

## **LONG SIT AND LONG DOWN**

(Not to be confused with Sit and Down Stays)

**PURPOSE:** These exercises establish control over the dog and more importantly enable the dog to develop self control.

**GOAL:** The goal is for the dog to develop the self control to resist the impulse to move from the position.

**OBJECTIVE:** The objective is for the dog to do a 10 minute Sit and 30 minute down while the person moves about the room and leaves the room for very brief periods of time.

**LESSON ONE:** Practice each position 3 times on alternating days in a distraction free area. Do not pet or play with the dog except to give the "Stay" command and use your stop word if the dog tries to move.

Long Sit - Sit on the floor with your dog in a sit on your left side. You may let your hand rest at or near the dog's collar if necessary for quick correction. Start with 3 to 5 minutes the first day and gradually increase to 10 minutes. Praise, reward and release at the end of the exercise.

Long Down - Sit on the floor with your dog in a down on your left side. You may let your hand rest at or near the dog's collar on top of the shoulders if necessary for quick correction. Start with 5 minutes the first day and gradually increase to 30 minutes. Praise, reward and release at the end of the exercise. If the dog goes to sleep, wake up and praise, reward and release.

**LESSON TWO:** Proceed as above, but with the person sitting in a chair with the dog on the left side.

Long Sit - Sit in a chair with your dog in a sit on your left side. You may let your hand rest at or near the dog's collar if necessary for quick correction. Start with 3 to 5 minutes the first day and gradually increase to 10 minutes. Praise, reward and release at the end of the exercise.

Long Down - Sit in a chair with your dog in a down on your left side. You may let your hand rest at or near the dog's collar on top of the shoulders if necessary for quick correction. Start with 5 minutes the first day and gradually increase to 30 minutes. Praise, reward and release at the end of the exercise. If the dog goes to sleep, wake up and praise, reward and release.

**LESSON THREE:** Proceed as above, but with the person sitting in a chair halfway across the room from the dog.

Long Sit - Place the dog in a sit stay and sit in a chair halfway across the room. Start with 3 to 5 minutes the first day and gradually increase to 10 minutes. Praise, reward and release at the end of the exercise.

---

All rights reserved. No part of this book may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, scanning, recording or by any information and retrieval system, without written permission from the DTCCDC, Inc.

Long Down - Place the dog in a down stay and sit in a chair halfway across the room. Start with 10 minutes the first day and gradually increase to 30 minutes. Praise, reward and release at the end of the exercise. If the dog goes to sleep, wake up and praise, reward and release.

**LESSON FOUR:** Proceed as above, but with the person sitting in a chair across the room from the dog.

Long Sit - Place the dog in a sit stay and sit in a chair across the room. If the dog breaks the position, immediately go back and correct him. Start with 3 to 5 minutes the first day and gradually increase to 10 minutes. Praise, reward and release at the end of the exercise.

Long Down - Place the dog in a down position on your left side, give the "Stay" command and go across the room and sit in the chair. If the dog breaks, immediately go back and correct him. Start with 10 minutes the first day and gradually increase to 30 minutes. Praise, reward and release at the end of the exercise. If the dog goes to sleep, wake up and praise, reward and release.

**LESSON FIVE:** This lesson you may move about the room while the dog remains in position.

Long Sit - Place the dog in a sit and give the "Stay" command with the dog on your left side. Walk away from the dog. Watch the dog carefully and be prepared to correct and reposition the dog, if necessary. Start with 3 to 5 minutes the first day and gradually increase to 10 minutes. Praise, reward and release at the end of the exercise.

Long Down - Place the dog in a down on your left side and give the "Stay" command. Walk away from the dog. Watch the dog carefully and be prepared to correct and reposition the dog, if necessary. Start with 10 minutes the first day and gradually increase to 30 minutes. Praise, reward and release at the end of the exercise. If the dog goes to sleep, wake up and praise, reward and release.

**LESSON SIX:** This lesson you may move about the room and leave the room for very brief moments (5 - 10 seconds) while the dog remains in position.

Long Sit - Place the dog in a sit and give the "Stay" command with the dog on your left side. Walk away from the dog. Watch the dog carefully and be prepared to correct and reposition the dog, if necessary. Start with 3 to 5 minutes the first day and gradually increase to 10 minutes. Praise, reward and release at the end of the exercise.

Long Down - Place the dog in a down on your left side and give the "Stay" command. Walk away from the dog. Watch the dog carefully and be prepared to correct and reposition the dog, if necessary. Start with 10 minutes the first day and gradually increase to 30 minutes. Praise, reward and release at the end of the exercise. If the dog goes to sleep, wake up and praise, reward and release.