

# Dog Training



## Spins and Turns (Twists)

### Why?

Mental stimulation is so important for your dog. Doing activities with your dog to build your bond and focus is very important. Your dog has to think very hard to learn this activity.

### How?

Using your dog's food as much as possible for training is the best way forward. You can do this activity with dog's food or a treat. Doing it in the park you will most likely need a smelly treat to help override the other distractions.

With your dog standing in front of you, facing you, put the food or treat close to dog's nose, almost touching his nose. Slowly, slowly, use the treat to guide dog to turn a full circle. Don't use any commands, just draw your dog round.

If your dog struggles you can do what is called shaping. You get your dog to go part way, reward this. Do this just a couple of times.

The next time, get your dog to move a little further. Build it up until your dog goes all the way round. Don't treat any of the in between stages more than 3 times.

Once your dog goes all the way round, mark the behaviour, 'GOOD', and give the treat. Do this a couple of times one way, then try turning your dog the other way.

Dogs are like humans, right or left-handed and your dog will find turning one way easier than the other. It's important to do both ways to balance your dog's muscles.

When it's going well you start adding in your word. We use spin for one way and turn or twist for the other but you can use whatever words you like as long as you are consistent.

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By the movement with your arm, you are also teaching your dog a hand gesture. As your dog progresses you will be able to use this, along with the verbal command, to get dog to do this activity.

You can progress this activity so you can get your dog to 'spin or twist' at a distance from you.