

Stand

Purpose:

The **Stand** exercise teaches your dog to move into the **Stand** position on signal. This exercise can be used in the following various ways:

- Assistance tasks such as bracing, helping you up from a chair or the ground, or physical support when needed.
- Grooming your dog.
- Physical examination of your dog by you or your veterinarian.
- Wiping off muddy paws before entering the house.

Verbal Signal: Yes
Non-Verbal Signal: Yes
Need to Know: Targeting, Sit, and Stay

Steps for Teaching Stand:

Step 1 – Have your dog sit. Do not click/treat. **Target** your dog in a straight line. Hold your hand directly in front of your dog's nose. Move your hand slowly and parallel with the floor. When your dog's rear comes up off the floor, **Click/Treat**. At this step, click your dog for the movement of getting up. Repeat several times.

Step 2 – Raise your criteria. Continue to **Target** your dog until she is standing with all four feet firmly on the ground and she is not moving. **Click/Treat** for each repetition.

Training Tip

The goal is to have your dog **Stand** without walking forward. When you **Target** your dog into the **Stand** position, as soon as your dog gets up, stop moving your hand and keep it in front of your dog's face. If you continue to move your hand, your dog will follow it. Then she will be moving instead of remaining in the **Stand** position.

Step 3 – Once your dog stands each time you **Target** her, pair the verbal signal Stand as she is getting up. Repeat a few times.

Savvy Helpful Hint

The non-verbal signal for **Stand** can be the movement you are using to **Target** your dog. An example is moving your hand away from your dog's face.

Stand continued

Step 4 – While your dog is in the **Sit** position, give your verbal signal for **Stand**. If your dog makes even a slight attempt to stand, **Click/Treat**. Repeat again until your dog will **Stand** in a full upright position.

If your dog will not **Stand** on a verbal signal, repeat Step 3 a few more times and then try Step 4 again.

Step 5 – Once your dog is consistently doing the **Stand** behavior on signal, start practicing a **Stand Stay**. Give the **Stand** signal. When your dog moves into position, ask her to **Stay**. Wait a few seconds. If your dog has not moved and is still standing, **Click/Treat**. Continue increasing the amount of time your dog will remain in a **Stand** position.

Training Tip

Once your dog can do a **Stand Stay** for 20 to 30 seconds, begin adding distractions. Lightly touch your dog's back, head, legs, face, or tail. Use a brush and lightly brush her a few strokes. **Click/Treat** your dog each time she remains on the **Stay** when you are doing a distraction.

If your dog does not **Stay**, give your **Try Again** signal as soon as she moves out of position. Follow with the **Stand Stay** signal and try again.