

Walk

Make sure that your dog has his collar and leash on. Also, you will want to start this process in your house when it is calm and devoid of distractions (TV, children, etc.). Take the leash in your hand and hold it so that your dog is next to you and there is about two to three inches of slack in the leash. Stoop slightly, pat your leg, say your “WALK” command (such as let’s go, walkies, giddie-up, heal, etc). Now start walking.

If he is not following, tug the leash slightly while you repeat tapping your leg and slightly stoop. You will want him walking next to you. If he lags behind, give him a little tug and verbalize your correction sound quietly until he is back at your side. If he jumps ahead, do the same thing. Walk for about ten to twenty feet and then turn and walk back. Once you have returned, stop and have him sit. Praise him with a high pitched “GOOD PUPPY”.

Repeat this several times a day. Extend the walk into multiple rooms and eventually outside.

If you are having problems, check out our [Problems with Walking Training](#) in the Appendix

For more advanced instruction, check out our [Walk on a Long Lead Training](#) in the Appendix.

If your dog goes nuts when he sees other dogs with their owners, check out our [Walking and Meeting Other Dogs and Their Owners Training](#) in the Appendix.

Trainer’s Note: *There are many triggers and environments that can cause a proper or improper walking experience. During our training with you, we may have employed some tools that were specifically unique to your situation.*

Appendix

- **Problems with Walking**
- **Walk on a Long Lead**
- **Walking and Meeting Other Dogs and Their Owners**



Problems with Walking

We always believe that as long as your dog is calmly walking on one side of you and not pulling on the leash, you both are doing great. If your dog is pulling or won't respond to your directions, you have a problem. We wish to share some additional tools and techniques to make sure that you and your dog have a "nice walk".

Pick the Right Collar or Harness:

Most people use a simple nylon or leather harness with a clasp to walk their dogs. This collar is fine for inside or for obedient dogs, but not for "bad walkers". The problem with these collars is that when your dog pulls on the walk, all you can do is pull back. There is no way for you to redirect your dog back to you and show leadership.

The first solution is the Martingale Collar. This collar looks like a "normal collar", but it has a loop of chain on the end where you attach the leash. When your dog starts to pull and you correct, you won't simply correct with a corresponding pull. The collar's chain will make a correction sound and he will receive a tug in your direction. The correction sound provides an audible distraction to his pulling and the tug provides a far more effective physical event than the pull.

The second solution is the use of the Easy Walk Harness. This harness has the leash attachment at the dog's chest. When the dog starts to pull and you correct, it will provide a pull from his chest, placing him slightly off balance and directing him back to you.

Take Charge from the Start:

Do not let your dog start to pull you as you open the door to start your walk.

- Make him respectfully sit as you open the door.
- Next, you will step out the door as he is still sitting.
- When you are outside, ask him out and have him sit again on the outside of the door.

Now, you should set yourself up for the walk.

- Make sure you are holding the leash properly. Let your arm drop freely and comfortably to one side. Grab the leash so that there is only a slight loop at the bottom of the leash as it goes to your dog's collar or harness. Grab the leash handle in your opposite hand.
- Check the neighborhood for anything that could be dangerous or scary to your dog. If you see something, go back in side and wait until the problem has passed.
- Give your dog the "Walk command" and start slowly. If he starts to pull, use some of the methods we have discussed.

Redirection for Slight Pullers:

Dogs pull because they see something and they want to check it out. When this occurs, they are no longer focusing on you. As they start to pull and a slight tug doesn't get them back in line, ramp up your command to pay attention to you. Instead of continuing to pull and tug on the leash, turn completely around and walk in the other direction. This will cause the dog to stop pulling because his direction has

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changed. After about ten feet, turn around again and continue in the same direction. You may need to repeat this several times to fully regain your dog's focus on you.

How to Address "Crazy Pulling":

If your dog does not respond to the "Redirection for Slight Pullers", you need to increase your correction technique with the "Back Leash" exercise. Here is what you do:

- Get a really long leash (about ten feet long). Walk your dog as you normally would right next to you.
- As your dog starts to pull, stop and let him have all of the leash. He will quickly move away from you until he is at the end of the leash.
- When he reaches the end of the leash, give the leash a slight tug to swing him back and facing you.
- Start walking the other way as you calmly direct him back to your side. You will need to gather up the loose leash.
- If he starts to pull away again, stop and let him have all the leash again. Repeat the above steps.
- Change directions and continue to walk on your previous path.
- Repeat the above actions as necessary until your dog stays next to you and pays attention to you.

Way Too Many Distractions:

Sometimes you are in a situation where there are way too many things going on around you or there is an unfriendly dog/person coming right at you. At this moment, you need to retreat from the area to a place of calm for you and your dog. If you are walking down the sidewalk, turning up a driveway or onto a yard will work. After you have moved away, keep your dog's focus on you. If you see your dog is still nervous, agitated, or not focusing on you, move farther way. You need to remain calm and stand tall as the problem passes. Once passed, you and your dog may continue your walk.

Walk on a Long Lead

Please be aware that this is an advanced technique and may not be appropriate for every dog and/or dog owner.

You can give your dog a walking experience with more freedom while maintaining a high degree of control and safety through our Walking on a Long Lead training program. You should only consider this training after your dog can safely walk with you as described in our [Walking Module](#). Only proceed if your dog will always give you focus under any condition while outside.

Instead of the standard six-foot leash, you must use a thirty foot training lead that is between 3/4 and 1 inch in width. You can find one of these on our [Training Tools](#) page.

You will perform this training outside. Make sure that your dog has his collar and training lead on. Initially wrap the lead like a lasso so that you are holding the looped part and there is about two feet of leash between your hand and your dog's collar. This is the same technique that you were using when holding the standard six-foot leash. The difference is that you now have "a lot more leash in your hand".

As you approach the door, have your dog sit and stay. You should step out first and then invite him out. Have him sit and stay again. Look around to make sure that it is safe to proceed.

Start walking with him close to you and by your side as described in the standard [Walking Module](#). If he starts to pull, tug back slightly until he is near you and the training lead is loose. After about a minute or two of "calm walking", you can start to let out the training lead. Let the lead fall and drag on the ground as you and your dog walk. **Always have the lead handle in your hand.**

Here is where the difference comes between simple walking and walking on a long lead...

At this point your dog is walking with the training lead attached to his collar. The training lead is dragging on the ground behind him. You should be walking with the training lead on the ground next to your feet. If you want your dog to have about fifteen feet of freedom, there will be approximately fifteen feet of training lead on the ground between his collar and your feet. You could have more training lead released, but that portion should be behind you and not come into play at this time. Never let the distance between you and your dog reach a point where the training lead will start to leave the ground (fully extended between you and your dog).

If your dog starts to exceed your acceptable distance (fifteen feet in our example), step on the training lead and stop. Remember, the training lead should always be on the ground right where you are walking. Once you step on the training lead and stop, the portion between your dog and you (your foot) will become taut and cause him to instantly stop. Call him so that he focuses on you. Once he is stable, calm, and giving you focus, you can take your foot off the training lead and continue your walk.

If you want to decrease the distance between you and your dog, step on the training lead by your feet and stop. This will cause the training lead between him and you to become taut and will cause your dog to stop. You can now "walk up the lead" like you were walking a tight rope. This keeps your dog remaining still while you walk up to him.

If you want to walk up to him because you want him to remain next to you while a distraction passes, walk all the way to him; stepping on the training lead the entire way; and have him sit. Take the slack

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part of the training lead in your hand for better control until the distraction is no longer an issue. You can then start walking as you let the training lead out on the ground again.

You can change the length of the training lead between you and your dog to allow him more or less freedom. Step on the lead from time to time just to have your dog stop and provide you focus. This is a simple reminder to your dog that you are still “in the driver’s seat”.

Practice this once or twice a day. Initially take short walks and slowly extend the distance as you become more proficient in these techniques.

If you are having problems, check out our [Problems with Walking](#)



Walking and Meeting Other Dogs and Their Owners

A common problem many dog owners experience when walking their dog is for their dog to get overly excited, adrenalized, and even aggressive when they meet other dogs and their owners while on their walk. If the other dog is crazy and your dog is reacting to that, you should review our suggestions in our Problems with Walking module. If your dog is the instigator, we have a great exercise for you.

The first thing you will need is a very good and calm dog and confident dog owner/friend. This dog should not react to anything your dog may display. If needed, you can call us for assistance.

The process you are about to begin is based on the fact that your dog is adrenalized or otherwise uncomfortable when directly exposed to other dogs and their owners. Even though your dog is with you, he currently does not feel safe and must react accordingly.

Each level in our training exercise increases the intensity of your dog's experience with the other dog and their owner and your need to properly manage the situation. Your success in each level demonstrates to your dog that you are in control and he is safe.

The exercise is as follows:

LEVEL 1 – FROM A DISTANCE/OTHER DOG WALKING:

We first start out with your dog in a stable position viewing another dog walking at a distance. Make sure your dog is wearing a collar/harness and leash. You must first place your dog in a sit at your open front door or front porch. If you are having an issue with the Sit command, review our training instructions on Sit. You should be able to clearly view the street, but not an entire view up and down the street. You can adjust the angle and amount of view by moving inside the front door to restrict the angle of view.

Once your dog is calmly sitting, the other dog will calmly walk down the street on the other side of the road. If your dog starts to adrenalize, correct him. If needed, walk him back into the house until calm and then repeat the process from slightly farther inside the house (further restricting the angle of view). Once your dog can calmly view the other dog walking past the front of the house from the porch or at the front door, you can move to Level 2.

LEVEL 2 – A LITTLE CLOSER/OTHER DOG WALKING:

We will now increase your dog's field of vision of the other dog's approach and passing. Move him halfway down the driveway or yard so that he can have a clear line of sight of the other dog's approach and passing. Put him in a sit. If needed, you can distract him with a slight tug of the leash to direct his focus back towards you.

Have the other dog approach and calmly pass on the other side of the street. If your dog starts to adrenalize, first try to correct him with a tug on the leash. If needed, redirect him by moving him back to the house and remain there until he is calm. Return to the original position and repeat the passing exercise with the other dog. Once your dog can calmly observe the other dog and owner pass on the other side of the street, you can proceed to Level 3.

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LEVEL 3 – WITHIN NORMAL RANGE/OTHER DOG WALKING:

Now, you and your dog will move down to the side of the street in front of your home. If there is a sidewalk, be on the sidewalk. If there is no sidewalk, be in your yard right next to the street. Like Level 2, your dog should have a clear line of sight of the other dog and owner as they approach and pass on the other side of the street. The difference here is that you are emulating the distance you would be if you were walking on one side of the street and a dog and owner would pass while walking on the other side of the street.

***Trainer's Note:** Up to this point, your dog has been stable (sitting) while the other dog has been moving (walking up and down the street). Your dog's stability has provided your dog with a safer perception of his immediate environment. It has also allowed you to more easily focus on any signs of anxiety and quickly react. During the last three levels we have increased your dog's focus on the other dog by decreasing the distance between the two. Now, we are going to have your dog become mobile. This will put him in a more realistic "real life" situation and will require you to be more vigilant in observing your dog's demeanor.*

As I said before, "We are now entering a real life environment".

LEVEL 4 – NORMAL RANGE/YOU ARE MOVING:

Your dog is sitting on one side of the street and directly across from him is the other dog sitting on the other side of the street. The other dog will remain sitting and stable as you start to calmly walk your dog down the street in one direction. If your dog starts to pull or react towards the other dog, give the leash a tug and bring him back to you. You can use your correction sound and other methods we have discussed in our [Problems with Walking](#) module.

Walk for about two houses (100 – 200 feet), turn around, and walk back. Pass your house and walk about two houses (100 – 200 feet) in the other direction. Be sure to correct and redirect your dog if he does anything except calmly walk by your side. Return to the front of your house and place your dog in a sit. Repeat this exercise until your dog can calmly walk up and down the street three or four times with the other dog on the other side of the street.

LEVEL 5 – NORMAL RANGE/WALKING TOGETHER:

Now we are going to introduce movement with both dogs. With your dog sitting on the sidewalk in front of your house and the other dog sitting directly across the street, start both walking up the street in the same direction. They should both stay on their sides of the street and move at the same speed. If your dog begins to focus or react towards the other dog, use your correction sound and other methods we have discussed in our [Problems with Walking](#) module.

As before, walk for about two houses (100-200 feet), both turn around, and walk back. Keep both dogs walking directly across from the other on opposite sides of the street as you pass your house and walk an additional two houses (100 – 200 feet) in the other direction. Turn around and both of you return to your starting positions (you in front of your house and the other dog directly across from you on the other side of the road). Have both dogs sit as your dog calmly observes the dog across the street. Repeat

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this process until your dog can successfully complete this process with no correction for three or four times.

LEVEL 6 – NORMAL RANGE/CRISS-CROSS:

This step is exactly the same as the prior except your dog and the other dog will be approaching each other. Your dog will begin by sitting in front of your house and the other dog will be sitting directly across from you on the other side of the street. Walk your dog two houses (100 – 200 feet) up the street in one direction. At the same time, have the other dog walk two houses (100 – 200 feet) down the street in the opposite direction. Now, have both dogs turn and walk down the street towards each other remaining on either side of the road.

The dogs should pass in front of your house and continue down the street in their opposite directions until each has reached two houses (100 – 200 feet) down from your house. If your dog begins to focus or react towards the other dog, use your correction sound and other methods we have discussed in our Problems with Walking module.

Have both dogs return to the front of your house; your dog on the sidewalk in front of your house and the other dog directly on the opposite side of the street. Have both dogs sit as your dog calmly observes the dog across the street. Repeat this process until your dog can successfully complete this process with no correction for three or four times.

Trainer's Note: We have now worked on many types of movement for your dog and the other dog. We are now going to get the dogs closer together in a way you will often experience when walking your dog in your neighborhood, a shopping area, etc.

LEVEL 7 – GETTING CLOSER:

Now your dog will be crossing the street and coming close to the other dog. Do not perform this step while there are cars passing in the road. Start with your dog sitting in front of your house on your side of the street and the other dog sitting directly across from your house on the other side of the street. Start walking your dog up the street about 50 feet. Turn around and walk back. As you are walking, decrease the distance between your dog and the other by about five feet. You should have completed your decrease in distance by the time you reach the front of your house. Continue walking for 50 feet down the street. If your dog begins to focus or react towards the other dog, use your correction sound and other methods we have discussed in our [Problems with Walking](#) module.

Turn around and repeat your walk while decreasing the distance between your dog and the other dog by an additional five feet. Pass your house and turn around again when you have walked 50 feet past your house. The other dog is sitting calmly on the other side of the road the entire time.

Repeat this process, decreasing the distance between your dog and the other dog by five feet until you are approximately five feet apart. This is what I consider a “comfortable but not too personal” close distance. Repeat this step until your dog shows no sign of agitation and does not need correction for two times.

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LEVEL 8 – CLOSE RANGE/WALKING TOGETHER:

Now, we simply want the dogs to walk together. It doesn't matter what side of the street you want to perform this exercise. Have both dogs in a sit next to each other. They should be about five feet apart. Have both of them start walking together up the street for about two houses (100 – 200 feet). Have them pause, turn around, and walk back. If your dog begins to focus or react towards the other dog, use your correction sound and other methods we have discussed in our Problems with Walking module.

Walk past the front of your house and two houses farther down the street (100 – 200 feet). have them pause, turn around, and walk back to in front of your house. Have them stop about five feet apart and have them sit. Repeat this step until your dog shows no sign of agitation and does not need correction for two times.

LEVEL 9 – CLOSE RANGE/COME TOGETHER:

We now want them to “greet each other”. On the same side of the street, move your dog about 100 feet up the street in one direction and have the other dog move 100 feet down the street in the other direction. Have them both in a sit facing each other. Now, start both of them slowly walking towards each other. If your dog begins to focus or react towards the other dog, use your correction sound and other methods we have discussed in our [Problems with Walking](#) module.

Once you are about five feet apart, stop and have both dogs sit. Pause for a moment and then continue walking so that both dogs pass each other and continue in the opposite direction. Repeat this step until your dog shows no sign of agitation and does not need correction for two times.

***Trainer's Note:** We have now successfully introduced your dog to another dog and his owner in a “normal walking and neighborhood environment”. To be sure we have covered all possibilities, we are going to introduce one more level that adds a complexity to your dog's perception of the dog and his owner.*

LEVEL 10 – CIRCLE EXERCISE:

This exercise focuses on a 360-degree change in perspective. It is done in the middle of the street, so you must make sure that there are no cars coming. Place your dog in the middle of the street and have him sit. The other dog should be at one side of the street. Have the other dog slowly walk in a circle around your dog remaining the same distance from him at all times. Have the other dog pause momentarily as he makes his circle. He should pause in front, on the sides, and behind your dog.

Although your dog should be sitting, it is acceptable if he stands up and stays in place. He should not react or move towards the other dog going around him. If he reacts, correct him, walk him around for a moment, and then start again. If he continues to react towards the other dog, increase the radius of the circle. Have the other dog completely go around him in one direction, turn around, and completely go around him again in the opposite direction.

Once your dog can successfully remain in place and calm while the other dog can go around him in one direction and then in the other, switch places. Place the other dog in the center of the circle and have your dog circle him completely in one direction and then the other. If your dog begins to focus or react

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towards the other dog, use your correction sound and other methods we have discussed in our [Problems with Walking](#) module.

