



# STAND

## Level 1

**Goal:** The dog will stand up when hearing the word “Stand”. This behavior can facilitate grooming, veterinary exams or getting ready to go out (putting the gear on or off). Dogs also need to stand and maintain the position for mobility or PTSD related behaviors such as balance assistance, bracing or blocking. There are also situations where standing is a safer alternative than sitting. When in line or in a crowd for instance, a dog that is sitting or lying down can be stepped on, get hurt, or become a tripping hazard to a person who may not notice their presence.

Stand involves an implied “stay” as the position should be maintained until we give the cue ‘Free’ or another cue.

**Material:** clicker & treats

TRAINING PLAN		
1.	<b>Getting started: Luring</b>	Ask the dog to either “Sit” or “Down”, click and treat. With a treat in hand, present it in front of the dog’s nose, then move it away from the dog, as if you were pulling the dog by a string into a “Stand”. Click and treat as soon as the dog stands up. Make sure you bring the dog in a stand without inducing forward movements. We want the dog to stand without taking steps forward. Click and treat a few times in position (while the dog is standing), then repeat the sequence.
2.	<b>Adding the cue</b>	Once the dog immediately stands up when you present you hand in front of them start saying the word “Stand” as they initiate the position, in other words, while they’re getting up. You’ll have to repeat this about 50-100 times for the dog to make the connection between the cue (the word) and the behavior (standing).
3.	<b>Fading the prompt</b>	Once the dog easily gets into a stand, gradually fade out your hand to get them in position. Simply wiggle your finger in front of the dog (approximately where you used to hold out a treat) and encourage the dog to stand up but take your hand away before the dog reaches it. Gradually reduce your movement until you don’t need to use your hand at all. Give the cue “Stand” BEFORE you use the prompt. The dog should quickly start anticipating your next move and get into position before you need to use your hand.
4.	<b>Building duration</b>	It’s now time to teach the dog to keep the position for longer and longer periods of time. Once the dog is in position, wait a few seconds before clicking and treating. Gradually work up the duration of the behavior to 6 seconds or more. It’s important to increase the duration randomly, so you might click and treat at 4 seconds, then 2 seconds, then 5 seconds, etc.
5.	<b>Changing your position</b>	repeat steps 1-4 while changing your position. Try sitting on a chair, sitting on the floor, standing on one side of the dog, then on the other, standing on a chair,



		lying on the floor, lying on the couch, raising your hands up in the air, etc.
6.	<b>Building distractions</b>	Gradually increase the level of distractions. Ask the dog to “Stand” while there’s a toy or ball or even treats on the floor, etc. Move around the dog while dispensing multiple treats to the dog for staying in position. If the dog moves at any time, reduce the distractions and slowly build them back up. Ask the dog to stand while there are other people a few feet away, then closer. Ask the dog to stand while there is another dog nearby. Say another word or make another sound. Do not click if the dog stands. Work very gradually and be creative with this step. Stay at this step until the dog consistently responds within 3 seconds to the cue ‘Stand’ and maintains the position even in the presence of intermediate levels of distractions.
7.	<b>Generalization</b>	Repeat the steps in different areas. Make it easy at first and make sure the level of distractions is very low. You may do this in your kitchen, then your living room, your bedroom and your backyard.
8.	<b>Fluency</b>	Gradually build up the level of difficulty until you can successfully get your dog to “Stand” in all sorts of places with lots going on and start using this cue in everyday life, whenever you need to get the dog to stand. Use real-life rewards as often as possible. Ask for a ‘Stand’ before throwing a ball, putting on the harness or vest, giving access to play with other dogs, etc.

CONGRATULATIONS! If you’ve come this far, you have taught the dog a solid response to the word ‘Stand’.