

Next Level Dogs Foundations

Follow the lessons listed here. When you have gone through these steps, you will get the most out of your private lessons. Not mastering these will just make you spend more time and money, **as we WILL be doing this material first!!!** This Foundation Lesson Plan will save you the money of doing simple foundation work in your paid private lessons, and It will save me time in doing private lessons with people who are not committed to the process. No matter what your issues or goals are..... **These are foundational concepts and skills you must have to do any future work in this system.** This is NOT as time consuming as it sounds. You are MOSTLY just trying to pair words with states of mind they already have. **If you don't have the dedication to just pair words with things that are already happening.....**

I'm not the trainer for you.

1. **Understand the Layered Stress Model** (<https://youtu.be/gbqeXcEk8vM>)
2. **Understand The Window Concept:** (<https://youtu.be/LfU58CeEudI>)
3. **Master the Solo Leash Skills.** (<https://youtu.be/y-u-KjNdEh4>)
4. **Teaching The Windows**
 - a. **Play With Me Window:**
 - i. **Learn about the Prey/Play sequence:**
<https://youtu.be/hEPKSoOREeI>
 - ii. **Training Play With Food (use their regular ration):**
(<https://youtu.be/mvrBRE6v4zY>)
 1. If you have time.... Get lots of reps. If you're low on time... Jackpot (one mark gets the whole meal)
 2. **Teach The Collar Tap:** (<https://youtu.be/iZisFn05ueU>)
 3. **“Puzzle Bowls”:** If you want to.... You can put in a “puzzle” type bowl and feed in their crate. This is a great option if someone is feeding your dog that doesn't know how the system works, or you just never had a chance to this window that day. This will teach the dog how to overcome resistance for their food. That is a **REALLY IMPORTANT** part of rewards based training. It will also keep their crate tolerance solid which is important for all dogs. And.... It's just fun and biologically fulfilling!!!
 - iii. **Training Play with Toys:** (<https://youtu.be/qghflNmcErA>)
 - iv. **Training Play with Personal Play or rough-housing:**
(<https://youtu.be/qM63pLCRFmQ>)
 - b. **Find Your Own Fun Window:**
 - i. They don't HAVE to go crazy. But in this window they CAN if they WANT to.

*******Cue them into and out of ANY of these sessions!!!*******

- ii. Remember..... They think walking is about finding their fun. So.... *for now*..... use a padded, comfortable, back attachment harness to get around outside the house until collar trained. For right now..... Do not attach the line to the collar during the Find Your Own Fun Window. Collars are for cooperating.

- 1. *You may use an improvised harness if caught without one:*
https://youtu.be/zIVX_hWldhY

c. Calm Liberty Window:

- i. Stand On the Leash. (<https://youtu.be/jwaerzwqrRQ>)
- ii. Drag Line or Umbilical Training. (<https://youtu.be/i6zQJmKm8gY>)
- iii. Teach “Up” & “Watch Out” to reduce leash and spatial pressure: (<https://youtu.be/QN3e7GreY8>)
- iv. *They MAY have free access to “non interactive” “low arousal” **chewing** implements such as bones, antlers, kongs, as long as they are mellow. Ideally.... Put these items in their crate to maintain crate tolerance. Be aware of possession issues in untrained/unknown dogs. This may be a privilege that is earned.*

d. Work Window:

- i. Teach “Stay” (https://youtu.be/f5wk_8RFN7I)

5. Teaching The “No”: (<https://youtu.be/9C8W-l8n6dk>)

The “Windows”

<p><u>Play With Me</u> “Ready” <ul style="list-style-type: none"> • Yes • Get It </p>	<p><u>Find Your Own Fun</u> “OK”</p>
<p><u>Calm Liberty</u> “Enough”</p>	<p><u>Work</u> “Stay” <i>(or any KNOWN commands)</i></p>