

## Step1



## Introduction to Heel--March 22, 2009

I introduced Brea to the leash last week in the garden. For the first few days I let her roam free with the leash hanging loose around her neck without it being held. She has offered little resistance. She simply gathers as much of the leash as possible in her mouth, and walks around with it.

## Step2



After a few days of allowing her to carry the leash, I offer some resistance by holding the loose end. When she grabs at the leash, I gently tug and tell her to "heel" which is a new command for her. After a minute or two I blow the hup whistle making sure she sits. I immediately drop the leash after she complies. I then ignore her allowing her to parade around with it in loose in her mouth. After a couple of minutes of her carrying the leash, I repeat the process, holding the leash for increasingly lengthy periods, each lesson.

## Step3



This is the perfect time to incorporate a sharp, rather than sloppy hup on the whistle. What I do is give a slight tug on the lease, then pip the hup whistle. I find it is important to do it this way round. By the time Brea hears the hup whistle, the tug on the leash has already prompted her to Hup.

## Step4



We are in the confines of the garden, rather than a public arena. There is plenty of time for that, later on down the road. I keep this lesson very short, just a couple of minutes. Then I drop the leash for a while, letting her deal with it on her own. Then repeat the process.

**Step5**



**Step6**



**Step7**

