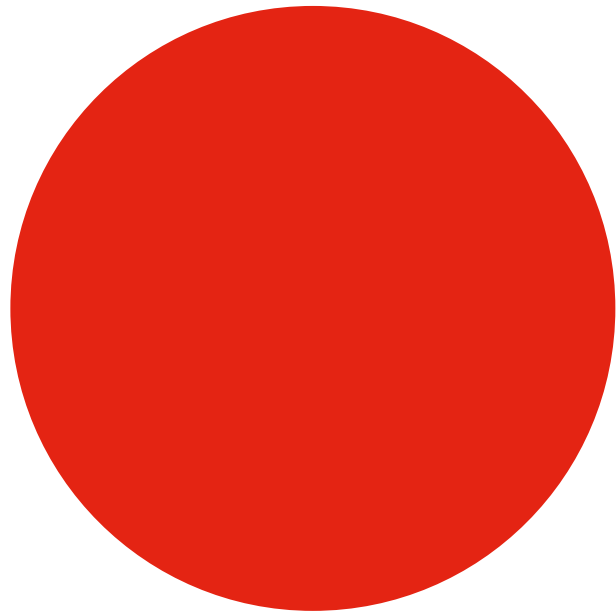


***START***



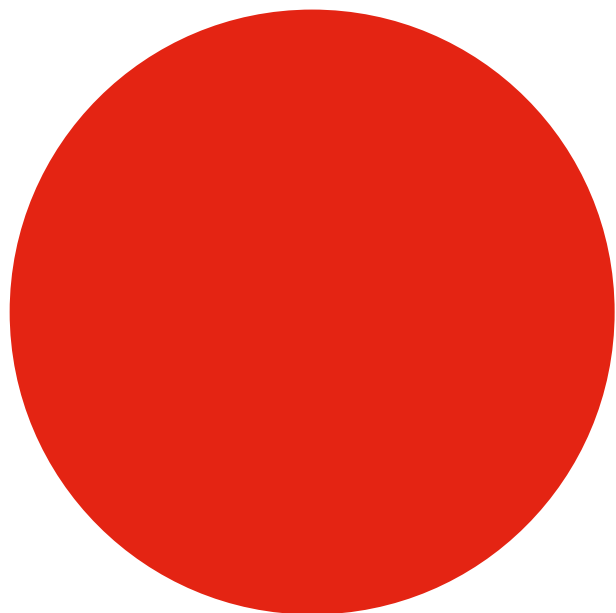
SIT  
WALK  
AROUND



## **23. *SIT - WALK AROUND.***

The handler and dog stop with the dog sitting at heel. The handler gives the dog a stay or wait cue and walks forward, around the dog anti-clockwise, and back to the heel position. The handler then cues the dog to heel forward.

This is a static exercise.



SIT  
DOWN  
WALK  
AROUND



## ***24. SIT - DOWN - WALK AROUND.***

The handler and dog stop with the dog sitting at heel. The handler cues the dog to lie down, gives a stay or wait cue and walks forward, around the dog anti-clockwise, and back to the heel position. The handler then cues the dog to heel from the down position and heels forward.

This is a static exercise.



**270° LEFT**



## ***25. 270 DEGREE LEFT (Turn).***

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



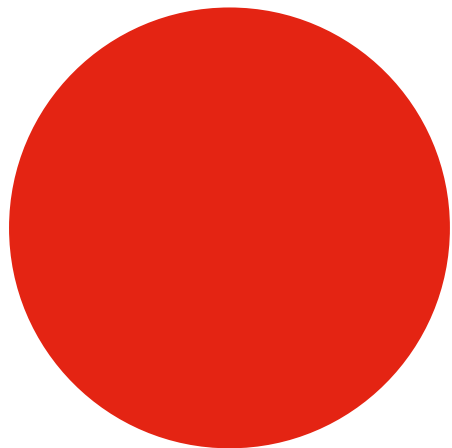
**360°  
LEFT**



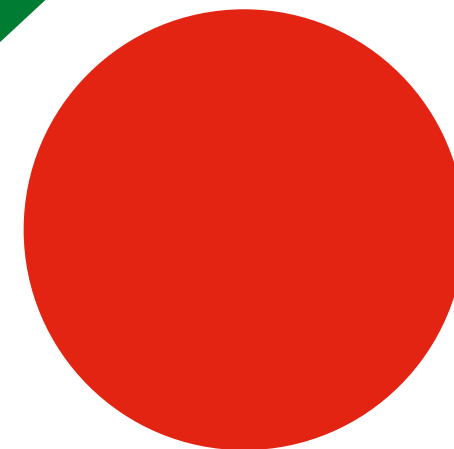
**THE KENNEL CLUB**  
*Making a difference for dogs*

## **26. 360 DEGREE LEFT (Turn).**

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



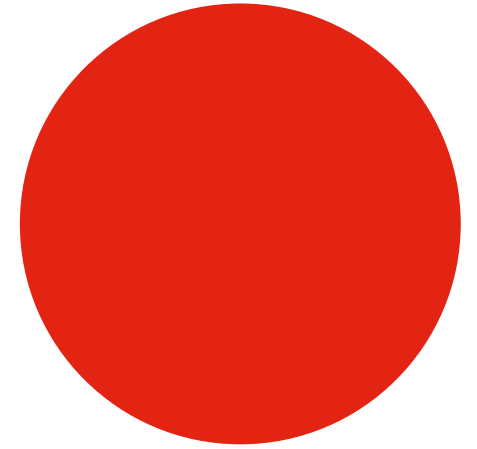
**90° PIVOT  
RIGHT**



## ***27. SIT - 90 DEGREE PIVOT RIGHT - SIT.***

The handler and dog stop with the dog sitting at heel. The handler pivots 90 degrees on the spot to his/her right and stops. The dog moves with the handler and resumes a sit in the heel position when the handler stops. The handler then cues the dog to heel and moves forward.

This is a static exercise.



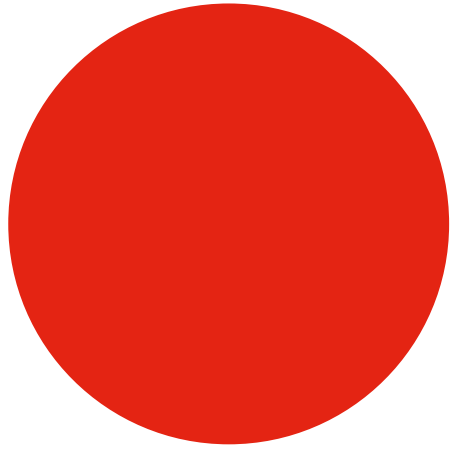
**90° PIVOT  
LEFT**



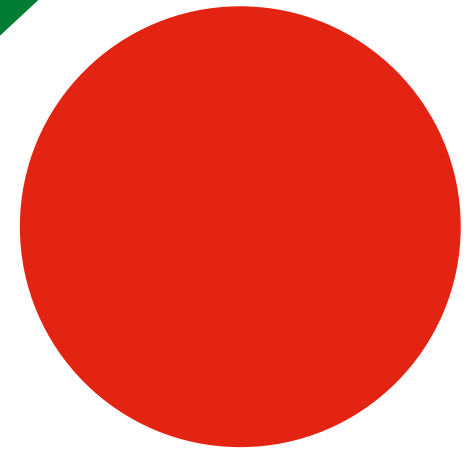
## ***28. SIT - 90 DEGREE PIVOT LEFT - SIT.***

The handler and dog stop with the dog sitting at heel. The handler pivots 90 degrees on the spot to his/her left and stops. The dog moves with the handler and resumes a sit in the heel position when the handler stops. The handler then cues the dog to heel and moves forward.

This is a static exercise.



# TURN RIGHT



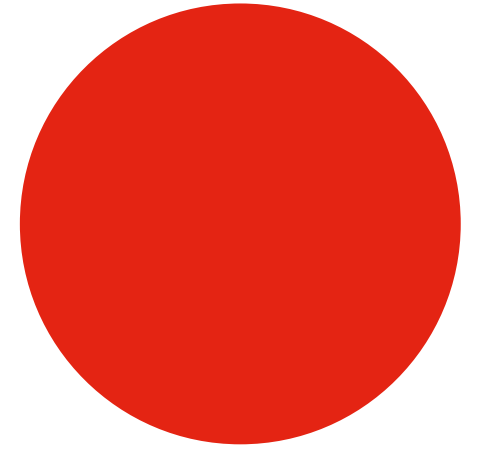
## ***29. SIT – TURN RIGHT - 1 STEP - SIT.***

The handler and dog stop with the dog sitting at heel. The dog then moves with the handler as they turn to the right and take one full step and stop with the dog sitting at heel.

This is a static exercise.



# TURN LEFT

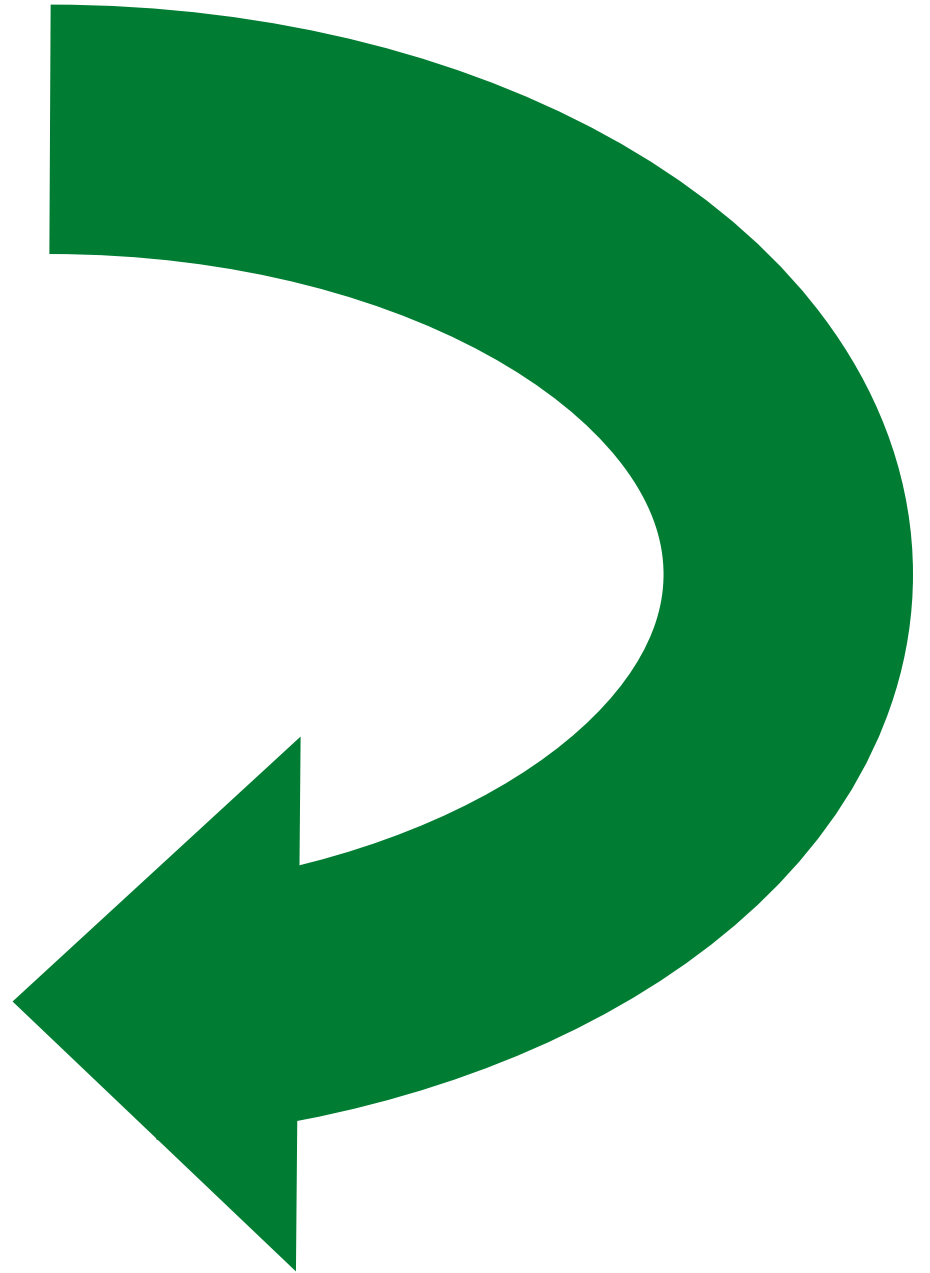
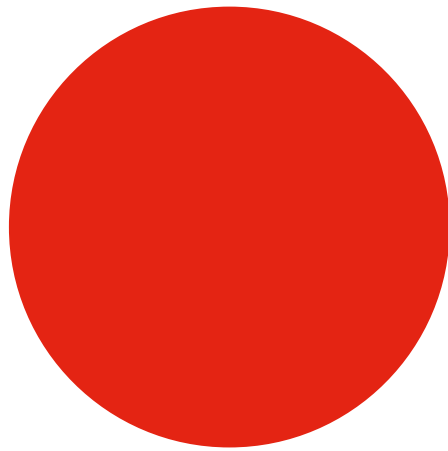
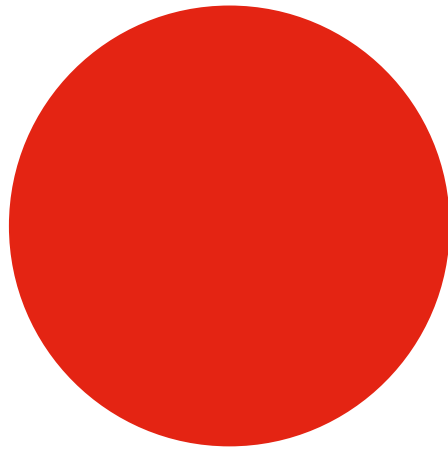


### ***30. SIT - TURN LEFT - 1 STEP - SIT.***

The handler and dog stop with the dog sitting at heel. The dog then moves with the handler as they turn to the left and take one full step and stop with the dog sitting at heel.

This is a static exercise.

**SIT**  
**SEND**  
**AROUND**  
**SIT**

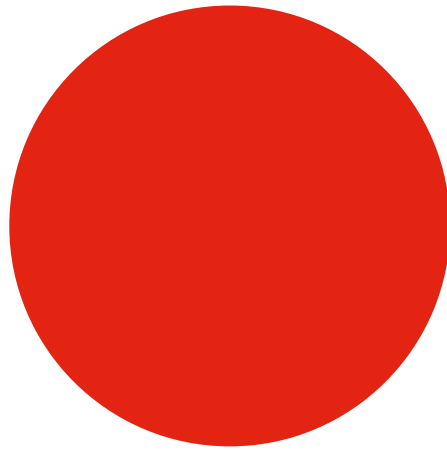


### ***31. SIT - SEND AROUND - SIT.***

The handler and dog stop with the dog sitting at heel. The handler then sends the dog clockwise around behind them as though in a right finish and the dog completes the exercise sitting at heel.

This is a static exercise.

**SIT  
SEND  
AROUND  
FORWARD**

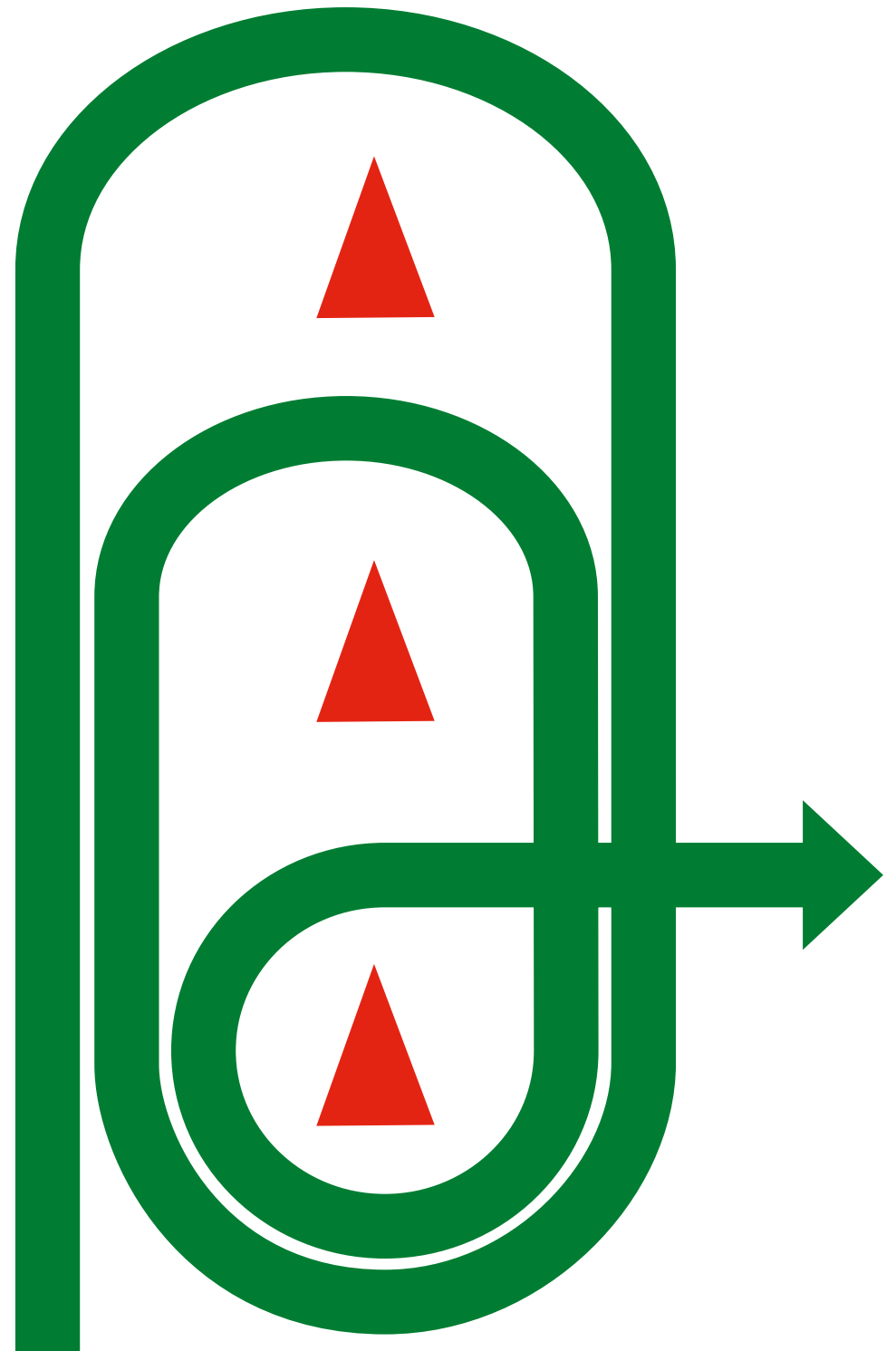


## ***32. SIT - SEND AROUND - FORWARD.***

The handler and dog stop with the dog sitting at heel. The handler then sends the dog clockwise around behind them as though in a right finish, as the dog returns to heel the handler and dog heel forward. The dog does not sit.

# SPIRAL RIGHT

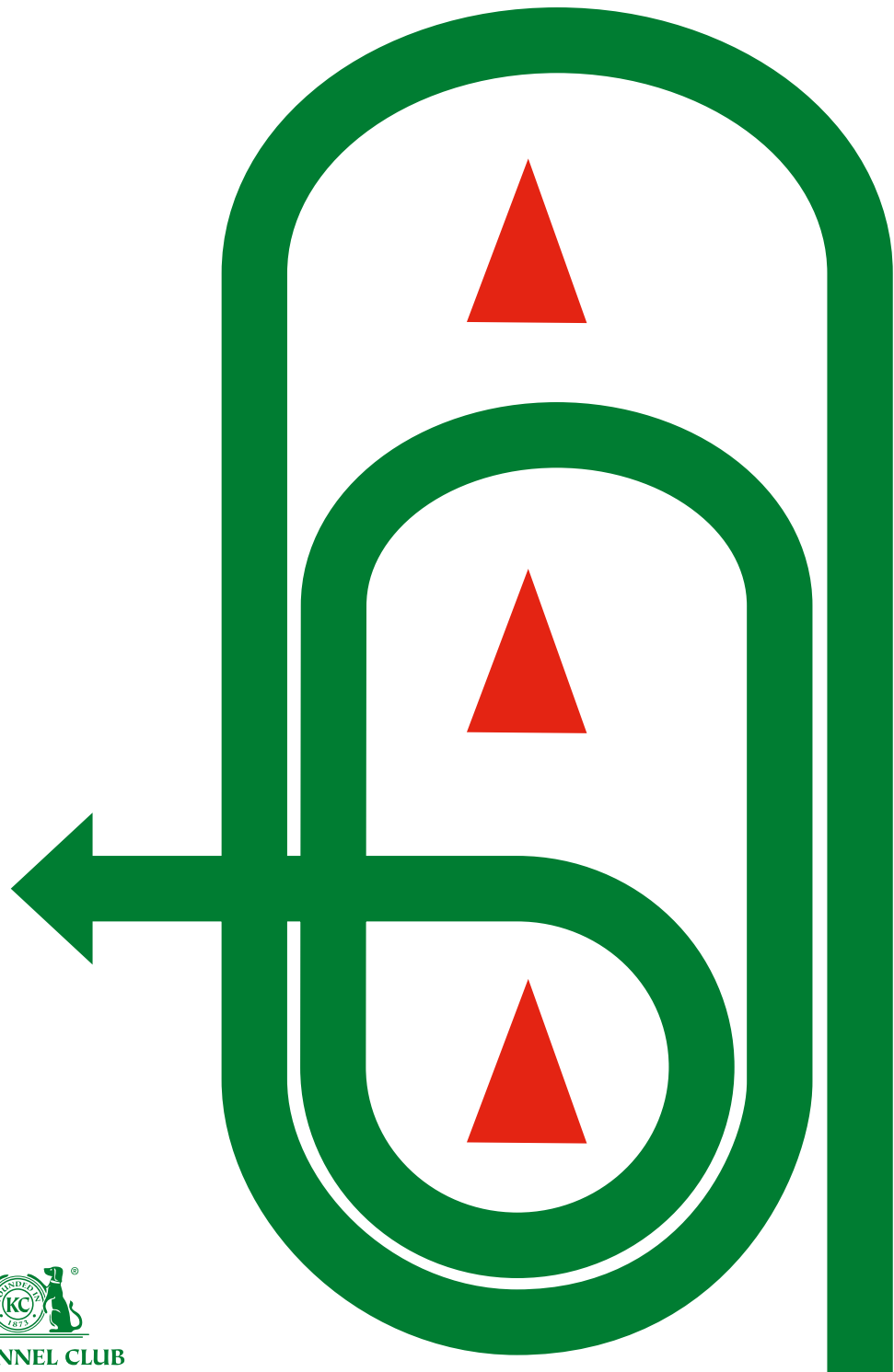
## Dog Outside



### ***33. SPIRAL RIGHT - DOG OUTSIDE.***

Three cones are placed in a straight line approximately 1.5 metres apart. The “Right” direction indicates that the handler turns to his/her right when moving around each of the cones (clockwise). This places the dog on the outside of the turns. The sign is placed next to the first cone facing the direction of the dog/handler team’s approach. The dog and handler pass the first cone and proceed to and around the third one, then loop the first cone, proceed to and around the second, then loop the first cone one last time before making an exit to the right.





**SPIRAL  
LEFT**

**Dog Inside**



### ***34. SPIRAL LEFT - DOG INSIDE.***

Performed as in Exercise 33, except that the turns of the spiral are to the handler's left (anti-clockwise) and the dog is on the inside of the turns. The exit is made to the left, towards the next exercise.

# WEAVE THROUGH DISTRACTIONS



### ***35. WEAVE THROUGH DISTRACTIONS.***

This exercise requires two freestanding mesh covers which are placed approximately 1.5 metres apart. The distractions are placed under the covers to prevent a dog which breaks heel position from being rewarded from accessing the distractions. The distractions will be an empty bowl under one cover and a toy under the other.

The dog/handler team approach the sign on a straight line from the previous exercise with the first cover on their left, weave between the covers to exit with the second cover on their right. This is not a turn exercise.

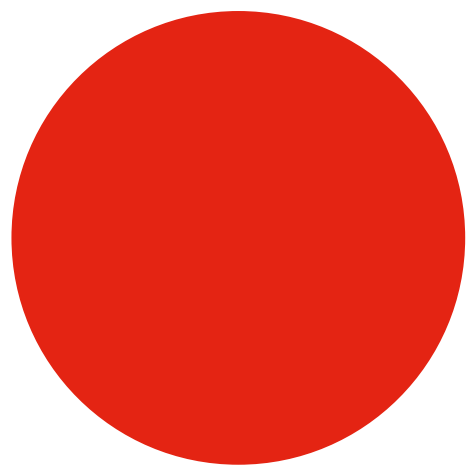


***FINISH***



***BONUS***





**SIT**  
**LEAVE DOG**

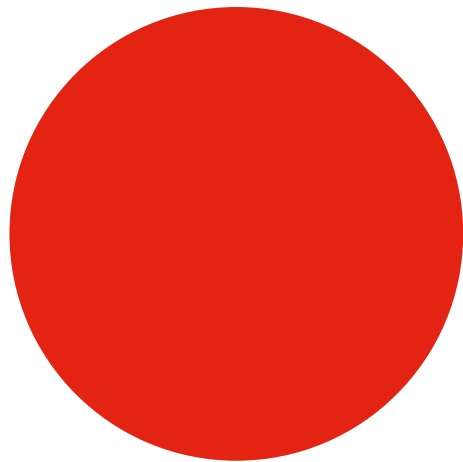


## ***BONUS EXERCISE 4.***

### ***SIT - LEAVE DOG - CALL TO HEEL.***

This exercise requires two signs. At the first sign (A) the handler and dog stop with the dog sitting at heel. The handler may take the lead off or the dog may drag the lead. The handler walks to the second sign (B), which is placed approximately 2 metres from sign A. The handler will not turn to face the dog but instead, with his/her back to the dog, will call the dog to move to the heel position. The handler may turn his/her head slightly while cueing the dog to heel. The dog must come promptly and sit at heel. Once sitting, the exercise is considered complete.

NB: If this bonus is used at Level 3 or above there is no requirement to reattach the lead before attempting this bonus exercise.



**CALL TO HEEL**

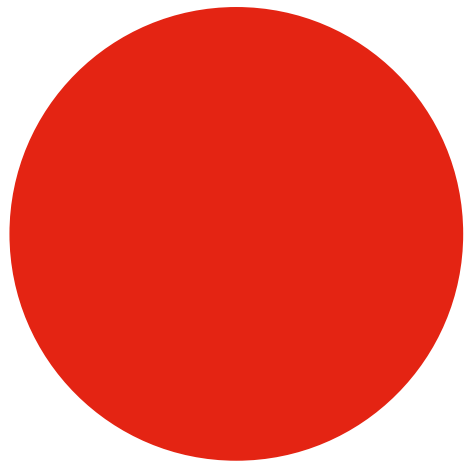


## ***BONUS EXERCISE 4.***

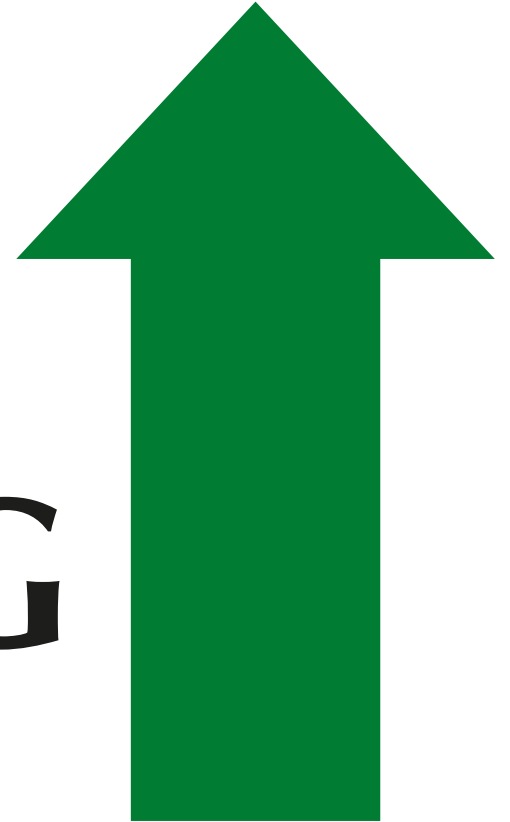
### ***SIT - LEAVE DOG - CALL TO HEEL.***

This exercise requires two signs. At the first sign (A) the handler and dog stop with the dog sitting at heel. The handler may take the lead off or the dog may drag the lead. The handler walks to the second sign (B), which is placed approximately 2 metres from sign A. The handler will not turn to face the dog but instead, with his/her back to the dog, will call the dog to move to the heel position. The handler may turn his/her head slightly while cueing the dog to heel. The dog must come promptly and sit at heel. Once sitting, the exercise is considered complete.

NB: If this bonus is used at Level 3 or above there is no requirement to reattach the lead before attempting this bonus exercise.



**SIT**  
**LEAVE DOG**

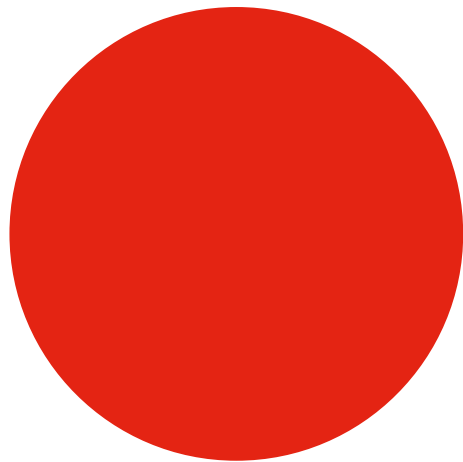


## ***BONUS EXERCISE 5.***

### ***SIT - LEAVE DOG - TURN - RECALL - HANDLER FINISH.***

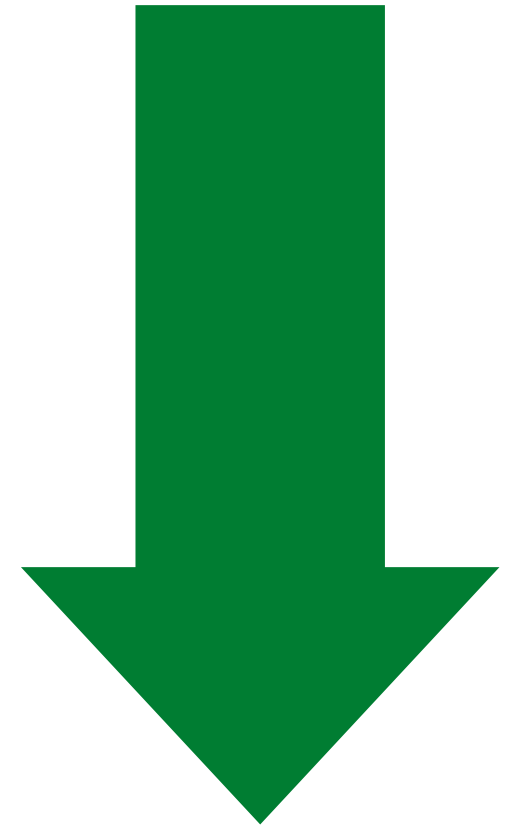
This exercise requires two signs. At the first sign (A) the handler and dog stop with the dog sitting at heel. The handler may take the lead off or the dog may drag the lead. The handler walks to the second sign (B), which is placed approximately 2 metres from sign A, turns and recalls the dog to the front position. The dog remains in the sit whilst the handler moves to the heel position.

NB: If this bonus is used at Level 3 or above there is no requirement to reattach the lead before attempting this bonus exercise.



**TURN  
RECALL**

**HANDLER FINISH**



## ***BONUS EXERCISE 5.***

### ***SIT - LEAVE DOG - TURN - RECALL - HANDLER FINISH.***

This exercise requires two signs. At the first sign (A) the handler and dog stop with the dog sitting at heel. The handler may take the lead off or the dog may drag the lead. The handler walks to the second sign (B), which is placed approximately 2 metres from sign A, turns and recalls the dog to the front position. The dog remains in the sit whilst the handler moves to the heel position.

NB: If this bonus is used at Level 3 or above there is no requirement to reattach the lead before attempting this bonus exercise.