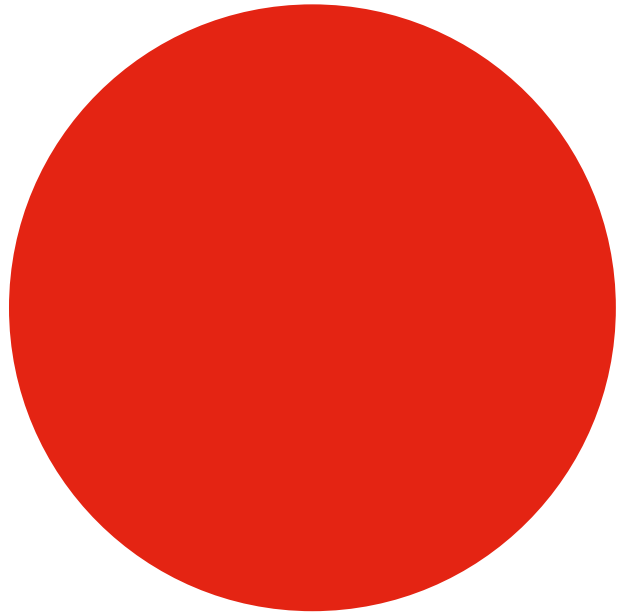




START



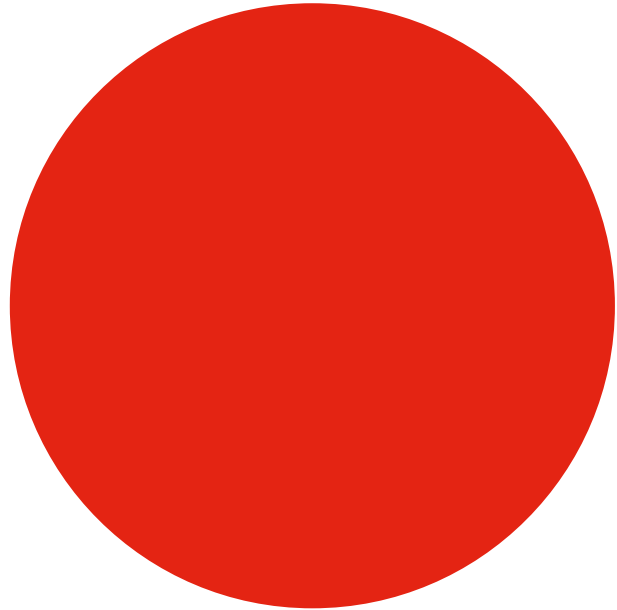
SIT



1. SIT.

The handler and dog stop with the dog sitting at heel. When the dog is sitting, the handler cues the dog to heel forward.

This is a static exercise.



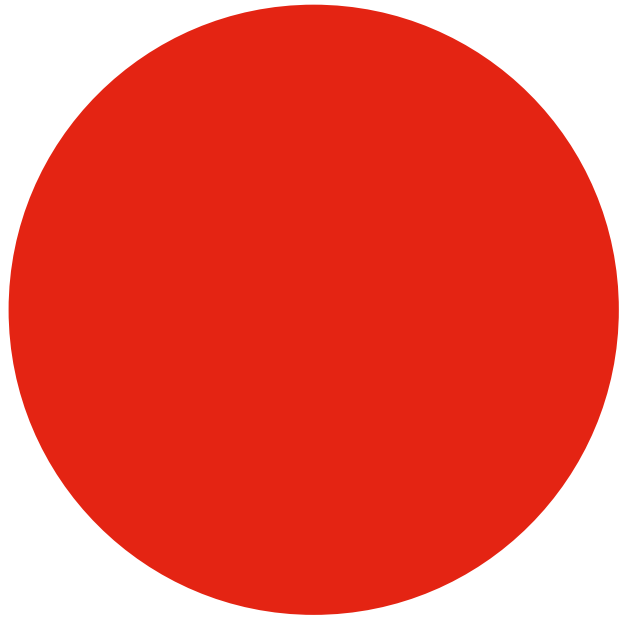
SIT
STAND



2. *SIT – STAND.*

The handler and dog stop with the dog sitting at heel. The handler then cues the dog to stand. When the dog is standing, the handler cues the dog to heel forward.

This is a static exercise.



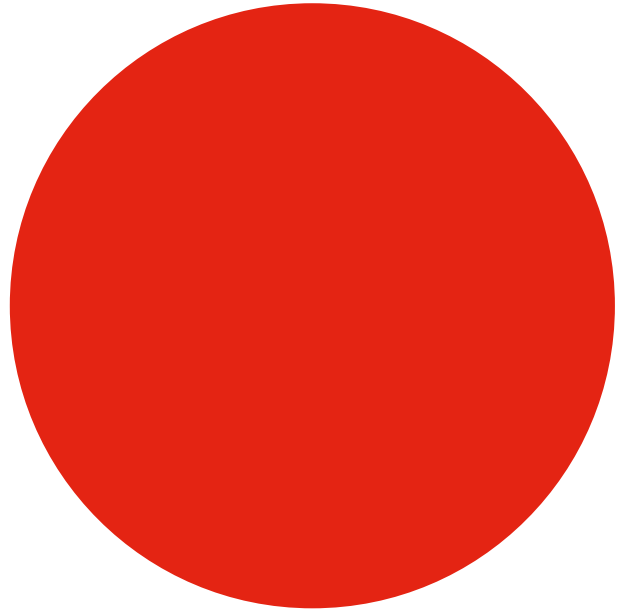
SIT
DOWN



3. *SIT – DOWN.*

The handler and dog stop with the dog sitting at heel. The handler then cues the dog to down. When the dog is down, the handler cues the dog to heel forward.

This is a static exercise.



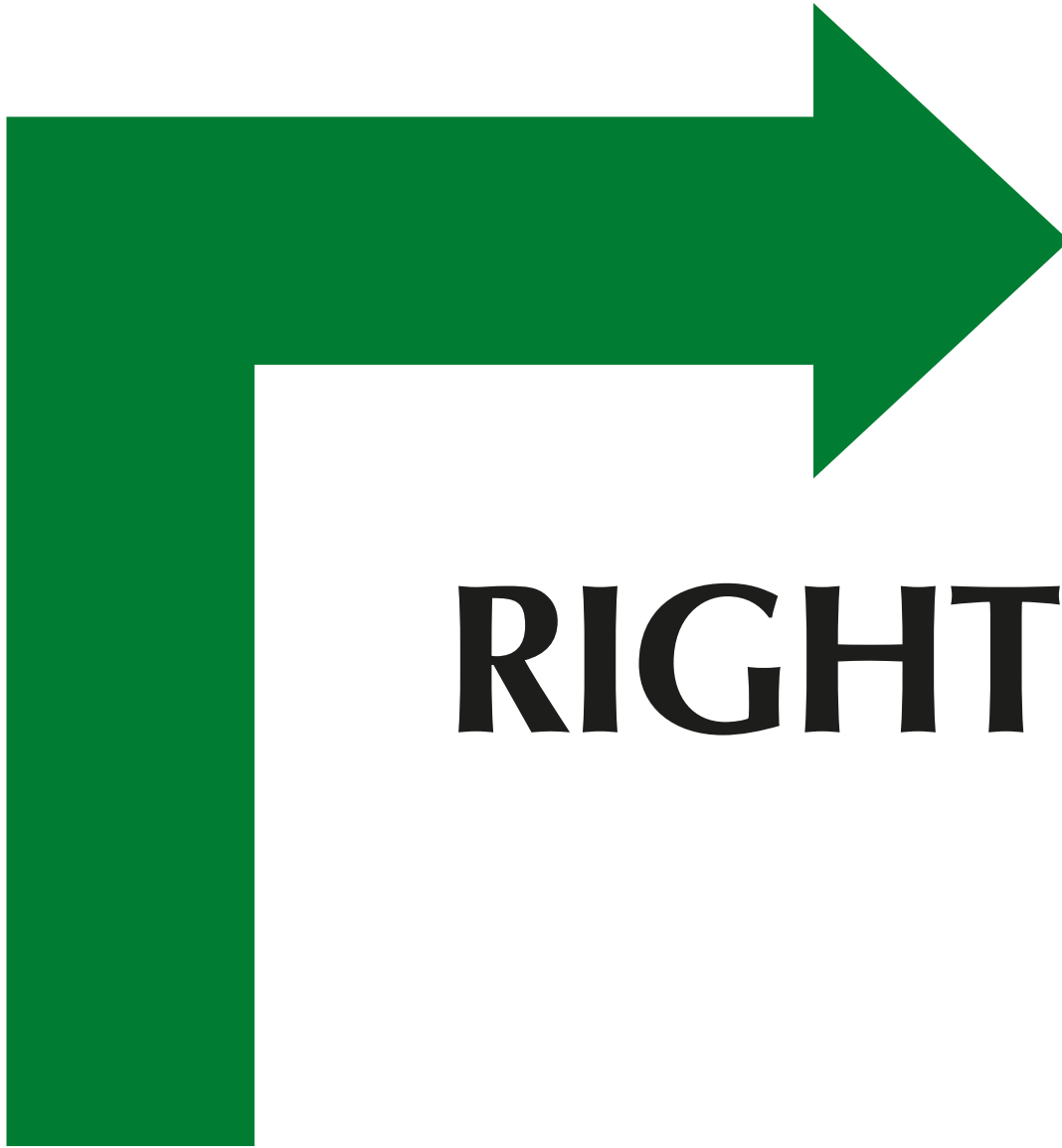
SIT
DOWN
SIT



4. *SIT – DOWN – SIT.*

The first part of this exercise is performed as described in Exercise 3. When the dog is down, the handler cues the dog into a sit position. When the dog is sitting, the handler cues the dog to heel forward.

This is a static exercise.

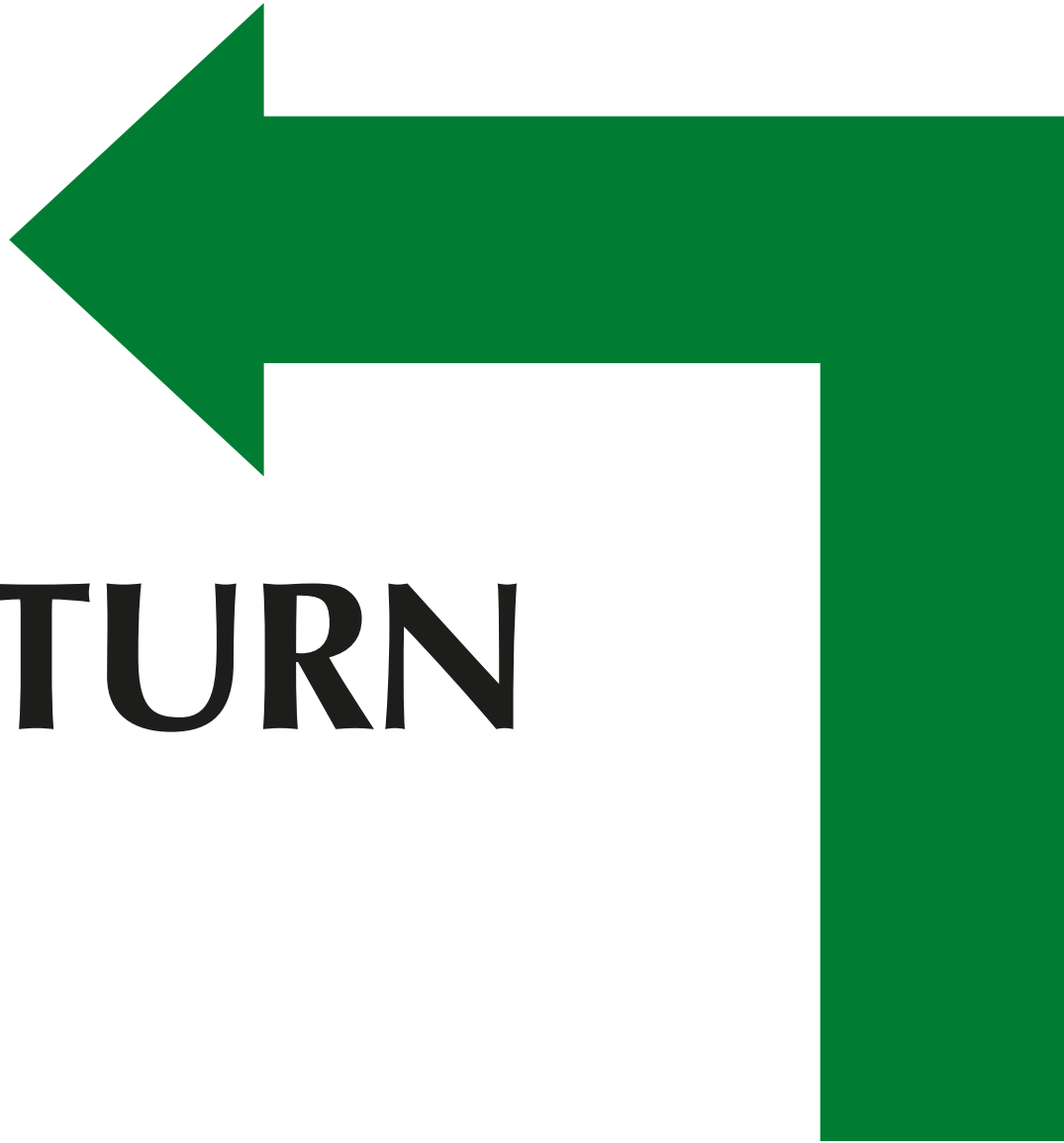


RIGHT TURN



5. RIGHT TURN.

This is an accurate 90-degree right turn.



LEFT TURN



6. *LEFT TURN.*

This is an accurate 90-degree left turn.



**ABOUT TURN
RIGHT**



7. ABOUT TURN RIGHT.

This is a 180-degree accurate turn to the handler's right.



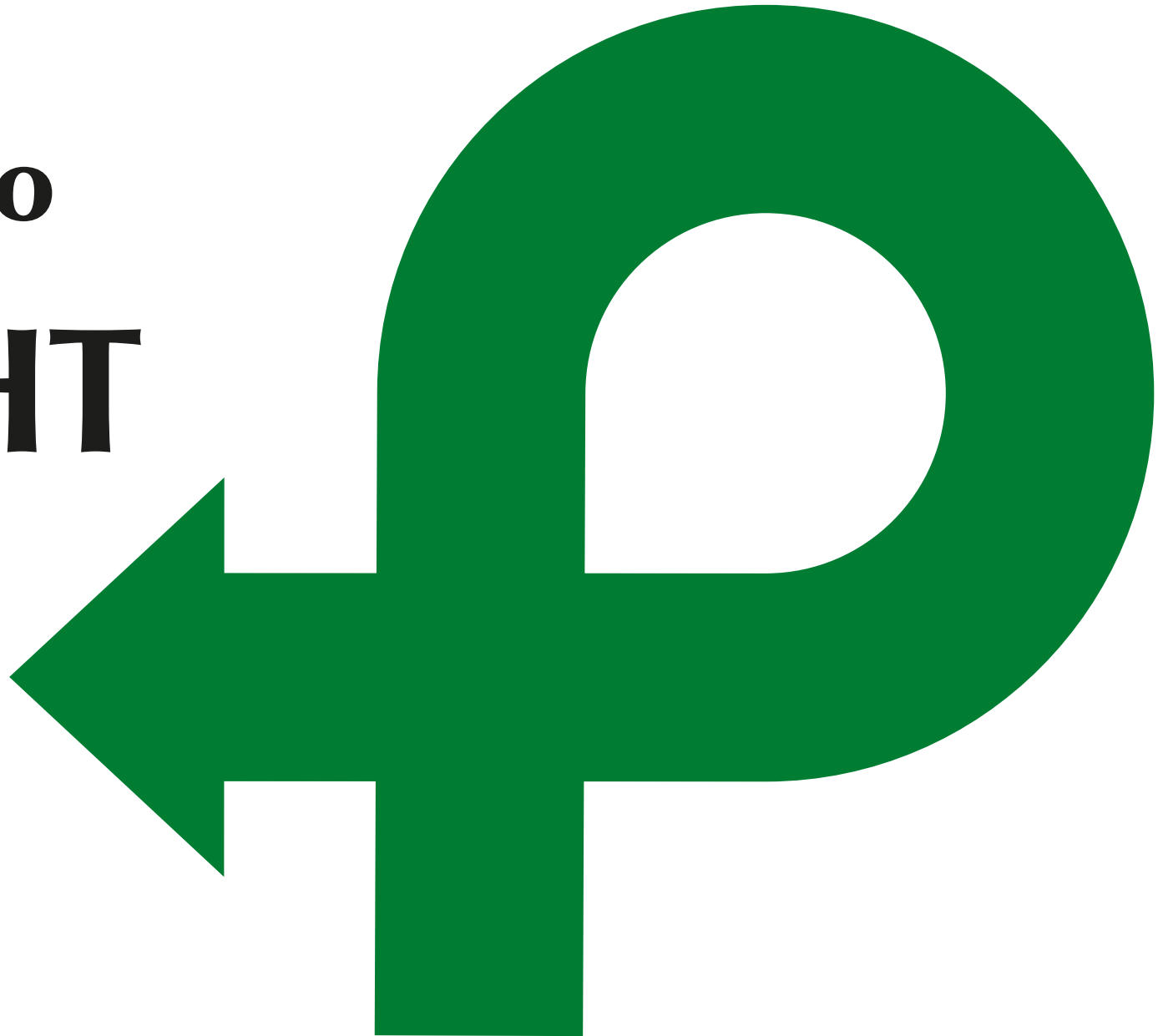
**ABOUT TURN
LEFT**



8. *ABOUT TURN LEFT.*

This is a 180-degree accurate turn to the handler's left.

**270°
RIGHT**



9. 270 DEGREE RIGHT (*Turn*).

While heeling, the dog/handler team makes a 270-degree turn that begins to the handler's right. The final direction taken toward the next exercise is to the left of the dog/handler team's original position.

**360°
RIGHT**



THE KENNEL CLUB
Making a difference for dogs

10. 360 DEGREE RIGHT (Turn).

While heeling, the dog/handler team makes a 360-degree turn (a complete circle) that begins to the handler's right. The final direction is the same as that of the dog/handler team before starting the exercise.



**CALL
FRONT
FORWARD
RIGHT**

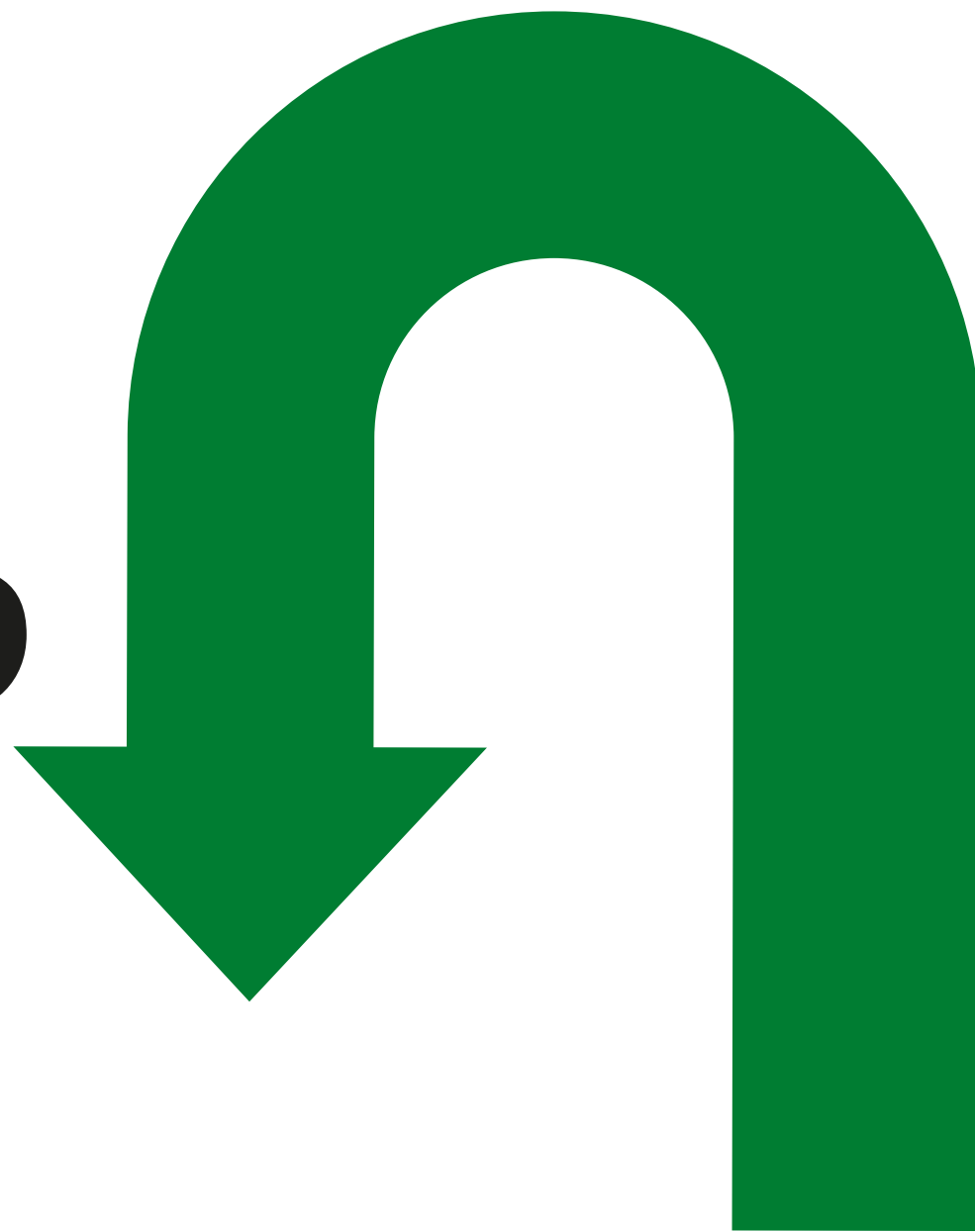


11. CALL FRONT – FORWARD RIGHT.

While heeling the handler stops his/her forward motion approximately level with the sign and calls the dog to the front position. The dog continues to move during this portion of the exercise – the dog does not sit as it goes to the front position. The handler may step backwards as the dog turns and moves to sit in front of and facing the handler. The backward movement of the handler must be no more than three steps taken straight back.

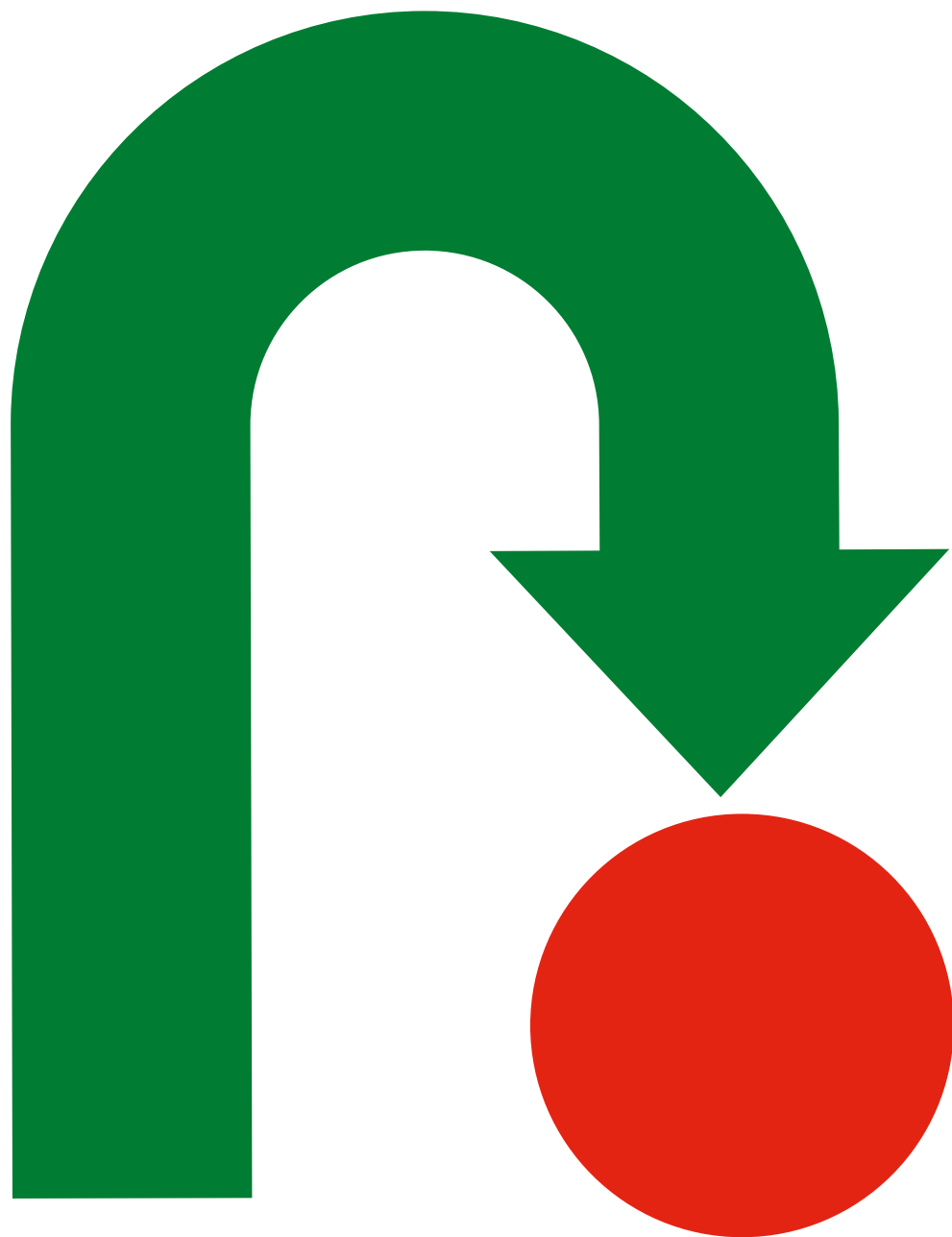
The handler is not to move to the side to position him/herself in front of the dog; the dog must move to sit directly in front of the handler. The dog may go past the sign to accomplish this. For the second part of the exercise, the handler cues the dog to move from the front position to the handler's right, around behind the handler and into the heel position as the handler continues forward. The dog does not sit in the heel position.

**CALL
FRONT
FORWARD
LEFT**



12. CALL FRONT – FORWARD LEFT.

The Call Front part of this exercise is performed as in Exercise 11. For the second part, the handler cues the dog to move from the front position to the handler's left and into the heel position as the handler continues forward. The dog does not sit and the handler moves forward as the dog comes into heel position.



**CALL
FRONT
FINISH
RIGHT**



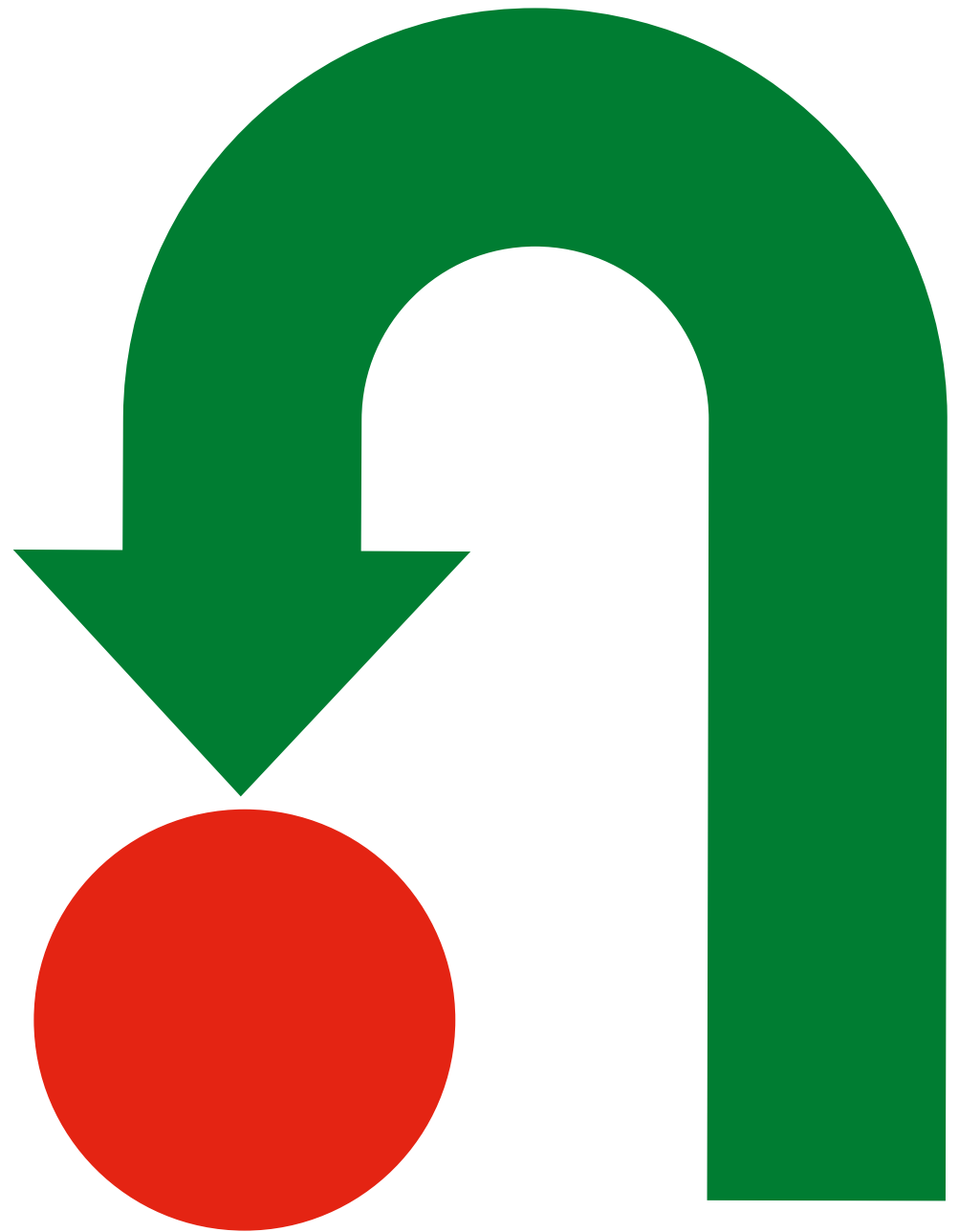
13. CALL FRONT – FINISH RIGHT.

The Call Front portion of this exercise is performed as in Exercise 11.

For the second part, the handler cues the dog to finish by moving from the front position to the handler's right, around behind the handler and finally sitting in the heel position. The handler then cues the dog to heel and moves forward.

This is a static exercise.

**CALL
FRONT
FINISH
LEFT**



14. CALL FRONT – FINISH LEFT.

The Call Dog Front portion of this exercise is performed as in Exercise 11.

For the second part, the handler cues the dog to finish, moving from the front position to the handler's left, and sitting in the heel position. The handler then cues the dog to heel and moves forward.

This is a static exercise.



15. SLOW PACE.

As the dog/handler team draw level with the sign they decrease their pace so that there is a noticeable difference from the dog's normal pace. In Level 1-5 this exercise must be followed by Exercise 17 (Normal Pace), or it may be placed as the last exercise on the course, in which case the exercise and performance are concluded as the dog/handler team crosses the Finish Line. In Level 6 it is permissible for this exercise to be followed by either Exercise 5 (Right Turn) or Exercise 6 (Left Turn) but this must then be followed by either Exercise 17 (Normal Pace) or the Finish sign.



16. FAST PACE.

As the dog/handler team draw level with the sign they increase their pace so that there is a noticeable difference from the dog's normal pace. This exercise must be followed by Exercise 17 (Normal Pace), or it may be placed as the last exercise on the course, in which case the exercise and performance are concluded as the dog/handler team crosses the Finish Line. This exercise requires approximately 4 metres between Exercise 16 (Fast Pace) and Exercise 17 (Normal Pace) or the Finish.

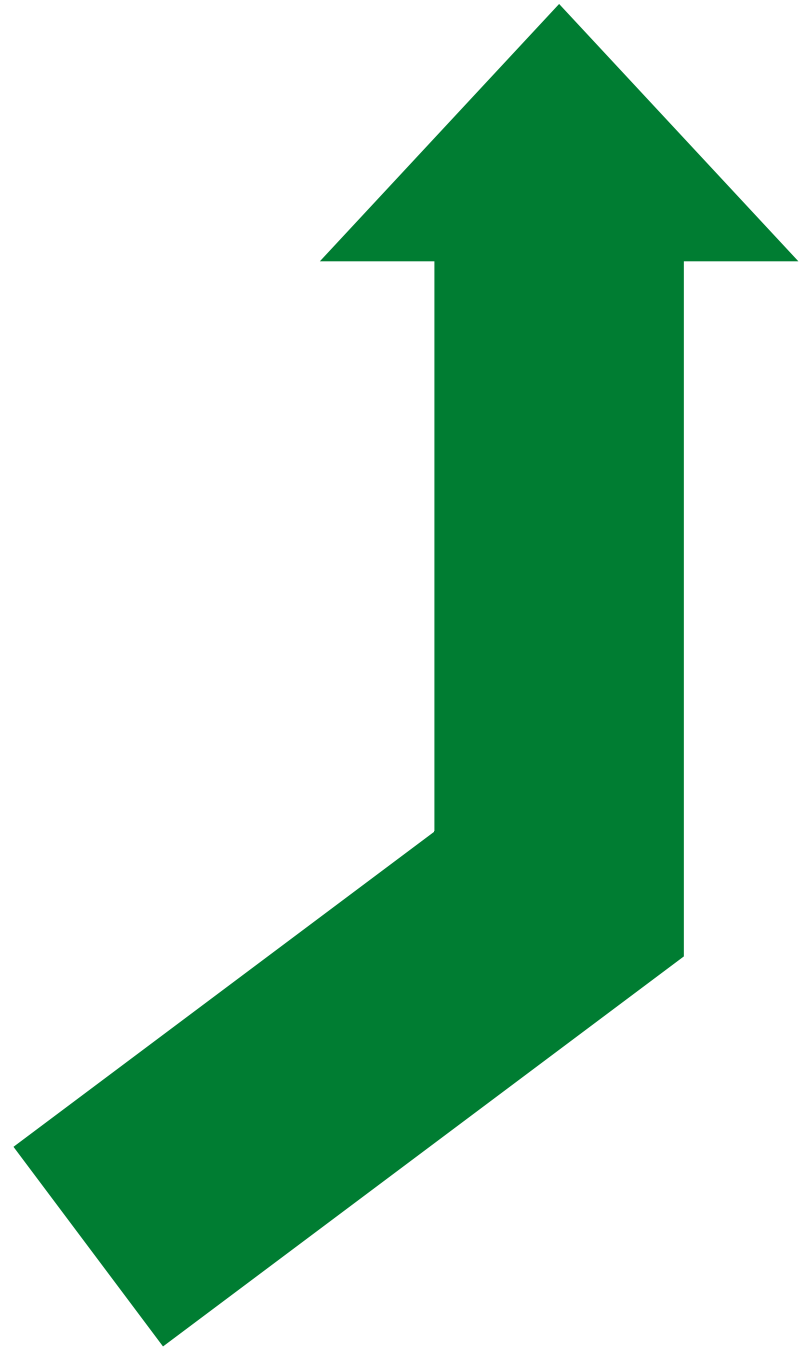


17. NORMAL PACE.

As the dog/handler team draw level with the sign they move forward at a normal pace that is comfortable for the dog and handler.

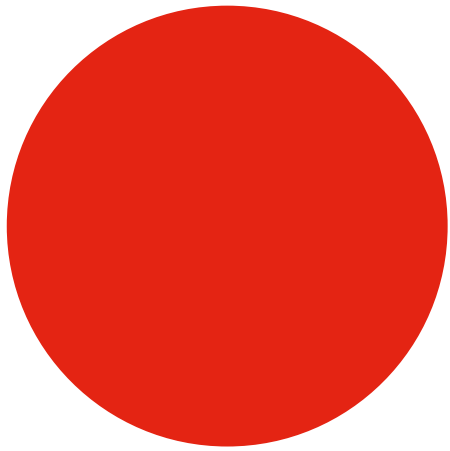
NB: At Levels 1 and 2 this is a separate exercise but at Level 3 or above the change in pace and return to normal pace is judged as one complete exercise.

MOVING SIDE STEP RIGHT



18. MOVING SIDE STEP RIGHT.

While heeling past the sign, the handler takes one diagonal step with his/her right foot, forward and to the right with the sign on the right. The handler then steps with the left foot, also forward and to the right, along the newly established line. The exercise is performed **AFTER** the sign.

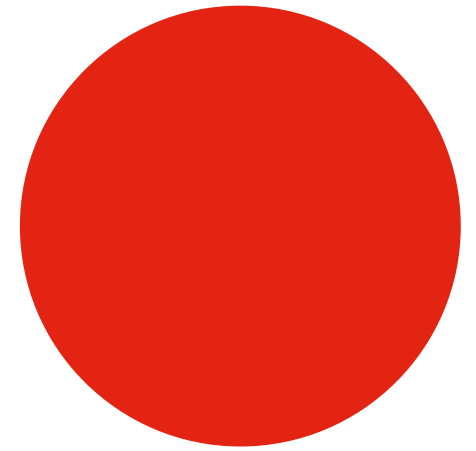


**SIT
RIGHT TURN
FORWARD**



19. SIT – RIGHT TURN – FORWARD.

The handler and dog stop with the dog sitting at heel. They then execute a 90 degree turn to the handler's right, the dog moves with the handler as they turn. They then heel forward.



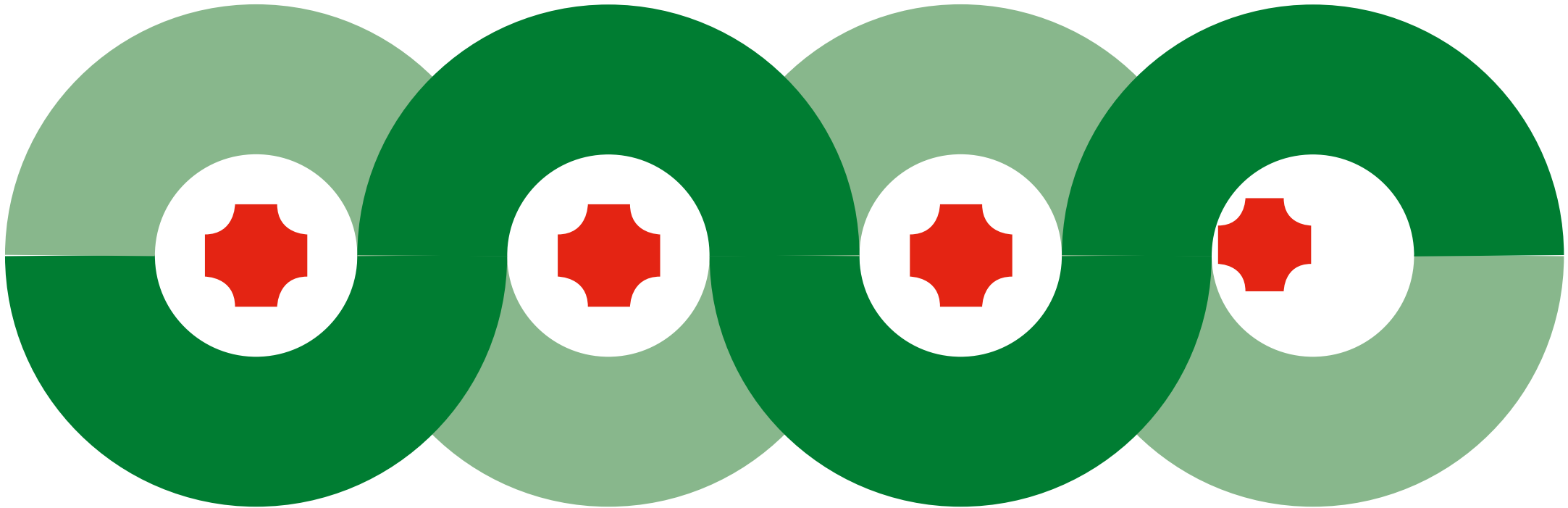
SIT
LEFT TURN
FORWARD



20. SIT – LEFT TURN – FORWARD.

The handler and dog stop with the dog sitting at heel. They then execute a 90 degree turn to the handler's left, the dog moves with the handler as they turn. They then heel forward.

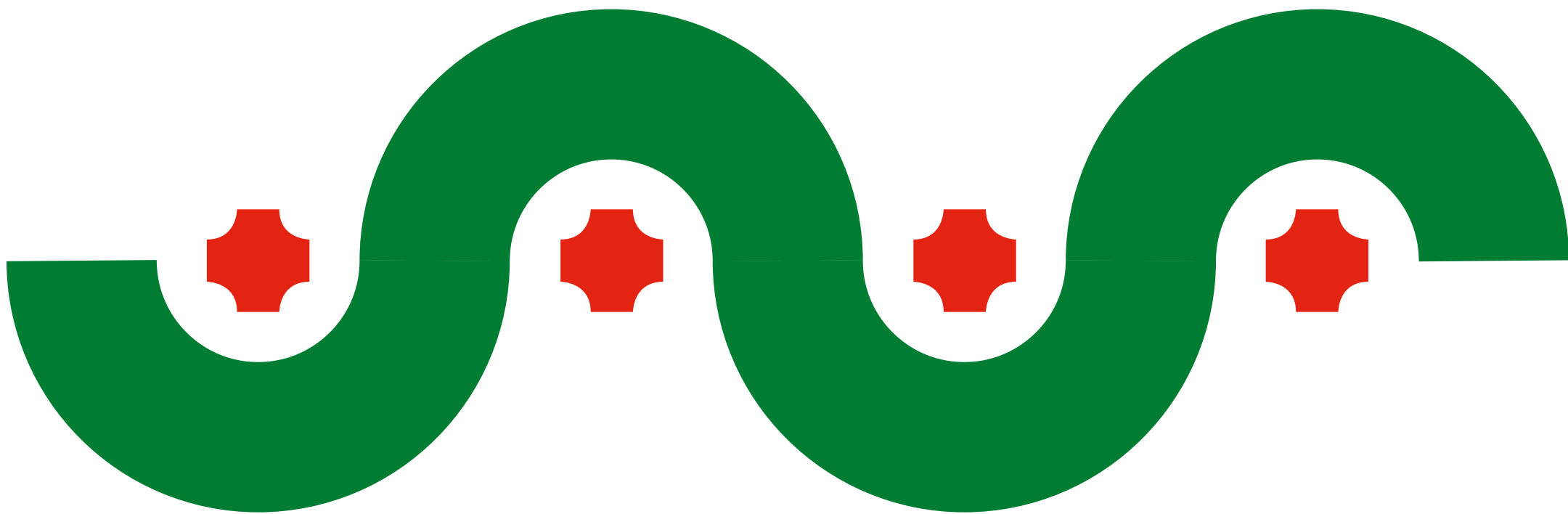
FIGURE 8



21. FIGURE 8.

Four cones are placed in a straight line approximately 1.5 metres apart. The sign is placed near the first cone in the line. Entry into the weaving pattern is between the first and second cone with the first cone on the dog/handler team's left. Dog and handler weave through the cones, loop the end cone and weave back to the beginning of the pattern. The exit direction from the pattern is dependent on the placement of the next exercise.

SERPENTINE



22. *SERPENTINE.*

Four cones are placed in a straight line approximately 1.5 metres apart. The dog/handler team enters with the first cone on their left, weaves through the cones and exits at the last cone. The dog/handler team does not weave back through the cones.



FINISH



BONUS



**CALL
FRONT
SIDE STEP
RIGHT/LEFT**



BONUS EXERCISE 1.

CALL FRONT – SIDE STEP RIGHT OR LEFT.

The Call Front part of this exercise is performed as in Exercise 11. Once the dog is sitting in front, the handler takes one full step to either the right or left. The dog must move sideways with the handler and after moving, must sit in the front position. Once the dog has moved sideways and is sitting in front, the exercise is complete.



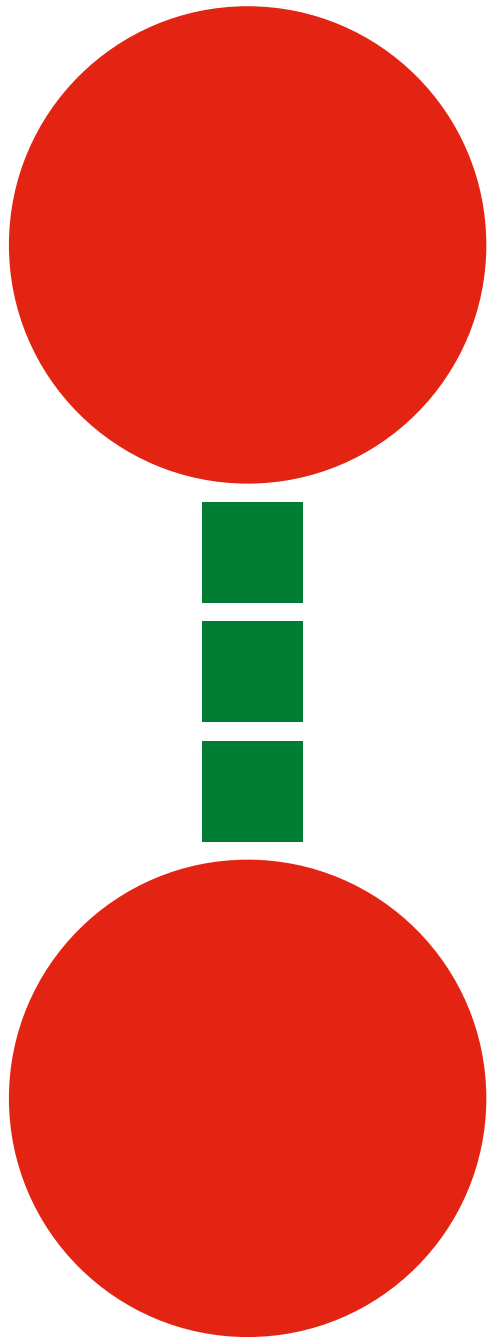
**CALL
FRONT
TURN
RIGHT/LEFT**



BONUS EXERCISE 2.

CALL FRONT – TURN RIGHT OR LEFT.

The Call Front part of this exercise is performed as in Exercise 11. Once the dog is sitting in front, the handler executes a 90 degree turn to the left or the right. The dog moves with the handler and sits in the front position once the handler has executed their turn. The dog should stand up to execute the turn. The handler may take up to three steps backwards.



SIT
3 STEPS
SIT



BONUS EXERCISE 3.

SIT – 3 STEPS – SIT.

The handler and dog stop with the dog sitting at heel. The handler cues the dog to move and takes three steps forward, then stops with the dog sitting at heel.