



## Sit

Sit gives your dog a way to say please for things he wants. It also gives you more control in exciting situations and can even keep your dog out of trouble when used preemptively.

### Capturing

Mark (say "yes") and reward with a treat any time your dog sits on his own. When you reward sits when they happen naturally, your dog will begin to sit more often.

### Luring

Hold a treat in your hand and move it to your dog's nose. Slowly move the treat up and back over your dog's head. As his nose moves up to follow the treat, he should sit. Mark ("yes") the instant he does and give him the treat. Once your dog will follow a treat easily three times, try it without the treat in your hand. If your dog follows your empty hand and sits, mark ("yes") and give him a treat. This is the beginning of a hand signal for sit.

### Adding the word

Once you can predict when your dog will sit, you can begin to add the word. At first, say "sit" as your dog sits and then gradually start to say the word just before he sits. Eventually, you can say the word and your dog should sit. If he doesn't, avoid saying again. Instead, use your hand motion to lure the dog into position. Be sure to reward your dog each time he sits on cue until he is doing it reliably.

### Troubleshooting

- If your dog jumps up to follow the treat, you may be holding it too high. Keep the treat closer to your dog's nose.
- If your dog backs up to follow the treat, use a wall or have someone stand behind your dog so he can't back up.
- If your dog raises his nose to follow the treat but doesn't sit, try rewarding small steps in the process. Mark and reward a few times for just lifting his head. Next wait for a slight bend in his knees and mark and reward that a few times. Eventually, he should sit.