

INFOGRAPHICS

THE STRUCTURED WALK

PREP STEPS



1 LEASH GRIP

THUMB THROUGH
LEASH, GRAB
BOTH SIDES



Establishes control and connection. Prevents slipping and gives clear communication.

2 POSTURE

HEAD UP,
SHOULDERS BACK,
RELAXED ARMS



Good posture builds confidence and helps your dog look to you for guidance.

3 FOCUS

EYES ON THE HORIZON,
NOT ON THE DOG
OR YOURSELF



Looking forward helps your dog stay calm and keeps the walk purposeful.



KEY POINTS

- ✓ Use a calm body and steady pace.
- ✓ Be consistent with your handling.
- ✓ Set yourself up for success.
- ✓ Practice in different environments.
- ✓ Keep sessions short and positive.
- ✓ End with a SUCCESS and a release ("FREE").



REMEMBER

We are not training obedience. We are building a relationship that makes obedience natural. Our goal is a calm, connected dog that chooses to follow.



NOTE:

1. The only thing that should be right on your whole body is your grip.
2. Keep your arms down and your eyes forward.
3. Breathe and remember you're the leader so don't be reactive.

PLAY. CONNECT. COMMUNICATE.  FREEDOM FOLLOWS.

THE YO-YO GAME



TEACHING THE COMMUNICATION SYSTEM

The Yo-Yo Game is our foundational exercise for teaching communication, building engagement, and creating a relationship based on **choice, not pressure**.

1 "BREAK" PAYMENT AWAY RELEASE / PUSH OUT



Send the dog away from you to earn the reward.

This creates drive, confidence, and independence.

2 "YES" PAYMENT ON ME RELEASE / PULL IN



Call the dog back to you for the reward.

This builds engagement, connection, and responsiveness.

3 "GOOD" PAID IN POSITION IMPLIED STAY



Pay the dog while they remain in position.

This creates duration, patience, and an implied stay.



KEY POINTS

- ✓ Keep sessions short and fun (3–5 minutes).
- ✓ Go back and forth between BREAK and YES.
- ✓ Reward generously and keep your energy happy.
- ✓ Praise and play are powerful rewards.
- ✓ End with a SUCCESS and a release ("FREE").
- ✓ Practice in different environments.



REMEMBER

We are not training obedience.
We are building a relationship that makes obedience natural.

PLAY. CONNECT. COMMUNICATE.  FREEDOM FOLLOWS.

HOW TO TRAIN A RECALL



1

**PUT YOUR DOG ON A
50 FT LONG LEASH**



2

**ALLOW THEM TO CREATE SOME
DISTANCE FROM YOU BY EITHER
THROWING A TOY AND SAYING THE
"PAID AWAY FROM YOU" MARKER
"BREAK" OR THE "FIND YOUR
OWN FUN" MARKER, "FREE."**



3

**SAY THEIR NAME + YOUR
RECALL COMMAND
"COME/HERE"**



4

**WHEN THEY LOOK AT YOU,
SAY YOUR "PAID ON ME"
MARKER "YES" AND
BACK UP QUICKLY, DRAWING
THE DOG IN WITH NEGATIVE
SPATIAL PRESSURE.**



5

**SQUAT DOWN AND
PREPARE TO PAY THE DOG,
BUT **DON'T** REPEAT
THE COMMAND.**



6

**PAY THE DOG WHEN THEY
GET TO YOU, AND IF THEY
IMMEDIATELY LEAVE YOU,
TELL THEM "NO."**



7

**REPEAT THIS EXERCISE
TEN TIMES A DAY
FOR A WEEK.**



ALLEGiant CANINE

THE STRUCTURED WALK

— LOOSE LEASH, RELAXED, LOW AROUSAL —

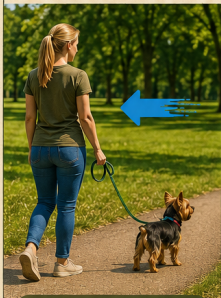


**ALLEGIAN
CANINE**

TRAINING DOGS TOGETHER

1 PHASE 1: PACE

LONG LEASH, TURNING AWAY

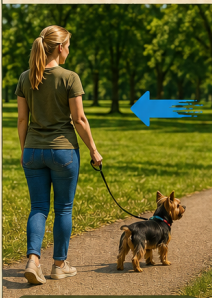


Create anticipation and movement.

Use a long leash and turn away from distractions to teach your dog to follow and keep pace.

2 PHASE 2: POSITION

SHORT LEASH, TURNING AWAY



Add clarity and structure.

Use a short leash and turn away to reinforce your dog's position and attention on you.

3 PHASE 3: PREDICTION

SHORT LEASH, TURNING INTO



Build prediction and focus.

Use a short leash and turn into the distraction so your dog learns to watch you for guidance.



KEY POINTS

- ✓ Keep sessions short and fun (3–5 minutes).
- ✓ Progress through each phase.
- ✓ Reward generously and keep your energy happy.
- ✓ Use calm body language and a steady pace.
- ✓ Practice in different environments.
- ✓ End with a SUCCESS and a release ("FREE").



REMEMBER

We are not training obedience.
We are building a relationship that makes obedience natural.
Our goal is a calm, connected dog that chooses to follow.

PLAY. CONNECT. COMMUNICATE.



FREEDOM FOLLOWS.

THE FOUR CONDITIONS OF CANINE BEHAVIOR



REINFORCEMENT



PRESSURE

- Physical
- Spatial
- Social



PAYMENT

- Treat
- Toy
- Touch



PREVENTION

- Crate
- Fence
- Leash



PENALTY

- Leash Pop
- Corrector
- E-collar



PUNISHMENT



ALLEGIAN CANINE

MEET & GREETs

WITHOUT CONFLICT



ALLEGIANt CANINE
TRAINING DOGS TOGETHER

1 **IGNORE** ALLOW AROUSAL TO DROP



2 **POSITION** SEATED, FACED AWAY



3 **LEASH DRAG** NO TENSION, JUST IN CASE



4 **YOYO GAME** BREAK, YES 5-10X



5 **FREE SHAPE** GOOD FOR SIT & EYE CONTACT



6 **GAME PLAY** FETCH, TUG, PERSONAL PLAY



🐾 **MOVEMENT DISPELS ENERGY** 🐾

PLAY. CONNECT. COMMUNICATE. 🐾 FREEDOM FOLLOWS.

HOW TO PROOF RECALL WITH AN E-COLLAR AND CONDITION YOUR “NO” MARKER



1

TRAIN A RELIABLE RECALL
IN YOUR BACK YARD ON
A LONG LEASH.



2

INTRODUCE A COMPETING
MOTIVATOR (ANOTHER DOG,
SOMETHING TEMPTING) OR
GO TO A NEW ENVIRONMENT
WITH DISTRACTIONS.



3

GIVE YOUR DOG THEIR
“FIND YOUR OWN FUN”
MARKER “FREE,” AND RUN
OUT INTO AN OPEN FIELD.



4

IF THE DOG APPROACHES
SOMETHING THEY SHOULD NOT
OR IGNORES YOUR RECALL
COMMAND, CALMLY AND FIRMLY
SAY “NO” AND IMMEDIATELY
GIVE THE DOG A LEVEL
3-4X THEIR BASELINE.



5

WHEN THEY REDIRECT COURSE
TOWARD YOU, BACK UP, SAY
THEIR “PAID ON ME” MARKER
“YES” AND SQUAT DOWN FOR
PAYMENT.



6

IF IT'S APPROPRIATE, SCOLD
THEM A MOMENT, LET THEM
SIT IN THAT FOR 15-30 SECONDS,
AND THEN RECONCILE,
RESET, AND RERUN THE PLAY.



7

ON THE NEXT REP, GIVE THE DOG
A 1 SECOND COUNT BETWEEN
THE “NO” AND THE STIM TO GIVE
THEM A CHANCE TO AVOID
CORRECTION.



8

REPEAT THIS PROCESS EACH DAY
FOR A WEEK UNTIL YOU FEEL
COMFORTABLE REMOVING THE
LONG LEASH OR SHORTENING IT
TO A DRAGGABLE 6 FOOT LEASH.



ALLEGIAN CANINE

THE FOUR DRIVE STATES

HIGH AROUSAL



FREEDOM DISPELLS ANXIETY

- Exploring
- Running
- Sniffing
- Digging
- Socializing
- Rolling in Grass
- Swimming
- Sunbathing
- Birds
- Squirrels



PLAY VENTS AGGRESSION

- Fetching
- Tugging
- Wrestling
- Food Games
- Chase & Catch
- Possession Games
- Zoomies
- Space Games

LOW ATTENTION

HIGH ATTENTION



REST FOSTERS ASSOCIATION

- Sleeping
- Eating
- Cuddling
- Bones/Chews
- Coexisting
- In the Crate
- On Placeboard
- On Floor
- On Couch
- In Bed



WORK CHANNELS AROUSAL

- Positional Obedience
- Leash Work
- Structured Walking
- Place Practice

LOW AROUSAL



ALLEGIANANT CANINE