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 Hallam's Happy Hounds Behaviour and Training
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The Foundation Behaviour Sit

Sit			
Requirements – Training Lead, Treats, Dish			
Reminder – Marker Word is GOOD! Or a clicker			
Current Behaviour	No sitting or sporadic sitting	Goal Behaviour	Sit on cue or a MEB
Preparation	You will need some space to work in. You will need treats in a treat bag or pocket initially. Work to the size of the dog, large dog standing, small dogs you can sit in front of them		
Step 1	With a treat in your cupped hand call 'Misty' and she will come over (she's done her reflex to name and can smell the treats so good things are ON THE WAY!) Off this treat to her as part of her behaviour – you have gained her attention		
Step 2	Take the next treat in the palm of your hand or at the end of your fingers (if your dog is unlikely to snap) and take their nose up, take the treat over their head slowly, bottom usually goes down as their head comes up. As soon as that bottom hits the floor, reward immediately. Repeat 3-5 times		
Step 3	Repeat step 2, this time there is no treat just the same hand signal either cupped hand or the 'crab fingers', bottom goes down and you mark 'GOOD', and give the reward. Repeat 3 – 5 times		
Finish here	Repeat Step 1, maybe once to gain attention, step 2, once, move to step 3 a few times. Ask for this behaviour. Do not say sit until they know what the hand signal looks like first.		
Step 4	Popping behaviour on cue – say 'SIT' take the hand signal (that they now know means this behaviour of bottom down) and do a sit, mark 'GOOD' and then reward. Repeat 3 – 6 times.		
Step 5	Say 'sit' and wait – the dog usually through learning motivation will offer the sit. If they don't follow with the hand signal but start to make this 'smaller'. Repeat 3 times		
Step 6	Say 'sit' and wait again. Keep hands still, out of treat pocket/pouch. Misty figures it out and sits. You say 'GOOD', and reward. End here!		
<p>As with other exercises, if your dog needs a reminder then give a hand signal and then the reward, however try to wait a while, some dogs are like rear bottom skid to a halt type dogs as they know there is a reward. Some take a bit of 'thinking' time as this isn't laziness it is a thoughtful dog. I have two Marco and Miia! They know the command, however take their time like slow motion to do the behaviour</p> <p>The behaviour before the cue! The dog needs to know what the physical needs are of the behaviour before putting a name on it. Less words, more action!</p>			