

# SIT



## Why do we teach sit?

It's nice to teach your dog to sit so that when you stop to talk to a neighbor he's not jumping on them, jerking on the leash or barking at you to continue the walk. When you stop to check traffic before crossing the street, your dog waits with you instead of darting out into the road. **The main goal though is to teach your dog some impulse control.** Sit is also a starting point for other skills like down and stay.

Ranger takes his sit seriously!

## Here's how to teach sit:

1. With a treat in one hand, stand up straight and let your hands rest by your legs. Raise your forearm and hand up slowly from your elbow (palm facing the ceiling) so that you're holding the treat just above your dog's nose. Your dog will tilt their head back to look up at the treat.
2. If your dog jumps up or raises their butt off the floor, immediately retract the treat, turn away for 3 - 5 seconds, return to the start position, and then begin again.
3. More than likely your dog will sit as they tilt their head back. The second your dog sits, praise with, "yes" or "good boy" and then deliver a [high value treat](#). **On the next repetition drop the treat lure** - i.e. keep the treat in your other hand behind your back, in your treat bag or in your pocket, not in the cue hand.
4. Now repeat the exercise in different rooms in your home and outside, **slowly** increasing the distraction level. Retreat to an intermediate level of distraction of their [failure rate is too high](#).
5. Once you can get a sit everywhere in your home, add the verbal cue, "sit" just before the hand signal.
6. [Video Demonstration of Curlee performing a sit.](#)

**NOTE:** "Sit" can be difficult for dogs on slippery flooring. Start training on carpeting or a rug if needed.

**PRO TIP:** It's very important to fade the lure ASAP. i.e. don't lure your dog into position with the treat.