

Obedience Positions- (starts with a balanced stand and super strong core)	
	<b>STAND TO TUCK SIT – try to get every sit to be a tuck sit</b>
	Weight has to transfer to the front feet, head goes up while rear feet move forward.
	Use front foot target (wood with front edge)
	Practice hop sits in heel
	Put rear feet on an incline to shift weight forward
	Put front feet on edge of platform, lure forward, click “gripping” front feet
	Practice getting pup to touch my body in “front” to tuck sit. Start with kneeling and pup between my legs, me leaning back. Target back of my hand.
	If rabbit feet: Use a platform or box. Build muscles with side stepping and pivots and stepping sideways onto and off of a box
	<b>STAND TO FOLD BACK DOWN “Deck”</b>
	Build the muscle needed by doing stand from the down without feet moving and doing ‘back’ up
	Back stays rigid (no play bow), rear feet separate, push backward with front feet and do controlled bend of rear legs. TAKES A LOT OF MUSCLE! Allow a flop into position until muscle is built up from the stand from the down. Only a few reps!
	Use incline with butt up- so dog is pushing backward. Opposition reflex- push forward on butt
	Shape a chin drop till dog is targeting the floor with his chin while in the down
	Teach a “squat” cue to get rear legs to bend. Practice that right before doing drops.
	Moving down- weight is on hind feet, dog squats backward while dropping head and bracing front feet/legs. Start by working on steep incline, gradually reduce angle
	<b>SIT to STAND “Back-Rise”</b>
	Front feet planted, push up with rear feet then pop back with rear feet Teach “back up” then cue it after saying “rise” and click stand position.
	<b>SIT TO DOWN “Down”</b>
	Front feet planted, head drops down, rear feet push up, hop (or scoot) back, then fold
	Work with front feet on edge of a platform (with slippery surface? for rear feet)
	Front foot target needs to be something the dog can push against
	Teach dog to hand stand or hop rear feet onto a raised surface while standing, gradually building height to build muscles. Then lower the target and get the rear feet popping back from a sit.
	Practice sit to stand before doing down from sit
	<b>DOWN TO SIT “Rise-Tuck”- (Stand then tuck sit with no pause during stand)</b>
	<b>DOWN TO STAND-</b> Reverse motion of fold back down
	<b>MOVING STAND-</b> Weight on rear legs, front feet hop forward into a stand. Teach nose target up while heeling then stop while cueing “wait”. Use target platform to teach
	<b>MOVING DOWN-</b> Front feet come together and body does a fold back down. Use target platform
	<b>MOVING SIT-</b> Front feet come together and butt tucks in- use target platform to teach