treat close to your dog's nose.
- Move your hand with the treat in it up slightly, allowing your dog's head to follow the treat and his bottom to lower.
- Once he's in a sitting position, say "Sit". Praise and give him the treat.
- After several training sessions, start saying the word "Sit" as you are lifting up your hand with the treat in it.
- Now begin to say "Sit" prior to raising your hand with the treat in it.
- Over time, wean off the raising your hand with the treat in it.
- Remember do not give your dog the treat until he is in a sit.
- Before attempting this part of the exercise, make sure that your dog knows how to "Sit". For the first few sessions, train your dog in a familiar distraction free location. Reward your dog WHEN he is in a sit.

Remaining in place - Staying

- Have your dog on a leash and some treats in your hand. Be in a distraction free location.
- Ask your dog to “Sit” and move in front of your dog.
- Start to slowly deliver a treat to your dog. Give him some feedback for his effort.
- If he holds the “Sit”, give your dog the treat. Then release your dog upward to another treat. Releasing your dog in this manner will keep your dog in an “active” mind set.
- Begin the process again with your dog in a sit and delivering the treat straight to him.
- Once your dog is holding the sit, start delivering the treats more slowly.
- Gradually increase the number of treats you deliver to your dog before releasing him from the sit. The more treats and the slower you deliver the treats, the longer your dog stays in position.

The next step is to change the angle the treat is being delivered.

- Once again, place your dog in a sit and stand in front of your dog.
- As soon you are in front of your dog, start to deliver a treat slowly.
- If he remains in position, take another treat and again deliver the treat slowly but this time from a different **angle**. For example, if your delivered the treat from your dog's right or left side, now do so from over his head. etc.
- Give your dog verbal feedback. Saying "good boy" about his successes.
- Repeat this process over many training sessions.
- Randomize the number of treats you delivery to your dog during each repetition. Sometimes slowly deliver 2 treats and the next time deliver 5, etc.
- *What you are doing is **building an association** in your dog's mind between him maintaining position and being reinforced with the treat.*

Adding new variables.

- Up until now you have been working in a familiar environment that was free from distractions and you have been standing in front of your dog.
- Now it is the time to start mixing it up a little.
- This step will start testing the dog's knowledge of his job under different situations and in a variety of environments.
- Only change one variable at a time. (See [Success is in the Proofing](#) book for additional information.)
- Start by going to a new location, then try moving around your dog more, or add distractions such as other dogs in the area.



Adding new variables cont...

- Lastly, testing your dog planting his feet.
- Start with your dog in a sit.
- Slowly apply a constant and gentle pressure with one hand to your dog's shoulder.
- If your dog resists your pressure and stays in his sit, praise and remove your hand. Slowly deliver a treat followed by an energizing release.
- If your dog moves with your pressure or push, use your free hand to apply counter pressure on the opposite side of the dog. For example, if I apply pressure on the right shoulder and my dog moves, I will use my free hand and place it on my dog's opposite shoulder while still applying the pressure or push. The extra stabilizing hand shows your dog how to counter-balance and resist the pushing hand.
- Remember to end with a reward and energizing release to a treat when your dog completes his work correctly.

Reminders:

- ❖ Sit means sit. A “Stay” command is not needed.
- ❖ No movement of your dog’s feet are allowed.
- ❖ No sniffing – your dog must “think” about the stay.
- ❖ Don’t rush to get distance. A solid foundation will give you a solid stay!
- ❖ Be aware of inadvertently teaching incorrect behaviors, i.e. when you tell your dog to sit, etc. make sure you release your dog and he doesn’t release himself.

What to Watch for:

Your dog should not lean forward when delivering the treat. The lean is the first step to moving as is tail wagging.





- Take your time and thoroughly teach each step.
- Worked close until your dog is confident and solid in the sit.
- Over time gradually add angles or distance.
- Only increase one difficulty at a time.
- Test and proof a little once you feel your dog is solid on the sit.
- After you have done the training your dog should have a GREAT understanding of Sit!

I hope you have enjoyed this
second part of **3 Things Every
Dog Should Know!**



I would love to hear from you.
If you have questions or
comments,
please feel free to
AskDebbyQ.com.

About the Author

Debby Quigley has trained, taught, and compete in agility, rally, nosework, scent work, and obedience. She started teaching her dogs just the basics and went on to competing and teaching a wide variety of dog sports as well as continuing to helping all dog owners with behavioral needs. She still gets a great deal of satisfaction helping people achieve their goals with their dogs.

Competition highlights:

Over 200 AKC Obedience High in Trials

Over 150 AKC

Obedience High Combined

Three times placed at AKC Invitational

Multiple AKC Otch's, Mach's, PACH's, TD's,

Author of "Success is in the Proofing" book

Multiple wins and placements at National events.

Numerous National rankings

