

Sit

Level 1: Sit When you Want Anything (“It’s Yer Choice” Sits)

Purpose:

The goal of this exercise is to capture a sit by using the dog’s well mannered response to food over its head.

Dog Skills

- Self control
- Offer behaviour
- Respond to a cue
- Give attention

People Skills

- Capturing
- Reinforcement
- Cueing

Steps:

1. Hold a piece of food (or toy) in open palm (facing up) above the dog’s head. Allow dog to jump but do not reinforce or give attention. When the dog finally tires of jumping and sits, click and drop the food on the ground (or toy).
2. Repeat until dog’s automatic response to the open hand above the head is to sit. Toss treat from the OTHER hand.
3. Begin to give the cue ‘sit’ just before you raise your hand. Continue to click and toss treat.

Click Points

- Head movement away from food hand
- Eye contact (not looking at hand)

Good for developing these other behaviours:

Sit Levels 2 – 4.

At home fun:

Capture sits that the dog chooses to do on its own at home. Begin to wait for the dog to **choose** to sit in real situations, such as before meals, when clipping the leash on, and before opening doors. Anything the dog wants, it should **choose** to sit for as a way of asking ‘please’. The more often you wait for the dog to choose to sit, the more often and the faster the dog will do it. Practice cueing ‘sit’ occasionally on walks, before playing, etc