



This is a basic exercise that is easy to teach and will help your dog focus on you, allowing you to train further exercises.

### Your Training Tools:

- Treats
- 'Marker' Word (e.g. Yes, Nice, Ok!)
- Cue Word (e.g. Target, Touch)

### TIP:

Training sessions should not exceed 2 minutes in duration: you may have as many sessions you and your dog like throughout the day!

### Paw-structions:

- 1. Your Dog's Position:**  
Position your dog at **half arm's length**: either in a standing or sitting position.
- 2. Lure:**  
Hold a treat in your palm and form a fist. Grab your dog's attention by the treat's smell, without moving your fist towards your dog, wait for your dog to touch or nuzzle your fist.
- 3. 'Marker' Word:** *allows you to let your dog know that they did good and a reward is coming*  
As your dog touches your fist, use your *Marker*.
- 4. Reward:** *a great reinforcer to fast track training*  
Give your dog the treat IMMEDIATELY after saying your Marker.
- 5. Practice:**  
Repeat several times.
- 6. Cue Word:** *allows you to put this exercise on cue*  
Once your dog is touching your fist freely, say your *Cue Word* **before** presenting your fist. Mark and Reward.
- 7. Practice:**  
Repeat several times. If your dog is touching your fist 10/10, pretend to hold treat follow the above instructions. Mark and Reward.  
This is the process of weaning out the treats on lure and using hand signals.

### Training Sessions Durations

Keep your training sessions short. Every dog is an individual and their success will be determined by their motivation, their reinforcer and their attention capabilities in 'schooling'.

If you require further assistance teaching your dog, contact our experienced and professional dog behavioural trainer on 0409 636 117 or email [info@pantingpaws.com.au](mailto:info@pantingpaws.com.au)