

LOOSE LEASH WALKING

LEVEL TWO

GET READY:

- ✓ Yummy treats
- ✓ Leash (Not retractable, 4ft or 6ft)
- ✓ 4-6 markers of some sort (Cones, cups, plates, etc.) placed in a line 10ft apart
- ✓ This is best practiced, initially, in an open space the dog is familiar and comfortable with, that is as free of distractions as possible. (Backyard, living room, kitchen, dining room, bedroom, garage, etc.)

GET SET:

- ✓ Have your treats easily accessible (pocket, pouch, etc.)
- ✓ Place leash on your dog
- ✓ Hold the leash in a loose "J" shape
- ✓ Start your dog on either your left or right sides

GO:

- ✓ Begin walking to the first marker with your dog, while keeping a loose "J" in the leash.
 - Stop when you reach the first marker
 - If your leash is in a loose "J", mark and reward.
 - Reward your dog behind you as outlined in Level One.
 - The idea is to reward your dog so that they are not inclined to do what is called "forging" or inching forward. By rewarding behind you, we are training the dog to keep their momentum back and not forward, which in turn will help prevent pulling.
- ✓ If at any point your dog goes to the end of the leash during your walk, stop and wait/ask for a sit. Get your dog back into position (turn around or use a hand target) and resume your walk.
- ✓ Repeat this process until you can walk down and back with a loose "J" in the leash.
- ✓ Once you can walk down and back with a loose "J" in the leash, remove 2-3 markers (not right next to each other) and repeat process.
- ✓ Once you can walk down and back with a loose "J" in the leash with less markers, you can move on to Level Three.

