

Points to remember



When you and your dog are experts doing the Down, both the Sphinx and the Roll, you will find that Downs are an outstanding training tool with a wide variety of uses for a multitude of venues!

Sphinx Drop

- Always make sure the front end of your dog hits the ground first.
- Palm down with treat between your thumb and palm.
- Hand to ground and when your dog drops flip over your hand and toss/give the treat to your dog.
- Energizing the release off the down will keep your dog in an “active” state.
- Over many repetitions, stand up and add your “down” word.

Roll Down

- With your dog on your left side, place a treat in your right hand and bring it to your dog’s nose and draw him into a “down.”
- AS you draw your dog down, use your left hand to stroke his hip over and towards you.
- I prefer my dog to always roll on his hip toward me as this enables me to control his space better.
- Over time wean off the treat in your hand and reward your dog AFTER he is down and his hip is rolled.
- Ideally you want your dog to down and roll on his hip in one command with you standing up.