

# Loose Leash Walking

## Foundations

### What is Loose Leash Walking

Loose leash walking is when the dog can successfully follow you around without constant assistance from you or the leash. To do this we use a training leash to teach your dog boundaries when they are walking with you. There are two modes we teach dogs to be in when on leash, break & structure.

### But my Dog Strangles Themselves on a Leash?

Dogs are not born knowing how to follow a leash and receive communication from it in a way that benefits us. All dogs are naturally programmed to push into pressure creating a tug o war effect. Taking the time to condition your dog to follow a leash and ensuring you are using a training collar is key to prevent your dog from choking themselves...not using a harness.

### Structure Break

You'll need to teach your dog when it is okay to go sniff and engage with the world and when it is time for them to follow you and disengage from distractions you walk past. Check out more of our handouts on implementing Structured walking.

### Precision Power

If you are not precise with your timing and position of the collar - Then you will have to use more power with the leash. Over powering your dog will not train them, but proactive timing will to prevent your dog from doing the wrong thing will.

### Pop Pull

There are two types of leash pressure; correctional and directional. Directional is a PULL and used to move the dog onto something or over. Correctional pressure is a POP and used to relieve any pulling or stop behaviours. Pop the leash to prevent your dog from pulling. Pulling the leash when your dog is already pulling creates more frustration on both ends of the leash.

