



HOW TO USE YOUR NATURAL DOG TRAINING DVDS

THANK YOU FOR YOUR PURCHASE of the Natural Dog Training DVD set, and welcome to a completely new kind of relationship with your dog. This guide will give you a brief overview of the DVDs, as well as some easy-to-follow instructions on how to use them. Soon you'll be well on your way to mastering the techniques of Natural Dog Training, which will help to ensure that your dog responds to you in the moments it matters most. Along the way, you'll be able to resolve many of the problem behaviors that you might be currently experiencing with your dog.

- **The premise of Natural Dog Training is simple. At any given moment, your job is to answer your dog's primary question: *What do I do with my energy?***

Your dog's natural response to being energized is to engage in hunting behaviors—following through with their “prey drive.” With these DVDs, you will learn to harness your dog's prey drive and work with it, so that your dog will become **MORE ATTRACTED** to you the more energized they get. You become the emotional center of your dog's universe, and your dog will turn to you whenever their internal motor gets revving. This means that your dog will heel, sit, lie down, stay put or come when called **RELIABLY**, even when distracted by something enticing. The more alluring the distraction, the more quickly they will turn to you to find out what to do about it.

In addition, any problem behaviors (aggression, anxiety, hyperactivity, etc.) your dog is experiencing are most likely the result of stored up stress. In many cases, your dog simply doesn't know what to do with their energy in a given

moment (their prey drive is being inhibited)—or your dog can't stay relaxed as they get more and more energized. Through working with your dog's prey drive, you will give your dog a healthy outlet for stress and help them learn to **RELAX** at higher and higher levels of energy—with **YOU**. You now have a vehicle to resolve these problem behaviors for your dog with Natural Dog Training techniques.

- **You will succeed as long as you are consistent in your approach.**

Take your time to get to know the techniques. Ideally, you will practice twice daily with your dog—I generally recommend that you work at your dog's meal-times. Once you develop a rhythm and feel comfortable with the techniques of Natural Dog Training, you should be able to get through a complete training regimen in a 20 minute session. The beauty of Natural Dog Training is that the training is an emotional, physical, and mental challenge for your dog—giving you a structured **AND** well-rounded way to fulfill your dog's daily needs for learning, emotional guidance, and exercise. Plus, it will be fun for **BOTH** of you.

However, don't worry if you have to take an occasional break from the training. Your dog learns during the down-time as well. Have you ever been struggling to learn something new and stepped away from it for a little while, only to find that the **NEXT** time you try it becomes easier? The same thing happens with your dog—so don't be surprised if Sparky makes a few leaps and bounds in your work together after a day or two off.

- **Start your journey here: DVD 1—*The Basics*.**

You will learn basic techniques for engaging and working with your dog's prey drive. These techniques, and the supporting philosophy, are the foundation for the work that you'll be doing in DVD 2. The Natural Dog Training technique of “pushing” is the gateway to working with your dog's prey drive—and you will learn a practical way to apply pushing through the technique of “redirection.” Finally, you will learn why Tug-of-War is the **BEST** game you can play with your dog—and how to play it correctly. (Hint: Let your dog win. Always.) I also show you how to play “Fetchtug”—which is a combination of Fetch and Tug-of-War—a great game that gives your dog an excellent physical workout while reinforcing all of your work with Natural Dog Training.

● **After you learn the basics, you can start DVD 2—*Mastering Obedience*.**

In DVD 2, I will take you, step-by-step through obedience training with your dog the Natural Dog Training way. You'll see how easy it is to elicit obedience behaviors when your dog is energized. Because your dog is learning how to listen/respond to you in an energized state, you will find your obedience work to be reliable in real-world situations—the times that it matters most. We start with the easiest commands, and proceed all the way to a ROCK SOLID recall ("Come!").

If you have any questions along the way, you're welcome to e-mail me. You can also visit NaturalDogBlog.com, where you will find much more Natural Dog Training information, along with forums to help you connect with other people who are using the Natural Dog Training techniques. I welcome your feedback, and look forward to hearing stories of your success with Natural Dog Training.

Thanks again!



neil@naturaldogblog.com

Sample Training Sessions

Your training sessions will be fun for both you and your dog. As you get familiar with the exercises, you will naturally begin to improvise with the structure of your sessions, but here are a couple suggested routines to help get you started. It's important that your dog doesn't get bored with your work together, so don't do too much of any one thing. It's better to end a session with a little enthusiasm left for the *next* session, than to completely exhaust either your dog or yourself.

NOTE: *The terminology here, and in the next sample training session, will be more familiar to you once you've watched the DVDs. Also, these descriptions are simply a suggestion—feel free to alter your training regimen to suit your own needs.*

Here is a description of how a training session with your dog might progress as you work on DVD 1, *The Basics*:

1. Go OUTSIDE at your dog's mealtime with your dog and a food pouch containing a meal's worth of food.
2. Play some tug of war (2 minutes).
3. Turn Tug-of-War into Fetchtug (3 minutes).
4. Push with your dog. Alternate between pushing and breaks for massage (until the food is nearly gone).
5. Play a little more Tug of War with your dog (2 more minutes).
6. Use the last bits of food to do a little more pushing, collect your dog, and head back inside.

Alternately, you could save some food and head out for a short walk, using your encounters with other people/animals as an opportunity to practice redirection.

Once you begin work with DVD 2, *Mastering Obedience* you'll be learning a variety of techniques, which gives you even more flexibility to decide what you're going to work on in any given session. Here's what a session might look like:

1. Go OUTSIDE at your dog's mealtime with your dog and a food pouch containing a meal's worth of food.
2. Push with your dog (just a few pushes to get the motor revving).
3. Transition into heeling work, back and forth on a straight line (use about half the food in your pouch).
4. Have your dog get "on the box," and practice your box techniques (sit/down/stay—interspersed with pushing AND massage) with most of the food that's left.
5. Play a little Tug of War/Fetchtug with your dog (a few more minutes).
6. Use the last bits of food to do a little more pushing, collect your dog, and head back inside.

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