



## LESSON: DOWN

- 1) **TEACHING DOWN** Ask for a sit. Put a treat to your dog's nose. Slowly move your hand palm down in a straight line from the nose to the ground. Then, slowly move the treat along the ground towards you until the belly hits the floor. Say "YES!", then reward with a treat and praise. Think of making an "L" motion.  
OR you can use the LONDON BRIDGE strategy :  
[Teaching Your Small Dog the Down Command Using the London Bridge M...](#)
- 2) **FADE THE LURE** Using the "L" motion pretend to hold a treat in your hand. When the belly hits the floor, mark " yes. However, this time you will treat from the pouch.
- 3) **VERBAL CUE** Next, add the word "DOWN" 1-3 sec before the hand signal (palm down).
- 4) **DISTANCE** Gradually increase the distance from your pup, one step at a time, from where you ask for a down.
- 5) **DURATION** Gradually increase the amount of time your dog remains in a "down" position, one second at a time. Finish by releasing your dog.
- 6) **DISTRACTION** Practice your down outside.