

## Sit

### Purpose:

The **Sit** exercise teaches your dog to put her rump on the ground. **Sit** is one of the first exercises you will teach your dog. The **Sit** exercise will be used in many different situations. You may want to have your dog **Sit** when you put her leash on, before you put her food dish down, while you open a door, or before someone greets her.

**Verbal Signal:** Yes

**Non-Verbal Signal:** Yes

### Steps for teaching Sit:

Step 1 – Put a piece of food in your hand to use as a lure. Slowly move your hand back over your dog's head between her ears. As you do this, your dog should lean back into a **Sit** position. As soon as your dog's rump touches the ground, **Click/Treat**.

### **Training Tip**

Do not hold your hand too high over your dog's head when you **Lure** her into a **Sit** position as she may try to jump up to get the food. Keep the food close to your dog's nose.

Step 2 – **Lure** your dog into the **Sit** position several times. Once your dog consistently and confidently moves into the **Sit** position, stop luring her. Wait to see if she **Sits**. If she does, **Click/Treat**. If she does not **Sit**, **Lure** her a few more times.

Step 3 – When your dog is offering you the **Sit** without being lured, you can now add the verbal signal **Sit**. As your dog is moving into the **Sit** position, say, "Sit". You are pairing the verbal signal with the action of sitting. Each time she **Sits**, **Click/Treat**.

Step 4 – Repeat Step 3 several times. Then while your dog is standing, give her the verbal **Sit** signal. If she does **Sit**, you know she understands the signal. If your dog does not immediately **Sit**, wait a few seconds to see if she will eventually do the behavior. If she does, **Click/Treat**. If she does not, repeat Step 3 a few more times.

### **Savvy Canine Helpful Hint**

While your dog is still learning an exercise, remember to be patient. Give her time to think about what you are asking her to do. She may need a moment to process the information and offer the desired behavior.

## Sit continued

Step 5 – When your dog understands the verbal **Sit** signal, you will introduce a non-verbal signal. The non-verbal signal may be whatever you like as long as it is clear and easily distinguishable from other movements and non-verbal signals you will use.

A suggestion would be to hold your hand at your waist with the palm facing up. Ask your dog to **Sit** and at the same time, raise your hand from waist level to chest level. **Click/Treat** when your dog sits.

### Training Tip

Step 5 can be used with whatever non-verbal signal you choose. Add your non-verbal signal at the same time you say your verbal signal. **Click/Treat** when your dog sits.

Step 6 – Once you have used the verbal and non-verbal signal together several times, practice using the signals one at a time. Sometimes give only the verbal signal. Other times use only the non-verbal signal. **Click/Treat** each time your dog sits. The goal is for your dog respond to either the verbal or the non-verbal signal separately.

Step 7 – Once your dog understands the **Sit** exercise, practice the **Sit** in different rooms of your home. Practice the **Sit** on different types of surfaces such as tile floors, rugs, cement, grass, dirt, etc. Practice the **Sit** exercise when you are in different positions like standing, sitting, lying down, or when you are kneeling. Practice having your dog **Sit** in different places around you. Ask your dog to **Sit** when she is by your side, when she is in front of you, when she is behind you, or when she is a short distance away from you.

### Training Tip

Incorporate the **Sit** behavior into your dog's daily activities. Have your **Sit** before you feed her, before you give her a treat, while you put on her leash, while being greeted by a friend, while being petted, before you throw her a ball, or at any other time that you may want her to **Sit**.