

# Training exercise Sit/Down/Sit



## General Rules

- Use your dog's name first. For example, "Fido, come."
  - Give hand signals about half a second after saying the command.
  - Wait for your dog to complete one command before giving the next.
  - Reward and praise immediately after the dog completes the required sequence.
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## The "Sit/Down/Sit" Exercise

This exercise helps you transition from rewarding every single command to rewarding a sequence of commands.

### Sequence:

**Wait:** Say "Wait" and take one step back.

**Come:** With your arms out wide, say "Come." As soon as your dog looks at you, bring your hands down and together.

**Sit:** Once they reach you, ask them to sit, inc the hand signal.

**Reward:** Immediately praise and give a treat.

### Repetitions and Reward Schedule:

- **Repeat the sequence above three times.** Reward your dog after each completed sequence (1 command = 1 reward).
- **Next, introduce more commands.** Repeat the "Wait, Come, Sit" sequence, but this time, add a "Down" and another "Sit." Reward your dog only after they've completed all five commands (5 commands = 1 reward).
- **Finally, add even more commands.** Once your dog is comfortable with the previous step, add "Stand," "Down," and "Stand." Reward only after they've completed the entire sequence of eight commands (8 commands = 1 reward).

## Working Toward a Variable Reward Schedule

This program helps you move toward a 7-to-1 variable reward schedule, where your dog performs multiple tasks for a single, unpredictable reward. This keeps your dog motivated and focused on you.

### The running order

- Wait, take one step back, come, sits, praise and treat. (1 request - 1 reward)
- Wait, take one step back, come, sits, praise and treat. (1 request - 1 reward)
- Wait, take one step back, come, sits, praise and treat. (1 request - 1 reward)
- Wait, take one step back, come, sits/down/sit, praise and treat. (5 requests - 1 reward)
- Wait, take one step back, come, sits/down/sit/stand/down/stand, praise and treat. (8 requests - 1 reward)