

TRAINING GUIDE

SPORT[®] JUNIOR

REMOTE DOG TRAINING SYSTEM WITH LIGHTED COLLAR



DOG TRAINING GUIDE

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Tri-Tronics® Dog Training Guide

Sport®Junior

Congratulations on your purchase!

All Tri-Tronics Remote Trainers are proudly made in the USA.

Tri-Tronics takes great pride in the design, manufacture, service and safety of all our products. We always want to hear from you, our customer. You can contact us and get the latest information available regarding your product, our support services, training information, or to purchase accessories, collars, or additional receivers for your Tri-Tronics Remote Trainer.

We can be reached via email at support@tritronics.com or by calling toll free 1-800-456-4343 or visit our website at www.tritronics.com. Thank you for choosing Tri-Tronics.

Product Specification

Product specifications and features may change at any time without notice or obligation since Tri-Tronics® is committed to a policy of continuous improvement.

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INTRODUCTION

Congratulations! You made a great choice when you purchased a Sport Junior remote trainer. Your Sport Junior—used with the right training—can help you have a hunting companion you're proud to hunt over. And if your dog is a family pet, he can be a pleasure to be with in every situation, even off a leash.

THE LESSON PLAN

The training program in this booklet covers these commands:

- Here (or Come) Command – coming to you from a distance every time you call
- Heel Command – walking quietly beside you, whether on or off a leash
- Sit Command – Sitting when told – whether next to you or at a distance – and staying until released (For pointing breed dogs we've included Whoa instead of Sit)
- Down Command – Lying down and staying down until released

We recommend you start with the Here (Come) command. The choice of wheth-

er to use “Here” or “Come” is a personal one. “Here” is more typical for hunting dogs and “Come” is more typical for family pets; it's your choice—just be consistent. In this booklet we will call it the “Here” command.

Many owners don't continue their dogs' e-collar training beyond the Here command, and that's perfectly fine. A dog who comes reliably when he's called has all the obedience that many people need for a fine hunting dog or family pet. We've included other basic commands in case you want to take your dog's e-collar training further.

Don't try to introduce e-collar training to your dog on all the commands at the same time or in the same session.

Let your dog get confident at one command before adding the next. The exception to this is working on Heel, which can come in after the 2nd or 3rd session on Here if your dog is making good progress on Here. E-collar work on “Heel” can overlap e-collar work on “Here.”

Dogs learn in small, sequential steps. We've divided the training plan for each command into Lessons. Plan to have several training sessions on each Lesson before your dog moves on to the next Lesson. Each session should review some of the material your dog has already learned.

Since dogs learn from repetition, it is good to have a training session with your Sport Junior every day or at least several

sessions a week. If you wait longer than that between sessions your dog will have trouble learning.

If your dog seems to be having trouble, back up to an earlier stage in the Lesson you're working on, or even to an earlier Lesson. Experienced dog trainers regularly back up and repeat or simplify earlier material for a dog. All dogs are individuals and they make progress at different rates.

There are many e-collar training programs; the program presented in this booklet is just one way to start your e-collar training. There are lots of good programs out there and a variety of resources in books, videos, the internet, as well as help from a professional trainer

in your area. So feel free to look around and don't be locked in to any one method if you find something else that works better for your dog.



HAPPY DOGS

Dogs learn best when they're having a good time, so include plenty of praise and play when you train. Keep your dog's sessions short. You should take a break during a training session for a chance to

play. Most of the time you should end the training session with play.

The way you praise should balance your dog's natural temperament. An excitable dog should have calming praise. A dog who becomes quiet and sober while trained should be livened up with animating praise.



WHAT YOUR DOG NEEDS BEFORE YOU START

The Lesson plan for each command assumes that your dog already has an understanding of the command word before you start his e-collar Lessons. He doesn't have to be reliable at obeying. But he needs some understanding of the command. If he doesn't have that understanding yet, then he's not ready to train on that particular command with the e-collar.

What If He Doesn't Know the Command?

If you're looking for some help with basic obedience to prepare your dog before you start his e-collar training, there's a Bonus section on basic (non e-collar)

obedience located at the end of the Sport Junior Training DVD. There are also many fine books, videos, and training classes offering obedience programs.

WHAT YOU NEED BEFORE YOU START

1. Your Sport Junior e-collar.
2. A flat buckled collar on your dog in addition to the Sport Junior.
3. A leash and a 20-foot rope or “long line.” For a bird dog you may want a longer “check cord.”
4. Toys your dog likes playing with.
5. Training areas:
You need a quiet distraction-free area for first sessions on a command.
You need areas with gradually increasing distractions for later work.

USING LEASHES AND ROPES

Why do we start a dog’s e-collar Lessons on a leash or a rope? After all, isn’t the point of a remote trainer to get away from that restriction?

Yes it is. However, the introduction to e-collar training is about teaching your dog to understand the e-collar nick itself. Your dog will not automatically understand that obeying a command is the “right answer” when he feels the e-collar. This is true no matter how well he knows the command.

To help him learn what to do about the e-collar nick and keep him from becoming confused, it is important that you have a way to guide him in early sessions on each command. Having him on a leash,

and later a “long line” or rope, together with his previous training on the command, is the best way to guarantee good learning.

When he shows you that he’s responding well to the nick by performing the command, and does not become confused,



then you can phase out the leash or rope. When phasing it out, let your dog drag it during training for a session and then take it off completely. Put it back on for a little while longer if your dog seems to be having too much trouble understanding what you want.

During a dog’s early e-collar training with a leash or rope, it’s best to fasten it to a separate collar, not the e-collar itself. Later you can have the leash or rope on the e-collar D ring if you prefer.

DEVELOPING A DOG'S E-COLLAR UNDERSTANDING

As your dog proceeds with e-collar work on each command, you should follow a certain sequence in how you apply commands and nicks. In the early part of each session, you should nick each time you give the command. Later in that session, sometimes nick with the command, but other times give a “freebie.” A “freebie” means that you give the command but don’t nick. A dog who needs more control should have fewer freebies and more repetitions where you do nick. The Lesson plans in this booklet will also give you more pointers about when to nick with the command and when to give a freebie.

As the sessions on each command progress, your goal is to be able to give the command with no nick at all, and have your dog respond the way you want. To work toward this goal, give the command without a nick but if your dog fails to respond correctly, repeat the command with a nick. If you find that he is often failing to respond without a nick, then you need to return to nicking with each command for a while.

There’s a reason for a two-step process in training e-collar commands. If you nick with each command, dogs associate the nick with what they should do about it. This is what you want. But after they have that idea, their understanding deepens and becomes more permanent if you give them one “free” chance to obey

first. You want both forms of learning so use the two-step process.

COLLAR-WISE DOGS

A collar-wise dog is one who believes that wearing the e-collar is a cue to be obedient even if you don’t nick. This knowledge has its flip side which is something you don’t want, namely that not wearing the e-collar means he doesn’t have to obey.

Since you want your dog eventually to obey whether the e-collar is on or off, don’t let him become collar-wise.

Avoid creating a collar-wise dog by being sure you have the e-collar on him—and the transmitter with you—any time you might give a command. Don’t put

yourself in a position where you give a command you cannot reinforce with your e-collar. It’s that simple. This advice refers not only to formal training sessions but also to daily life. Have the e-collar on your dog even after you’ve completed his formal training, so you can use it to back up your commands while hunting over your dog or in daily living situations.

If you never give a command that you are not in a position to reinforce, then your dog cannot learn to compare what happened when the e-collar was on with when it was not on, and he won’t become collar wise.

HOW LONG TO USE THE E-COLLAR IN TRAINING

Have the e-collar on your dog for at least a month after you see that he is obeying reliably, off a leash, in the situations in which you give him commands. Return to having the e-collar on him if he later becomes unreliable.

If you train for competition events such as hunt tests or field trials, you should have the e-collar on him in every training session after you have completed his e-collar introduction.

WHISTLE TRAINING

A whistle that means the same as a verbal command is useful for any dog who works at a distance from you and might not hear the command. If you taught your dog whistle commands already, you can

incorporate your whistle in his e-collar Lessons covered in this booklet.

Don't try to teach two things at a time though. If he doesn't know the whistle yet, do your e-collar introduction with the verbal commands he already knows. Add the whistle later.

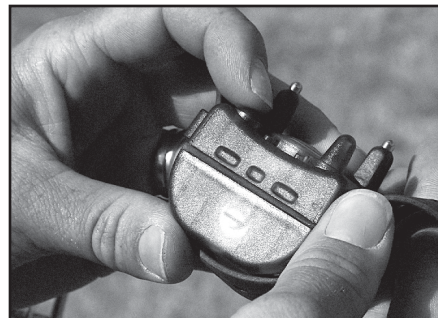
It is easy to teach your dog that a whistle carries the same meaning as a verbal command after he understands the e-collar for that command. As the first step, blow the whistle during training just before the verbal command. Do this for a few training sessions. Then switch to the whistle alone, but if your dog does not respond, repeat your verbal command with an e-collar nick. Continue this transition step for a few training sessions.

After this transition, you can use the whistle alone. Your dog will obey it and also will know how to respond if you need to reinforce the whistle command with the e-collar nick.

SPORT JUNIOR FEATURES

You need to understand a few features of your Sport Junior before you start training. More information is in the Owner's Manual that comes with the product.

- Collar on/off switch
- Stimulation intensity dial (7 levels)
- Transmitter stimulation buttons (STIM-C and STIM-M)
- The LIGHT button turns the remotely activated Collar Light on and off. This bright red flashing LED helps you see your dog in the dark.



Press the Receiver's On switch once to turn the collar on. Press again to turn the Receiver off. Save battery life by always turning the Receiver off after use.



ON YOUR DOG

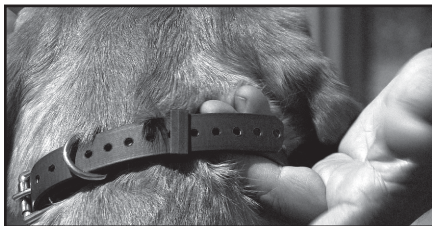
Remote training collars need to be on tight for consistent contact. Consistent contact is necessary for a reliable stimulation sensation. If the collar is too loose, you'll get poor results in your e-collar training.



Place the e-collar high on your dog's neck with the collar box underneath his chin and facing forward.



Always run the free end of the strap through the D ring. You can cut the strap if it is too long for your dog.



Use of the plastic keeper is optional.

If your dog has a very heavy undercoat, you may need to thin it in the area where the receiver rests so that the contact points can reach his skin.

Don't leave an e-collar on a dog longer than necessary. If you leave it on too long, your dog might develop skin irritation from the rubbing of the contact points. Such irritation is from mechanical pressure, not electrical stimulation.

Dogs vary in how long is too long for their skin. A "rule of thumb" is to take it off for at least 8 hours out of every 24 hours, but your dog might need to have it off for longer than that. Examine your dog's neck for redness when you take the collar off. Don't use an e-collar on a dog who has signs of skin irritation.

SETTING STIMULATION INTENSITY

Setting the intensity to the right level is important for best results when training with e-collars.



INTENSITY DIAL

Sensitivity Test

Because all dogs are individuals, we recommend that you find out what his physical sensitivity is before you start his first e-collar Lesson. By learning this, you can be sure that the first e-collar session

does not startle your dog with stimulation that is too high.

PLEASE NOTE:

This test is a one-time test, don't start each session with it.

How to Find Your Dog's Introductory Level

Set the Sport Junior transmitter on the lowest setting (½). When your dog is not distracted and is not doing anything in particular, press the Stim-C button. Watch your dog closely for a slight physical reaction. Typically it's a quick motion such as a cock of the head, twitch of the ears, suddenly looking down at the ground, or taking a step backward. If you see no such reaction from your dog, increase the intensity dial one level, and

test again. Keep increasing the level until you see this reaction from your dog.

NOTE:

Very few dogs can feel the ½ setting. Most but not all will respond by the time you are on the Sport Junior's level 2. If your dog is too sensitive even for the ½ level with the continuous button, then use the momentary button on the ½ setting instead.

A few dogs vocalize because they are startled. But if your dog vocalizes more than one time, you have the intensity level too high so go back down a level or two.

The level you've found is your dog's Introductory Level. You'll use it when you start his first Lesson on a command.

Increasing the Introductory Level

After an initial introduction to the e-collar, perhaps as soon as part way through the first session or in the second or third session, some dogs need a slightly higher level. Because all dogs are individuals, you'll need to observe your dog to see whether he seems to make progress on the Introductory Level, or needs a slightly higher level after some experience with the e-collar.

Increasing the Level around Distractions

Many dogs are less physically sensitive when they are distracted. Therefore, when you start practicing around distractions, you may find that the level that was working for your dog is no longer enough. Increase the level one step at a

time until you observe that your dog recognizes that you are using stimulation, and responds appropriately. Often after your dog has some practice at the higher level, you can lower the level again and he will respond well to the lower level.

Remember that distraction training is not just about increasing intensity. Your dog may also need more help understanding what you want. You might need to train with easier distractions at first or you might need to put him back on the leash or long line and give him more help making the right decision.

Guiding your dog with a leash helps him learn the e-collar correction and is especially important when you start training around distractions.

Lowering the Level

If your dog becomes worried or upset, seems confused, or vocalizes during introductory sessions, you might have selected too high an intensity level, so turn it down. The dog who is showing any of those signs may also need more help understanding what you want. So back up a step or two or simplify things for him by breaking the Lesson into smaller steps.

Overcoming Very Strong Distractions

In a case of very exciting distractions, such as when the dog is chasing something, many dogs will need quite a bit higher level than their normal level. Your dog may vocalize in this case. After you have made your point overcoming a strong distraction, you can return to your normal lower level. You'll get much better results from your e-collar training if you lay a good foundation in lower-distraction situations before you present your dog with a very exciting distraction.

CONTINUOUS AND MOMENTARY STIMULATION

“Continuous” stimulation stays on as long as you press the button, up to 8 seconds. “Momentary” stimulation is always a quick nick no matter how long the button is pressed. You can train with either type; some trainers prefer one and some the other. For that matter, some dogs do better with one type and other dogs do better with the other type.



STIM-C

STIM-M

We recommend you start your training with “continuous,” using a brief tap of the button whenever an instruction in this booklet refers to a “nick.” When you have a feel for the training, you can switch to momentary and compare your dog’s responses. A dog with more e-collar experience often does very well with momentary stimulation because it gives a quick reminder that doesn’t upset him. If you need exceptionally mild stimulation in your early sessions for a very sensitive dog, try the ½ setting and use your momentary button.

If you are trying to correct your dog for chasing, you should use the continuous button and press it for longer than just a brief “nick.”

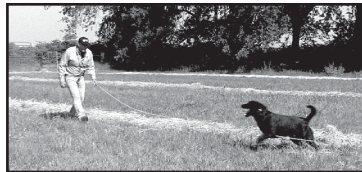
AGGRESSION

Aggression in dogs has many causes. Social dominance, fearfulness, learned behavior, and physical problems, as well as other factors, can all be involved. In some cases, aggression can be successfully treated with a remote trainer, following the proper procedure. In other cases, however, correcting the aggressive dog with a remote trainer is not appropriate and will not be successful. Because the causes of aggression can be so varied and situations so unique, we recommend that you consult a knowledgeable professional dog trainer or animal behaviorist who has experience with aggressive dogs. We do not recommend that you use the remote trainer to treat your dog's aggression without first getting professional assistance.

TRAINING THE "HERE" COMMAND

LESSON ONE INTRODUCTION TO "HERE"

Put your dog on a rope or long line and take him for a walk in a distraction-free area. When he ranges ahead and is facing away from you, call him and follow with a quick nick of stimulation. Guide him to you with the rope. Praise him as he comes to you. Praise again when he gets to you.



Let's recap Lesson One:

- Calling distance, around 20 feet from you.
- Call when dog is facing away from you
- Nick with stimulation
- Pull rope to turn him to you
- PRAISE as he comes to you

Repeat this sequence a few times during your initial walk. Plan on about a 10 minute session for his first session.

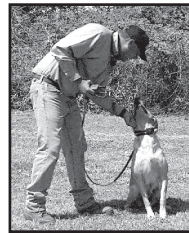
Soon you should see your dog respond extra quickly when he feels the nick. This is the reaction you want because it shows he's trying to "beat the nick." He might also tend to keep an eye on you and perhaps not range so readily to the end of the rope. These are also signs he's

starting to pick up on the pattern and understand the e-collar.

When you see this, stop nicking with each command. If he needs a second command, nick as you repeat the command. If he frequently needs the nick because he failed to respond to the first command, return to nicking with the first command for a while.

Practice Lesson One for several sessions in different training areas and be sure to give your dog plenty of praise when he comes to you.

End your session with a good play period.



WHAT IF...?

1. He never gets any quicker or more attentive, even after several sessions.

Solution 1:

Call him from a shorter distance.

Solution 2: You might need to increase the intensity a level. Also see whether your collar strap is tight enough.

2. He keeps an eye on you and never “faces away from you.”

Solution: Call anyway and follow the procedure.

3. He stays so close you can't get far enough away from him to call.

Solution 1: Space your repetitions farther apart.

Solution 2: Do not use a nick with every repetition.

Solution 3: Have an assistant lead him away from you and release him to come when you call.

Remember, he cannot learn how to respond to the e-collar without actual practice at responding to the nick so create opportunities to follow the procedure in Lesson One.

LESSON TWO ADDING DISTRACTIONS

Find training areas with distractions. Start with mild distractions that are farther away from your dog. Gradually increase the temptation and excitement level by using more attractive distractions and by training closer to them.

Keep the rope on your dog during this phase because you may need it to help him turn and come to you.

If he fails to come or respond to the nick, keep repeating the command and nicking as you guide him to you with the rope.

Be creative in finding distractions and practice Lesson Two for several sessions in different training areas.

End with a play session.



Call your dog away from a distraction. If he does not respond to the first command, repeat your command and give a nick.



Let's recap Lesson Two:

- Dog should still be on the rope
- Find a mild distraction and let your dog be distracted by it
- Call your dog
- If he does not come immediately, repeat the command and nick.
- Pull rope to guide him to you
- PRAISE as he comes to you
- Use more enticing distractions as your dog advances.

WHAT IF...?

1. He doesn't respond anywhere nearly as well as he did without distractions.

Solution 1: Start with easier distractions or be farther from the distraction when you call.

Solution 2: Be sure to help guide with

the rope. He may be so distracted he can't remember what to do.

Solution 3: You might need to increase your intensity level.

2. He doesn't want to have anything to do with a distraction after even one correction.

Solution 1: Sometimes let this type of dog pay attention to the distraction and don't call him at all.

Solution 2: Give him an extra chance. Nick for failing to respond to two commands instead of one command.

LESSON THREE PHASING OUT THE ROPE

When you see your dog turning and coming in response to the nick and you no longer need to pull the rope, drop the end of the rope and work for part of the session with it dragging on the ground. Then remove the rope and continue to practice calling him away from distractions.

Be creative and take advantage of new situations in which your dog might not come. By this time you should always call one time without a nick, and only correct with the nick if he ignores your command.

Lots of praise when he comes to you!

LESSON FOUR REAL WORLD PRACTICE

This Lesson continues for the life of your dog! Find opportunities to call your dog when you know you can correct him with the e-collar if he does not come. This will keep his training sharp.

Do not use stimulation if you need to call a dog out of an intense encounter with another dog, or if either dog is acting aggressively.

Remember that if your dog is chasing something when you call him, and you need to correct him for not responding, many dogs will



need quite a bit higher intensity level than they do for normal training.

Remember to praise your dog for a nice response!

TRAINING THE “HEEL” COMMAND

LESSON ONE INTRODUCTION TO “HEEL”

When your dog heels, he should walk quietly beside you. If you speed up, slow down, or make a turn he should stay with you. You can teach your dog to heel on your left or your right. Some people like to teach the dog that it's okay to be on either side as long as the dog stays there. The choice is up to you. Most people want their dogs to stay on their left side. In this Lesson plan we will assume your dog heels on the left.

The best time to start the Lesson on “Heel” is after a couple of sessions on the “Here” command.

Have your dog on leash and at your side, say “Heel,” and start walking. Then put some distance between yourself and your dog by making a 180 degree U-turn away from him. If he does not come with you, say “Heel” and nick as you turn. Guide him into position by your side with the leash and praise him. Keep walking.

Repeat this a few times then sometimes turn and command but without the nick (a “freebie”). At other times use both the command and the nick.

Remember, one goal of all introductory e-collar Lessons is to teach your dog to understand the nick, as well as perform the command, so you need to find opportunities to nick after the “Heel” command. Some dogs will give you more

opportunities and some will give you fewer.

Let's Recap Lesson One

- Start on leash.
- While heeling turn 180 degrees away from dog
- If dog does not come with you, say “Heel” and nick
- Guide with leash
- PRAISE as dog rejoins you

Repeat the procedure several times in your first practice session then take a break for some play. In later sessions teach him to speed up and slow down as you walk, and make both left and right turns as well as U-turns. Keep sessions short. Keep work on “Heel” interesting

for your dog by adding plenty of turns and pace changes and lots of praise.

As you practice, you'll see your dog start to keep an eye on you so he can stay by your side. Praise him for paying attention to you as you are heeling.

Practice Lesson One for several sessions in different training areas.

WHAT IF...?

1. He leans on you.

Solution 1: Use fewer nicks and more freebies.

Solution 2: Make more left turns to help him learn to leave space between his body and yours.

2. He changes sides on his own and tries to heel on your right side.

Solution: Pull him back to the left side with your leash rather than nicking him for this. Praise him when he's on the left side.

3. He lags behind you and doesn't want to heel.

Solution 1: Encourage him to come up beside you with more praise.

Solution 2: Walk more briskly and make heeling more of a game.

LESSON TWO ADDING DISTRACTIONS

Find training areas with distractions. Start with mild distractions that are farther away from your dog. Increase the temptation and excitement level gradually by using more attractive distractions and by training closer to them.

Heel your dog toward the distraction and turn away from him. If he goes for the distraction instead of following you, say "Heel" and nick. Use the leash to help him respond to the nick if he needs the help.

Be creative in finding distractions and practice Lesson Two for several sessions in different training areas.



Let your dog become distracted and leave the Heel position. Turn away, command "Heel" and give a nick with the e-collar. Praise him for catching up with you.



Let's recap Lesson Two:

- Dog should still be on the leash
- Find a mild distraction and let your dog be distracted by it
- Turn away from the distraction
- If your dog does not heel with you, command "Heel" and nick.
- Use the leash to help him
- Praise as he rejoins you at heel

WHAT IF...?

1. He doesn't improve with practice and is overwhelmed by the distraction.

Solution 1: Start with easier distractions or be farther from the distraction when you call.

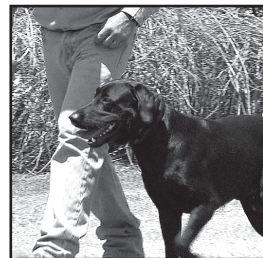
2. He isn't interested in the distraction after one correction.

Solution 1: Often heel this type of dog near distractions and let him watch a distraction while you heel past without making a correction.

Solution 2: Give more freebies, in which you don't nick.

LESSON THREE GOING OFF-LEASH

When you see that your dog responds to the nick alone and you don't need any leash guidance, drop the leash and let it drag—a "reality check"—does your dog seem to understand the nick well or do you need to pick the leash up and use it at times? When he doesn't need any leash help, remove the leash and continue to practice.



Let the nick be your "leash" from now on and soon your dog will heel nicely off leash whenever you want.

"SIT" AND "WHOA"

The Sit and Whoa (Stand) commands are stationary commands. They stop a dog whether he is by your side or at a distance. In these commands, "stay" is implied. Your dog should remain in place after hearing the "Sit" or "Whoa" command until you release him. Choose a release cue like "Okay" or "Break" and be consistent in using it to release your dog from his stationary command.





“Sit” is used for retrievers, for flushing breeds, and for family pets. (“Hup” is the sit command for a flushing spaniel.) Pointing dogs use “Whoa.” A whistle command for “Sit” (or “Hup”) is useful for a hunting dog and can get his attention in the field better than a voice command.

You need your dog to respond to your stationary command at a distance and not run to you, so some of the Lessons on these commands will focus on teaching your dog to respond when he’s remote from you.

TRAINING TIP

Give a refresher on off-leash “Here” where you need to correct with a nick just before you start the off-leash “Heel” lesson.

**TRAINING THE “SIT”
COMMAND**

Your dog should already know the “Sit” command without the e-collar before you begin his e-collar Lessons on Sit. If he does not know how to respond to upward leash pressure by sitting on command, he is not ready for the e-collar Sit Lesson.

**LESSON ONE
INTRODUCTION TO “SIT”**

With your dog on a leash and about an arm’s length from you, say “Sit” and nick, then immediately help him to sit with an upward leash tug. Praise him for sitting.

Release him and walk him to a new spot in your training area, and repeat.

After a few nicks with each “Sit” command, alternate with some freebies, in which you command “Sit” and guide with the leash if needed, but do not nick after the “Sit” command.

In the course of your first session, watch your dog’s response during the freebies. If you got a slow response to that “Sit” command, in the next repetition you should nick when you say “Sit.”

Soon (in the first or second session for many dogs) you should see your dog become quick at sitting when he hears “Sit.”

End with a play session!



dog sits when you nick, instead of moving toward you before sitting.

Let's Recap Lesson One

- Start your dog an arm's length from you, on leash
- Command "Sit" and nick
- Immediate upward leash tug to help dog sit
- Gentle praise
- At first nick with each Sit command
- Part way into first session, mix in freebies and nick only for poor response to "Sit"
- Keep first session short
- End with play

TRAINING TIP:

If your dog already knows the Sit Whistle, use it during this Lesson instead of your verbal command. Otherwise, wait until the dog is good at the verbal Sit with the e-collar nick to introduce the whistle. See the procedure on teaching whistle commands at the front of this booklet.

LESSON TWO REMOTE "SIT"

You can start this on a 6-foot leash but soon you should use a long line (or a 20-foot rope) instead so you can increase distance.

With your dog about six feet from you, say "Sit" and nick, then step toward him as you help him to sit in place with a quick upward leash tug. Praise him for sitting.

Release him and walk him to a new spot in your training area, and repeat.

After a few times in which you nick with each "Sit" command, alternate with freebies.



Teach your dog to respond to the nick that is given with the "Sit" command, even at a distance from you.

WHAT IF...?

1. He comes to you before sitting.

Solution: Step at him and help with the leash to make sure he sits at a distance from you.

2. He gets up after sitting.

Solution: Repeat “Sit” and give a nick the moment he gets up.

Let’s Recap Lesson Two

- Dog on a 20-foot rope but start with him only 6 feet from you Command “Sit” and nick
- Step toward dog and give an upward leash tug to help dog sit
- Gentle praise
- Release and repeat in a new part of the training area
- At first nick with each Sit command
- Part way into first session, alternate with freebies
- Increase distance as dog learns to sit without trying to come to you
- End with a play session

LESSON THREE

WALK-AWAY SITS

In this Lesson while heeling your dog on leash, say “Sit” and nick. Drop the leash and keep on walking. The dog should not follow you. He should stop and sit and remain until you release him.

When you introduce this you may need to help your dog stop by turning to block him from following you, while you guide him into the Sit with the leash.

This exercise is hard for some dogs so be sure to praise him when he succeeds, and end with a good play session.



Drop the leash after saying “Sit” and walk away from your dog. He should sit and not follow you.

WHAT IF...?

1. He follows you and does not sit.

Solution: Block him with your body just as you say “Sit” and nick, to help him learn what you want.

2. He gets up after sitting.

Solution: Repeat “Sit” and give a nick the moment he gets up.

Let’s Recap Lesson Three

- Dog on leash and heeling with you
- Command “Sit” and nick
- Drop the leash and continue to walk—your dog should stop and sit
- PRAISE your dog
- Release and repeat in a new part of the training area
- When he can stop and sit from a walk try jogging with him at heel and repeat.

LESSON FOUR SIT-STAY WITH DISTRACTIONS

In Lesson Four, your dog will learn to hold his Sit position even if distracted. For the early sessions on Sit-Stay he should be on a leash with the leash on the ground. After he responds reliably to the nick given with the Sit command you can remove the leash.

You moving around your dog is a good distraction for the early sessions. Each time he breaks his Sit, command “Sit” and nick. If he does not sit back down, repeat the command and the nick and help him with the leash.

When he is reliable at holding his position, introduce other distractions. Start

with mild distractions that are farther away from your dog. Increase the temptation and excitement level gradually by using more attractive distractions and by training closer to them. Also gradually increase how far you are from your dog.

You should see two things. First, if you do need to correct with the nick, he immediately sits in response. Second, it becomes harder and harder to find distractions that will cause him to break.

Your dog will try hard not to break his Sit. Give him plenty of praise for a good effort!

Be creative in finding distractions, Practice Lesson Four for several sessions in different training areas.

WHAT IF...?

1. After breaking because of a distraction, your dog moves from his original position before he sits back down in response to the command and nick.

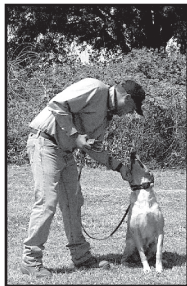
Solution: This is not a problem if he does not move very far. Your goal is to see progress over time in learning not to break the Sit in the first place. If he moves a long ways, he needs more practice at Lesson Two.

2. He completely ignores the command and the nick when distracted

Solution: The distraction was too strong for his at his level of training. Find milder distractions and increase distractions more gradually.

Let's recap Lesson Four:

- Create mild distractions, your own motion at first
- If your dog breaks his Sit, command "Sit" and nick
- Start with easy distractions and increase difficulty gradually
- Use your release cue to release your dog to keep things clear for your dog



Plenty of praise
for a good effort!

TRAINING THE "WHOA" COMMAND

Your dog should already know the "Whoa" command without the e-collar before you begin any e-collar Lessons on "Whoa." If he does not know how to respond to a leash tug by Whoa-ing, he is not ready for the e-collar with "Whoa."

LESSON ONE

INTRODUCTION TO "WHOA"

With your dog on a leash or a check cord, heel him and stop him at heel with "Whoa." He should be familiar with this from his earlier yard training on "Whoa." Give a nick just after you say "Whoa" and help with the leash if he needs it. Praise him each time he Whoa's.



Release him and heel him around your training area, repeating the "Whoa" with the nick as you heel and stop. Keep the session short.

Plenty of praise while he's holding his "Whoa" beside you.

WHAT IF...?

1. He sits instead of Whoa-ing.

Solution 1: Heel him forward and try again. Don't nick him for sitting.

Solution 2: If he's frequently trying to sit instead of "Whoa" he needs more introductory work on "Whoa" without the e-collar.

Let's Recap Lesson One

- Dog already knows "Whoa" without the e-collar
- Dog on leash or check cord
- Heel dog and stop
- Say "Whoa" and nick
- Praise him while he holds his Whoa

TRAINING TIP FOR TRANSITION WORK ON "WHOA":

Review your basic training, *with* the e-collar nick that the dog has previously learned in the yard, in the fields where your bird dog is used to hunting.

Also practice "Whoa" around birds, but in the yard, before you ask the dog to respond to the e-collar with "Whoa" when he has pointed a bird.

Complete these two transition steps before you ask the dog to respond to the e-collar around birds.

LESSON TWO

DISTANCE "WHOA"

You can start this on a 6-foot leash but soon you should use a check cord instead so you can increase distance.

With your dog about six feet from you, say "Whoa" and nick. As you do this, help him to Whoa in place with a quick leash tug. Praise him while he holds his Whoa, then release him.

Walk him around your training area, and repeat.

After a few nicks with each "Whoa" command, alternate with some freebies, in which you command "Whoa" but do not nick after the command.

Increase distance as your dog advances.



Start with your dog about 6 feet from you and gradually increase distance.



WHAT IF...?

1. He comes to you before Whoa-ing.

Solution: Step at him and help with a tug of the check cord to make sure he stops when he hears the command. Increase distance as he is successful.

2. He breaks his Whoa.

Solution: Repeat “Whoa” and give a nick. Also give a leash tug if needed.

Let's Recap Lesson Two

- Dog on check cord—start session with dog about 6 feet from you
- Send dog on
- Say “Whoa” and nick
- Praise him for Whoa-ing
- Increase distance gradually

LESSON THREE ELIMINATING THE CHECK CORD

Let your dog drag the check cord as you increase distance beyond the length of the cord. You want to see your dog show a good understanding of the nick in connection with the “Whoa” command. When you see this you can take off the check cord and practice “Whoa” without it.

TRAINING THE “DOWN” COMMAND

“Down” is very useful both for safety in the duck blind and for a pleasant family pet. Don't start it with the e-collar until after your work on Here, Heel, and Sit is well along.

Your dog should already know the “Down” command without the e-collar before you begin his e-collar Lessons on Down.

When you introduce “Down,” start with a low intensity stimulation, probably lower than you are using with the commands he's already familiar with for his e-collar training.

LESSON ONE INTRODUCTION TO “DOWN”

Start your dog in a sit next to you, say “Down” and give a mild e-collar nick. Guide him down with a method he already understands from earlier training, such as downward leash pressure or your hand pressing on his shoulders. Praise him calmly while he is lying down.

Release him and walk him to a new spot in your training area, and repeat.

After a few nicks with each “Down” command, alternate with some freebies, in which you command “Down” but do not nick after the command.

Release him and end with some praise and play.



Help your dog to lie down on command as you nick with the e-collar.

WHAT IF...?

1. He rolls on his back or tries to play, instead of lying down calmly

Solution: Release him and get him back on his feet, and repeat the exercise.

2. He crawls forward.

Solution: Repeat “Down” and give a nick. Tug backwards with the leash to stop him from moving forward.

Let's Recap Lesson One

- Start with a lower intensity level than the one you may be using for other commands
- Have your dog Sit, on leash
- Command “Down” and nick
- Immediately guide him into the Down position
- Gentle praise while he is lying down
- At first nick with each command
- Part way into first session, alternate freebies with repetitions in which you nick after the command.
- End with play

TRAINING TIP:

If you plan to hunt ducks over your dog, for a great distraction blow your duck call while training “Down.”

LESSON TWO DOWN-STAY WITH DISTRACTIONS

Reread the “Sit” with Distractions Lesson earlier in this booklet. Follow it but require your dog stay “Down” as you distract him. If he gets up from his Down because of a distraction, command “Down” and nick. Help him back down with the leash if necessary.

As with any distraction work, start with very easy distractions and increase difficulty gradually. A distraction is harder if it is closer, more exciting, or you are farther from your dog. It is normal to need a slightly higher intensity level if your dog is distracted, but if your dog fails frequently (breaks because of the

distraction) you need easier distractions, not more intensity.

When he responds to the nick correction for breaking “Down” without needing help from the leash, you can remove the leash.

LESSON THREE

DOWN-STAY PRACTICE

The “Down” command is one of your most useful commands. Take advantage of opportunities to have your dog lie down on command and be a part of the family without being underfoot or in the way.

The program in this booklet is only an introductory program. There are lots of ways to advance your dog’s training, especially now that he understands the e-collar. Best of luck with your future training and your hunting, and have fun!

