



The Down

Foundational

Definition of Down:

When the dogs elbows and belly touch the ground.

Achieve Target Behaviour

1. With your dog on leash in front of you, pre-load your lure hand and tuck it behind your back then say your dogs name.
2. Cue "down" then present your visual cue to assist your dog into position.
 - a. **If your dog down's:** Say "yes" (duration marker) and pay your dog in position. Then tap them on the shoulder and say "break" (release marker).
 - b. **If your dog doesn't down:** Do not reward. Say "no" (no reward marker). Assist them with a food lure by frustrating them with it and pushing it towards the ground/the dogs tail. Work around less distractions or work on something soft, if your dog fails more than 3 times in a row.
3. Repeat this process several times until your dog is successful 3/3 times.
4. Then practice adding 5-10 seconds of duration before you say "yes" (duration marker) and reward your dog in position, then release them.

Adding a Controlled Distraction

3 Sets of 3 Reps or 5 min session

See "*Understanding Distractions*" for more information on controlled distractions and examples.

1. Ensure the leash is in ready position to redirect and steady your dog. Cue your dog "down".
2. After your dog is in position, add a controlled distraction. Your dog should be aware of the distraction but still able to respond to the cue $\frac{2}{3}$ times.
 - a. **If your dog listens:** Mark and reward with "yes" (duration marker) and pay dog in position. Then tap them on the shoulder and say "break" (release marker).
 - b. **If your dog doesn't listen:** Do not reward. Say "no" (no reward marker). Assist them with the lure back into position and repeat step 2. Keep the dog steady with the leash. Consider moving the distraction further away or using an easier one, if your dog fails more than 3 times in a row.
3. Repeat this process several times until your dog is successful 3/3 times. consistently. Then gradually fade out the food in your lure and/or only rewarding with food for above average performances.

When to Advance the 3 D's

Remember The Rule of 3. If your dog easily completes three successful reps in a row, advance to longer duration, standing further away from the dog (distance), working closer to distractions or higher distractions. Only focus on challenging one of the 3 D's. If your dog fails three times in a row go back a step and make it easier.