

## The "Long Down" Technique

This is a technique to help obtain and maintain your leader role with your dog. Done correctly, this non-aggressive approach can give you the loving obedient dog you have always wanted and maybe you will learn a little something about yourself "patience".

This technique should be done 3-4 times a week regardless, especially early in training. At any given time, while watching T.V. or reading a book, just grab your puppy and place them in a down, saying down only one time. Every time your puppy gets up place them back into the down, do not get in the habit of repeating saying "down". You will want to do this for at least 10-15 minutes, even if you have to replace a multitude of times. It is important to do something else like T.V. or reading while using this technique, first of all, to show dominance by ignoring and secondly to help with your own patience. Sometime after repeatedly placing our dog into the down we find ourselves getting aggressive and frustrated these feelings are very detrimental to what we are trying to accomplish. After the time is up then simply release your dog. Do not give up! Sometimes if we have given our dog the impression they are in charge this will not be easy for the first couple of weeks.

### **Correction Procedure:**

In class we talked about correcting our dogs in the way they understand it by using techniques dogs use to correct each other. Tone of voice, posture and touch (physical contact). If you catch your dog chewing your shoes, for instance, give your correction word with a stern assertive voice, you may want to stand over your dog (posture) then poke or pinch (touch) not to hurt just to get their attention. If your dog corrects itself then praise, if not use your *Long Down*. In this situation not as a part of the correction, but because your dog did not respond to your correction you should reinforce your leadership.