

Structured Walking

Adding structure to your heel command

What

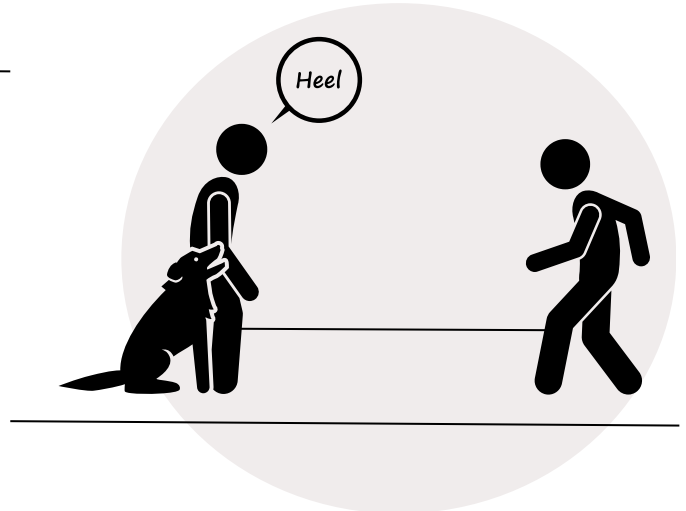
It's your heel command. Used to communicate when your dog is expected to follow your side and practice, implied impulse control.

- Your dog does not stop to sniff, mark, or greet people or dogs unless given permission.
- Your dog walks beside or slightly behind you, never pulling or walking far ahead.
- Your dog stays on one designated side, unless you cue them to switch.
- You position your dog on the opposite side of distractions (e.g., other dogs, people, smells).
- Your dog can glance at or briefly sniff things only if they are keeping a slack leash and staying in position.

When

Ask your dog to heel when:

- Passing by others
- Tight/narrow trails
- New places
- If your dog is overstimulated/distracted
- You need them to follow your side



Why

Structured walking is more than physical exercise — it's mental enrichment. It teaches your dog to:

- **Practice impulse control:** They learn when not to indulge in every urge to sniff, greet, or distraction.
- **Follow direction and focus:** Staying in a position with distractions builds handler engagement. They should be focused on following you around.
- **Move through the world calmly:** It sets a foundation for polite leash behavior in public and is an easy way to provide them their need for structure
- **Strengthen your relationship:** You become the center of their attention, not the environment. They learn you have boundaries and rules.

Break Time

Adding free time to your walk

What

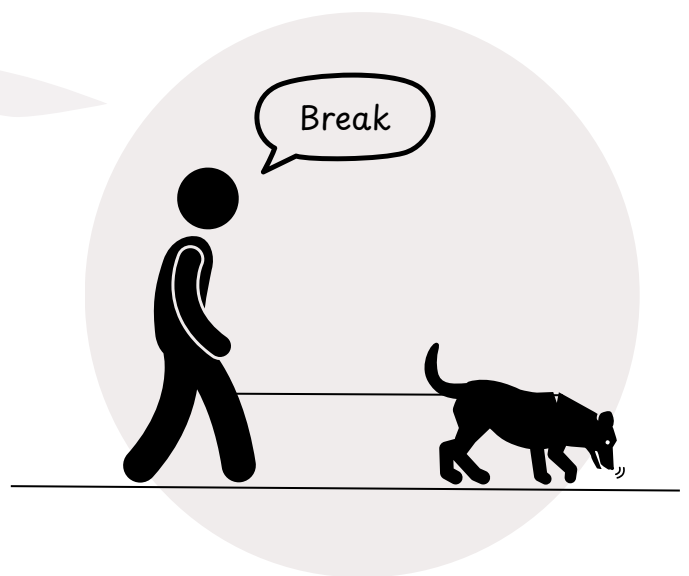
It's your break command or release marker. Used to give your dog freedom to sniff, explore, go potty, or socialize on your terms. During a break:

- Your dog can move freely within the length of the leash.
- They're allowed to sniff the ground, grass, trees, or objects.
- They may greet people or dogs only with your permission.
- There's no expectation of heel position or structured pace.
- The break has a clear beginning and end, marked with verbal cues (e.g., "Break!" to start, "Heel" to resume structure).
- They still are not allowed to pull you on leash, if they do, pop the leash or stop them from moving forward.

When

Ask your dog to break when:

- Your dog needs a brain break
- When you're free of distractions
- To reward your dog
- If your dog is settled and engaged
- Allowing them to sniff or greet others



Why

Breaks are essential for a well-balanced walk and your dog's mental and emotional health.

They:

- Give your dog freedom and fulfillment through sniffing and exploration.
- Relieve physical and mental pressure from sustained focus during structured time.
- Act as a reward for good leash behavior or impulse control.
- Encourage calmness by giving your dog a safe outlet to decompress.
- Help your dog transition between high and low arousal in a controlled way.
- Breaks teach your dog that freedom is earned and cued, which leads to better self-regulation overall.