

a free e-book by **SANE IS BORING**

EDUCATION

MY SPORT DOG BLUEPRINT

CREATE FLOW - AVOID CONFLICT - HAVE FUN





*I will write my cues in
these speaking bubbles
for inspiration*



To teach a dog to perform fancy exercises and obedience is easy – and before that provokes you, let me finish! It's easy compared to creating flow, having fluent communication in drive, with competing motivators, being able to perform in all environments and avoid frustration, conflict and vocalizing.

I would say that I grew up as a dog trainer when I stopped focusing on finishing exercises to perfection, and put my energy into building a fluent training language for me and my dogs – that made it easy to teach anything

the most important thing we can start teaching our dogs is the language of training - a start signal that tells them when training begins, reward markers for our different reward placements and reward types and engagement sessions in every environment to get them used to locking in and being comfortable engaging everywhere. .

**YOU
READY?**

START SIGNAL

*The very first
thing first*

**ENGAGEMENT
EVERYWHERE**

FINISH

**FINISHED
SIGNAL**



ALL ABOUT FOUNDATIONS

If we're building a house - it will take longer and be less work flow if we need to go to the hardware store every time we need a new part - instead of planning and bringing all the tools and materials we could need from the beginning before we start building the actual house.

the same goes for dog training, foundations and preparations are everything for a smooth experience



REWARDS

To motivate our dogs we need rewards. We need high value, low value, food and toys - and we need a good social relationship to our dogs, so they like us, want to be with us and care about our opinion and praise.

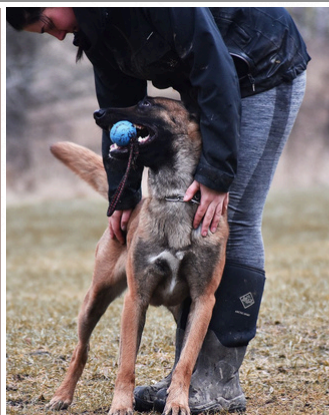
it's important with good reward mechanics before we start training - all conflicts we have in play for example will leak out in your training.

MARKERS

I use reward markers-- words that mark the very second the dog did something right, and tells the dog that they will get a reward.

And I use more than one - to not only tell that they will get a reward, but which reward placement (from me or indirect placed on the floor) and which type of reward it will be (food or toy) - each marker conditioned separately.

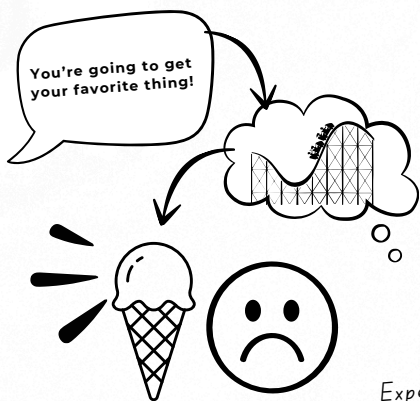
Why make it so hard to build the marker foundation? Couldn't we just have one for everything? I'll explain on the next page →



ENGAGEMENT

The dog training truth is "start training in your kitchen/back yard" - and I want to challenge that a bit. I do agree, new things might be best done in a environment where the dog has good chances to learn and engage. But my first focus with my puppies and dogs is to make any environment that environment.

I bring them everywhere, with all distractions, and work on start signal and engagement - and first when that is solid, I can start working on exercises for obedience. Anywhere!



*Expectations
determine reactions*

Several markers is in my world mandatory, it gives us tools to manage our dogs expectations - creates an open dog that listens, we beat anticipation and gives us the chance to teach downgrades - a way for our dogs to understand how to work around competing motivators and distractions in away that builds hope and confidence that they will get what they want if they listen - instead of feeling that we try to stop them.

take a piece of food



get the ball

play with the ball



get sent to the helper

**before training can start - we
need to speak the same language**

*You need at
least 4
reward
markers!*

**Play
from me**

Chop

**Food
from me**

Yes

Pack

Get it

**Play
indirect**

**Food
indirect**

This is a great
concept for vocalizing
and/or prey locked
dogs



examples of THE USE FOR SEVERAL MARKERS

SEND AWAY

One ball in the end of the field, one with the handler. Run straight until told either to take the ball on the field, the ball in my hand or go into a down before your marker.

SECONDARY OBEDIENCE

The helper is one reward, your reward is another – the way to the bite is to engage in your reward and the obedience. Teaching downgrades will help you here!

PREMACKS ↗

PRINCIPLE!

more probable behaviors
will reinforce less probable
behaviors



DOG GETS PUSHY WITH BALL REWARD IN HEEL

Can the dog walk over the ball if it's lying on the floor without stealing it? Can the dog out and wait for you to put it away without trying to get it back?

Can your dog heel around a ball on the floor or held by a friend? Can your dog downgrade to a less valuable reward to get what they want?

CAN'T HEEL AROUND HELPER

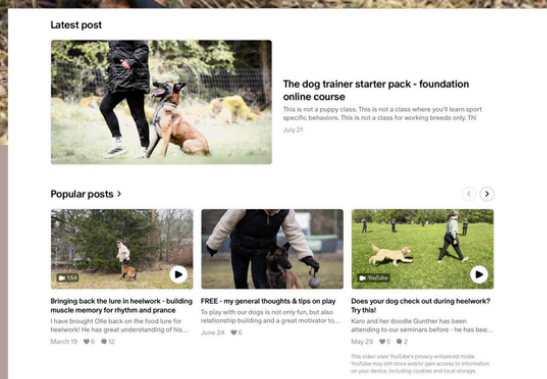
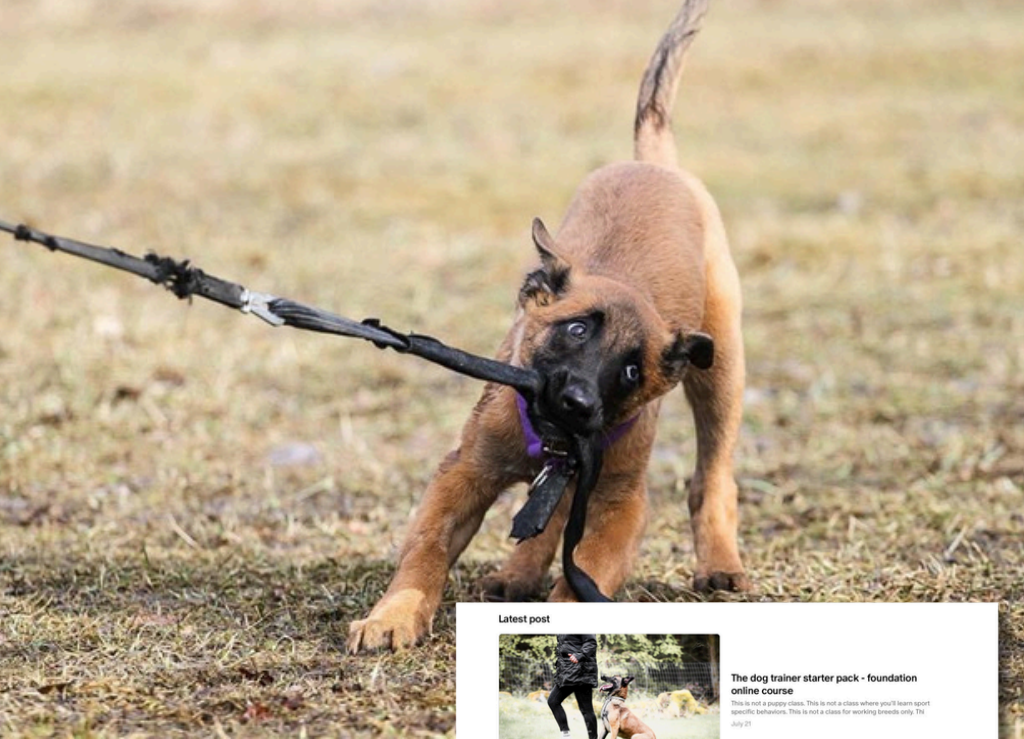
**Your problem is rarely
rooted where it shows**

STRUGGLE WITH OBEDIENCE IN NEW ENVIRONMENTS

Can your dog engage in play, respond to your start cue and perform engagement sessions anywhere?



*the fix is in
the foundation!*



DO YOU WANT TO LEARN MORE?

On Patreon I share my training with my own dogs as well as my clients training – building foundation pieces and explaining concepts all the way from puppies to the trial field.

See unedited sessions from my seminars and take part of the the possibility to wish for subjects & for individualized feedback and help with your own training

Start by peeking at more of my free dog training content on my Patreon

CLICK HERE

