

Applying IYC In Real Life!

LEVEL FOUR

GET READY:

- ✓ Find a doorway that is in an environment that is familiar to your dog but as free of distractions as possible (Bathroom, Bedroom, garage, etc.)
- ✓ Decide on a release word for your dog such as "Break!" or "Free!"
- ✓ Leash

GET SET:

- ✓ Stand with your dog in front of the door
- ✓ Connect your dog's leash and let it hang in a loose "J"

GO:

- ✓ Begin by asking your dog to sit.
- ✓ Once they have sat in front of the door, reach for the doorknob.
 - If the dog stands up or makes any movement forward, remove your hand. Wait for them to settle or sit and try again
 - Repeat this step until you can reach for the doorknob and your dog remains sitting, without moving forward at all. When they do so, use your release word to give them permission to go through the door.
- ✓ Repeat this process, adding the following steps:
 - Begin to turn the knob.
 - Turn the knob
 - Begin to open the door
 - Open the door an inch
 - Open the door halfway
 - Open the door completely
 - Start to step through door
 - Take 1 step through the door
 - Take 2 steps through the door
- ✓ During each of these steps, your dog should remain sitting, without any forward movement, until you release them. Don't progress to the next step until your dog can do so 5-10 times in a row. Make sure that as you move to the next step you are continuing to work all the previous steps as well.
- ✓ **IMPORTANT: DO NOT LET THE DOG OUT THE DOOR WITHOUT BEING RELEASED!**
 - The goal for this exercise is to be able to open the door, walk out and have your dog reliably stay sitting until they are released.
- ✓ Once you are able to open the door and walk through it without your dog standing or moving forward at all, you can move on to Level Five.

