



TM

Pro-Training Collar™ Training Guide

STARMARK™

TRAINING & BEHAVIOR SOLUTIONS



*Streaming-video of training available on
starmarkacademy.com*

Congratulations on choosing the Pro-Training Collar™! The Pro-Training Collar™ is the collar of choice for dog owners who want the most effective and fun Obedience Training Process available on the market today.

The Pro-Training Collar™ actually enhances communication between you and your dog. It allows you to guide your dog through the training process in a safe, and enjoyable manner. A trained dog is a happier, safer, more enjoyable companion. The Pro-Training Collar™ comes with a two-part support system for you. This step-by-step guide, and our instructive video at starmarkacademy.com, guide you through the training process. This two-part system is designed to:

- Answer your training and behavior needs
- Clarify the way our Obedience Training Process works
- Show you how to make the obedience exercises both fun and effective
- Enable you to recognize the source of your dog's behavior problems

Although you may think of your dog as your best friend, it is important to remember that dogs are pack animals. Pack animals seek leadership. Good leadership begins with communication, and the most effective way to communicate with your dog is through Obedience Training. In just a short time, by integrating a few simple commands into your dog's daily routine and by using the Pro-Training Collar™, you can become a good leader for your dog and provide him with the right guidance and direction. (Remember: good leadership does not involve threats or bribes. It comes from mutual respect between you and your dog.)

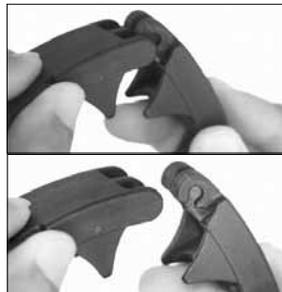
One way a mother dog provides direction, correction, and order to her litter is by giving a nip on a puppy's neck when needed. The Pro-Training Collar™ simulates that communication between the mother dog and her puppy. When the need for direction, control, or correction arises, the Pro-Training Collar's scientifically engineered elements compress on your dog's neck, creating a mild pinching effect. This mild pinch is a safe, familiar, and reliable form of communication with your dog. The correction and guidance from the Pro-Training Collar™ is clear to your dog because he will associate the correction with the behavior he is engaged in the moment the correction occurs. (You will learn more about reinforcement and correction in "The Foundations of Training" section of this guide.) Remember, it is unfair to correct your dog when he is confused, so make sure he understands the commands by first practicing the exercises in the "Teaching Phase" sections of this guide. Doing so will minimize miscommunication and make training with the Pro-Training Collar™ easier and more enjoyable.

FITTING THE PRO-TRAINING COLLAR™

Fitting the Pro-Training Collar™ is easy. Using your thumb and forefinger, snap the links together (note the angle of the links in the photos) ensuring that both hooks are set firmly on the bars. (You may snap or unsnap the collar at any link.) Then position the collar so the cord rests at the top of your dog's neck. To remove the collar, use your thumb and forefinger to unsnap the links. Do not attempt to slip the collar over your dog's head.

The collar should be snug, but not tight, around your dog's neck. Add or remove links as needed to ensure proper fit. Additional links may be purchased separately, which allows the Pro-Training Collar™ to be used on the largest of dogs.

Add-A-Link™ links are available in Large and Small.



Unsnap the links using a firm left-to-right rocking motion





1. Unsnap the Pro-Training Collar™ at any link



2. Using your thumb and forefinger, snap the links together. Then position the collar so the cord rests at the top of your dog's neck



3. The collar should be snug, but not tight around your dog's neck. Add or remove links as needed to ensure proper fit. Snap the end of your leash to the O-ring



4. To remove the Pro-Training Collar™, use your thumb and forefinger to unsnap the links. *Do not slip the Pro-Training Collar™ over your dog's head

GETTING STARTED

The following items are recommended in addition to your Pro-Training Collar™:

- 6-foot leash
- 4–6 inch tab leash (for use indoors and in intermediate training)
- Soft, bite-sized treats (for those who wish to use food rewards in training)
- Treat pouch (for quick access to rewards)

Leash and Collar Guidelines: Unless otherwise noted, your dog should wear his Pro-Training Collar™ with the 6-foot leash (or tab leash when in the home) attached whenever he is actively supervised. Never leave a leash and collar on an unsupervised dog. He should wear the Pro-Training Collar™ not just during training sessions, but whenever he is with you. Incorporating obedience exercises into your dog's daily routine permits consistent communication and accelerated learning. In time, it will not be necessary to keep a leash and collar on your dog when at home, or you will only use it as needed. Put the Pro-Training Collar™ on your dog at least five (5) minutes before the actual training session to give your dog some quiet time with the collar on prior to training. It is best not to put the Pro-Training Collar™ on your dog immediately before beginning training.

Never leave a leash and collar on an unsupervised dog. Daily use of the Pro-Training Collar™ is encouraged. Avoid possible skin irritation by having your dog wear the Pro-Training Collar™ for no more than 12 consecutive hours.

Training Area: When beginning any new obedience exercise, choose a quiet location that is free from distractions, yet familiar to your dog (your backyard or a spacious room in your home will work). Locations

like these allow your dog to focus on what you are asking him to do, and maximize the learning potential of each training session. As you and your dog become more proficient at obedience commands, gradually add distractions to the training environment (additional people, increased activity, or other dogs).

Training Duration: Although the ideal duration of a training session varies from dog to dog, as a rule, it is best to keep your sessions under 15 minutes. This ensures that training will be the highlight of your dog's day, and his enthusiasm will remain high throughout each session. Finish each session with brief play, fetch, or any game you like to play with your dog. We recommend that you perform two (2) training sessions per day, but if time is limited, one (1) daily session will suffice. (Never "double-up" sessions. It doesn't help your dog learn any faster, and too long of a session may decrease your dog's enthusiasm.)

Is the Pro-Training Collar™ right for your dog?

If your dog is having severe behavioral problems, such as dominance or fear-induced aggression, consult with a qualified Training and Behavior Specialist or Veterinarian before beginning this or any training program. You can begin training puppies as early as eight weeks old. For puppies that are eight to sixteen weeks old, follow the "Teaching Phase" section of this guide.

THE FOUNDATIONS OF TRAINING

Motivation and Correction: Proper reinforcement, through a balance of motivation and correction, is essential to the learning process. Positive Reinforcement through motivation shows your dog that he has done something right, while a correction helps him understand what is wrong. Positive Reinforcement is the motivation used in this guide and comes in the form of food (treats), petting, praise, and play. Positive Reinforcement helps build your dog's confidence, while motivating him to repeat good behaviors. A correction helps your dog immediately understand when he has made a mistake and minimizes the reoccurrence of inappropriate behaviors. Throughout this guide, a correction will also be referred to as a "Pop." A Pop is a quick and firm snap of the leash. The snap comes from the wrist and is designed to get your dog's attention. By working with the scientifically engineered elements in the Pro-Training Collar™, the Pop redirects the behavior your dog is engaged in when administered.

The Pro-Training Collar™ is your primary tool for guidance and corrections. It is safe and understandable to your dog. By using a combination of rewards (for a job well done) and corrections (for guidance or disobedience), you become a good leader that your dog trusts and enjoys. Through clear and consistent communication your dog will choose to do things that result in reward versus correction. Positive Reinforcement such as praise and petting should be genuine and heartfelt, while corrections should be given without emotion. Following any correction, your dog should receive an appropriate reward for engaging in the right behavior.

A note on treats: Treats are recommended throughout this guide. They are a very important part of training, especially during the teaching phases (when your dog is beginning to learn a new exercise or becoming more proficient at one he has already learned). It will not be necessary to use treats forever and you can omit them from the training process as you and your dog master commands in a variety of situations. Praise, play, and

petting will then become sufficient motivation. The treats you choose should be bite-sized, soft and appetizing to your dog. (Treats the size of a navy bean will work well.) Should you decide not to use any treats while training, it is important that you reward your dog in some way, especially after he performs an appropriate behavior as a result of a correction. Choose a form of Positive Reinforcement that you feel comfortable with and that your dog enjoys, such as praise, petting, etc.

About Clicker Training: For those who wish to optimize training with the Pro-Training Collar™, ask your retailer for the Pro-Training Clicker™. Visit our website, starmarkacademy.com for a FREE “Complete Clicker Training Guide” to use in conjunction with the Pro-Training Collar™. Using a clicker will help accelerate the learning process by marking training events for your dog with an auditory marker. It is a very useful tool for many aspects of training and behavior shaping.

Timing: To maximize learning potential, give all reinforcements and corrections within 1.5 seconds of a dog’s behavior. Waiting longer than 1.5 seconds makes it more difficult for your dog to associate the cause (behavior) with the effect (praise, reward, or correction). If you miss the 1.5-second window, it is best not to follow through with any reinforcement. Instead, repeat the command or situation.

Consistency: Dogs thrive on rules and routine. The familiarity of patterns puts them at ease. When you keep your actions consistent, your dog will begin to do what is expected of him without being asked. Consider the parallels in the following examples:

1. If you know that promptness at work is expected, and each time you show up late your boss corrects you by docking your pay, you will be less likely to show up late for work. If you teach your dog that sitting for greetings is expected, and that jumping-up results in a correction, your dog is less likely to jump-up.
2. However, if your boss docks your pay on some days when you arrive late, but greets you warmly on others, it is likely that you will feel anxious whenever you arrive late. But, it is also likely that you will continue to chance that behavior, as the benefit of a leisurely morning outweighs your anxiety about possible correction. If you sometimes reward your dog (by praise and petting for example) when he jumps-up, but correct him (by scolding for example) at other times, he too will be confused and anxious about how he should greet you, but will likely chance jumping-up to enjoy the benefit of your attention.
3. Finally, if you consistently show up to work early, and your boss rewards you for this, it is likely that you will continue to arrive at work early. If you consistently reward your dog for sitting politely when he greets you, he will continue to do so.

A boss that sends clear signals in a simple manner is more enjoyable to work for than one that sends mixed signals. The same is true of your relationship with your dog. Think of common situations in which your dog performed undesirable behaviors. Can you recall times when you sent mixed signals to him? Chances are you found that you or members of your family actually rewarded some of your dog’s nuisance behaviors on some occasions, yet reprimanded your dog for those same behaviors on others. Keep your rules simple and realistic, and it will be easy to communicate with your dog consistently. Consistency allows you to communicate more effectively and to become a better friend and leader to your dog.

How Dogs Learn: In simple terms, dogs learn by performing behaviors that result in something pleasant and by avoiding behaviors that result in something unpleasant. The more often a dog performs a behavior that results in something pleasant to him, the more likely he will repeat that behavior. Conversely, behaviors that result in an unpleasant experience are more likely to be avoided with each encounter. Visit our website, starmarkacademy.com for more information on how dogs learn.

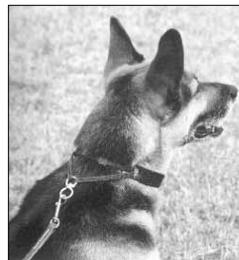
How To Give A Pop: A Pop is a quick and firm snap of the leash that is designed to get your dog's attention. Pop the leash with your wrist, not your arm. A Pop redirects the behavior your dog is engaged in when administered. How firmly should you Pop? This varies with each dog. If you find that you are giving your dog a series of corrections before he responds, then you may need to make your Pop firmer for that particular exercise. If your dog shows a negative reaction to a Pop or is overly sensitive to the Pop, then you may need to soften it. Remember: your dog must understand what is expected of him before you correct him for a behavior. The ideal Pop gets your dog to respond after just one, without causing any negative reaction from your dog. The Pop should be given in the direction in which you wish your dog to move, and will be explained step-by-step in the obedience section of this guide. Pops should be given without emotion, but the praise and reward that your dog receives for an appropriate behavior should always be genuine.

Guidelines for Correction: Occasionally your dog may choose not to obey you. This is normal and correctable. But some dogs learn that there is no negative consequence to disobeying a command. When those dogs are distracted by something that interests them more than performing a command (such as watching a squirrel climbing a tree) they simply don't listen.

Once your dog has learned a command it is sometimes appropriate to reinforce that command with a Pop. You will not need to correct your dog each time you give a command, but understanding how your dog responds to commands in different environments will allow you to provide him with proper guidance whenever he is with you.

The following guidelines assume that: your dog understands the command he is being corrected for; he does not have a severe behavior problem, such as fear or dominance related aggression; and the level of the correction is appropriate for your dog's age, temperament, and for the situation he is in at the time of the correction.

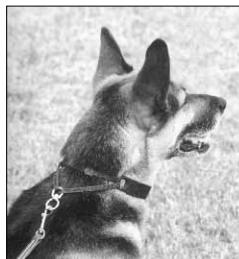
- Correct your dog within the 1.5-second window of opportunity discussed in the Timing section
- Correct your dog whenever he chooses to not obey a command you give him—even the first time you give it. If you ask your dog to sit, and he does not immediately sit, follow your command with a Pop using the 1.5 second rule
- Correct your dog anytime you believe that he will not immediately perform the command due to distractions or failing to pay attention. This means you might have to Pop immediately following each command. If you ask your dog to sit as he watches the squirrel in the tree, you may have to repeat the sit command followed by a Pop, until he learns that he must sit despite his interest in the squirrel
- Correct your dog for disobedience (trying to chase the squirrel instead of sitting when asked)—but not



1. Note the loose leash



2. Quickly pop and release, using your wrist



3. Immediately loosen the leash after the pop



confusion (asking your dog to perform a command he does not yet fully understand). When your dog is confused or is in an unfamiliar situation, help him perform the desired command by guiding him into position as explained in the teaching phases of this guide

- Correct your dog in a calm manner and without emotion. Corrections charged with emotion create unnecessary anxiety in dogs and their owners and often fuel more problems. Remaining calm and relaxed encourages your dog to do the same

One of the keys to successful dog training is simply paying attention. Paying attention to your dog's behavior in a particular situation is the best way to determine the necessity, level, and frequency of a correction. And, once your dog learns to pay attention to you, he will perform commands happily—and in any situation. When dogs and their owners learn to pay attention to each other, they both make fewer mistakes. Fewer mistakes minimize the frequency of corrections and will maximize enjoyment throughout the training process.

Summary of the Pop:

- A Pop is a quick, yet firm snap of the leash
- The Pop redirects the behavior your dog is currently engaged in
- The ideal Pop is one that gets your dog's immediate attention
- Pops should NEVER overly-startle your dog, or make him unsure
- When your dog responds to a Pop with appropriate behavior (such as "sit"), immediately give him Positive Reinforcement (praise, petting, or rewards)

Always teach your dog what an appropriate behavior is before you correct him for disobedience. Training should always be fun for you and your dog and should always end on a positive note.

Release: Provide your dog with a command that lets him know an obedience exercise is finished. Using a simple word such as "Free," "Release," or "Break" lets your dog know when the exercise is over. Teaching a release is easy: Wait until your dog has performed a command, and then say your release word using an upbeat tone of voice. Encourage him to get up and play with you. As your dog becomes proficient at an obedience exercise, you will increase the duration he remains in that command, before you release him.

TIME TO TRAIN

The best way to use this guide is to follow the exercises in the order given. The basic exercises are as follows:

- Attention Getting
- Sit
- Walking on a Loose Leash

Visit our website starmarkacademy.com for instructional video clips, tips, and information on additional obedience exercises, training and behavior solutions, and more.

Training, Step-by-Step: Starmark's experience in training thousands of dogs and their owners has enabled us to develop simple to use, step-by-step training systems for the items in our product line. Remember: if you decide not to use treats when training, it is important to reward your dog with some form of Positive Reinforcement such as praise, petting, or play.

The basic exercises are broken down into two phases: Teaching and Training

1. **Teaching Phase:** Is designed to show your dog what the commands mean. You will teach your dog commands that he does not understand by luring him with treats and/or guiding him into position. Since your dog does not fully understand the command at this stage, Pops are not used. Follow this

portion of the guide if your dog does not yet know a particular command and for puppies under sixteen weeks old.

- 2. Training Phase:** Use the Pro-Training Collar™ to reinforce commands your dog has learned in the teaching phase. The Guidelines for Correction provided on page 5 will offer the proper guidance for your dog in situations where he chooses not to obey you. Remember: correct your dog in a calm manner and without emotion. Remaining calm and relaxed encourages your dog to do the same.

Pro-Training Collar™ Tips: Following each phase of each exercise is a tips box, with helpful information for that exercise.

EXERCISES

Attention Getting: The goal of this exercise is to teach your dog to acknowledge his name and pay attention to your movement. A dog which pays attention to you is safer, more mannerly, and faster learning than a dog which ignores his owner. Attention Getting is the foundation to the Walking on a Loose Leash exercise.

Equipment: The Pro-Training Collar™, 6-foot leash, bite-sized treats, and treat pouch

Training Area: Spacious, quiet, and free from distractions

The Teaching Phase, Step-by-Step: Attention Getting

1. Hold the end of the leash in your right hand. Grasp the remainder of the leash in your left hand, keeping that hand close to your hip. Allow enough slack in the leash for your dog to move 3 feet away from you. Wait until he does so.
2. Wait until he looks away, and then call your dog using only his name.



1. Wait for your dog to look away from you



2. Call your dog and pivot. Keep your hand close to your hip



3. Face your dog as he turns toward you



4. Praise your dog

3. With your left hand close to your hip, pivot quickly to your right, and walk 3 steps away from your dog.
 4. As your dog turns toward you, face him, and praise him enthusiastically.
 5. When he comes to you, reward your dog with a treat and calm petting.
- Repeat the above sequence for a total of 3 minutes.

Pro-Training Collar™ Tips:

- Gradually allow your dog to move further away from you—up to 5 feet during the teaching phase
- Keeping your left hand close to your hip will allow you to gain your dog's attention when you pivot
- Your pivot should be quick, as should the 3 steps you take following the pivot
- Face your dog after the 3rd step
- Move on to the Training Phase when your dog has mastered Attention Getting while 5 feet away from you

The Training Phase, Step by Step: Attention Getting

1. Hold the leash in your right hand and step 5 feet away from your dog.
2. Wait until your dog looks away, and then step behind him. Call your dog using only his name. Follow immediately with a quick Pop, of the leash.
3. The moment your dog moves toward you, praise him enthusiastically as you walk backward.



1. Step five feet away from your dog



2. Wait until your dog looks away, and then call him



3. Quick pop of the leash



4. Praise and walk backward



5. Praise and reward

4. Gather your leash as your dog comes toward you, praising him the entire time.
5. When he catches up to you, stop moving backward, calmly pet and reward your dog.
6. Continue steps 1–5 for 5 minutes. You may find your dog begins turning toward you when you go behind him; when this happens, say his name, repeating steps 2–5 without the Pop.

Pro-Training Collar™ Tips:

- The purpose of this exercise is to get your dog's attention—regardless of the situation—by saying his name. Attention Getting will also teach your dog to keep his eye on you and your movements
- Only give your dog a Pop when he is looking away from you
- Always keep your dog on a loose leash. A tight leash hinders the learning process by not allowing your dog to make decisions. Your leash is tight if you can feel any pull or resistance from your dog
- If the leash becomes tight, extend your hand 1 foot forward to create a loose leash, and then give your Pop
- If your dog does not respond to the Pop, repeat the sequence making your next Pop slightly stronger, help your dog by moving backwards and praising him when he turns toward you. Continue doing so until your dog responds to his name. Your Pop should be just firm enough for him to immediately respond to his name
- Do not pull on the leash when you are attempting to correct your dog. Pulling forces your dog into a correct behavior instead of allowing him to make a decision. Teaching the exercise and then allowing your dog to make correct decisions will build his confidence and his trust in you as a leader
- Training should be fun and relaxing. Always remain calm and relaxed when training and your dog will do the same

Remember: your Guidelines for Correction helps your dog to learn quickly by minimizing confusion.

The Sit Command: Sit is the most commonly used obedience exercise. Most dogs have some understanding of the sit command. Teaching a reliable sit is easy. Use Sit in situations when you want your dog to show good manners, such as greetings, at doorways, and before you feed him.

Equipment: The Pro-Training Collar™, 6-foot leash, bite-sized treats, and treat pouch

Training Area: Quiet and free from distractions

The Teaching Phase, Step-by-Step: Sit

1. With your dog on your left side, hold the leash in your right hand 2 feet from the snap. Also, hold a treat in your right hand between your thumb and forefinger.
2. Place your left hand at the base of your dog's tail, while holding the treat slightly in front of your dog's nose, to keep him looking up.
3. Give the sit command, and raise your right hand upward while gently pushing down on your dog's hindquarters with your left hand.



1. Hold the leash approximately two feet from the snap



2. Give the sit command. Gently guide your dog into position



3. Praise and reward for sitting



4. When your dog sits, immediately praise and reward him with a treat.
5. Give your release word within 5 seconds.
6. Perform 10 repetitions, with your dog sitting for 5 seconds each time.
7. Perform 3 repetitions, with your dog sitting for 10 seconds each time.
8. Perform 3 repetitions, with your dog sitting for 15 seconds each time.

Pro-Training Collar™ Tips:

- Say your command only once. Repeating commands will teach your dog to ignore the first command
- Use a calm, yet firm tone of voice
- If your dog breaks the sit before you release him, repeat the command, and guide him back into position without reward
- Praise and reward your dog only for performing the sit correctly
- Remain calm and relaxed while training
- If your dog is excitable, ensure that your training area is quiet
- If possible, perform your training sessions before you feed your dog
- If you are having difficulty gaining your dog's attention, practice the Attention Getting exercise for two minutes, before beginning the Sit exercise
- During the Teaching Phase, remain at your dog's side while he is sitting
- Move on to the Training Phase when it is no longer necessary to guide your dog into the sit position, and when he remains sitting up to 15 seconds

The Training Phase, Step-by-Step: Sit

1. With your dog on your left side, hold the leash in your right hand two feet from the snap.
2. Give the command "Sit," followed by an upward Pop using the leash and Pro-Training Collar™; gently push down on your dog's hindquarters with your left hand, if needed.
3. When your dog sits, immediately praise and reward him with a treat.
4. Release your dog within 5 seconds.
5. If your dog breaks the sit command before he is released, repeat step 2.
6. Perform 5 repetitions, with your dog sitting for 5 – 10 seconds each time.
7. Perform 5 repetitions, with your dog sitting for 10 – 15 seconds each time.
8. Perform 3 repetitions, with your dog sitting for 15 – 30 seconds each time.
9. Play briefly with your dog between each repetition. Training should always be upbeat and fun.

Pro-Training Collar™ Tips:

- Once your dog is sitting, assume a normal, upright body posture before praising and rewarding your dog. Remaining bent-over encourages him to break the sit command
- Always use your Guidelines for Correction during the Training Phase
- If your dog does not respond to the Pop, make your next Pop slightly firmer.



1. Start Position - Give "Sit" command



2. Pop upwards while helping your dog into the sit position



3. Praise and reward your dog

Your Pop should be just firm enough for your dog to respond to the sit command. Guide him into position if needed

- Gradual introduction to distractions in your training sessions will optimize learning by allowing your dog to perform successfully in each training session

Walking on a Loose Leash: The Pro-Training Collar™ addresses some of the most common behavior problems in dogs: excessive pulling, and general rowdiness when on walks. It takes a little practice to teach your dog to walk peacefully by your side. You and your dog will enjoy leisurely walks once you show him that it is more enjoyable to stay by your side. The command used for walking on a loose leash is “Heel.” Other commands, such as “Let’s-Go” or “Let’s-Walk” may be substituted for “Heel.”

Equipment: The Pro-Training Collar™, 6-foot leash, bite-sized treats, and treat pouch

Training Area: Spacious, quiet, and free from distractions

The Teaching Phase, Step-by-Step: Walking on a Loose Leash

1. Have your dog sit on your left side, with his shoulder aligned with your knee. This is the “Heel” position.
2. Hold the end of your leash in your right hand, grasping the remainder of leash with your left hand. The length of leash between you and your dog should be just enough so the leash is loose and the snap is hanging down. Maintain a natural body posture when holding the leash.
3. Say your heel command and walk forward.
4. If your dog begins to forge ahead, quickly turn in the opposite direction. (Hold the leash close to your body while turning.)
5. If your dog begins to sway left and away from you, quickly turn to your right. (Hold the leash close to your body while turning.)



Walking on a loose leash



Quickly turn in the opposite direction



If your dog sways left, quickly turn right



If your dog lags behind, encourage him with praise

6. If your dog lags behind, continue to walk forward at a consistent pace, encouraging him with praise until he is in the correct position.
7. When your dog returns to the correct position, repeat your heel command and praise him.
8. When your dog walks by your side for a few paces on a loose leash, praise, release, and reward him.
9. Practice Walking on a Loose Leash for 5 minutes, breaking the session up with a brief play period.

Pro-Training Collar™ Tips:

- Your dog should adjust his pace to yours, not the other way around
- Keep your body posture relaxed when walking
- Watch your dog. Change your direction the moment he moves out of heel position
- When turning, keep the leash close to your body, immediately relax the leash once your dog is in proper heel position and return to the loose leash grip
- During the Teaching Phase, do not ask your dog to sit when you come to a halt. Release your dog only when he is in proper heel position, and then praise and reward him
- Keep the leash loose whenever your dog is in heel position. When in proper heel position, the leash should create a slight “loop,” and the snap attached to the Pro-Training Collar™ should swing
- Move on to the Training Phase when you can walk up to 10 paces with your dog on a loose leash, without the need to redirect your dog with turns



If your dog forges ahead, pop the leash backward



If your dog lags behind, encourage him with praise

The Training Phase, Step-by-Step:

Walking on a Loose Leash

1. Have your dog sit in the heel position.
2. Hold the end of the leash in your right hand, grasping the remainder of leash with your left hand. The length of leash between you and your dog should be just enough so the leash is loose and the snap is hanging down.
3. Say your Heel command and walk forward.



1. Slow your pace as you come to a halt



2. Pop up and push down on hindquarters



3. Praise and reward

4. If your dog begins to forge ahead, pop the leash backward.
5. If your dog lags behind, continue to walk forward at a consistent pace encouraging him with praise until he is in the correct position.
6. When your dog returns to the correct position, repeat your heel command and praise him.
7. When your dog walks by your side for a few paces on a loose leash, praise him.
8. Slow your pace as you come to a halt, giving your dog the sit command, helping him with an upward pop, while gently pushing down on his hindquarters.
9. Praise and reward your dog for sitting when you come to a halt.
10. Practice Walking on a Loose Leash for 5 minutes, breaking the session up with a brief play period.

Pro-Training Collar™ Tips:

- Become proficient with Walking on a Loose Leash by first walking forward, and then incorporate turns and change of pace into your training sessions
- Practice your leadership role by having your dog maintain a pace that you choose, not the other way around
- Paying attention to your dog's position will allow you to praise or correct him within the 1.5-second window of opportunity
- Vary the time you keep your dog sitting in the heel position. Vary the distance between halts

Starmark Pet Products, Inc.

As the world leader in pet education for over a decade, our award-winning training and behavior tools are developed by experts and performance tested by thousands of dogs at the Starmark Academy Animal Behavior Center. As the facilitator of world-class education and training programs for dogs and professional dog trainers, we understand how dogs think, play, and learn--this hands-on knowledge makes our products unique.

Starmark Academy is the largest, most comprehensive training, behavior, and event center in the world. With a 100,000 square foot facility situated on 360 acres, we cater to everything from pets to pros. Our extensive staff of certified professional trainers and behavior specialists offers a wide array of techniques and specialties.

Starmark Academy offers something for everyone, from the pet owner to the dog sports enthusiast; including training in basic companion obedience, solutions for common behavior problems, agility, police K-9, search and rescue, schutzhund, and more.

Learn more about us online at starmarkacademy.com.

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