

Teaching a Dog to Sit

- 🦴 Put the food reward in your closed fist and say the word 'sit' as you pass your hand over the end of the dog's nose, over its head and toward its hind end. Usually what happens is when the dog's head goes up, the rear end goes down.
- 🦴 When the dog's behind hits the ground, give the food reward immediately and PRAISE. Repeat.
- 🦴 Once the dog is regularly sitting every time you lure him, start saying 'sit' and using the hand signal for sit (open hand moving from resting position at your side to being bent 180 degrees at elbow).
- 🦴 Continue to PRAISE and give the food reward immediately, every time the dog sits.