
D O G S A V V Y



**Puppy Training:
Lessons 1-4**

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BecomeDogSavvy.com



This entire series is dedicated to the memory of my soulmate and life partner, K'dar, who went to spirit form unexpectedly during the production of this project. K'dar, this approach, and the training series that developed out of it, would not have existed without you and your devotion, willingness, and love. Our relationship was never about me teaching you. It was always the other way around. You continue to guide me. Our connection past and present is beyond words.

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Preface

Congratulations! By starting with the Dog Savvy training program you have taken a huge step toward creating a wonderful relationship with your puppy. I believe you will find this video and workbook both fun and informative, full of the tools you need to build a foundation of trust, respect, and willingness with your puppy.

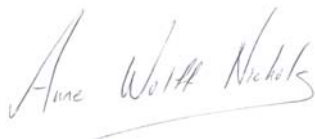
Many people view training as something they must do *to* their dog. If you feel this way, I urge you to change your mindset. Training is something you do *with* your dog, together as a team. Most people get a puppy or dog for the companionship and love that relationship brings us. This program will help you develop that, providing you enter both the relationship and the training with an open heart.

What you have in front of you is unique among dog training systems. Most training videos show you only the trained response of a puppy or dog, not the initial response when the exercise is introduced. However, I feel it is very important for you as the viewer to see puppy's response right from the beginning.

With that in mind, the puppies on this video were *not* trained for the exercises ahead of time. What you see is their actual response to the introduction of the exercise. Sometimes they pick up on the training surprisingly quickly and easily, giving you a chance to see how fast pups can learn with the Dog Savvy program. Other times the response is more challenging, more “real life” as I like to say. Either way, you'll see how puppies respond and how to go forward with whatever response they give. What is important to watch closely is how I handle the pups to get them back on track without squelching their desire to learn.

Lastly, I want to thank you. You have decided to take the steps to create a foundation with your pup that will last a lifetime—a lifetime of positive communication and mutual enjoyment. A fulfilling relationship for both you and your dog is my goal for each of you, and I sincerely thank you for starting out on this wonderful journey with me.

And remember, always train with heart!

A handwritten signature in cursive script that reads "Anne Wolff Nichols". The signature is written in dark ink and is positioned above the printed name.

Anne Wolff Nichols

Notes:

Lesson One: Training At A Glance With Checklist

Practice Day One

- Taking food from fingers
1 session (until pup understands) _____
- Name recognition/association (20 times total)
10 times AM _____
10 times PM _____
- Sit with stay (10 times total)
Hold stay 15 seconds each time.
5 times AM _____
5 times PM _____
- “Okay” to release
“Yes”/treat after pause when released from sit.
AM _____
PM _____
- Recall (10 times total)
2–3 steps at first; going further as pup’s confidence increases.
5 times AM _____
5 times PM _____

Practice Day Two

- Name recognition/association (20 times total)
10 times AM _____
10 times PM _____
- Sit with stay (10 times total)
Hold stay 15–30 seconds each time.
5 times AM _____
5 times PM _____
- “Okay” to release
If hesitant to release with “okay”, “yes”/treat after every “okay”.
AM _____
PM _____
- Recall (10 times total)
Take more steps with increased speed.
5 times AM _____
5 times PM _____

Notes:**Practice Day Three**

- Name recognition/association (15 times total spread out during the day)
If pup looks at you when name is called, “yes”/treat.
All Day _____
- Sit with stay (10 times total)
Hold stay 15–30 seconds each time.
5 times AM _____
5 times PM _____
- “Okay” to release
“Yes”/treat only if pup is very hesitant to move when you say “okay”.
AM _____
PM _____
- Recall (10 times total)
Take more steps with increased speed.
5 times AM _____
5 times PM _____

Have you reached the goals?

- Pup easily takes treat from fingers.
- Pup instantly and excitedly looks at you or comes to you when she hears her name.
- Pup instantly sits when food is lifted up above his head AND stays easily in the sit position for 15 seconds.
- Pup quickly ends the behavior you asked for when you say “okay”.
- Pup eagerly runs and pushes into you as you run backwards as fast as you can manage while saying “come”.

GREAT!!**Time to move on to Lesson 2!!!**