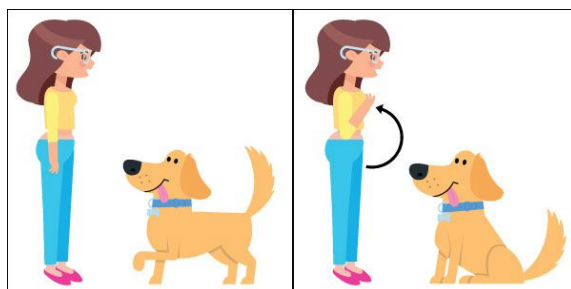




## Sit

### What is the behavior?

Having the dog's hind quarters and all 4 paws on the ground. The dog will recognize the hand signal over the verbal cue. The hand signal is a movement up with your hand as shown below. When you do use a verbal cue make sure to only say "sit" one time.



### What is the purpose of this behavior?

- Saying 'please'
- Everyday behaviors: setting down water/food bowl, before going outside, before putting on a leash, opening doors, greeting people, etc.
- Helps with redirecting from jumping
- Default sit means you can ask for a sit no matter what - this can be helpful for emergency situations

### How to train it:

1. Hold the treat like a magnet to your dog's nose. Move slowly keeping the treat to their nose while luring up.
2. Lure up, raising your hand where the dog follows the treat with their nose. Keep raising until your dog's hind quarters touch the floor.
3. As soon as their hind quarters touch the ground mark the moment with a "yes" and treat (read "Marking the Moment" handout if needed)
4. Keep practicing with the lure until your dog is consistent. About 5



correct sits out of 5 tries in a row.

5. Once they are consistent, try doing the lure without the treat in your hand. Make sure to mark the moment with a “yes” then treat. They should be able to do that consistently, 5 correct sits out of 5 tries in a row without a treat.
6. Now start pulling back with your hand where it is not right in front of your dog’s nose. In other words a hand signal (hand motion moving up towards your chest, like the picture above). Make sure again, to use your marker word, “yes”, then treat.
7. Keep practicing until your dog can sit consistently with only a hand signal (5 correct sits within 5 tries).
8. Now you can start adding the verbal cue, ”sit”. Say “sit” then wait about 3 seconds until you use the hand signal. Once your dog sits, mark the moment and treat.
9. Once your dog can sit with only the verbal cue and no hand signal consistently (5 correct sits with 5 tries), then you can start adding distractions.
10. Start practicing sit not only for daily behaviors but on walks, when there are new people around, dogs barking, children playing, anything you can think of.