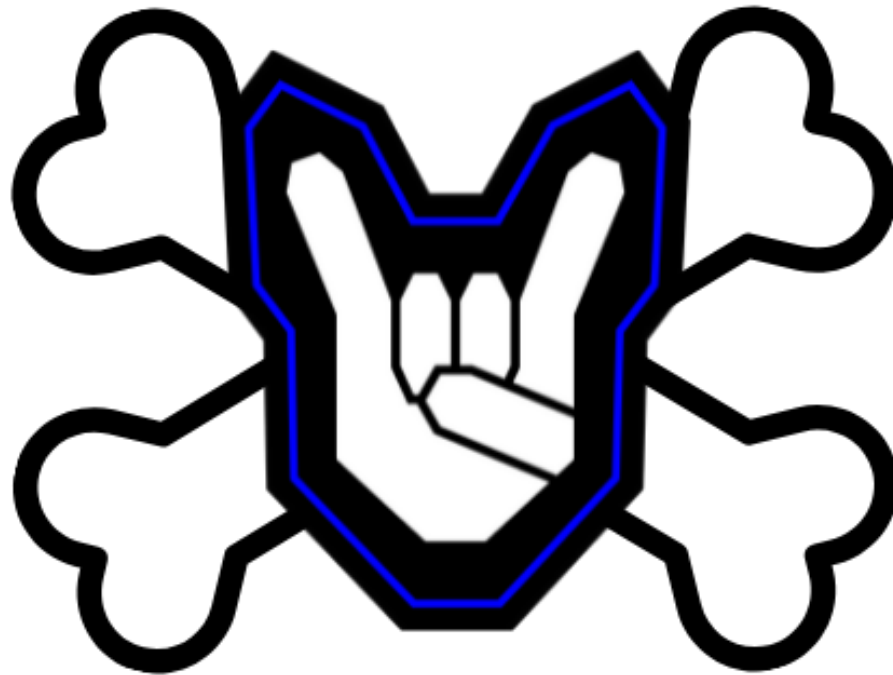


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# Rowdy Hound

## Handy Dandy Handbook

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Congratulations on deciding to improve your life with your dog! The following packet will contain relevant information that is beneficial for everyone ranging from new puppy owners to people bringing home a rescue dog.

In my years of training dogs, I believe this information to be critical in forming a foundation for long-term success and fulfillment between your dog and your family.

I do not own or claim to have invented anything in this packet, I am simply a filter and messenger of information to the community. May this benefit you and your dogs

- Humbly  
George the Dog Trainer

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# Questionnaire

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- Age & Breed of the dog?
  - Origin (breeder, pet shop, rescue/shelter)?
  - How long he has lived with the family?
  - If rescued, at what age he came, and what was from his previous life?
  - If he came as a puppy, from which kennel, why that breeder, why this breed?
  - If he is neutered/spayed?
  - What, When, and Where does he eat?
  - Rule out a possible veterinary problem. Has the dog checked out for a vet, When?
  - See the physical condition of the dog (if he is skinny, or fat, dull hair, lame, or shows any physical discomfort, etc.).
  - At what age the problem started?
  - When he misbehaves, if there is a specific stimulus that triggers the problem?
  - What they did before now to handle? Past training?
- 1) Demonstrate past training and obedience the dog has, and the control they have over the dog?
  - 2) See the control of the dog's motivation with regular food and treats
  - 3) How do you and your family correct the dog for undesired behaviors?

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## Lifestyle, Training, Socialization

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### Lifestyle

First and foremost, your puppy is an animal and has 3 primary drives. Mental, physical and social and each have a scale of 0 to 100 in each category. Imagine a pug has 20 out of 100 in the physical, mental and social capacities. As such, it's a bit easier to fulfill all these categories when compared to a Husky. A husky may have 90s across the board which is why we see a higher rate of destructiveness and frustration from the result of excess energy. Biological fulfillment is key in training. Take a moment and evaluate where your puppy lies on those three drives.

### Training

Training is building an effective language between you and your puppy. This language can span whatever words you want to include sounds and even gestures. Later, in this document, we will go over the keys to setting up an effective language through +1 0 -1. For now, just understand that the basis of language comes from an effective yes, and an effective no.

### Socialization

Once you can communicate with your puppy, Socialization taking them into the world and using that language to explain how you want them to behave and respond. Socialization is not just limited to the other puppies or humans, but rather the noises, sounds, exposures and experiences that come with the endless array of phenomena that humans surround themselves in. Lifestyle training and socialization begin as soon as you meet the puppy and every moment after.

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# Building a Balanced Dog

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## Overview

There are 3 primary components we can help improve in your dog

1. Behavioral: improving control over the dog through training and in its self-control.
2. Emotional: working on the happiness of the dog, improving trauma or experience
3. Energetic: improving the dogs experience and expression of self with members of his human family, and the rest of the beings and things with which he interacts

To achieve this, we assist a human family in 2 primary ways

1) **4 pillars of balance:** Achieve harmony in the dog's relationships with its environment. These four factors are the critical environmental factors when working, training, or rehabbing dogs. For this we need to balance the dog, through:

1. Socialization: harmonious interaction with all the beings that share his life.
2. Stimulation: giving your dog appropriate activity and lifestyle
3. Subordination: harmonious relationship with members of the human family.
4. Obedience: in the form of behaviors learned and good manners

2) **The human factor:** These 3 components are

1. Relationship: improvement of the hierarchy of the human family.
2. Communication: creation of clear and effective communication channels.
3. Actions: training to create behavioral patterns that improve the family's control over the dog, and the dog's self-control and understanding in various situations

Behavioral problems can be caused by:

1. Environmental problems: those already described.
2. Genetic problems: if a dog is very shy or dominant by nature it will be difficult for him to harmonize with his environment.
3. Health problems: if a dog is sick, whatever the cause, this will impact his way of relating peacefully with his environment.

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## Diagnosis/Assessment

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After seeing the dog in action with his problems together with his family. We will remove or manage the dog so he does not disturb our dialogue with the human family.

Here, we will elaborate on what we have heard and seen, emphasizing the problems that have come to our attention, and that from our experience we know what happens in these cases. These problems are generally:

- Distress in the dog, which in turn generates anxiety processes, which in turn produce reactivity, fear, or aggression (if applicable)
- Lack of subordination of the dog due to lack of hierarchy in the family
- Lack of control of the human family over the dog, and/or the dog's self-control
- Noise or total absence of communication channels
- Issues or impossibility in the execution of actions

The other 10% of cases are typically dogs with genetic and health problems

**Note on complex problems:** Many times, we tend to have different problems at the same time. It will be key to clarify the priorities, which will be the rehabilitation of the dog in terms of complex problems and of an emotional nature, rather than simple problems and only behavioral in nature. In the long run we will be able to solve everything completely, but we must prioritize appropriately.

For example, a dog pulls a lot on the leash, but at the same time it is reactive with dogs and humans, the latter corresponds to a dangerous behavior, while the first is only an annoying behavior, therefore, we must solve reactivity first, and if the other cannot be solved in the process, then after achieving this objective then we will focus on improving other issues. But trying to achieve both at once can lead to failure for both problems.

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## Leadership Program

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**Leadership is about 3 things:**

**Providing for your dogs needs**

**Clear communication and expectations**

**Hierarchy and deference**

We must provide basic Resources for our dogs. Some examples include

- Food / Water    •Toys    •Time    • Affection    •Space

But we don't necessarily have to give these to our dogs for free. Appropriate Leadership means having expectations and requiring your dog to perform to earn these resources and freedom.

You are not a dog, and you are going to be stronger than your dog in most cases. Terms like dominance and submission do not hold water in this leadership role. We don't promote using the most force but rather using the motivation of resources to work with your dog.

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## **Building A Language: +1, 0, -1**

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Training your dog is like speaking a language that you understand but your dog does not. Yes, we know, there already is a language like that. Your dog does not understand English. However, this language is going to be something that you must teach your dog through actions rather than actual words. The game “Hot and Cold” is an example of how single words can be an entire training language.

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### **(+1) POSITIVE MOTIVATION CONTROL**

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This is our “Hot” to our Hot and Cold game with our dog. It’s meant to show them they are doing the right thing- Start by teaching the dog that “Yes” means “reward”. To do this calmly say “Yes” and after a full second give the dog a piece of food. Repeat this many, many times and the dog will associate the word “GOOD” with food.

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### **(0) Failure/Non-effect**

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This Will be our silence during the Hot and Cold game where the lack of us saying anything tells the dog that they are not doing the exact right thing.

This is most easily done with the LEASH. This is how we stop the dog from doing what we don’t like. Just interrupt and give them something better to do. 90% of Problem behaviors in dogs under 9 months could be resolved by consistently using a crate or leash to make undesired behaviors ineffective.

- “Uh-uh” is the verbalization most commonly used. Use it as your dog is starting to stray from the correct command and do not move, praise or treat until the dog is on the correct behavior again.

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### **(-1) Negative One**

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This is the final aspect of our Hot and Cold game where “Cold” tells the person they are going in the complete wrong direction. The word “No” will be your way of alerting your dog to an undesirable behavior or action. You will be using this along with the correct pressures of the leash to show your dog that they are doing the wrong behavior so that these various pressures aren’t necessary in the future.

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# Principles of Training

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## Marking

Marking is the act of telling a dog they are doing the right thing. Think of this as the “Hot” command in the game “Hot and Cold”. To mark, simply say a monosyllabic word and treat at the same time whenever you see the desired behavior. After an amount of time, the word elicits the same happy feelings as the treat does and is a positive reinforcer of these commands.

For the sake of teaching marking, we are going to use the dog’s name and the word “Yes”. The “Yes is going to signify to your dog they are doing the correct thing and the treat will strengthen the association of “Yes” and positive reinforcement.

How to:

1. Take a couple treat in your hands and have your dog nearby.
2. Call your dog’s name and wait until they look to you. Mark with “Yes” and reward.
3. Wait for the dog to look away and repeat. Make sure to say “Yes” every time you get attention

Remember that “Yes” is extremely pivotal in making sure that your dog understands what you are looking for and is THE most important training tool you have. You will be using this in most of your training

## Reward Levels

While Training, understand that each level of difficulty deserves its own reward. Giving your dog filet mignon for doing sit in the house will make filet mignon less exciting when there is a lot of distractions outside. Each level of training should have it’s own treat based on the level of difficulty. Heres ours

- Home – Kibble
- Neighborhood or Training class– Training Treats
- Public Area/ Big Challenges – String cheese, lunch meat, hot dogs, etc

We do this to keep our dog’s attention and reinforce the more crazy and difficult areas alongside proper techniques. Once you leave the public area, no more string cheese. This makes sure you do not devalue those high value treats.

## 3 D’s

Finally, whenever learning or practicing new tricks, increase one of the D’s of challenge at a time

Distance, Duration, and Distraction

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# Problem Management

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Now we’ll stat with the creation of protocols for the management of the dog’s problem. This is not necessarily training but the initial solution to prevent the problem behavior from working or getting worse

In managing dog problems, some regular protocols and recommendations are:

- Keep the dog on a leash or cord at all times, so that it can be more easily controlled
- Crate training and its use to control the dog in critical moments of bad behavior
- Use of hand-feeding to build motivation and attention to handler
- Use of other tools or procedures that in each case may be different

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# **Confinement Training & Potty Training**

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## **Confinement area**

Why should you crate?

Before bringing your puppy home, set up a confinement area. This is a place for your puppy to stay when you can't provide 100% supervision. For example, when you are out or busy around the house and can't keep your eyes on him the entire time. It prevents chewing accidents, potty accidents, and teaches your puppy to be alone.

Start alone-time training now. Begin getting your puppy used to short absences within the first few hours of his arrival. You will want to spend every minute with your puppy when he first comes home, but it is better to prepare him for a normal routine right away. He must learn to be relaxed, calm, and settled when alone—and this doesn't come naturally to puppies, social animals that they are.

How? Leave your puppy alone in his confinement area while you go out or spend time in another part of the house. Vary the length of your absences, from 30 seconds to 20 minutes, and repeat them throughout the day. If your puppy seems comfortable, you can increase the amount of time he is left alone.

Remember, it may take several days or weeks for your puppy to make the transition to his new home.

### **Do's of the Crate**

- Make it a safe comfortable place for your puppy to truly rest and get down time
- Adjust where the crate is depending on the puppy. Some puppies prefer social areas like the living room, and some prefer the bedroom
- Allow the puppy access to the crate like you would kids to their room
- Utilize the crate when you are gone until you trust the puppy to be ok outside of the crate. This time period is different from puppy to puppy
- Leave toys and chew items in the crate to relieve stress
- Always be calm when putting the puppy in or taking the puppy out.
- Make sure the puppy is calm before allowing the puppy out

### **Dont's of the Crate**

- Never use it as a form of punishment
- Do not leave food or water in the crate
- Don't leave bedding if the puppy is a destructive chewer
- Do not leave the puppy for long periods without a structured activity before hand
- Do not use potty pads or newspapers in the crate
- Do not leave the puppy during the day for longer than the golden rule
  - o For every month old = 1 hour + 1 hour (Example a 3-month puppy can do for 4 hours, a 6 month can hold it for 7 hours)



## **Tips for Crating**

- Crates are not jail cells. They are treated more like you would have your kids treat their bedrooms! As a kid, you decorate it and make it feel safe and secure so they will feel comfortable in there. As a teenager and young adult, you notice you have a hard time getting them out of their room! Make it feel more like a bedroom rather than a jail and you will have a hard time getting them out!
- Take a sheet and cover the crate. You want the crate to seem like it has 4 solid walls, so they feel more secure. It doesn't need to be a large duvet or a woolen blanket, otherwise your making an Easy-Pup oven rather than a crate. You don't need to make it dark like you would do for birds, just enclosed. (There are for sale crate covers if you would like to get something specifically made for it.)
- Dogs will sleep at night. As such, their bodies relax and don't put emphasis on digestion. Therefore, they can sleep all 8 hours at night but can only be in the crate for a few hours during the day.
- It's ok if you must put them in the crate when they don't want to every so often. If 9 times out of 10 it's a positive, the one time it isn't will not traumatize them. Try to avoid forcing them into the crate as much as you can, but do not feel guilty if there is no other option. (such as a family emergency or such)
- Try to use the crate as often as you can when they are young, puppies sleep 18 hours a day at 8 weeks old. Try to have the crate a place of naps as much as you can.
- 

## **Potty Training 101**

Potty accidents can happen even with adult, previously house-trained puppies. It is not at all obvious to puppies that the bathroom rules in one place apply everywhere else.

Teach your new family member to distinguish between indoors and outdoors by getting him to go in a designated area and then rewarding him with treats and praise. With a little patience and supervision, your puppy will soon be fully versed in toilet etiquette.

Prevent Accidents. Supervise your puppy in the house. Use a crate when you are not sure if your puppy is empty.

Reward your puppy for going outside. Praise at the right moment, i.e. the second he starts 'going.' Reward with a treat after he is finished.

- Until your puppy is perfectly house-trained, don't leave him alone except in his confinement area.
- If you see your puppy sniffing and circling in the house, take him out immediately.
- Praise and reward your puppy with a treat when he relieves himself outdoors.
- Never yell or punish your puppy for a potty accident, otherwise he may become afraid to relieve himself in front of you

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# Basic Behaviors

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## Chewing

Chewing. Chewing is normal and healthy canine behavior, but it can still be a problem—for you and your furniture. You need to teach your puppy what is and isn't okay to chew. In other words, give him plenty of appropriate things to chew right away to get him hooked on those instead of your shoes.

Prevent chewing mistakes. When you can't supervise, put your puppy in his confinement area with a sanctioned chewie.

Interrupt chewing mistakes. If your puppy tries to chew the wrong thing, interrupt.

## Barking

Boredom barking - Happens when a puppy is left alone often and doesn't get enough exercise or mental stimulation.

Barrier frustration barking - Mostly happens on leash, in cars, or in backyards.

Demand barking.- Puppies that bark to get something, e.g. to have balls thrown, doors opened, or attention.

Watchpuppy barking. - Triggered by passersby, slamming car doors, a cat on the lawn, etc.

Separation anxiety barking. - A symptom of underlying anxiety about being alone.

To cut down on any kind of barking, give your puppy plenty of exercise and arrange for mental stimulation when he is left alone. Feed him using puzzle toys or stuffed Kongs.

## Jumping

Puppies jump up to say hello, quite simply. They don't know how humans prefer to be greeted, and it never occurs to them that they might knock us over or ruin our clothes. Thankfully, consistent anti-jump training can quickly solve the problem for good.

Puppies jump, well, because it works! They get attention or what they want. The best way to fix it is to take away that which they want such as not giving them attention or letting them have affection for the wrong behaviors. However, it isn't just one person's job but EVERYONE'S job in the house in order to make it stick

Anti-jump training. Whenever your puppy greets you by jumping up, gasp as though he were radioactive, say "uh-uh" and turn away. When he stops jumping, turn around to face him. If he jumps, turn away again. When he stops jumping, pet and praise him. Add a negative one if necessary but stepping forward or using a knee to take back space in order to communicate it is not acceptable.

Arriving home. Open the door a bit. If your puppy jumps up, close the door. Repeat until you can step through the door without your puppy jumping up. Once inside, if your puppy jumps on you, turn away. If he keeps jumping, go back outside. When he stops jumping, re-enter and pet and praise him. (He should be in a crate anyway)

If this continues, the addition of corrections via "Leave it", loud noises or the puppy corrector may be necessary in order to properly communicate what you are looking for.

# Dog Body Language

Although puppies may not be able to express what they want through written language, they do speak a language that we can understand! Body Language! When communicating with your puppy or watching your puppy it is important to watch your puppy's body language to understand how your puppy feels in any given situation.

When looking at a puppy, don't focus so much on the tail. Focus on the **Mouth, Ears, Eyes** and **Body Posture**.

## DOGGIE LANGUAGE

starring Boogie the Boston Terrier



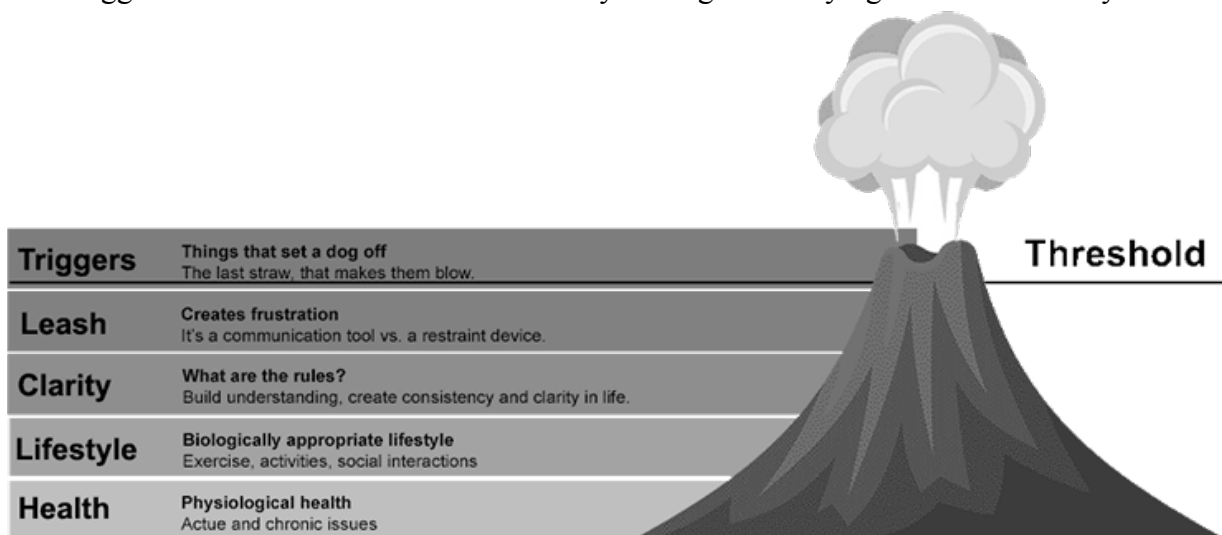
# Layered Stress and Preventing Aggression

## Layered Stress Model

Stress is like a volcano. Although all you see is the eruption, there are so many underlying factors and reasons that cause the volcano to erupt. The Layered stress model explains this by showing the various layers in a dog's mind that can cause an eruption within your dog.

The layers are (in order of most important to least important):

- Health – How a dog feels physically such as physical pain or discomfort (e.g. a hurt paw)
- Lifestyle – How a dog lives day to day such as access to exercise and amount of sleep
- Clarity – How clear you are in communicating your feelings with and to your dog
- Leash – How the different leash tensions affect your dog's frustration and understanding
- Triggers – The various stimuli can set off your dog's underlying stress and anxiety



## Preventing Aggression

Most of the canine aggression can be blamed on poor breeding, medical issues, or a lack of socialization. But aggression is a normal response to stress even in well-adjusted dogs, which is why avoiding stressful situations is crucial in the first few weeks and months. Some pointers:

- Don't overwhelm your dog. Give him time to settle in.
- Provide enough downtime. Give your dog plenty of quiet time.
- Use treats liberally.
- Never force the issue. If your dog shows fear or reluctance in any situation, don't force him.

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# **Gear Checklist**

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## **Grain Free Commercial Kibble**

- Fromm (A)
- Orijen (A)
- Merrick (A)

## **Per-made Raw Diet**

- Stella and Chewys (A)
- Primal (A)
- K9 Naturals (A)

## **Consumables**

- Teething rings (A)
- Whimzees (A)

## **Equipment**

- Long 10ft leash (A)
- Short 4-6ft leash (A)
- Slip lead (A)
- Treat bag (A)
- Training treats (A)
- Plastic prong collar (A)

## **In-home Management**

- Crate (A)
- X-pen (A)
- Kong (A)
- Treat ball (A)
- Squirt bottle (A)
- Pet convincer (A)

## **Toys**

- Rope (A)
- Plush toys (A)
- Soft and hard rubber toys (A)
- Chuck it balls (A)
- Skinees (A)
- Flirt pole (A)

## **Transport**

- Dog car seat (A)

## **Vet recommendations**

- Chips
- Cap star
- Typical vaccination schedule
- Spade/Nuder 9-18 months based on size, temperament, and based on size. Consult a professional trainer for further evaluation
- Canned pumpkin for upset stomachs (organic one ingredient A)
- Probiotics (A)

**(\*Items with an (A) besides it are items available on amazon. For links to the individual items or a link to an Amazon list containing these items, please email us via [Boss@GeorgetheDogTrainer.com](mailto:Boss@GeorgetheDogTrainer.com))**

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# Services

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## Puppy Playtimes

**Socialization is a critical component of developing a balanced, health, and friendly dog who can go with you anywhere and isn't afraid of the world**

**Mondays – 6:00 – 7:00 Small Puppy Play (under 25 lbs.)**

**Tuesdays – 6:00 – 7:00 PM Big Puppy Play (over 25 lbs.)**

**Hosted by Paws N Claws Veterinary Hospital and Daycare : 9762 Yorba Linda Blvd, Yorba Linda 92886,  
(714) 693-3800**

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## Pack Walks

**Hosted at Tri-City Park**

**Saturdays – 10:00 AM (9AM starting in March)**

**Healthy socialization is beneficial to your dog's mental and emotional health. Pack walks are the perfect opportunity to practice your training around other dogs and distraction**

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\$250	Consult/Coaching Session (45-90 minutes)	
\$100/day	Pro Daycare	
\$150/day	Daycare & Train	
\$25/day	Xoolbus	
\$125/night	In-Home Boarding	(\$750/week)
\$200/night	In-Home Board n Train	(\$1200/week)
\$250	Puppy 1 Group Class	4 Week
\$300	Puppy + Group Class	6 Week
\$300	Rowdy 1 Group Class	6 Week
\$300	Rowdy + Group Class	6 Week
\$500	AAA Group Class	4 Week
\$500	CGC Group Class	4 Week
\$500	Off-Leash Group Class	4 Week

\$15/event	Puppy Playtime	(\$50 monthly subscription)
\$25/event	Pack Walk & Social	(\$75 monthly subscription)

## Rowdy Hound Dog Training Programs

	<u>Basic Puppy/ Puppy +/ Perfect Puppy</u>	<u>Rowdy Dog</u>	<u>AAA (Awkward/ Anxious/ Aggressive)</u>	<u>Off-Leash</u>
<b>Promise:</b>	\$1225 / \$1775 / <b>\$2125</b>	<b>\$2450</b>	<b>\$3675</b>	<b>\$4900</b>
	<ul style="list-style-type: none"> <li>• Social</li> <li>• Loose Leash Walk</li> <li>• Sit</li> <li>• Down</li> <li>• Wait</li> <li>• Recall</li> </ul>	<ul style="list-style-type: none"> <li>• Social</li> <li>• Loose Leash Walk</li> <li>• Sit</li> <li>• Down</li> <li>• Wait</li> <li>• Recall</li> <li>• Heel</li> <li>• Place</li> <li>• Stay</li> <li>• Leave it</li> </ul>	<ul style="list-style-type: none"> <li>• Social Re-hab</li> <li>• Loose Leash Walk</li> <li>• Sit</li> <li>• Down</li> <li>• Wait</li> <li>• Recall</li> <li>• Heel</li> <li>• Place</li> <li>• Stay</li> <li>• Leave it</li> </ul>	<ul style="list-style-type: none"> <li>• Social</li> <li>• Loose Leash Walk</li> <li>• Sit</li> <li>• Down</li> <li>• Wait</li> <li>• Recall</li> <li>• Heel</li> <li>• Place</li> <li>• Stay</li> <li>• Leave it</li> <li>• Off Leash Reliability</li> </ul>
<b>A:</b>	Consult, Gear Group Class 3 Private Lessons 6 Playtimes	Consult, Gear 2 Group Classes 5 Private Lessons 8 Pack Walks	Consult, Gear 8 Private Lessons 3 Group Walks 12 Pack Walks	Consult, Gear 10 Private Lessons 3 Group Classes 24 Pack Walks
<b>B:</b>	Consult, Gear 4 Daycare & Teach Days Group Class 1 Private Lesson	Consult, Gear 8 Daycare & Train Days Group Class 2 Private Lessons 6 Pack Walks	Consult, Gear 12 Daycare & Train Days 1 Group Class 3 Private Lessons 8 Pack Walks	Consult, Gear, E- Collar 16 Daycare & Train Days Group Class 5 Private Lessons 16 Pack Walks
<b>C:</b>	Consult, Gear 5 Board & Train Days Group Class 1 Private Lesson	Consult, Gear 10 Board & Train Days Group Class 2 Private Lessons 4 Pack Walks	Consult, Gear 14 Board & Train Days Group Class 3 Private Lessons 4 Pack Walks	Consult, Gear 21 Board & Train Days Group Class 4 Private Lessons 8 Pack Walks