



# Advanced Task Program Manual



Editor: Donna Shawver

Contributing Authors:  
Shara Butterworth  
Donna Shawver

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# ADVANCED TASK PROGRAM MANUAL

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**Canine Support Teams Inc. 24480 Jenny Lane, Murrieta, CA 92562 951-301-3625**



# ADVANCED TASK PROGRAM MANUAL

## **Commands covered and Criteria for each behavior**

*Instructor will go over each command and its criteria. Instructor will demonstrate ways to teach each behavior and demonstrate how to build up the 3 D's distance duration and distraction.*

### **Directional Commands**

<b>FRONT</b>	Dog is to line up one side of body with handlers lap and maintain a stand position.
<b>HEEL</b>	Your dog is to position himself at your left side
<b>SIDE</b>	Your dog is to position himself at your right side
<b>UP</b>	Dog is to put front paws on wall
<b>GO AROUND</b>	The dog goes around chair or object or person Dog is to Circle the person the handler indicates. Dog is to move completely around targeted person. Dog also should be able to be "sent out" and circle.
<b>CIRCLE</b>	
<b>FIX IT</b>	The dog untangles himself from the leash
<b>JUMP ON/OFF</b>	All four paws on an object
<b>BACK</b>	The dog backs up The dog precedes the handler through a doorway. Then turns and
<b>GO THROUGH</b>	faces handler
<b>FOLLOW</b>	The dog falls behind the handler and follows
<b>ROLL OVER</b>	Dog goes to a prone position and rolls to one side
<b>MOVE</b>	Dog must move out of the way
<b>GO TO BED</b>	The dog will go to his bed and stay there until otherwise commanded

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## FRONT

Dog is to line up one side of body with handlers lap and maintain a stand position.

### **Training the behavior:**

Start by training this command in front of a wall. Have trainers all sitting in chair with just enough room for dog to fit sideways between them. Lure dog into position. Treat dogs and start training duration. Let dogs fail a few times. They need that information so they can figure out what they are being treated for. As dog skill level increases slowly have trainers position themselves further from wall. Also practice this with trainer standing.

*This behavior is useful when the client is at a counter paying for something or when the client is feeling venerable and wants the dog to provide a barrier between them and the world... (This is particularly effective for those with PTSD)*

## HEAL

**Your dog will walk loose lead at your side. (Dog is not to walk ahead or away from you)**

### **Training the behavior:**

With the leash in your left hand and a treat in your right hand take one step back with your left foot while luring your dog into proper position with treat. Bring your left foot back beside their right foot and with treat (no verbal) lure their dog into a sit position. This should bring dog into the heel position. This will take several attempts for some handlers to get as it requires some awkward coordination.

## SIDE

**Your dog will move to your right side**

### **Training the behavior:**

With the leash in your left hand and a treat in your right hand take one step back with your right foot while luring your dog into proper position with treat. Bring your right foot back beside their left foot and with treat (no verbal) lure their dog into a sit position. This should bring dog into the side position. This will take several attempts for some handlers to get as it requires some awkward coordination.

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## UP

**Dog is to put front paws up on wall**

Go to a wall. Have everyone lure their dogs UP on that wall, have treats handy so you can continually treat dogs. You must treat dog while he is actually up on the wall. If you click and then wait for dog to go to the floor, he will soon be just hitting the wall really quick and going to floor. We want dog to maintain the UP. So go ahead and click but treat dog in UP position. Command OFF and reward Dog for coming OFF wall only when he was asked.

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**GO AROUND** *Dog is to move behind handler from one side to the other*

**Training the behavior:**

Starting on Right or Left side, give verbal cue; "Go Around" one time; lure dog completely around behind you to the other side, click and reward. Practice dog going both directions. Left to Right/Right to Left

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**CIRCLE**

*Dog is to Circle the person the handler indicates. Dog is to move completely around targeted person. Dog also should be able to be "sent out" and circle.*

**Training the behavior:**

Start with handler giving verbal Circle cue one time. Lure/Target dog completely around target person 360 degrees, click and reward. Dogs pick up directional behaviors very quick, so start fading lure/target after a few successful exercises. Once dog masters this exercise start sending the dog out by taking one or two steps away from target person, sending dog around person away from handler. Continue this process until you can reliably send dog out to target person and have them circle until called back.

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Practice with target person moving forward and back a few steps.

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**FIX IT**

Dog is to untangle himself from leash.

**Training the behavior:**

Sitting on floor, wrap the dog's foot loosely in leash, tug on leash nagging dog with a little pressure. The dog will try and move foot away from pressure. Click and reward first attempts. When the dog recognizes that moving his foot earns reward, increase the expectation to removing foot completely from leash. After dog masters the behavior for one foot, start on another foot, and repeat on all four. After mastery on all four, start including two feet at a time then three etc.....

Once the dog has the behavior, move to a standing position and go back to just one foot and start training sequence all over. (This can take a few weeks.)

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**(JUMP)  
ON/OFF**

The dog must get on or off a designated object

**Training the behavior:**

Start with very low solid platform. Lure dog on platform click and treat. Work on dog maintaining a standing position. Build up duration and distance just like you would a stay. Practice grooming and physically examining dog in this position. Touch ears, look at teeth, pick up paws, etc..... Reward dog for tolerating and staying still.

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Once dog maintains the Jump On, lure the dog to Jump Off.

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# ADVANCED TASK PROGRAM MANUAL

## **Back**

### **The dog backs up**

#### ***Training the behavior:***

Use cones or gates or poles to make an aisle. At one end of the aisle have inmates stand in front of their dogs and give a firm "BACK" command, wait one second and then quickly shuffle in towards dog. (Classical Conditioning) Dogs need that second in between command and you shuffling because soon "Back" will act just like the bell at the racetrack. They will hear back and move quickly backward, as soon as they move 4 ft. back, stop shuffling, click and reward. Repeat. Note Using Classical conditioning you use the cue right away.

## **Go Through**

### **The dog precedes the handler through a doorway. Then turns and faces handler**

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#### ***Training the behavior:***

Dog is to precede handler through threshold. Once dog is through threshold he should turn back towards handler. Let them know that if going through threshold with dog beside them it is a Let's Go. Demonstrate a proper Go through. Walk to threshold and lure dog through and back to facing you. Click and Treat. Let them know they do not have to always do a Wait with this command. In fact, it's the handler that performs the wait. Dogs should stop forward momentum on leash automatically when their handlers stop

## **Follow**

#### ***Training the behavior:***

Dogs should fall behind handler and follow. Teach position first. Give Command Follow one time. Then lure dog behind you in follow position. Click and treat. Once dog understand Follow position, have handlers start moving forward a step or two before rewarding. If dog moves out of position no treat. Let dog fail a couple times so he understands maintaining position is the only way to earn reward. Always treat dog in position. If trainer's clicks and dog comes out of position, you owe a treat! but before giving it just guide dog back into position. Set up cones or poles to create narrow aisle. Work dogs through aisle to set them up for success. Once they get it practice in open space





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## Roll Over

### **Dog goes to a prone position and rolls to one side**

#### ***Training the behavior:***

Dog is to go down in a prone position and roll to one side maintaining that position. Lure dog into a down (Do Not Say Down). Then lure dog's nose with treat around back of dog's head. Don't stand over or hover the dog as it can be too much, and trainers may need to approach from a lower position. Once dog performs position, feed treat but don't click yet (unless it wasn't acquired easily). Try and feed dog successive treats while maintaining position, slow down rate of treats and get dog to maintain position a little longer. Click and treat dog for maintaining behavior. Once dog masters' this behavior, practice examining dog in this position.

## Move

### **Dog must move out of the way**

#### ***Training the behavior:***

Dog is to get out of trainer's way. Have trainers place dog in a down position, while they are standing. Have handlers step over dog and reward a few times. Then have handlers in a firm voice give Move command, wait one second. Gently shuffle into dog. When dog gets up click and reward. You must train this command and maintaining a down for a step over at the same time. If we work them separately dog can get confused and when someone comes near them break a down immediately. Verbal cue must immediately be introduced and distinctive so dog can make a clear distinction of what's to come

## GO TO BED

### **The dog will go to his bed and stay there until otherwise commanded**

#### ***Training the behavior:***

Dog is to go lie down on bed and stay until otherwise commanded. Place crate mats on floor. Give verbal cue to Go to Bed. Lure dog onto mat and without saying "down" lure dog into a down. Click and reward. Build up distance and duration just like you would a down/stay increase criteria little by little. Be fair to dog and don't push duration and distance beyond what dog can successfully tolerate. Always come back to dog before clicking and treating. Treat dog in position. Also practice increasing distance for sending dog to bed. Start out close to bed when giving cue then and increase your distance for sending dog to bed little by little. Dog should be able to be sent to bed from across room.



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## Practice test

Heel
Up
Back
Side
Go Through
Follow
Go
Around
Jump on
Roll Over
Fix it
Move
Go To Bed
Front

Instructor suggestions: Play games using skills. Simon says. Follow the leader, set up a track skills obstacle course. Have a group mock test. Just make sure all behaviors are practiced giving trainers a chance to see where their dog may need extra work before formal testing. Remember the trainers aren't being tested the dogs are to see what skill levels they have reached. Do not place blame on Trainers just show them how they can help their dog perform better. If you are going to place blame in track testing place it on yourself. If your trainers aren't having success, it's either because they aren't skilled enough which is on you as an instructor. Or some dogs have a different learning curve and need more time. If trainers are really not good and won't improve. Then it's on you the trainer to bring them up or remove them.

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Instructor:		Date:	
Handler(s):			
Dog:			
Command	Proficient	Satisfactory	Needs work
FRONT			
HEEL			
SIDE			
UP			
GO AROUND			
CIRCLE			
FIX IT			
JUMP ON/OFF			
BACK			
GO THROUGH			
FOLLOW			
ROLL OVER			
MOVE			
GO TO BED			

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## **Commands covered and Criteria for each behavior**

*Instructor will go over each command and its criteria. Instructor will demonstrate ways to teach each behavior and demonstrate how to build up the 3 D's distance duration and distraction.*

### **Theory**

- Behavior chains
- Back Chaining
- Dog learning styles and how to adjust your training to fit his/her style.
- Shaping
- Importance of timing in task work (because your shaping finite behaviors)

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## Advanced Theory

### Advanced Task Commands

HOLD	The dog is to keep the item in his mouth firmly
GIVE	Dog is to release his grip.
LOOK	The dog starts looking for the item that is to be retrieved.
GET IT	When the dog spots the item for retrieval, this command is given.
BRING IT HERE	The dog brings the item to you.
GET THE.....	Your dog will retrieve the item he has been taught to identify
TUG	The dog will grab hold of the item attached to the door and tug on it to open/close the door.
NUDGE	The dog will use his nose to push
LIGHT	This tells the dog to nudge the light switch upward.
SWITCH	This tells the dog to move the light switch downward.
DOOR	Your dog will use his foot/feet to push the door open/closed.
DROP IT	The dog is to drop the item he has in his mouth.



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## Theory: Shaping

1. First the dog must be conditioned to the clicker.  
Click = Treat, you can establish this understanding with your dog with various exercises. Understand that the clicker is an indicator. The understanding you want to come to is, that whatever behavior your dog is actively doing at the time of the click is the behavior you would like repeated. When a dog and handler understand this agreement and stick to the basic rules it can only take one click distributed at the correct time to get a dog to repeat a behavior. Because this is the rule, the correct timing of the click is crucial to success. So, a handlers timing should be spot on before training complicated behaviors like the retrieve. But if you click in the wrong spot, you must honor the contract! Don't worry you will get enough clicks in the right place to make up for a few bad timings
  
2. The retrieve behavior is actually a string of several behaviors chained together.
  - The dog must orient the (LOOK)
    - **Look-** Once your dog is firmly holding dowel in his mouth you start slowly moving Dowel to one side for dog to grab dowel inch by inch. This is beginning of dog orienting to dowel and "looking" for it.
  - The dog must pick up the item (GET IT).
    - **Get it-** As he reaches for dowel He is performing "Get It". It is important to let dog move toward dowel.
  - The dog must bring the item (BRING IT)
    - **Bring-** When dog reaches for dowel if chained properly, he will automatically return to sit in front of trainer. If dog breaks chain and drops dowel you are changing criteria too fast.
  - The dog must deliver the item without dropping (HOLD IT)
    - **Hold-** It is important to present entire retrieval chain. Although trainers need to teach hold first, they need to know what the next step is in the behavior chain. It is important to work on the dog's learning curve it's not up to the instructor or trainer on when it is o.k. to move on, **it is up to the dog**. Trainer and Instructors need to be able to recognize in the dog when it is time. We use **shaping** techniques to train retrieval, Shaping is waiting for the behavior and manipulating behavior through reward and withholding reward.
    - Start in a seated position, Lure dog into a seated position close to you. That's where he will eventually bring it. Present dowel and reward dog for any interest. It starts with a nudge and ends with a dog firmly holding dowel and there are a hundred successive behaviors in between that

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should be rewarded. It is trained in small highly rewarded increments at a fast pace. In several short training sessions. It will be very important to break the task track up with lots of fun and movement. A task should not be trained for more than 5 minutes for most dogs. We want them to love it. And **retrieval is a behavior that you do not want to overwork**. If the dog isn't jumping out of his skin from excitement, when you break out the dowel, you are overworking him on it! Start over and keep it fun for him. **Leave dog wanting more!!!!**

- The dog must release the item (GIVE) This is known as a behavior chain
  - **Give-** Happens on its own. It starts with you holding the dowel in front of the dog. Every time he takes his nose off the dowel this is the beginning of give.
- 3. Since all animals retain whatever they learn first, best in any behavior chain (try and recite your ABC's backwards) Then the best way to teach a dog to retrieve is to teach him the last link on the chain first which is the delivery and work your way backwards.
- 4. Set your criteria, what do you want your dog to be doing as he delivers the retrieval item? Do you want him to sit and present it? Stand? Down? Whatever it is, that is the position you need to start him in.
- 5. Now the work begins, get your treats ready, clicker in hand. Hold the dowel out. Most dogs will check it out. Be ready to click any behavior that is in the right direction to your ultimate goal, break the behavior down and click and reward the slightest offering. Usually, a sniff at the dowel will be the first offering! Reward it! The biggest mistake trainers make is to not reward the slightest offering. Don't be cheap with your rewards. At the very least you want your dog to be happy when you break out the dowel. Reward whatever that first offering is. Some dogs will actually bite the dowel right away so be ready to reward! Now whatever the first offered behavior keep rewarding until you see your dog purposely throwing that behavior. When your dog seems to understand that much, it is time to stop clicking and treating your dog every time. **Skip a click or two**. Usually, the dog will then over perform the next time. If he was touching the dowel, he may now open his mouth a little out of frustration. Click it! Now you're closer to an actual bite down on the dowel. Be careful not to let your dog fail too many times or he will just give up! Failure is important information to your dog. It shouldn't be punished. He needs to work out what earns a reward and what doesn't, but you must set reasonable criteria to earn reward. Don't expect too much at first. It

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can take a dog several sessions before you are able to shape the hold. You need to keep sessions short and sweet, never get frustrated! Never push it too fast! Leave your dog wanting more, end before he wants to! He should get excited when he sees you bring out the dowel.

6. Tricks to help, when your dog starts biting the dowel consistently, let go of the dowel quickly and grab before it falls out of his mouth then reward (a split second) this will get him used to feeling the weight of the dowel in his mouth, and the hand coming back for the dowel. Now when you have managed to reward that several times. Let him bite the dowel but this time let him drop it. Oops, no reward! Now go back to grabbing it before he drops it and reward, then throw in a few Oops, you dropped it and no reward. The dog should quickly figure out that he only gets rewarded when the hand makes it back to the dowel before he drops it. So since in his mind his owner is such a goofball and isn't upholding his part, he will compensate by giving his beloved handler more time and holding the dowel in his mouth longer until the hand comes back. And your job is to in small increments extend the time it takes for the hand to come back to the dowel.
7. Now that your dog is holding the dowel for extended periods it is time to put it on cue "Hold".
8. Now a game to solidify the hold. Tell your dog to hold it' then knock it gently out of his mouth oops no reward! Next time tell your dog to" give it" right before you take it from him. Reward, reward, reward. Play this game a few times and your dog will learn to keep his mouth firmly around the dowel until you ask for it.
9. Now start moving the dowel slowly to the floor, a few inches from where he was used to going for it. He will grab it and automatically go back to the exact position he was in when he first learned to hold it. That's back chaining at work! As you inch it to floor if the behavior breaks down in anyway, go back to the last successful position! When you finally reach the floor, you will need to keep your finger on the dowel a few times, before he will understand what you want. Dogs don't generalize behaviors like humans do and when we change one element it can look completely foreign to the dog, that's why it is important to move in very small increments. Eventually he will pick it up off the floor and present it to you. To clear it up you may need to tell him to Hold it, which will jar his brain into remembering what to do. After it is on the floor you will be able to move it further and further away from you and he will retrieve it from any distance.

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## Retrieval

### Look

The dog must orient the (LOOK)

#### **Training the behavior:**

Once your dog is firmly holding dowel in his mouth you start slowly moving Dowel to one side for dog to grab dowel inch by inch. This is beginning of dog orienting to dowel and "looking "for it.

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### Get It

The dog must pick up the item

#### **Training the behavior:**

As he reaches for dowel He is performing "Get It". It is important to let dog move toward dowel. Do not give dowel to dog. As he reaches for it, he is learning Get.

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### Bring

The dog must bring the item

#### **Training the behavior:**

When dog reaches for dowel if chained properly, he will automatically return to sit in front of trainer. If dog breaks chain and drops dowel you are changing criteria too fast.

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### Hold

The dog must deliver the item without dropping

#### **Training the behavior:**

It is important to present entire retrieval chain. Although trainers need to teach hold first, they need to know what the next step is in the behavior chain. It is important to work on the dog's learning curve it's not up to the instructor or trainer on when it is o.k. to move on, **it is up to the dog**. Trainer and Instructors need to be able to recognize in the dog when it is time. CST uses **shaping** techniques to train retrieval, Shaping is waiting for the behavior and manipulating behavior through reward and withholding reward.

Start in a seated position, Lure dog into a seated position close to you. That's where he will eventually bring it. Present dowel and reward dog for any interest. It starts with a nudge and ends with a dog firmly holding dowel and there are a hundred successive behaviors in between that should be rewarded. It is trained in small highly rewarded increments at a fast pace. In several short training sessions. It will be very important to break the task track up with lots of fun and movement. A task should not be trained for more than 5 minutes for most dogs. We want them to love it. And **retrieval is a behavior that you do not want to overwork**. If the dog isn't jumping out of his skin from excitement, when you break out the dowel, you are overworking him on it! Start over and keep it fun for him. **Leave dog wanting more!!!!**

---

### Give

The dog must release the item (GIVE) This is known as a behavior chain

#### **Training the behavior:**

It starts with you holding the dowel in front of the dog. Every time he takes his nose off the dowel this is the beginning of give.

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## Tug

Open a door or cupboard

If you can hook tug on door this works best Start with door completely open. Lure dog a few times to get him interested in tug. (Dog must be standing) Once dog orients to tug either nudging or mouthing begin to shape behavior. Reward the dog's best efforts. Once dog picks up tug start closing door inch by inch. You are back chaining here; dog should pick up tug and try and return to original position with tug. As he returns to original position, he is learning to pull door closed. Do not try and increase too much distance, just reward inch by inch. Tug can go fast in just a session or two, the trick is to increase criteria little by little and rapid-fire treats.

## Nudge

Close a door or cupboard\*

\*Also use this command to break Autistic stemming response or for use with various PTSD issues like focus seizures; the dog would simply nudge the persons face when they are "staring into space".

Start with cabinet or door almost closed. Lure dog to touch door with nose a couple times. Click and reward... Once dog is touching door purposely open the door inch by inch increasing criteria bit by bit. This behavior can happen fast if you don't try to increase distance more than an inch at a time. You can change criteria, but you can't go from one inch to a foot you must do it a few inches at a time to get a solid nudge. Some Dogs mainly expressive labs will try and shove door with foot. Do not reward this behavior just ignore it and only reward when dog uses nose.

## Light

Turn light on by pushing switch to up position

First thing get dog to go **Up** on wall and maintain. Then using targeting and treats like can cheese or peanut butter on switch, get the dog to push up the light switch and reward with click and treat

## Switch

Turn light off

Same method as Light only the action is reversed by pushing the switch down.

## Door

This command is chained with the UP command

Dog is to put front feet up on door to push open.

Review	Real world Skills	Group exercises
Retrieval	Tug trainers jacket off	Longest Hold
Tug	Retrieve item from table	Quickest retrieve
Nudge	Nudge door open	Farthest retrieve
Light	Brace for help getting up	Nudge box races
Switch	Turn light on and off	(Use small boxes and see who's

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# ADVANCED TASK PROGRAM MANUAL

## Advanced Task Testing Sheet

Instructor:		Date:	
Handler(s):			
Dog:			
Command	Proficient	Satisfactory	Needs work
HOLD			
GIVE			
LOOK			
GET IT			
BRING IT HERE			
GET THE....			
TUG			
NUDGE			
LIGHT			
SWITCH			
DOOR			
DROP IT			

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