

## **Starmark EasyGlide Disc™ Guide**

Congratulations on choosing the Starmark EasyGlide Disc! Developed by Starmark Pet Products, Inc., the EasyGlide Disc is a soft and durable flying disc, with an innovative aerodynamic design. It is sure to provide hours of safe, carefree fun and exercise for you and your dog.

The Starmark EasyGlide Disc is not just another flying disc—it is a full training support system. Your support system starts with this step-by-step guide, which teaches you how to hold and throw the disc. It also teaches you how to train your dog to catch the disc and do several fun tricks with it. Your support continues online at our web site, [www.starmarkacademy.com](http://www.starmarkacademy.com), which has a free complete version of this guide, instructional streaming video, free training and behavior solutions, and much more.

### **What Makes the Starmark EasyGlide Disc Different from Other Flying Discs?**

The Starmark EasyGlide Disc was developed with you and your dog in mind. Made of soft, yet durable foam, the Starmark EasyGlide Disc holds up to the most active dog without falling apart. Best of all it will not cut your dog's mouth or chip his teeth. The Starmark EasyGlide Disc is the best flying disc for the tender mouths of teething puppies. The patent pending aerodynamic design of the Starmark EasyGlide Disc makes it easy to throw, even for beginners. The Starmark EasyGlide Disc floats in water for disc catching fun at the pool, lake, or beach.



## Getting Started

The Starmark EasyGlide Disc Guide is separated into two phases: Practice and Training. The first phase is the practice phase, and it is just for you. First practicing alone without your dog allows you to become comfortable with the Starmark EasyGlide Disc and to direct it for maximum catching success for your dog. You will learn how to hold the Starmark EasyGlide Disc and throw it properly. Once you are comfortable throwing the Starmark EasyGlide Disc and directing it, you are ready to begin teaching your dog how to catch it. The second phase is the training phase. You will teach your dog how to take the Starmark EasyGlide Disc from your hand, how to catch it both on the ground and in the air, and how to do some fun tricks, like the Spin and Go-Around. If you are already experienced in throwing a flying disc, proceed directly to the training phase on page 6.

*Note: These instructions were written for right-handed people. If you are left-handed, you may find it more comfortable to reverse the indicated right-left order.*

## Practicing the Throw

Once you know how to throw the Starmark EasyGlide Disc you can direct where it goes and predict how your dog will catch it. Throws that take the Starmark EasyGlide Disc in sharp turns or arcs make it difficult for your dog to track its direction and may make him miss the catch. Throws that are too high force your dog to jump up to catch them and may cause him to land badly. Practice throwing the Starmark Easy Glider by yourself or with a friend to ensure that you have a good technique before throwing it for your dog.

Follow these steps to learn how to throw the Starmark EasyGlide Disc:

1. Stand in a comfortable position with your feet about shoulder width apart.
2. Hold the Starmark EasyGlide Disc firmly, but not tightly, in your right hand with your thumb on top of the disc and the rest of your fingers curled underneath.
3. Hold the Starmark EasyGlide Disc horizontally (level with the ground), mid-way between your shoulders and waist. (You can adjust the exact starting point of the Starmark EasyGlide Disc depending on how high you want to throw it.)
4. Bend your wrist and elbow and curl the Starmark EasyGlide Disc in toward your body. Make sure the Starmark EasyGlide Disc is still flat to the ground and not tilted.



5. Select a target and, keeping your eye on the target, unwind your arm. When your arm is straight, release the Starmark EasyGlide Disc at the target. Do not flick your wrist as you release the Starmark EasyGlide Disc and remember to keep it flat and level all the way through the throw.
6. Practice throwing the Starmark EasyGlide Disc by yourself or with a friend until you are comfortable and able to throw it accurately. Then move on to the following exercises with your dog.



1. Hold the Starmark EasyGlide Disc firmly in right hand with thumb on top and fingers curled



2. Hold Starmark EasyGlide Disc between shoulders and waist.



3. Curl your arm in toward your body, bending your wrist and elbow.



4. Unwind your arm.



5. When your arm is straight, release the Starmark EasyGlide Disc at your target.



### About Clicker Training

You can speed up the learning process for your dog by incorporating the Starmark Clicker into your training sessions. Clicker training combines the scientific principles of **classical conditioning** (Ivan Pavlov's dogs salivated at the sound of a bell because they had learned to associate the bell with food) and **operant conditioning** (B.F. Skinner's pigeons performed a series of movements in order to receive food).

A clicker provides a quick auditory cue that marks a good behavior for your dog.

Clicking the instant your dog does something right, and immediately rewarding him with something he finds enjoyable, such as a bite-size treat, or a toss of the Starmark EasyGlide Disc, positively reinforces the good behavior in your dog's mind. Use of your Pro-Training Clicker is optional but can speed up the learning of these new exercises.

### Equipment:

- Starmark EasyGlide Disc
- Long-line leash (20-30 feet)
- Collar
- Pro-Training Clicker
- Soft, bite-size treats
- Treat Pouch
- Water (to fill the top of the Starmark EasyGlide Disc during water breaks)

### Training Sessions

- Begin training your dog in secure, quiet locations that are free from distractions, yet familiar to your dog. A fenced-in yard works best, but if unavailable, keep your dog on a long-line leash for his safety. Keep a leash and collar on your dog when appropriate and until your dog has a reliable recall. *Never leave a leash and collar on an unattended dog.*
- Make sure that the area in which you are training has proper footing, and is free of holes and debris that your dog could step in. Grass or sand will work well. Concrete can scrape your dog's feet when running and makes for hard landings.



- Daily Starmark EasyGlide Disc sessions will help keep your dog physically fit and mentally stimulated. Keep the duration of your sessions under 15 minutes. Begin with shorter sessions, and gradually build up to 15 minutes to get your dog used to the physical exertion required of him. If you notice your dog becoming tired or slowing down, stop the session. Fill the top of the Starmark EasyGlide Disc with water and offer it to him as he rests.
- Schedule Starmark EasyGlide Disc sessions before your dog has eaten, or at least one hour after he has eaten, and limit the amount of water your dog drinks before, during and after your sessions. This will help avoid stomach upset caused by physical activity on a full stomach.
- Give your dog a sufficient cool-down period after sessions. Offer him only a small amount of water from the top of the Starmark EasyGlide Disc for the first hour after sessions.




- Physical exertion in extreme heat is dangerous for your dog. Don't have sessions when the temperature is too high. If daytime temperature is too high, consider having your sessions in the evening when the temperature has dropped acceptably.
- Strong wind is not conducive to flying disc sessions because it makes your throws unpredictable. For the best accuracy on a windy day, throw the Starmark EasyGlide Disc *across* the wind, instead of with the wind, or against the wind.
- During Starmark EasyGlide Disc sessions with your puppy be aware of the days that his mouth is sore from teething. If he seems reluctant to hold things in his mouth delay your sessions until his mouth is less sensitive.
- Do not make your dog to jump too high to catch the Starmark EasyGlide Disc or any other toy. A bad landing from a jump that is too high can injure your dog.




- The Starmark EasyGlide Disc is not a chew toy and should not be left alone with an unattended dog. The Starmark EasyGlide Disc is an interactive toy and should be used by you and your dog *together*. Allow your dog to play with the Starmark EasyGlide Disc only during your sessions together.
- Consult your veterinarian to make sure your dog has a clean bill of health before beginning this or any other type of physical activity.

### **Introducing Your Dog to the Starmark EasyGlide Disc**

When teaching your dog to catch the Starmark EasyGlide Disc, start with these basic exercises. They will help teach your dog to chase, catch, and bring the Starmark EasyGlide Disc back to you. Look for the Pro-Training Clicker icon  for exercises where you can incorporate the clicker to speed up the learning process.

### **Teaching Takes, Step-by-Step:**

The **Take It** or **Get It** command teaches your dog to take the Starmark EasyGlide Disc from your hand and helps peak his interest in playing with it. Use a leash or long-line for this exercise to prevent your dog from running away with the Starmark EasyGlide Disc after he has taken it. This exercise can be practiced indoors. 

1. Sit or kneel on the floor with the Starmark EasyGlide Disc in your right hand. Your dog should be in front of you on a long-line.
2. Pass the Starmark EasyGlide Disc in front of your body, trading it between your hands if necessary, and encourage your dog to take it in his mouth.
3. When your dog takes the Starmark EasyGlide Disc in his mouth, say the command “Take It” or “Get It,” and then praise and reward him with a treat. (Trading the Starmark EasyGlide Disc for a treat will also help teach your dog to give the disc back to you.)
4. Practice Takes for two to four sessions or until your dog learns to take the Starmark EasyGlide Disc in his mouth.





1. Sit with the Starmark EasyGlide Disc in your right hand and your dog in front of you.

2. Pass the Starmark EasyGlide Disc side to side in front of you.



3. Allow your dog to take the Starmark EasyGlide Disc from your hand.

### **Starmark EasyGlide Disc Tips:**

- You can use your Pro-Training Clicker in step 3 of the Takes exercise. Say the command “Take It” or “Get It,” and allow your dog to take the Starmark EasyGlide Disc in his mouth. Then immediately click and reward him with a treat.
- If your dog does not readily drop the Starmark EasyGlide Disc, you may initially “trade” him the Starmark EasyGlide Disc for a bite-size treat. Hold the treat close to your dog’s nose. As your dog lets go of the Starmark EasyGlide Disc say the command “Drop” or “Out” and immediately give him the treat. Pick up the Starmark EasyGlide Disc and continue playing with your dog, repeating the process until you no longer need to trade the Starmark EasyGlide Disc for a treat. You can also trade your dog a second Starmark EasyGlide Disc for the disc he has if you don’t wish to use treats.



- Once your dog has a reliable understanding of the Out or Drop command, you can also play tug with the Starmark EasyGlide Disc to help build his interest in playing with the disc.
- If your dog doesn't show an interest in the Starmark EasyGlide Disc right away try feeding him part of his regular meal out of it or giving treats from it.

*Note: The command you use for your dog to pick up the Starmark EasyGlide Disc will be the same one you use when you throw the disc for your dog. Choose either "Take It" or "Get It" and stick with that command throughout training so that you will not confuse your dog. This is also true for the Drop or Out command. Choose one command and stick with it.*

### **Teaching Rollers, Step-by-Step:**

**Rollers** will teach your dog to chase after the Starmark EasyGlide Disc and bring it back to you without having to run far from you to get it. Use a long-line for this exercise to prevent your dog from running away with the Starmark EasyGlide Disc after he has caught it and to encourage him to come back to you, if necessary. This exercise can be practiced indoors. 🐾

1. With your dog on your left side, hold the end of the long-line in your left hand.
2. Hold the Starmark EasyGlide Disc in your right hand with your arm curled. The outside edge of the disc should be perpendicular to the ground.
3. Uncurl your arm and gently roll the Starmark EasyGlide Disc on the ground like a wheel, allowing your dog to chase it.
4. When your dog picks up the Starmark EasyGlide Disc say your Take command.
5. Once your dog picks up the disc call him back to you. Encourage him with the long-line, if needed.
6. Praise and reward your dog when he comes back to you, but do not take the Starmark EasyGlide Disc away from him immediately.
7. Practice Rollers for two to four sessions or until your dog learns to come back to you with the Starmark EasyGlide Disc.







1. Hold the Starmark EasyGlide Disc in your right hand with your arm curled.

2. Gently roll the Starmark EasyGlide Disc on the ground like a wheel.



3. Allow your dog to chase and catch the Starmark EasyGlide Disc.

4. Call your dog back to you. Encourage him with long-line, if needed.

### Starmark EasyGlide Disc™ Tips:

- You can use your Pro-Training Clicker in step 6 of the Rollers exercise. When your dog comes back to you, click and reward him with a treat
- When your dog brings the Starmark EasyGlide Disc back, allow him to keep it for a short time. Taking the disc away immediately may make him reluctant to bring the Starmark EasyGlide Disc to you

*Visit [www.starmarkacademy.com](http://www.starmarkacademy.com) to get our free and complete Pro-Training Clicker training guide with Come Back When Called and other useful exercises.*

### Teaching the Throw, Step-by-Step:

In the beginning only throw the Starmark EasyGlide Disc a few feet in front of your dog. Gradually increase the distance of your throw. Use a long-line for this exercise to prevent your dog from running away with the Starmark EasyGlide Disc after he has caught it and



Streaming video of training and free behavior solutions are available online at: [www.starmarkacademy.com](http://www.starmarkacademy.com).

to encourage him to come back to you, if necessary. This exercise should be practiced outdoors with a long-line or in a secure location. 🐾

1. With your dog in front of you, hold the end of the long-line in your left hand and the Starmark EasyGlide Disc in your right hand.
2. Gently toss the Starmark EasyGlide Disc about 10 feet in front of your dog.
3. Allow your dog to chase the Starmark EasyGlide Disc and use your Take command when your dog picks it up.
4. Call your dog back to you. Encourage him with the long-line, if needed.
5. Praise and reward your dog when he comes back to you, allowing him to keep the Starmark EasyGlide Disc as you do so.
6. Once your dog is comfortable chasing and bringing the Starmark EasyGlide Disc back to you, gradually increase the distance you throw the disc.



1. Hold the Starmark EasyGlide Disc in your right hand.



2. Toss the Starmark EasyGlide Disc a short distance in front of your dog, allowing him to chase and catch it.



3. Call your dog back to you. Encourage him with the long-line if needed.



**Starmark EasyGlide Disc Tips:**

- You can use your Pro-Training Clicker in step 5 of this exercise. When your dog comes back to you, click and reward him with a treat or by throwing the Starmark EasyGlide Disc again.
- As your dog comes toward you, back up while praising him. Doing so will make coming to you more fun and will create a quicker recall. Always praise and reward your dog for coming to you.
- You can encourage your dog to come back to you using a second Starmark EasyGlide Disc. Then when he returns to you, praise and reward him with another throw.
- Starting out with short distance throws teaches your dog to run after and catch the Starmark EasyGlide Disc without losing interest in the game because he can't immediately catch it. This will also help teach your dog to look up to catch the disc instead of waiting for it to fall to the ground.
- Aim your throws at your dog's eye level. This will prevent him from jumping too high.

**Teaching the Spin with Treats, Step-by-Step:**

The **Spin** is a fun trick that dogs love to do. With the help of the Pro-Training Clicker it can be taught quickly and easily. This exercise can be taught indoors, or outdoors with a long-line or in a secure location. 🐾

1. With your dog in front of you, hold the end of your leash in your left hand and a treat in your right hand.
2. Hold the treat about two inches in front of your dog's nose and slowly move it counter-clockwise, around his body, encouraging your dog to follow.
3. When your dog is halfway through the turn, click and give him the treat.
4. Repeat steps 1–3, but click and reward him with a treat when completes a full circle.
5. Add the command “Spin” when your dog completes one full turn, then click and reward him with a treat.
6. Repeat steps 1–4 for two minutes during your session. Give the Spin command halfway through each turn, but do not reward him until he completes a full turn.





1. Slowly lure your dog with a treat in a counter-clockwise direction.

2. Give the Spin command halfway through the turn.

3. Click and reward your dog with the treat after completing a full Spin.

**Teaching the Spin with the Starmark EasyGlide Disc, Step-by-Step:**

Once your dog knows how to Spin, you can add the Starmark EasyGlide Disc into your Spin sessions. This exercise can be taught indoors or outdoors with a long-line or in a secure location. 🐾

1. With your dog in front of you, hold the end of your leash in your left hand and the Starmark EasyGlide Disc in your right hand.
2. Hold the Starmark EasyGlide Disc about two inches in front of your dog’s nose and slowly move it counter-clockwise, encouraging your dog to follow.
3. Add the command “Spin” when your dog completes one full turn, then click and reward him by throwing the Starmark EasyGlide Disc.
4. Repeat steps 1–4 for two minutes during your session. Give the Spin command halfway through each turn, but do not reward him until he comes all the way around.



1. Slowly lure your dog with the Starmark EasyGlide Disc in a counter clockwise direction.
2. Give the Spin command halfway through the turn.
3. Click and reward your dog with the Starmark EasyGlide Disc after completing a full spin.

### Starmark EasyGlide Disc™ Tips:

- Once your dog is proficient at the Spin, begin rewarding him by throwing the Starmark EasyGlide Disc instead of using treats. You can continue to lure him around with the Starmark EasyGlide Disc if necessary.
- You may use your leash to gently guide your dog in a counter-clockwise direction if needed.
- Dogs sometimes favor turning in one direction over the other. Pay attention to which direction your dog prefers and teach the Spin in that direction first. Once he understands the Spin, teach it to him in the opposite direction as well.
- To prevent dizziness do not have your dog spin around more than three times in a row.

### Teaching the Go-Around, Step-by-Step:

The **Go-Around** helps your dog get into a better position when you throw the Starmark EasyGlide Disc. By coming around in front of you before you throw the disc, your dog will be better able to see the direction of the throw. This exercise should be practiced outdoors in a secure location. 🐾

1. With your dog in front of you, hold the Starmark EasyGlide Disc in your right hand.
2. Lure your dog around behind you by turning slowly around in a circle, encouraging your dog to follow around. Once you and your dog complete the full circle, throw the Starmark EasyGlide Disc for your dog. Repeat the above steps for two to four sessions.
3. Next, instead of turning with your dog, pass the Starmark EasyGlide Disc between your hands behind your back, encouraging him to follow it. *(The Starmark EasyGlide Disc will begin in your right hand, then get passed to your left hand behind your back, then passed again to your right hand in front of you for the throw.)*



4. When your dog comes around in front of you, praise him and reward him by throwing the Starmark EasyGlide Disc.
5. Practice the Go-Around for two to four sessions or until your dog understands to circle around you before the Starmark EasyGlide Disc is thrown.
6. Begin pairing the exercise with the command “Around” before you lure him around you with the Starmark EasyGlide Disc.
7. Once your dog understands what Around means, you will no longer need to lure him with the Starmark EasyGlide Disc.



1. Starting position.



2. Lure your dog in a full circle around you by turning with the Starmark EasyGlide Disc.



3. Lure your dog behind you with the Starmark EasyGlide Disc.



4. The Starmark EasyGlide Disc should be back in your right hand to throw.




5. Reward your dog with the Starmark EasyGlide Disc when he comes around in front of you.

**Starmark EasyGlide Disc Tips:**



- You can use the Pro-Training Clicker in step 2 of the Go-Around exercise. When your dog comes back around in front of you, click and reward him by throwing the Starmark EasyGlide Disc or with a bite-size treat.

### **Using the Starmark EasyGlide Disc for Intermediate and Advanced Training:**

Canine disc catching is one of the fastest growing canine sports because of the ease in which you can teach it to your dog and because it is so much fun. There are countless tricks and stunts you can teach to your dog to do with the Starmark EasyGlide Disc once he has a strong foundation of catching and returning the disc. Incorporating different throws into your sessions will keep them fresh and fun. Remember to only teach your dog the exercises he is physically comfortable performing and not to push him too hard. Visit [www.starmarkacademy.com](http://www.starmarkacademy.com) for detailed streaming-video instruction for intermediate and advanced training tips. 

### **Trainer Developed: Academy Tested**

The certified training and behavior specialists at Starmark Animal Behavior Center created the Starmark EasyGlide Disc with you and your dog's needs in mind. All products, guides, and videos are tested and approved by the training directors of Starmark Academy, our accredited school for professional dog trainers. It is the hands-on experience of our training division, combined with the vast technical knowledge and experience of the Starmark Academy staff that allow us to bring you useful and unique dog training and behavior solutions. Learn more at our web sites:

[www.aboutdogtraining.com](http://www.aboutdogtraining.com); [www.schoolfordogtrainers.com](http://www.schoolfordogtrainers.com);  
[www.starmarkacademy.com](http://www.starmarkacademy.com).

### **Starmark**

Starmark is the largest, most comprehensive training, behavior, and event center in the world. Our national headquarters, located near greater Austin, Texas, features a 100,000 square-foot facility on our 360-acre campus. Thousands of dogs and their owners have trained the Starmark way. Starmark's training and behavior programs use a broad range of scientifically proven techniques, which provide dog owners with practical,



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motivational, and results-oriented ways to better communicate with their dogs. Training is communication. Trained dogs enjoy stronger bonds and enhanced relationships with their owners. Starmark's certified training and behavior specialists create custom programs covering virtually all areas of dog training and behavior, including: practical obedience; behavior modification; agility training; competitive dog sports; and more.

Learn more at **[www.aboutdogtraining.com](http://www.aboutdogtraining.com)**.

Starmark Academy for Professional Dog Trainers, Inc. is the most comprehensive school of its kind in the United States. Our academy offers a variety of accredited training and behavior certification programs, continuing education seminars, and workshops.

Starmark Academy is the smart choice in canine careers. Learn more at

**[www.schoolfordogtrainers.com](http://www.schoolfordogtrainers.com)**.

Starmark's Pet Products Division creates and develops unique pet products that reflect the way dogs learn. Utilizing the expertise gained through working with thousands of dogs and their owners, Starmark has created: interactive behavior products; training gear; step-by-step guides; instructional videos; and other educational materials. Learn more at **[www.starmarkacademy.com](http://www.starmarkacademy.com)**.

Thank you for choosing Starmark, World Leader in Pet Education.

