

Under

Purpose:

Teaches your dog to go under a table and lie down. You will use this exercise when you are out in public at a restaurant. Your dog will learn the signal **Under** which will mean go under the table and lie down.

Verbal Signal: Yes

Nonverbal Signal: Yes

Need to Know: Targeting, Down, and Stay

Steps for Teaching Under:

Step 1 – Sit yourself at a table. **Target** your dog to go under the table. At first, you will **Click/Treat** your dog for any movement she makes to go under.

Training Tip

When you click, do not feed the treat under the table. Instead, give the food reward beside you. This allows you to repeat the behavior without having to get your dog out from under the table.

Step 2 – Raise the Criteria. Continue to **Target** your dog to go under the table until her entire body is under. **Click/Treat** each time.

Step 3 – Once your dog goes all the way under the table, do not **Click/Treat**. Instead, tell her **Down**. **Click/Treat** when she goes down. Continue to give the treat beside you rather than under the table. Repeat several times.

Step 4 – **Target** your dog under the table. Do not tell her **Down**. Wait to see if she lies down. If she does, **Click/Treat**. Repeat a few more times.

Step 5 – Once your dog is going under the table and lying down (without the **Down** signal) each time, it is time to add the verbal signal **Under**. As your dog starts to go under the table, say **Under**. **Click/Treat** your dog when she lies down. Repeat several times.

Step 6 – With your dog by your side give the verbal signal **Under**. **Click/Treat** your dog if she goes under the table and lies down. The first time you give the **Under** signal, even if your dog does not do the entire behavior, you should **Click/Treat** your dog for attempting to go under the table.

Under continued

Training Tip

Choose a non-verbal signal for **Under** by either continuing to use the **Targeting** signal or selecting another non-verbal signal. Pair the non-verbal signal with the verbal signal. Then practice each signal separately to make sure your dog understands both the non-verbal signal for Under and the verbal signal for **Under**.

Step 7 – Once your dog has learned the **Under** exercise you will practice having your dog stay. Give your dog the **Under** signal, but do not **Click/Treat**. Tell your dog to **Stay**. Wait a few seconds and then **Click/Treat**. Gradually increase the amount of time your dog is doing an **Under Stay**.

If your dog gets up before you have clicked, give your **Try Again** signal followed by the **Under/Stay** signal. Decrease the amount of time your dog does a **Stay**, and once you are successful continue to increase the time.

Savvy Tip

Practice the **Under** exercise at home while you are eating a meal or having a cup of coffee. Gradually increase the time your dog does the exercise until she will remain in an **Under/Stay** for an entire meal.

Practice the **Under** exercise at different tables, at your desk, when you are at your computer, when you are at a friend's house, or when you and your dog are at the park.

Extra Advice

Once you and your dog have earned the Training Vest, you will start practicing the **Under** in restaurants. You may want to begin by having a training session at a restaurant that has tables outside. Choose a time that is not too busy and keep the training session short. Just have a soft drink or cup of coffee instead of an entire meal. Gradually increase the time you have your dog do an **Under** out in public.

When you take your dog inside a restaurant for the first time, again choose a time that is not too busy. Think about the best place for you and your dog to sit in a restaurant. If the table is too small for your dog to fit under, or if it is a pedestal table, you may need to choose a table next to a wall. Then you can place your dog on a **Down/Stay** next to the wall. It is important that your dog is in a place where she will be safe and where she will not be in the way of other customers or restaurant employees.

You may decide to wait for a Field Trip Instructor to accompany you the first time you go into a restaurant with your dog.